

## State of Your Heart & Considering What's at Stake

*This template is designed to help users process situations at all four levels of the heart (rational, volitional, feelings and desires) and consider the Larger Story of what's at stake in the choices you make. Knowing how you are being impacted at all four levels of your heart can reveal what is truly driving you (whether positive or negative) and help you decide what kind of man or woman you want to be in the decisions you make moving forward. The State of Your Heart and Clarifying What's at Stake tools are key pieces in Wellspring Group's Battle for the Heart process, but this tool has been modified for use with non-alumni. For more information about Wellspring Group and the Battle for the Heart process visit [www.wellspringgroup.org](http://www.wellspringgroup.org).*

**What situation or circumstance is most on your heart (what are you trying to process)?**

**With regard to this situation ...**

What are you thinking (rational)?

What are you feeling (emotional)?

What are you desiring? (try to differentiate between your surface desires and your deep desires)

***SURFACE/TEMPORAL DESIRES*** = not bad, but usually connected to a deeper desire; can be material (new car), experiential (climb a mountain, be free from pain, for someone to tell me everything will be okay), positional (get that job I've longed for), or relational (get married, make a new friend). Many times we stop short at identifying surface desires without realizing that the energy driving us comes from deeper desires that have been blocked or fulfilled.

**DEEPEST DESIRES (listed below)** = arise out of the image of God in you. They are placed in you by God, draw you to God and can only be met in union with God.

- Purpose, to be part of something larger, transcendence.
- Relationship: to love and be loved, to pursue and be pursued, community, family.
- Impact, significance.
- Honor, respect.
- Known & valued: understood, heard, seen.
- To protect and provide, to be protected and provided for, security, safety.
- To come through: duty, to hear “well done.”
- Beauty and creativity.
- Justice and freedom.
- Peace, wholeness, completion, home, order.

What do you want to choose (volitional)?

What is at stake in this decision/choice? *(What is the potential loss or gain if follow through on this decision? How does it potentially impact others?)*