***Developing a Discerning Heart***

***A personal discovery and peer-helping course by Entrust.***

*The purposes of a person's heart are deep waters, but a person of understanding draws them out.*

*- Proverbs 20:5*

**Session 1: Introduction**

***Understanding Who I Am***

**Session 2: My Identity in Christ**

**Session 3: The Image of God - Design and Damage**

**Session 4: Thirst - The Constant Drive for Satisfaction**

**Session 5: The Mind (Thinking)**

**Session 6: The Will (Choosing)**

**Session 7: The Emotions (Feeling)**

***Understanding Where I Am Going***

**Session 8: Every Life Has a Story - Gathering Data**

**Session 9: Understanding My Story**

**Session 10: My Resources and Oppostion**

***Understanding the Stories of Others***

**Session 11: Peer-Helping Skills**

**Session 12: Sharpening Our Skills**