Drawing out the Purposes of the Heart

"The purposes of a man's heart are deep waters, but a man of understanding draws them out."
Prov. 20:5

Instructions: The Scriptures give us many windows into the heart and what functionally rules it. Here are a few examples. These questions are meant to help you examine personal heart themes of thought, motive, and desire so that you can begin to understand the true treasures of your heart. They will also help you to begin to see how these desires have shaped the way you have responded to God, others, and the situations of life.

Pleas answer the questions as thoroughly as possible. A paragraph on each question would be ideal. Throw in some illustrations of how this is true in your life. We will be looking for themes and patterns that define your heart tendencies. You will find it to be a liberating experience as the Lord helps you understand your heart and helps you to grow.

1. When do you tend to experience fear, worry, or anxiety (Matthew 6:19-34)?

2. Where have you struggled with disappointment (Proverbs 13:12,19)?

3. In what situations do you struggle with anger (James 4:1,2; Proverbs 11:23)?

4. Where do you encounter problems in relationships (James 4:1-10)?

5. What are the situations of life that you find particularly difficult (1 Corinthians 10:13-14)?

6. What things do you find yourself seeking to avoid?

7. Where have you experienced regular problems in your relationship to the Lord?

8. In what situations do you tend to doubt the truths of Scripture?

9. What is a good relationship? What do you expect of others?

10. In what type of situations do you struggle with bitterness?

11. Where have you struggled with regret, being tempted to say, "If only…"?

12. In what experiences from the past do you have a hard time of letting go?

13. Where do you tend to struggle with envy? What do you find yourself wanting that others have and you don't?

14. Whose opinion really matters to you?

Fill in the blanks:

1. Life would be all right if _____?

2. I really wish I had _____?

3. I need _____?