



Foreword by Carl Trueman

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DON'T FOLLOW YOUR HEART

**BOLDLY BREAKING THE
TEN COMMANDMENTS
OF SELF-WORSHIP**

A PDF COMPANION TO THE AUDIOBOOK

ZONDERVAN REFLECTIVE

Don't Follow Your Heart

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Chapter 1

#liveyourbestlife

A Heretic's Field Manual

Before moving on to the next chapter, do three or four of the following to sharpen your skills at violating the commandment to #liveyourbestlife:

1. Get out in God's creation. Stop to observe and soak in the creative genius manifest around you. Thank him for it.
2. Sing a hymn. Old hymns like "How Great Thou Art," "Fair-est Lord Jesus," "Holy, Holy, Holy," "Come Thou Fount of Every Blessing," and "Be Thou My Vision" break us out of self-centeredness and recalibrate our emotions to be awestruck at the size and splendor of God. Make a playlist and let these old God-centered songs be the soundtrack to your day.
3. Turn off your devices, eliminate distractions, and slowly read through Isaiah 46. As you read, thank God for each aspect of his awesomeness you see revealed in the text.
4. Attend a gathering of people who worship God. Join in the songs, no matter your vocal skill (or lack thereof). Don't

sing with a self-centered expectation of receiving a spiritual buzz, but purely to melodically declare truth about God to God in unison with others. As C. S. Lewis said, “The perfect church service would be one we were almost unaware of. Our attention would have been on God.”

5. Set aside five minutes to pray through the twelve divine attributes in the heretic’s prayer from this chapter. Don’t pray about yourself and your needs at all for this particular prayer. Instead, simply thank God for being who he is. Ask him to help you be increasingly awestruck by his manifold glories. If helpful, use the following acrostic about the God at the BIBLE’S CENTER to help guide your prayer:

The God at the **BIBLE’S CENTER** is . . . _____

Biblically revealed: God is knowable because he has made himself knowable, communicating who he is by inspiring sixty-six books of the Bible. Read Numbers 23:19, 2 Timothy 3:16–17, and 2 Peter 1:21.

I Am / self-existent: God exists objectively and not as a subjective human projection. He *is*. God is also self-existent, requiring no one and nothing to bring him into existence. Read Exodus 3:14, Psalm 90:2, and Acts 17:24.

Beyond time: God is not bound by time, but creates it, sees it all with equal clarity, and acts within it. He does not progress or change over time, and as a perfect being, he does not need to. Read Psalm 102:25–27, Isaiah 46:9–10, and Revelation 1:8.

Lord of everything: God, as a sovereign being, always does whatever he pleases, however he pleases, whenever he pleases, to whomever or whatever he pleases for the sake of his glory. Read Daniel 4:34–35, Isaiah 46:8–10, and Ephesians 1:11.

Everywhere: God, as creator of space, is not space itself nor limited by it. As an omnipresent being, God may hide, but there is no hiding from him. Read 2 Chronicles 6:18, Psalm 139:7–10, and Jeremiah 23:23–24.

Satisfying: God is the supreme object of deepest joy possible, the only infinite source of all true, lasting human fulfillment, and the chief purpose for our existence. Read Psalm 63:1–5, Ecclesiastes 1:14, and John 10:10.

Creative: God, as creator of everything from Scripture to sunsets, is the supreme artist and architect. He is the ultimate source of all true beauty and order in the universe. Read Genesis 1:1–31, Job 38–39, and Hebrews 1:1–3, 10–12.

Emotional: God feels genuine grief at his creatures' rebellion, anger at their trivialization of his glory, jealousy at their worship of false gods, and joy at their salvation and obedience. Read Genesis 6:6, Isaiah 1:11–14, and Zephaniah 3:17.

Needy-saving: God, as a gracious and merciful being, saves those who cannot save themselves, forgives sin, and lavishes utterly undeserved favor on his creatures. Read Ezekiel 16, Romans 3:24, and Ephesians 1:3–2:18.

Thinking: God is all-knowing, the source of all truth who

can neither learn nor be surprised. As a being of infinite intellect, he is not fully comprehensible to finite human minds. Read Isaiah 55:8–9, Psalm 139:1–4, and Romans 11:33.

Engaged in love: God is one being who exists as three coequal, coeternal, and interloving persons—the Father, Son, and Holy Spirit. This triune God is love and profoundly loves his creatures. Read Isaiah 43:10, Luke 3:21–22, and John 17:20–28.

Righteous / holy: God is the source and standard of all goodness. As a holy, holy, holy being, he exists in unique moral splendor, separate from all sin and corruption, which he justly punishes. Read Deuteronomy 32:1–4, Isaiah 6:1–4, and 1 Peter 1:16.



Chapter 2

#okboomer

A Heretic's Field Manual

Before moving on to the next chapter, do at least three of the following to sharpen your skills at violating the #okboomer commandment:

1. Take a walk in nature. Note how the intricate beauty and design around you was not thought up by you. Let the Creator-creature distinction settle into your heart as you stroll along and ponder how much God has made without your help and how much you need his help to draw your next breath and take your next step.
2. Make a list of three ways you can mirror God by being creative. Then go do those things well, not for the world's accolades but to worshipfully imitate your Creator.
3. Ask God to reveal the areas of your life where you are most prone to play God. Confess them to Christ.
4. All sin is a version of falling for the same old lie to be like God. Think of the top three sins you struggle with. Analyze how each of those sins is, on a deep level, an attempt to play God. Then, take a minute, and confess

those sins to your Creator, trusting that his grace, offered in Christ, is more than enough to cover your sinful self-worship.

5. I offered the examples of Jim Morrison, Michel Foucault, and RuPaul as people pretending to be cutting edge but who in reality abide by the conventions of Genesis 3. Think of three living celebrities who embody the same sense of devil-may-care freedom and self-liberation. Pray for each of them by name.

#followyourheart

A Heretic's Field Manual

Before moving on to the next chapter, do at least three of the following to sharpen your skills at violating the commandment to #followyourheart:

1. Identify at least three feelings you had today that were false, misguided, or likely to change tomorrow. Think of one example of a feeling you had today that was *way* off. Have a chuckle at yourself.
2. Think of a recurring lie your heart tells you about yourself that may often feel true but you know is false. Search the Scriptures, using a search engine or concordance if helpful, and find at least three Spirit-inspired passages that contradict that lie.
3. Take five minutes to write out a meaningful message to someone you know who could use some encouragement, especially if you don't want to. Send it.
4. Have a conversation with someone in which you ask them meaningful questions about their life and listen. Do not turn the conversation back to yourself at any point.

5. Ask the Holy Spirit to fill your heart with his fruits.
Prayerfully request love, joy, peace, patience, kindness,
gentleness, goodness, faithfulness, and self-control.

#betruetoyourself

A Heretic's Field Manual

Before moving on to the next chapter, do at least three of the following to sharpen your skills at violating the commandment to #betruetoyourself:

1. Pick one of the four gospels—Matthew, Mark, Luke, or John. Find a Bible that sets Jesus's words apart in red. Carve out about an hour to do nothing but read through all the red letters in a given gospel. Then ask yourself, "What would it mean to be true to Jesus's heart for my life? How is his vision for my life better than my own?"
2. Ask God to clean your heart and to recalibrate your affections so that they align with those of Jesus.
3. Identify one bad action your heart is drawn to. Ponder what the opposite of that action might be, then go do it.
4. Give away something that means a lot to you; give it to someone it would mean even more to.
5. Do something kind that you don't really feel like doing for a member of your family.

Chapter 5

#youdoyou

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Venus and the Lute Player

A Heretic's Field Manual

Before moving on to the next chapter, do at least three of the following to sharpen your skills at violating the #you-doyou commandment:

1. Judges 21:25 recounts the days in which “there was no king in Israel [and] everyone did what was right in his own eyes.” Peruse the closing chapters of Judges, and ask what kind of havoc people unleash when they do what is right in their own eyes. Then ask the same question of our day.
2. Walk in nature for about twenty minutes. Try to count how many beauties you do not invent but discover. Ponder not *what* but *who* the source of that beauty is.
3. Ours is a world of unrisky, air-conditioned, latte-sipping, virtue-signaling pursuits of justice. What is something you could do, not in cyberspace but in real life, to help people in your daily orbit? Go do that thing.
4. Ask God if he is calling you to positively impact a particularly broken aspect of the world. Pray with an honest willingness, making yourself fully available to step in wherever he calls you.
5. Think about the culture you are in, the waters you swim in daily. Consider the parts of culture that are out of whack with God’s perspective on human flourishing. See if you can think of three ways Jesus’s vision is superior to your culture’s vision. Try to pinpoint one thing you can do today to be countercultural in a Christ-exalting way.



Chapter 6

#yolo

A Heretic's Field Manual

Before moving on to the next chapter, do three or four of the following to sharpen your skills at violating the #yolo commandment:

1. The reality of cosmic evil forces warring against God's glory and our joy is severely underestimated today. Spend five minutes praying that God—by the power of the finished cross-work and resurrection of Jesus—would sovereignly sabotage whatever forces of darkness may be attacking you or your loved ones.
2. Think of three things you can do to sacrifice for others today. Go do those things.
3. Your participation in God's redemptive mission has everything to do with your new identity "in Christ." Take a few minutes in solitude to commune with him. Thank Jesus for his perfection that became yours through the cross and for the wrath he bore on your behalf. Praise him for rising from the dead to make your life eternally significant.

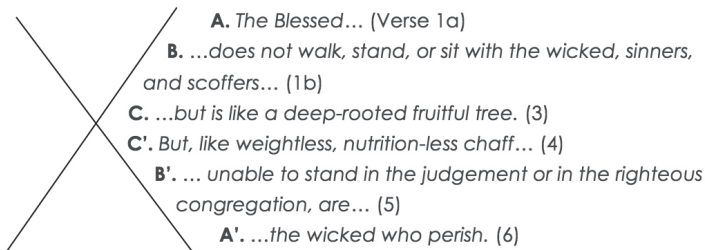
4. To press into the unpredictability of following Christ, give more money or time than you can afford to someone in need.
5. Ask God for clarity on your specific role in his cosmic defeat of evil. Make yourself utterly available to embark on that adventure.



Chapter 7

#theanswersarewithin

The Chiastic Structure of Psalm 1



Trevor and the Wright Family's GoFundMe

<https://www.gofundme.com/f/help-trevor-fight-stage-4-colon-cancer?qid=ff0496bd8ac3dcb8489a8c5cb9b0291d>.

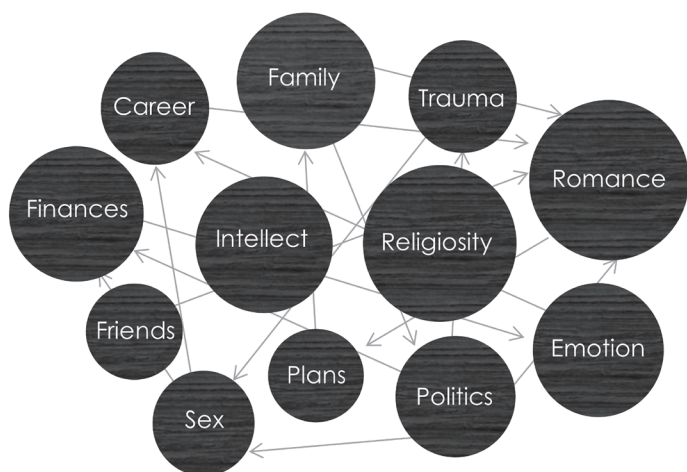
A Heretic's Field Manual

Before moving on to the next chapter, do three or four of the following to sharpen your skills at violating #theanswersare-within commandment:

1. Read Galatians 5:19–21 and pay attention to how Paul describes the works of the flesh. If Paul were writing to you instead of the first-century church in Galatia, what deeds of the sin nature might he include? Try to identify at least three. Take those immediately to the cross.
2. Read Galatians 5:22–23 about the fruit of the Spirit. The original Greek enlists something called a genitive of production to convey that this fruit is *produced by* the Spirit. Pray through the list, pausing at each one and identifying an area of your life where you most desperately need the Spirit to produce that particular fruit.
3. Take another look at Lukianoff and Haidt's list of nine cognitive distortions. Pinpoint your top two or three. Ask the Holy Spirit to go to work resetting your psyche and to replace your distortions with his reality.
4. For one week, carve out a few minutes each morning to read Ephesians 1. Throughout your day, meditate on what this passage affirms about who God is and who you are.
5. To get better at biblical CBT, form a habit of meditating on a psalm before you fall asleep.

Chapter 8

#authentic



THE FINITE PARTICULARS OF YOUR IDENTITY



A Heretic's Field Manual

Before moving on to the next chapter, do three or four of the following to sharpen your skills at violating the commandment to be #authentic:

1. Think of five ways that God is far better at being God than we are. Pray through the list, thanking God for being God.
2. Think through the finite particulars that make up your identity. Identify the top three things, other than God, that you are most prone to make the center of your identity. In prayer, yield those things to God, one by one, asking him to take their place.

3. When you wake up, pray a simple prayer. "God, you have good works prepared beforehand for me to do today. Help me do them for your glory."
4. Use some self-deprecating humor, putting yourself in an unflattering light to others.
5. Take five minutes, no screens or distractions, and try to recall as many moments as you can where it was clear that God was up to something bigger and better than what you expected.

#livethedream

A Heretic's Field Manual

Before moving on to the next chapter, do three or four of the following to sharpen your skills at violating the commandment to #livethedream:

1. Read the real Ten Commandments recorded in Exodus 20 (not to be confused with the ten commandments of self-worship). Pray for the Holy Spirit's help to obey the commandments throughout your day.
2. Think of three ways you have broken the structure of moral reality. Think of how reality has broken you back. Ask Jesus to redeem those broken parts.
3. Think of three people who are currently being broken for their rebellion against moral reality. Pray for them by name, that God would redeem them.
4. Sometimes phrases like "glorifying God" can sound abstract and otherworldly. Spend fifteen minutes reading through one of the four Gospels to behold how Jesus—the greatest God-glorifier ever—incarnates what it means to live a God-centered life. When you're done, ask

the Holy Spirit to form those theocentric habits in you this week.

5. What are three things you can't control that have been causing stress, frustration, and anxiety? Prayerfully yield them to the Father.

#loveislove

A Heretic's Field Manual

Before moving on to the Heretic's Manifesto, do three or four of the following to sharpen your skills at violating the #loveislove commandment:

1. Read the famous love passage of 1 Corinthians 13. As you read through the list of the properties of biblical love, ask the Holy Spirit to generate each of those properties in you this week.
2. Think of the top three least loving patterns or habits in your life. Confess them to God the Father, take them to the cross of Jesus, and ask the Holy Spirit to sovereignly break those patterns.
3. 1 John 3:18 commands us to love not only with words but also with actions. Come up with three loving actions you can do today, then go do them.
4. Think of three people you love who are doing things you know are hurting them. Pray for each one by name. Then ask God to set up divine appointments during which you can lovingly call them to repentance.

5. The New Testament church is not to be marked by its slick programming but by the depth and authenticity of its love. Attend a local church this weekend. Don't enter with a consumer mentality of what you can get out of it, but with a Christlike mentality that asks, "How can I best love and serve the people around me?" Look into any service projects the church offers and get involved.

A Heretic's Manifesto

A new religion is sweeping the globe. Eighty-four percent of Americans believe that “enjoying yourself is the highest goal of life,” 86 percent believe that to enjoy yourself you must “pursue the things you desire most,” while 91 percent affirm the statement: “To find yourself, look within yourself.” This cult of self-worship . . .

1. . . . promises our most awesome life, but robs us of awe.
2. . . . markets itself as cutting-edge, but is hopelessly outdated.
3. . . . commands us to follow our hearts, but our hearts are divided and depraved.
4. . . . encourages us to be true to ourselves, but makes us unwitting devotees to miserable men.
5. . . . tells us to be our own moral masters, but strips us of courage and credibility.
6. . . . calls us to the rush of unfettered experience and adventure, but becomes impossibly dull.
7. . . . tells us the answers are within, but that’s where the problems are.
8. . . . beckons us to be authentic, but makes us arrogant.
9. . . . claims we can break the structure of reality, but reality breaks us back.
10. . . . advertises itself as loving, but makes bigots and haters of us all.

We, the undersigned, seek to be heretics against the self-worship that permeates and corrodes society. We refuse to march like good little cows when advertisers, pop stars, social media influencers, university professors, and animated animals push the

dogmas of self-worship. We seek to actively subvert the religious narcissism of our day by living lives marked by . . .

1. . . . awe for the God of the Bible.
2. . . . rejection of the ancient serpent's lie to define our own reality.
3. . . . following God's heart before our own hearts.
4. . . . rebellion against the doomed philosophies of self-worship ideologues.
5. . . . courage to champion the objectively beautiful, good, and true over and against the ugliness, evil, and falsehoods of the age.
6. . . . ascending the adventurous terrain of seeking God's kingdom, rather than wandering the flatlands of our own subjectivity.
7. . . . looking to God's Word rather than within ourselves for answers.
8. . . . authenticity before the fact that God is God and we are not.
9. . . . expressing our God-given freedoms within the God-given forms of moral reality.
10. . . . loving others redemptively, with an eye toward their temporal flourishing and eternal good.

We, the undersigned, cannot live a single one of these resolutions without the help of the triune God. We, therefore, ask for a supernatural dose of his divine power and grace to live our lives to glorify the Father, the Son, and the Holy Spirit rather than the false gods of Me, Myself, and I.

Soli Deo Gloria.

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