

MY S.H.A.P.E. -- MONITORING MY HEARTBEAT

Definition: "HEART"

- a. "The organ that pumps your blood"
- b. "Your emotional constitution or disposition"
- c. "The vital force or driving impulse"

The Bible uses the term "heart" to represent the center of your motivation, desires, and inclinations. *Delight yourself in the Lord and he will give you the desires of your heart. (Ps. 37:4 etc.).*

My heart determines...

- **Why I say the things I do**

"The mouth speaks what the heart is full of" Matt. 12:34 (GN)

- **Why I feel the way I do**

"The Word of God...examines the thoughts and motives of the heart. Heb. 4:12 (Ph)

- **Why I act the way I do**

"Guard your heart, for it is the wellspring of life." Pr. 4:23

MY HEART IS THE REAL ME!

Physiologically, each of us has a unique heartbeat. Each person has a slightly different pattern. Likewise, God has given each of us a unique emotional "heartbeat" that races when we encounter activities, subjects, or circumstances that interest us. We instinctively feel deeply about some things and not about others.

This God-given motivation serves as an internal guidance system for our lives. It determines what your interests are, and what will bring you the most satisfaction and fulfillment. It also motivates you to pursue certain activities, subjects, and environments.

WHY HAS GOD GIVEN EACH PERSON A UNIQUE "HEARTBEAT"?

"God has put it into their hearts to accomplish his purpose..." Rev. 17:17

God had a purpose in giving you your inborn interests. In fact, your emotional heartbeat reveals a very important key to understanding God's design and intention for your life.

The Bible makes very clear that your heart was designed by God, but you make the choice to use it for good or evil, for selfish purposes or for service.

You may have...

"...selfish ambition in your heart..." James 3:14

Or you may...

"...Serve the Lord with all your heart." 1 Sam. 12:20

"...Do the will of God from your heart." Eph 6:6

How can I do God's will and serve God's purpose?

By letting my heartbeat motivate me for ministry!

"It is quite true to say that a man who sets his heart on becoming a church leader has a laudable ambition." 1 Tim. 3:1 (PB)

TAKING A SPIRITUAL EKG

If you are like most people, you have never taken time to sort out and identify the things you are good at and motivated to accomplish. As a result, it is unlikely that you use these talents as completely or effectively as you could. The key to understanding your heartbeat is to look at your past accomplishments.

This exercise is adapted from the book "*Finding A Job You Can Love*" by Ralph Mattson & Arthur Miller (Nelson, 1982). We highly recommend that you read this book!

STEP 1: LIST AND DESCRIBE YOUR ACCOMPLISHMENTS SINCE CHILDHOOD

Examples:

- "I put on plays for the neighborhood kids with costumes, props, etc. We transformed the shed in back of our house into a fairyland with lighting effects, decorations, and princesses."
- "I started a kool-aid stand in 4th grade and expanded it into three different stands. It was fun and I made money!"
- "I had a job as a printer's assistant and developed a method of cutting stereotypes which was faster and more accurate."
- "I ran for president of everything (and won sometimes) when I was in school."
- "I have always liked to build things. Before I got married, I completely rebuilt the little apartment I was living in."
- "I successfully led protest marches against toxic wastes in my hometown and got local TV coverage."
- "I set a goal to read fifteen books over the summer and I did."

What to Include:

- Accomplishments at home, school, work etc.
- Things you enjoyed doing.
- Things you believe you did well
- Give specific details about what you did
- Forget what other people think about it.

1. Remember, you're recalling things you enjoyed doing and did well (accomplishments), not simply pleasant experiences.

BAD EXAMPLE: Had a great vacation in Canada.

GOOD: Took some stunning photos during my vacation.

2. You do not have to cover every year of your life. Just focus on what you feel are the highlights of things you've done.

MY HIGHLIGHTS OF THINGS I DID WELL AND ENJOYED DOING DURING MY GRADE SCHOOL YEARS

- 1.
- 2.

AS A TEENAGER

- 1.
- 2.
- 3.

IN COLLEGE OR EARLY 20'S

- 1.
- 2.
- 3.
- 4.

IN MY "THIRTYSOMETHINGS" YEARS

- 1.
- 2.
- 3.
- 4.

COMPLETE UP TO YOUR PRESENT:

- 1.
- 2.
- 3.
- 4.

The more you can list the better. Get another sheet of paper!

STEP 2: DISCOVER THE MOTIVATED DIRECTION OF YOUR HEART

Examine your achievements for a common motivational thread. You might find a key phrase repeated. See if you can match one of the "heartbeats" listed below as samples:
Remember these are ALL (god-given motivations. They are only sinful when used selfishly. Every one of these can be used in effective ministry. Don't be embarrassed to identify a basic heartbeat that doesn't seem spiritual. Almost every one of these can be identified in the ministry of one of the twelve Apostles!

I LOVE TO...

DESIGN/DEVELOP - I love to make something out of nothing. I enjoy getting something started from scratch.

PIONEER - I love to test and try out new concepts. I am not afraid to risk failure.

ORGANIZE - I love to bring order out of chaos. I enjoy organizing something that is already started.

OPERATE/MAINTAIN - I love to efficiently maintain something that is already organized.

SERVE/HELP - I love to assist others in their responsibility. I enjoy helping others succeed.

ACQUIRE/POSSESS - I love to shop, collect, or obtain things. I enjoy getting the highest quality for the best price.

EXCEL - I love to be the best and make my team the best. I enjoy setting and attaining the highest standard.

INFLUENCE - I love to convert people to my way of thinking. I enjoy shaping the attitudes and behavior of others.

PERFORM - I love to be on stage and receive the attention of others. I enjoy being in the limelight.

IMPROVE - I love to make things better. I enjoy taking something that someone else has designed or started and improve it.

REPAIR - I love to fix what is broken or change what is out of date.

LEAD/BE IN CHARGE - I love to lead the way, oversee and supervise. I enjoy determining how things will be done.

PERSEVERE - I love to see things to completion. I enjoy persisting at something until it is finished.

FOLLOW THE RULES - I love to operate by policies and procedures. I enjoy meeting the expectations of an organization or boss.

PREVAIL - I love to fight for what is right and oppose what is wrong. I enjoy overcoming injustice.

You should be able to support your choice with examples from your achievements.

EXAMPLE: I feel the basic motivation God put in my heart is to "ACQUIRE/POSSESS":

My history demonstrates this:

- *I purchased my first car at age 16.*
- *I've collected a collection of rare stamps.*
- *I've built up a large cash reserve.*
- *I've acquired options on three properties.*

DID YOU FIND THE BASIC MOTIVATIONAL DIRECTION OF YOUR HEART IN THIS LIST?

WRITE IT ON YOUR PERSONAL PROFILE: