

SOIL # 1 - HARD-HEART

ID Emotions: apathy, cynicism, anger, defensiveness

Spiritual Response: Repentance

Practices:

- **Prayer of Protection** - Daily pray that God would guard your heart from the enemy.
- **Repentance Breath Prayers** - One sentence prayer when you sense a hard hearts moment in word, thought or action (ie. "God forgive me for my apathy").
- **Time of Confession** - With a conversation partner or journal, confess to God all that is contributing to heart heartedness.



SOIL # 2 - TESTED-HEART

ID Emotions: sad, overwhelmed, defeated, protective

Spiritual Response: Trust

Practices:

- **Serenity Prayer** - Prayer prayed for nearly 100 years by those wanting to trust God.
- **Shared experience conversation partner** - Find someone to talk to regularly who knows what your are going through. Don't believe the lie that "you're the only one".
- **God-action storytelling** - Journal or talk about the hardship in your life and talk about what you've seen God do along the way.



SOIL # 3 - CROWDED-HEART

ID Emotions: fear, worry, anxiety, unquenchable desire, distracted

Spiritual Response: Surrender

Practices:

- **Daily Mindfulness** - a mental state achieved by focusing one's awareness on the present moment. while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations.
- **Surrender prayers** - pray while physically/symbolically releasing areas of life to God.
- **Daily Examen** - Prayer that has been prayed for over 400 years ago helping you self reflect.
- **Accountability Partner** - Find someone who can ask you about the distractions in your life



SOIL # 4 - FERTILE-HEART

ID Emotions: fruits of the spirit - love, joy, peace, patience, kindness
goodness, faithfulness, gentleness and self-control

Spiritual Response: Steadfast Loving-Kindness

Practices:

- **Listening and empathy for "the other"** - ask questions and resist taking the focus back to yourself.
- **Gratitude response** - on your own or with others, regularly point out what we have to be grateful for.
- **Courage to risk** - when you have a choice to make, be willing to risk when it will lead to goodness.
- **Being a support to others** - being intentional and looking for those who you can come along side.

