

**Why We Sin When We Know So Much:
Healing the Hidden Heart by the Spirit
Intentionalizing Spiritual Formation through Soul Work**

Dr. John H. Coe

Director, Institute for Spiritual Formation, Talbot School of Theology

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1. Take counsel in your own soul and with the Lord regarding 3 characterological sins or struggles you are experiencing. Enter into these deeply with the Lord to experience the truth as to what degree these permeate your life and affect others. Be not afraid, for He knows these already and accepts you.

15 minutes

2. Read Ps. 139 thoughtfully, paying particular attention to vs. 23-24. Ask the Lord to search your heart regarding these 3 characterological sins, to open you deeply to the knowledge that He has of your heart. Ask the Lord to “try” or test your heart, to show you the deep desires, feeling and beliefs that are driving those sins.

15 minutes

3. Read Romans 8:1 prayerfully. Allow the Lord to take you into your deep neediness and weakness in light of your understanding of those 3 characterological sins. Bring those sins and your weakness to the Lord and the cross, to once again open to the fact that “there is no condemnation for those in Christ Jesus.”

15 minutes

4. Read Rom. 8:26-29 thoughtfully and prayerfully. Then open your heart to the Lord regarding something in your life that bothers you, that is a trial or a hassle. Allow yourself to see how this has affected you and the way in which you have responded to it. Now open deeply in prayer to discover and discern what God is doing in this, what *good* he intends for it in your growth.

15 minutes

5. If a spiritual friend is doing this prayer project as well, share together whatever one is comfortable sharing regarding those deep beliefs and feelings. Pray for one another regarding what was shared.

30 minutes