
Discovering Heart

*Adapted from LifePlan, a resource
of the Paterson Center*

The Heart Discovery Tool can help peel away layers and expose what's truly in your heart. You will do so in community with Heart Stories and Heart Themes. God has set His good purpose in you. Your heart points the way to purpose when you listen to Him and to those who love Him and want His best for you.

Heart Stories are designed to help you uncover the uniqueness of your passions and purpose for your life.

**“Above all else,
guard your heart,
for everything you
do flows from it.”
—Proverbs 4:23**

Because story is the primary language of the human heart, many of the explorations

focus on stories, movies, and people past and present. There are likely stories that you are most drawn toward. Why do you think that is? What stories (real or fictional) stir the most emotion in you? What movies and characters are your all-time favorites? Who

are your favorite artists, athletes, leaders, and heroes? They all point to a truth about the purpose and passion of your heart.

**“As in water face
reflects face, so
the heart of a man
reflects the man.”
—Proverbs 27:19**

Other Heart Stories ask you to identify specifics about your dreams when you were younger, your hopes for your future, what you would do if you knew you wouldn't fail, what you ultimately care about, and how you want to take a step of faith.

Heart Themes are what stirs your heart and why. When you consider what captures your heart and why, what themes emerge? Do you see any similar traits or patterns in your answers? You may unearth a heart for the underdog, the

disadvantaged, or the poor. Maybe you see a theme for tackling large and seemingly impossible

problems. It may be that you discover a heart for the marketplace or to restore something gone horribly wrong in your industry. Some of the themes may be more general, others more specific.

**“In his heart a
man plans his
course, but the
LORD establishes
his steps.”
—Proverbs 16:9**

Heart Discovery Tool

KEY QUESTIONS	SPECIFICS	THEMES
My favorite movies and characters		
My favorite athletes and/or artists		
My favorite authors/writers		
My favorite leaders		
My favorite all-time heroes		
What would I do if I knew I wouldn't fail?		
As a child, who did I dream of becoming?		
What I hope to be and do in my future		
What I care about most in this world		
How I hope others describe me when I die		

Your Heart Statement

After exploring your answers and sharing them in community, draft one sentence or phrase that captures the essence of the themes you identified.

Take time. Do several drafts. It is good work to hone it down to the one sentence that you can memorize. Your heart statement should focus specifically on what makes your heart come alive. This statement helps you gain clarity on your life’s purpose. It is what makes your heart come alive and points the way to using your core talents. It’s all connected.

Meet with a few trusted friends who love God and want His plan for your life. Share what you found and ask for their feedback. Do they see the same passions in you? Maybe they see heart and zeal in you that you don’t. There is no full picture of purpose apart from community with God and one another.

If this has provoked a desire to dig deeper into discovering who God made you to be and what He is calling you to do, consider joining a LifePlan Launch cohort or attending a LifePlan Retreat. More information is available at patersoncenter.com/tvc.

WRITE YOUR FINAL HEART STATEMENT HERE:
