

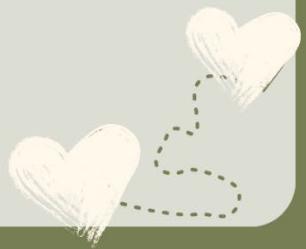
# Mapping Your Heart

*Cultivating good soil for  
spiritual growth.*

*A Prayer Guide*

Find a sacred space... Take a few minutes to get centered. Invite Holy Spirit into this time.  
Notice your breath. slow it down. breathe deep. in and out. Read **Luke 8:4-15.**

Imagine the field of your heart. Notice Jesus standing next to you. What do you see?



Sketch the outline of the field of your heart. What emotions stir? Name them and share them with Jesus.

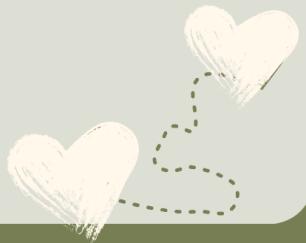
Return to the Parable of the Sower in Luke 8:4-15.

Where do you see hard-packed paths? Sketch them in your field. What practice or habit has caused this area to be so hard? How is God calling you to begin the process of breaking up the ground?

Add rocks to the sketch of your field. What “rocks” are in the way of deepening your faith? Name them. Ask God what to do with the rocks.

Sketch the weeds in your field. What are you allowing to choke out the growth in your heart? What is growing in your field you didn’t know was a weed? What does it look like to uproot these weeds?

Finally, draw a healthy plant in your field. Is it a tree? a flower? a fruitful shrub? Give thanks for the growth God has done.



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