



Theology of the Heart Study Guide

1. Read the Text Slowly

Read **Matthew 6:19–24** three times.

Ask:

- What does Jesus connect together? (treasure, heart, eye, master)
 - What is the warning?
 - What is the invitation?
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2. Define the Heart

Write this down:

The heart is the center of who I am — it thinks (beliefs), feels (desires), and chooses (commitments).

Now reflect:

- What do I believe about God?
 - What do I most desire right now?
 - What am I functionally committed to?
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3. Heart Debrief Exercise

Think of a recent strong reaction (anger, anxiety, joy, insecurity).

Fill in:

- **Situation:**
- **Belief (How did I interpret it?):**
- **Desire (What did I want?):**
- **Commitment (What choice did I make?):**

Ask: Was my heart ordered around God in this moment?

4. Prayer

Ask God to:

- Reveal disordered desires
- Renew your mind (Romans 12:2)
- Continue shaping your new heart

