

*the kingdom is*

# WITHIN YOU

Matthew 17:20

## LETTING MYSELF BE FOUND

Where do I feel my limitations right now?

*Sketch out the relationships or life circumstances that leave me feeling that I am not enough or that worry me. Invite Jesus into the "real".*

## THE HEART OF THE MATTER

What are the experiences of my heart that this unearths?

Identify and write down the emotions (from below) that these experiences tap into deeper in my heart.  
*This is the ground to be claimed in me.*

## OPENING TO THE KINGDOM

Where does Jesus Christ match my heart experience in the Gospel?

*Use the section below to explore how Christ felt, and step into that moment of his life to see how he lived it. Live it in union with him.*

## HEART OF CHRIST

### DIFFICULT EMOTIONS

Stuck-Matthew 15:33  
Bored-Luke 2:52  
Unmotivated-Mat 17:17  
Unseen-Mt 13:55  
Unappreciated-Lk 17:12  
Busy-Mk 6:31  
Depressed-Mt 26:38  
Weighed down-Jn 19:17  
Burdened-Mk 15:21  
Humiliated-Jn 19:2  
Constrained-Lk 12:50  
Pierced-Jn 19:34

### PLEASANT EMOTIONS

Grateful-Jn 11:42  
Content-Mt 19:14  
Happy-Lk 10:21  
Loved-Mk 10:21  
Seen-Mt 8:5  
Peaceful-Jn 14:27  
Determined-Lk 9:51  
Open-Jn 14:13  
Surrendered-Jn 4:34  
Thirsty-Lk 22:15  
Thrilled-Mt 28:10  
Energized-Mt 14:25  
Activated-Lk 12:49