

When the Heart is Troubled, Worship is the Matter:

How Worship Re-Orients the Heart and Brings Comfort and Strength

Session Two

*“Learning to Re-Direct Our Hearts by Learning to Worship **in** All of Life”*

1. What is the aim of this session?

- a. Learning how to re-direct the thoughts and desires of the inner person away from self and circumstances and toward Christ.
- b. Learning how to use the means or instruments given to us by the Lord that will re-direct our thoughts to Christ and enlarge our hearts to love Him most.

2. Do we have control over our inner person, over our thoughts, our desires, our emotions?

- a. What does our culture say or believe?
- b. Consider the commands of God; what do these say about the control we have?
 - i. Psalm 37:1
 - ii. Proverbs 3:25
 - iii. Ephesians 4:26
 - iv. Ezekiel 24:15-17
- c. Consider the greatest command; what does it say about what control we have?
- d. Your thoughts, desires, and values *are yours*; and they drive your emotions and aspirations and actions (Luke 6:43-45).

