

Living Your Heart's Desire

When someone mentions the word “Heart”, what do you think of? Some think of courage, some of love, some of passion and some think of that good old muscle beating away in their chest. In this exercise, we will understand and apply the idea that God has given each of us a unique heart. He has created in us special desires, motivations and inclinations for His service. We can use these passions to serve God through the Spiritual gifts He has given us, to lead a fulfilled life experiencing all the joy that He intended for us.

“Lord you have assigned me my portion and my cup; you have made my lot secure. The boundary lines have fallen for me in pleasant places; surely I have delightful inheritance. I will praise the Lord, who counsels me; even at night my heart instructs me. I have set the Lord always before me. Because he is at my right hand, I will not be shaken. Therefore, my heart is glad and my tongue rejoices; my body will rest secure. You have made known to me the path of life; you will fill me with joy in your presence.” (Psalm 16: 5-11, NIV)

The next few pages are filled with questions to help you discover your heart's desires. The intent here is to get you thinking about God's word and the direction He wants you to take for His Kingdom. God has given us a unique emotional heartbeat that races when we encounter some activities, subjects, or circumstances and is hardly influenced at all by others. This is the Spirit's way of telling us what we are interested in and what will bring us the most satisfaction. If you were asked the question: “What do you love to do?” what would you answer? If you need a little more help, fill out the next several questions and then meditate on your answers. Use the back of the page if you need more room than is provided to complete a question. Keep this exercise along with your Spiritual Gifts exercise and once the S.H.A.P.E. package is complete you will have a comprehensive, objective resource tool at your disposal to discover who you believe God wants you to be.

Hope you find this helpful.
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5. Select your preference to the following activities by rating each on a scale of 1-9, (1 for low preference and 9 for high preference). After rating each question individually, select the top five by placing a check mark to the right of the five highest numbered boxes.

- Acquire – to collect, possess, or obtain financial gain efficiently and productively
- Comfort – to provide concern and compassion to the depressed, anxious, afraid or angry
- Communicate – to talk out thoughts and feelings and understand different perspectives
- Craftsmanship – to create, design, and construct something out of nothing
- Hospitality – to provide an open house with welcome and friendship for those in need
- Intercession – to make an intervention on another’s behalf through prayer
- Lead – to be in charge and direct or motivate others with a specific goal, plan, or idea
- Operate – to use tools, equipment and machinery in practical maintenance
- Organize – to bring order out of chaos; arranging, sorting, and labeling systematically
- Perform – to present myself publicly, receiving the attention of others
- Pioneer – to test and try new concepts or programs without fear of failure
- Protect – to prevent harm, to oversee, to manage, or assemble others for their safety
- Serve – to assist others in their needs and responsibilities helping them succeed

6. If your name came up in a conversation among a group of your close friends and an outsider asked what you were really interested in or passionate about, what do you think your friends might say in your absence?

7. If you could change something in this world that makes you frustrated, discouraged, enraged, or saddened, what would that be? i.e What injustices stir your heart to reach out and affect change? What kinds of people are you most passionate for?

8. Describe an adventure that you had in recent years that made you come alive!

9. Pick one of the following mental health difficulties that you are most influenced by.

Anxiety – affecting 12% of Canadians, includes feelings of intense fear, obsessions, and overwhelming stress

Depression – affecting 10% of Canadians, includes feelings of sadness, disturbed sleep, lack of energy, inability to enjoy life and feelings of hopelessness

Eating disorder – common in men and women, includes drastic weight loss due to fasting, induced vomiting, or abuse of laxatives, or excessive weight gain by overeating

Personality disorder – difficulty getting along with other, difficulty understanding self, and others, irritable, demanding, manipulative, and blame others for their own problems

Addiction – includes alcohol, drugs, gambling, and dependency on others

None or other:

10. Describe below how you might take action to recover from the above mental health limitation to aid the cause of realizing the dreams you have always had for your life. This may require conversation with a counselor.

11. Create a short mission statement to fulfill this year that will use your gifts and passions to help further the Kingdom of God. Be realistic by setting goals you can achieve. Ask yourself these questions; what is it Lord, that you would like me to accomplish this year with the gifts and desires you have given me? What kind of plan do you have for me personally? What must I overcome in order for you to be served best? What strengths do I have that will get me started? What can I do to act upon the prayers I have been saying for myself and for others? What can I do for you Lord that will put a fire in my heart?

“If you devote your heart to him and stretch out your hand to Him, then you will lift up your face without shame; you will stand firm and without fear. You will surely forget your trouble. Life will be brighter than noonday. You will be secure because there is hope.”

Job 11:13-19