

BroHood - April 2019 Recording
"How are you doing? 5 Questions for our Heart"

- **Speak to Orphan Spirit Book... if you haven't read it, get to it!**
 - **Be sure to do the questions at the end of each chapter too!**
 - **This stuff is huge you guys!**

- **? Have you ever noticed how often we ask "How's it going?"**
 - **Flippantly at the gas station...**
 - **Friend to friend.**

- **Have you ever stopped to notice your response?!?**
 - 4 Levels of Response:**
 1. "Good man."
 2. "Then works based doing..."
 3. "Actually How we are doing"
 4. "At a soul & spirit level..."

- **Most of the time, what we hear & answer is, "What's up?"**
 - **IOW, we always go to our "what" & not our "how."**
 - **SOMEONE ASKS US AT A PARTY ILL.**
 - **We go straight to the "What" & not the "How."**

- **This month, I want to slow down & ask the "How" Question!**
 - **I want to challenge us even as we are in the Middle of Easter season to consider some thoughts concerning our heart & our soul!!!**

5 Questions for our heart:

1. How is my heart? (Aka... What condition is my heart in right now?)

Proverbs 4:23 "Above all else, guard your heart for it is the wellspring of life."

A. Most of us have no idea what condition our heart is really in at any given time.

- We just get up, get moving, get doing, & focus on the what & never consider what we are carrying around with us.

B. Angry? Sad? Depressed? Discouraged? Offended?

- List from Freedom Book!

- Afraid, Anxious, Hesitant, Worried, Annoyed, Overwhelmed, Tense, Bored, Confused, Trapped, Irritated, Lost, Frustrated, Ashamed, Discouraged, Pessimistic, Hopeless, Envious, Embarrassed, Resentful, Grieved, Lonely, Forgotten.

C. MIP: Spend some time in the next 7 days Journaling & Processing the question, "How's my heart?"

2. How are my thoughts?

Psalm 139:1-2 "You have searched me, Lord, and you know me. You know when I sit and when I rise; you perceive my thoughts from afar."

A. God knows our thoughts, but we don't!!!

- And yet, our thoughts drive the train in our decision making all the time!

B. ? What is the voice in my head telling me these days?

- What is on "repeat" in your mind?

- You're dumb. - You don't know what you're doing.

- You're faking it. - You can't do this.

- You are out of your league.

- C. MWK ILL - I have had to take control over my self-talk in the last year.**
- It's made a world of difference.
 - I had to identify where it came from!
 - My dad & ultimately my grandmother...

3. How are your Motives these days?

- A. What is driving the decisions we're making right now?**
- Ego? Stress? Time Pressures? People noise?

B. Motives Matter b/c people can

- What "picture in the future" is affecting your decision making in the present?
 - Well, by the time I turn 40, I should be here...
 - I thought I would be further along by now...
 - If we are going to be in our building by Christmas, then...
 - If we are going to have money to hire that person by August...
- These motives are rattling around in our mind all the time!!!

Psalm 139:23 "Search me, God, and know my heart; test me and know my anxious thoughts."

4. How are you feeling about your proximity to your Father?

- A. We can only represent the heart of the Father to the degree that we are near to the Father.**
- FEELING DISTANCE FROM OUR SPOUSE OR KIDS ETC.

B. Is there something that has “come between you?”

- Sin? Offense? Busyness? Out of Rhythm?

C. MWK ILL - When I get distant from the Heart of the Father, that's when everything gets out of whack.

**- Temptation goes up, Frustration goes up, Stress goes up,
Tension with family & staff goes up.**

D. Getting Close to the Heart of the Father Increases:

1) Compassion for People.

- I'm way more patient with people

2) Perspective on Stressful Circumstances.

3) Godliness.

- We act like whomever we spend time with.

Luke 5:16 "But Jesus often withdrew to lonely places and prayed."

5. How has your soul shrunk or grown in the last 90 days?

A. What are we doing to diligently & effectively keep growing our soul?

- What are you reading? Listening to?

- When are you scheduling time to care for & nurture your soul?

B. Leaders: Nobody will prioritize taking care of your soul except for you.

- If you don't, then nobody will.

- You'll become a dried up, pushing it in the flesh Leader.

- Trust me, those are no fun to be or be around.

Conclusion:

- These Questions Speak to our Allegiance, not our Activity.

- To our How, not our What?

Challenge: 2 Options:

1) Get alone for 3 hours in the next week.

2) Spend 45 minutes each day for the next 5 days.