



The Character Matrix Quest

To

Identify and Heal

Core Heart Issues

Character Matrix Quest to Identify and Heal Core Heart Issues

"Above all else, guard your heart, for everything you do flows from it." Proverbs 4:23

We all come across situations and relationship issues at one time or the other that cause us to "hit a wall." We can get stuck in negative emotions and behaviors and feel the problem is consuming our life. We may feel we are at a stalemate in a relationship, or see no possible way out of a problem. Our negative thoughts circle around and around in our minds. We may begin to experience physical symptoms like gut issues, headaches, insomnia, etc. We may become impatient and short with those we love even if they are not the cause of our problem. We may even experience depression or anxiety.

This tool is designed for those kinds of moments, when we have exhausted our own methods for scaling that "wall," and admit we need help from God. The tool guides you to discover and name the negative emotions you are experiencing and choose the corresponding Biblical truth and action to take as you set about working with God through prayer to be transformed to be more like Him.

The steps to begin your Quest:

1. Begin by praying something like this: *Father, I have felt stuck in negative emotions and I'm not sure how to get unstuck. I need Your help! I pray now that You will direct me to the exact emotion that You want to speak to me about today. As I follow the Quest, please help me be humble and teachable and persistent. I know You will be with me through my journey. Amen*

2. On page 3, complete the Emotions Checklist, checking off the Emotions you are currently experiencing concerning your "wall." It's important to note we probably have *all* experienced *many* of these emotions at one time or another. Focus only on the relationship or situation you are seeking wisdom for *today*, and how you are feeling about it. After checking off the emotions, total them in each box.

3. Choose the box with the greatest total and turn to the corresponding Quest (pages 4-6). There are three possible Quests but you want to choose only one at a time to work on. We are all on a journey and probably need work in all three quests at some time or the other, but you will be more successful if you can focus on only one at a time.

Read through the information for your Quest. If you choose to set off on that Quest, pray daily in a similar way to the sample prayer, and decide on one simple action you can take to start practicing the corresponding truth. You may want to consult a mature Christian mentor to help you and keep you accountable. There is a Journal on page 7 to help you keep track of your progress.

The Quest to Identify and Heal Core Heart issues is based on Erwin McManus's "Uprising: A Revolution of the Soul."

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Emotions Checklist

In each of the 3 boxes, check the emotions you are experiencing in your current challenge and total them.

BOX 1	
<input type="checkbox"/> I have to keep secrets	<input type="checkbox"/> Lack of interest in others
<input type="checkbox"/> I fake it	<input type="checkbox"/> Not expressing my appreciation
<input type="checkbox"/> Afraid to talk about my problems	<input type="checkbox"/> Not meeting their needs
<input type="checkbox"/> I don't think I have any wounds from the past	<input type="checkbox"/> Being insensitive
<input type="checkbox"/> I'm embarrassed	<input type="checkbox"/> I love security and predictability
<input type="checkbox"/> God can't possibly love me	<input type="checkbox"/> Demanding my own way
<input type="checkbox"/> I'm not enough	<input type="checkbox"/> Motivated by wealth, power, prestige
<input type="checkbox"/> I don't feel sorry for what I've done, I was hurt!	<input type="checkbox"/> Feeling alone
<input type="checkbox"/> Inability to receive correction	<input type="checkbox"/> Feeling empty
<input type="checkbox"/> Stubborn	<input type="checkbox"/> Feeling like a victim
<input type="checkbox"/> On the defensive	<input type="checkbox"/> Too accommodating
<input type="checkbox"/> Can't tell me what to do	<input type="checkbox"/> No courage to face challenges
<input type="checkbox"/> I don't need anyone	<input type="checkbox"/> Passivity
<input type="checkbox"/> I'm controlling, won't ask for help	<input type="checkbox"/> Worrying and fearful
	___ TOTAL

BOX 2	
<input type="checkbox"/> I over-indulge	<input type="checkbox"/> Uncontrollable temper
<input type="checkbox"/> Never have enough love, support, accommodation, etc.	<input type="checkbox"/> Impatient or irritable
<input type="checkbox"/> I need people to make me feel whole	<input type="checkbox"/> Spending unwisely
<input type="checkbox"/> Everyone seems to leave me	<input type="checkbox"/> Critical or contemptuous of others
<input type="checkbox"/> Always searching for happiness	<input type="checkbox"/> Cursing/yelling
<input type="checkbox"/> Ungrateful	<input type="checkbox"/> Acting violent
<input type="checkbox"/> Looking for the next best thing	<input type="checkbox"/> Have to get even
<input type="checkbox"/> I feel undesirable	<input type="checkbox"/> Bitterness/Resentment
<input type="checkbox"/> Left behind/Overlooked	<input type="checkbox"/> Withholding affection
<input type="checkbox"/> Crave affection	<input type="checkbox"/> Talking about them behind their back
<input type="checkbox"/> Need to be accepted	<input type="checkbox"/> Being disrespectful toward others
<input type="checkbox"/> No one comes through for me	<input type="checkbox"/> Holding a grudge
<input type="checkbox"/> Betrayed	<input type="checkbox"/> Can't Forgive
<input type="checkbox"/> Always dissatisfied in others	<input type="checkbox"/> Avoiding conversation
	___ TOTAL

BOX 3	
<input type="checkbox"/> I'm too passive, people take advantage of me	<input type="checkbox"/> Can't focus
<input type="checkbox"/> Lack of initiative	<input type="checkbox"/> Can't make decisions
<input type="checkbox"/> Disorganized	<input type="checkbox"/> Why is this happening?
<input type="checkbox"/> Lack of follow through	<input type="checkbox"/> Insecure
<input type="checkbox"/> Unreliable	<input type="checkbox"/> Not able to trust God
<input type="checkbox"/> Little involvement in family	<input type="checkbox"/> Always doing the wrong thing at the wrong time
<input type="checkbox"/> Undisciplined	<input type="checkbox"/> Can't seem to get ahead
<input type="checkbox"/> Depressed	<input type="checkbox"/> I'm unlovable
<input type="checkbox"/> There is no way out	<input type="checkbox"/> I'm worthless
<input type="checkbox"/> It will never get any better	<input type="checkbox"/> I'm not needed
<input type="checkbox"/> I've lost heart	<input type="checkbox"/> Fear of failure
<input type="checkbox"/> I have no reason to live	<input type="checkbox"/> I'm not important
<input type="checkbox"/> God's not going to take care of me	<input type="checkbox"/> Something is wrong with me
<input type="checkbox"/> Bad things happen to me	<input type="checkbox"/> Regrets for what might have been
	___ TOTAL

Box 1: The Quest for Honor by Overthrowing Pride and Fear

Pride (I am more than you) & Fear (I am less than you)

Description of Pride and Fear

When Pride and Fear are controlling us, we may feel alone, friendless, abandoned. We may not be self-aware or feeling empty, not really knowing how to describe what we feel. We may live in fear of getting caught, being revealed, or of someone knowing who we really are. We may either be a non-conformist or too accommodating. We may treat others well only when we fear them. We may surround ourselves with security and predictability. We have no courage to face challenges or to stay the course. We may refuse help or correction. We can be defensive and stubborn.

I choose Humility

The key mechanism to combat Pride and Fear is humility. It's often confused with humiliation, which is powerlessness and comes from someone or something outside ourselves. Humility is our choice, a powerful choice. To be humble is to shed our mask and be transformed from fullness of self to emptiness of self. It's not thinking more or less of ourselves, it's thinking of ourselves less. It's an end to pretending, to be authentic. We are commanded in the Bible to be humble, we have to decide to choose this. Humility is controlled strength, not powerless but meekness. Philippians 2:3-8, 1 Peter 5:5-8

Prayer: God, I want to be honest with You and tell You I have been full of pride and fear in this situation. Today I choose to replace my negative feelings with humility. Please help me in this quest for courage by overthrowing pride and fear. Amen.

Today I choose humility by doing this:

As I consistently choose Humility, God gives Integrity

Integrity is being the same on the outside as the inside. God creates things with integrity, this is how you are meant to be. Integrity is completeness (it comes from the word 'integer' – a whole number). When I'm a person of integrity I don't need to pretend. It's not flawlessness but falselessness. We live in wholeness with God and are not swayed by men. We always have a choice to decide what kind of person we want to be. Mark 12:14

As I grow in Integrity, I become a person of Courage

Courage is not the absence of fear but the absence of self. Our power is measured in the freedom and opportunity we create for others. It's a passion to live a heroic life. To bind ourselves to truth, without being controlled by fear. It's looking inside your own heart and liking what you see. It's having the courage to do what is right regardless of circumstances or consequences, living a life of conviction. Courageous people are trustworthy and dream great dreams. Philippians 1:20-27, Proverbs 28:1

Box 2: The Quest for Nobility by Overthrowing Greed and Hate

Greed (I need more) & Hate (You deserve less)

Description of Greed and Hate

When greed and hate are controlling us, we may feel we never have enough (support, love, accommodation, etc.). We may feel that people always disappoint us and let us down. We may struggle to feel satisfied and grateful. We could be unable to forgive and tend to hold grudges. In our lives there may be more than one broken or difficult relationship. No one seems to be there for you when you need them. Our desire for love may be temporarily satisfied by food, substances, activities, sports, work, etc. We may indulge in those things beyond what is healthy. We can be critical, impatient, and irritable.

I choose Gratitude

The key mechanism to combat greed and hate is gratitude. Choosing gratitude means forgiving others, even if they don't acknowledge the hurt. When you forgive, you won't forget or develop amnesia; you can't really forget but you don't have to always remember. Gratitude exorcises bad feelings, giving you a desire to give more than you receive.

When we replace greed and hate with generosity, we exchange a black hole for a wellspring. The goal is not so much to have less but to give more. Generosity is the result of a life in continuous overflow. Forgiveness unlocks gratitude. 1 Thessalonians 5:16-18, Philippians 2:19-22, Colossians 3:13-14, Hebrews 12:14-15

Prayer: God, I want to be honest with You and tell You I have been full of greed and hate in this situation. Today I choose to replace my negative feelings of with gratitude. Please help me in this quest for courage by overthrowing greed and hate. Amen.

Today I choose gratitude by doing this: _____

As I consistently choose Gratitude, God gives Wholeness

Gratitude means finding our purpose and our healing in serving others. A heart of Gratitude allows us to look back at even the most painful experiences in our life and find the good that God has brought out of it. Only Jesus was truly Whole, only He can make us truly Whole. Being whole is finding fulfillment in the person He created you to be. The more of ourselves we give away, the more whole we become. The more completely we love, the more complete love makes us. Ephesians 3:16-19, 1 John 4:16b-18, Colossians 2:9-10

As I grow in Wholeness, I become a person of Generosity

The generous use all they are and all they have for the good of others. This give them great pleasure. Ephesians 5:22-25, 2 Corinthians 9:6-13

Box 3: The Quest for Enlightenment by Overthrowing Foolishness and Despair

Foolishness (I don't know) & Despair (I don't care)

Description of Foolishness and Despair

When foolishness and despair are controlling us, we may believe no one can understand what we're going through or how we're feeling. We feel powerless, weary, confused, hopeless, and we sometimes lose heart. We may believe "this is more than I can bear," or "bad things always happen to me." We can't seem to get ahead, we feel joyless. We may not reach our potential, and have lost opportunities or have regrets for what might have been. We may secretly blame others for our failures. We may dislike waiting and seek instant gratification. We may become neglectful and have no follow through, thinking the world is passing me by. But in reality, we may just give up too soon.

I choose Faithfulness

The key mechanism to combat foolishness and despair is faithfulness. Faithfulness is taking one small step at a time and being trustworthy with what's given to us. God entrusts us with His resources, and then holds us accountable for what we do with them. The great things of God come out of the small acts of faithfulness. Faith gives us the strength and confidence to see every challenge and crisis through to the end. Look at the finish line, then look at your next step. Matthew 25:14-30, Psalm 14:1, Luke 18:1-8, Galatians 6:7-10

Prayer: God, I want to be honest with You and tell You I have been full of foolishness and despair in this situation. Today I choose to replace my negative feelings with faithfulness. Please help me in this quest for faithfulness by overthrowing foolishness and despair. Amen.

Today I choose faithfulness by doing this: _____

As I persistently choose Faithfulness, God gives Perseverance

We all like the destination, but not as many of us are excited about the process. But it's the process of faithfulness that develops perseverance, a very valuable and rare trait. When we realize trials and temptations are not the punishment of God, but the process of God, we learn to see the benefit of faithfulness. We see the good that is, the good that must be done and the good that will come through choices made. James 1:2-5, Proverbs 1:20-23

As I grow in Perseverance, I become a person of Wisdom

Doing the right thing in the right spirit at the right time defines wisdom. Wisdom creates and produces good, it means that we are confident of the future. Matthew 7:21-27, 1 Kings 3:5-15a, Proverbs 2:1-15

