



# THE LAW

- **Written Law –**
  - ‘commands of God,’ ‘word of God’
  - laws recorded in OT, primarily in Genesis – Deuteronomy
- **Oral Law –**
  - ‘human tradition,’ ‘your own tradition,’ ‘tradition of men,’ ‘tradition of the elders’
  - concrete interpretations and applications of the Written Law given by rabbis in order to help people obey
- **If Written Law tells people what to do, then Oral Law tells them how to do it**

# THE HEART

**Proverbs 4.23** - Above all else, guard your heart, for everything you do flows from it (it is the wellspring of life.)

**Beware of 'hitchhikers'**



- **Intentional reflection w/God** – look back at your day and see what came out of you
- **Prayer of Examen**



THE  
HEART

Search me, God, and show me my heart; test me and show me where I may be honoring You with my lips, but my heart is still far from You. See if there is any offensive way in me.

*Take a moment to listen to the Holy Spirit and to repent of any sin He brings to mind.*



## PRAYER

God, give me clean hands.

I pray that I would do nothing out of selfish ambition or vain conceit, but that everything I say and all I do would glorify You and bless others.

God, give me a pure heart.

I pray that all I say and all I do would flow out of a renewed heart that is saturated with Your great love and captivated by Your perfect holiness.