

What is in My Heart? Worksheet

Name: _____

Ask: "Holy Spirit, what is in my heart?" Then listen to the Holy Spirit within your heart by tuning to flow, feeling, and vision. Record below what is coming to you. Make an attempt to group related issues into the most appropriate cluster. For example, doubt, fear, and unbelief may constitute one cluster; rejection, inferiority, and abandonment may constitute another cluster. Put the word "Strongest" next to what you sense is the strongest force in the cluster, and the word "Feeder" next to what you sense feeds this force. As you ask, "What is in my heart?" weekly for several weeks, you will discover additional issues which become obvious and either expand a current cluster or begin a new cluster. Eventually this will serve as a review reminder and pictorial overview of the demonic strongholds and issues that have been healed in your heart.

Cluster 1 (Note the strongest & primary feeder)

1		6	
2		7	
3		8	
4		9	
5		10	

Cluster 2 (Note the strongest & primary feeder)

1		6	
2		7	
3		8	
4		9	
5		10	

Cluster 3 (Note the strongest & primary feeder)

1		6	
2		7	
3		8	
4		9	
5		10	

Cluster 4 (Note the strongest & primary feeder)

1		6	
2		7	
3		8	
4		9	
5		10	

Cluster 5 (Note the strongest & primary feeder)

1		6	
2		7	
3		8	
4		9	
5		10	

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Cluster 6 (Note the strongest & primary feeder)			
1		6	
2		7	
3		8	
4		9	
5		10	

Cluster 7 (Note the strongest & primary feeder)			
1		6	
2		7	
3		8	
4		9	
5		10	

Cluster 8 (Note the strongest & primary feeder)			
1		6	
2		7	
3		8	
4		9	
5		10	

Cluster 9 (Note the strongest & primary feeder)			
1		6	
2		7	
3		8	
4		9	
5		10	

Cluster 10 (Note the strongest & primary feeder)			
1		6	
2		7	
3		8	
4		9	
5		10	