

A large, vibrant yellow sunflower is positioned on the left side of the cover, with its head and petals extending towards the center. The background is a solid, warm yellow color.

# **LIVING FROM THE HEART OF JESUS**

## ***REFLECTION GUIDE***

***Above all else, guard your heart, for  
everything you do flows from it.***

Proverbs 4:23



**SADDLBACK CHURCH**  
BERLIN

## PASTORAL NOTE

At different moments in life, we all sense the need to pause and look inward. Scripture invites us to begin not with plans or performance, but with the heart. Proverbs 4:23 reminds us, *“Above all else, guard your heart, for everything you do flows from it.”* Before we focus on what we are doing or where we are going, God invites us to reflect on who we are becoming.

This reflection guide is not meant to be a test or a performance review. It is a gentle invitation to pause, listen, and honestly bring your heart before Jesus. The goal is not perfection, but awareness. Not self-judgment, but openness. God already knows your heart — this is an opportunity for you to notice it too.

As you work through these questions, you’ll reflect on four movements of a life shaped by Jesus: being rooted in truth, watered by grace, following the light of Christ, and being sent as seeds to bring life to others. These are not boxes to check, but pathways to walk — often slowly, always with God’s help.

Take your time. Pray as you read. Write honestly. Let the Holy Spirit guide you, encourage you, and gently point out where growth is needed. Some answers may come quickly; others may take time. That’s okay. Growth in the heart always does.

Above all, remember this: Jesus is not inviting you to try harder, but to stay closer. As you reflect, trust that He is at work — shaping your heart, renewing your love, and leading you into a life that reflects His own.

I’m praying that God continues to shape your heart.

**Tony Krönert**  
*Berlin Pastor*



# ROOTED IN TRUTH

**Am I allowing God's Word to shape my heart,  
not just inform my mind?**

*So then, just as you received Christ Jesus as Lord, continue to live  
your lives in Him, rooted and built up in Him. - Colossians 2:6-7*

## Reflection questions

What part of Scripture has been shaping my attitudes and  
reactions lately?

Where do I know biblical truth, but struggle to let it transform  
my heart or behavior?

When was the last time God's Word corrected me before I  
tried to correct someone else?

## Action Steps

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# WATERED BY GRACE

**Am I living from grace or from pressure and performance?**

*My grace is sufficient for you, for My power is made perfect in weakness.* - 2. Corinthians 12:9

## Reflection questions

Where in my life do I need to receive God's grace again today?

Who am I tempted to correct, fix, or judge, when they may need grace instead?

How does remembering God's mercy toward me change the way I treat others?

## Action Steps

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# FOLLOW THE LIGHT

**What is shaping my vision, attention, and affection?**

*I am the light of the world. Whoever follows Me will never walk in darkness, but will have the light of life.* - John 8:12

## Reflection questions

What has been capturing my attention and shaping my emotions lately?

In what areas of my life do I sense Jesus gently inviting me to turn toward Him again?

What practices help me refocus on Christ when my heart feels distracted or hardened?

## Action Steps

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# SENT AS SEEDS

Is the love of Jesus flowing outward through my life?

*Very truly I tell you, unless a kernel of wheat falls to the ground and dies, it remains only a single seed. But if it dies, it produces many seeds.* - John 12:24

## Reflection questions

Where is God inviting me to be a quiet blessing this week?

Who might experience the love of Jesus through my words, presence, or actions?

What would it look like to plant a seed of hope, kindness, or grace where I live, work, or study?

## Action Steps

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## A PRAYER TO GUARD MY HEART

Take a moment to slow down. Breathe. Become aware of God's presence with you. This prayer is an invitation — not to try harder, but to stay closer.

*Jesus,  
You know my heart better than I do. Nothing in me is hidden from You and still, You welcome me. Thank You for meeting me with truth and grace. Thank You that You are not only shaping my behavior, but gently forming my heart. I don't want to follow You only with my words, my knowledge, or my good intentions. I want my heart to look more like Yours. Root me deeply in Your truth, not just to know what is right, but to be shaped by what is real. Water my life daily with Your grace, where I am tired, dry, or discouraged. Teach me to receive Your love again and again. Help me follow Your light and to keep my eyes on You, especially when life feels confusing or heavy. And send me as a seed of love to bring life, hope, and grace into the lives of others. Show me one or two small steps I can take - not to prove myself, but to remain connected to You. I trust You with my heart.  
Amen.*

## MY NEXT FAITHFUL STEPS

Take a few minutes to write honestly. Small steps, taken with Jesus, matter more than big intentions.

**One practice I want to continue or begin:**

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**One habit, attitude, or pattern God is inviting me to release:**

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**One person, place, or situation where God may be sending me as a seed of love:**

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