

LET'S GET MOTIVATED:

am I seeking God with my whole heart?

A lot of women wrestle with fitting in a daily quiet time with God. But for many of us it's less a matter of time and more a matter of heart. Use this worksheet to explore what might be holding your heart back. You can print if desired or just use the digital download as prompts for your personal journal.

*"I the Lord search the heart
and examine the mind..."*

Jeremiah 17:10

PROMPT 1

All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work (2 Timothy 3:16-17).

Do you believe that the Bible is from God—the whole thing? Do you believe it's useful? If not (and this okay to admit), what do you have doubts about? Spend some time exploring and studying those questions.

PROMPT 2

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light (Matthew 11:13).

Name one to three things that are burdening you right now. Can you entrust them to Jesus? Take time to consider your truthful answer. If you're not fully trusting, commit to doing what it takes to figure out why.

PROMPT 3

Once you were alienated from God and were enemies in your minds because of your evil behavior. But now he has reconciled you by Christ's physical body through death to present you holy in his sight, without blemish and free from accusation— if you continue in your faith, established and firm, and do not move from the hope held out in the gospel (Colossians 1:21-23).

Is there any sin in your life that you're not being honest about or confronting? Sometimes guilt and shame hold us back...but remember that if we turn to him, Christ presents us holy in God's sight. Confide to God in prayer and also to a trusted friend; seek the help you need to change.

PROMPT 4

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart" (Jeremiah 29:11-13).

Do you believe this to be true, really? Sometimes we hold back our hearts from God because of past pain...*I've been disappointed and hurt before, so it will happen again.* Instead of turning to God with our pain, we pull away. Take the time to consider whether this is going on with you, and start exploring and praying for healing.
