



BATTLE FOR THE HEART
LIVE TRANSFORMED

Sisters,

Welcome to the *Battle for Women's Hearts*, your first step in the *Battle for the Heart* process.

The Battle for the Heart process is an intensive and rigorous experience that gives you an opportunity for fundamental, significant, sustained change and growth to become the woman you were created to be. It begins with the Battle for Women's Hearts event.

The word *Battle* is significant. This retreat is the fruit of many women who have fought hard for their own hearts and the hearts of women like you. Some of these women will be facilitators in this event. They will come prepared to fight for your heart. We ask you to do the same.

Understanding and winning the battle for your heart and the hearts of the women who will be there with you involves *spending significant time in preparation*. The more you prepare your heart the more you will receive during the Battle, the more your team will benefit, and the more the people in your world will benefit after the Battle. *Plan* now to spend the time it will take to prepare for this encounter with God, yourself and your team. Preparation includes:

- ❖ Prayer – personal and recruiting 3 people to pray for you
- ❖ Scripture reading
- ❖ Pre-retreat team meetings (3)
- ❖ Watching other supporting movies (optional)
- ❖ Reading books with similar themes to the Battle for the Heart (optional)

We encourage you to consider blocking out time on your calendar to go through the preparation information below and plan how to incorporate the prep time into your existing schedule. For example, you can utilize the *28 Daily Biblical Reflections* guide to add a Scripture or two to your daily quiet time and cover all of them by the time of the retreat. If you decide to watch some of the suggested movies then you may need to order or borrow them in advance so please do not wait until the last minute.

This is a lot of work, but your life and the lives of those who depend on you are worth it! We are fully confident that when you come to the end of the weekend you will agree.

The Wellspring Group Team



**WELLSPRING
GROUP**
overflowing transformation

Personal and Team Preparation

PRAYER

Preparation begins with prayer, so please join with our intercessory team in praying for God to prepare:

- Your heart for all that He wants to do in you.
- The hearts of the other women for all He wants to do in them.
- Our ministry team to share our very lives with you.

In the next few weeks, please share about your Battle for Women's Hearts participation with three women or men who love you. Ask them to pray for you as you prepare and during the weekend itself. This prayer covering is critical to our success and it will make a difference for you. Plan now to share with your prayer team after the event so they get a sense of joy in being part of God working in your life.

REFLECTING ON THE WORD OF GOD

The Battle is an interactive journey into true femininity. It is not a Bible study. However, the weekend is solidly grounded in Biblical truth. You may be challenged by that truth in ways you've never been before. Reading the following Scripture passages prior to coming will help you relate to the messages as we move through the weekend.

Genesis 1-3
Psalm 139: 23-24
Psalm 8, Romans 3:23, Hebrews 2: 5-11
Psalm 78:72, Proverbs 4:20-27, 20:5
Deuteronomy 6:4-6, Mark 12:28-31
Jeremiah 31:33-34, Hebrews 10:11-18
Matthew 26:36-46
John 13:1-5, 17:1-5
Ephesians 1
John 10:10, I Peter 5:8-11
Ephesians 3:14-21, I John 4: 7-21
II Corinthians 3:17- 4:18; Romans 8:12-39
Philippians 3:7-14
Revelation 21:1-8, 22:1-6
I Corinthians 16:13-14

Consider making these passages part of your devotional experience by utilizing the *28 Daily Biblical Reflections* document provided for you on app and attached to prep materials email. You will be discussing these Scriptures in a pre-retreat meeting you have with your team.

PRE-RETREAT TEAM MEETINGS

A critical component of the Battle event and the Team Equipping follow-through process is your team of women. You may know each other well, or you may not. Regardless, it is very helpful if you can meet together at least three times before the event. If you can meet more times that is even better.

Team Meeting 1

Agenda: Sharing your personal story with your team

In one meeting, take time to share some of your personal stories with each other. The following are some ways to get started:

- Where did you grow up?
- What it was like growing up in your family?
- What were several positive and negative experiences you faced growing up and during your early adult years?
- What do you enjoy doing?

As women share, try to ask them some simple questions that might help them get in touch with how their story has affected them. If that is hard, don't worry about it, you'll get lots of practice at the Battle for Women's Hearts.

Also touch base on how your overall preparation work is coming along.

Team Meeting 2

Agenda: Sharing and discussing your reflections on the 28 Daily Biblical Reflections and the Elevator Model of the Heart

The documents titled *Elevator Model of the Heart* and *28 Daily Biblical Reflections* will help you and your team prepare for the Battle for the Heart event. Note that you need to have read the 4 weeks of Scriptures outlined in the *28 Daily Biblical Reflections* and *Elevator Model of the Heart* documents before this meeting can take place.

Team Meeting 3

Agenda: Watch and discuss Queen of Katwe using the provided guide.

A great way to prepare with your team is to watch at least one of the movies listed below together. This document can serve as a guide while watching this movie together.

WATCHING MOVIES AS PARABLES

Part of your preparation is watching some great movies. During the Battle we use movie clips as modern day parables to illustrate key themes. There will be clips from the movies below as well as others. These movies cover themes in the retreat and will give you a greater appreciation for the clips we will show.

We use most of these movies in the Team Equipping follow-through process, so you might want to buy them. They can all be found on Amazon. *Since most are older they are often unavailable to rent, so don't wait until the last minute to check on these.* You might check with other men or women from your church who have attended the Battle Your Heart to find out if they or others have these available.

The Kid starring Bruce Willis as Russell Durritz is a PG Disney movie that depicts the contrast between the larger and smaller stories of our lives. It is a great illustration of the pose that people build to hide the pain of their lives. By pose we mean our specific set of “fig leaves” that we use to make life work for us outside of utter dependence upon God. This movie gives an excellent picture of how a pose, or false self may develop from the pain in our lives. It is humorous, yet filled with some deep truths. As you watch it, be alert to Russell’s pose, how he developed it, and then how he discovered his true story.

Les Miserables starring Liam Neeson is the movie version of the book by Victor Hugo. It is rated PG13 due to adult themes and one scene with some nudity. It is a great picture of the contrast between grace and law, and it has a scene that clearly depicts the power of calling people out of their small story into their part in God’s Larger Story. Focus on how you are impacted by the opening scene with the Bishop and Jean Valjean.

Cinderella Man is based on a true story of a boxer during the Great Depression. The scene of Jimmy and Mae arguing over whether Jimmy should fight Max Baer is a dramatic picture of the deep desires of a woman and a man. A later scene in which Mae comes into the locker room is a powerful scene that deeply speaks to most men and women, although they often don’t realize why. “Cinderella Man” illustrates the powerful impact a woman can have on her husband’s heart as she calls out the glory that is uniquely his.

Pretty Woman contains scenes that speak powerfully to most women. It is rated R due to strong language, sexuality and brief drug use. Try to look past the fact that she is a prostitute and consider that we are all “prostitutes” as we pursue our own idols.

Queen of Katwe is a story set in the slum of Katwe, in Kampala, Uganda. Life is a constant struggle for 10-year-old Phiona and her family who have already lost their father and a sibling. Phiona and her brother sell Maize in the local marketplace along with their mother in order to keep the family alive. Phiona’s world changes one day when she meets Robert Katende, a missionary who teaches children how to play chess. Phiona becomes fascinated with the game and soon becomes a top player under Katende’s guidance. Her success in local competitions and tournaments opens the door to a bright future and a golden chance to escape from a life of poverty.

The Legend of Bagger Vance is a PG 13 movie starring Matt Damon as Captain Junuh that contains some profanity and sexuality. The story of the movie wonderfully contrasts the Larger Story that each of us is created to live in and how the past can often keep us trapped in a smaller story. The mystical figure of Bagger Vance, played by Will Smith, shows the way out of our smaller stories into the Larger Story.

We use several clips from ***The Lord of the Rings*** trilogy, so it is helpful to see these if possible.

We also use clips from ***Dead Poet’s Society***, ***The Passion of the Christ***, ***Chariots of Fire***, and ***Little Women***.

Throughout the weekend we will guide you into more fully seeing and understanding the four levels of your heart: thoughts/observations, choices, feelings, and desires.

As you watch these movies, try to be aware of the following:

- What scenes, words, or themes most affect you positively or negatively?
- What feelings and desires do they stir within you?
- What are you motivated to do in light of what you observe, feel, and desire?
- As you watch the movies are there consistent themes that you notice affect you the most?

The Lord will use these movies to begin preparing the soil of your heart for our time together.

READING

Captivating, by John and Stasi Eldredge, covers some of the themes we'll address. We recommend reading at least Chapter 2, *What Eve Alone Can Tell* (pp. 20-42), and chapter 8, *Beauty to Unveil* (pp. 128-147). These chapters are full of personal stories, so expect this reading to go quickly.

If you have a significant emotional reaction when reading the chapters mentioned above, ask the Lord to guide you into what may be behind your reaction. Even if you don't agree with the issue at hand, God can use it to guide you into greater insight about yourself and greater wholeness as the woman He created you to be.

Your Team after the Battle for Women's Hearts Event

DEBRIEFING UPON YOUR RETURN

Through this event we hope that you will have a significant experience with God that will be a catalyst toward significant, sustained change and growth in becoming the woman you were created to be. For that to happen, follow through is critical. Therefore a two week debriefing guide is provided in your Battle event guidebook. *Plan now* for two group meetings as soon as you can schedule them after the Battle event.

The debrief guide consists of:

- Two weeks of daily Battle Preparations, which are reflective experiences in Scripture that also guide you to review what you gained from the Battle for Men's Hearts event.
- Guidelines for two meetings that will help you process what you experienced and consider how to move forward.

THE NEXT STEP IN THE BATTLE FOR THE HEART: TEAM EQUIPPING MODULE 1

The Team Equipping modules are a 26 week, proven follow-through process that gives you the opportunity for sustained, significant, fundamental growth and change into the woman you are created and redeemed to be. You will have 14 weeks of follow-through after the Battle for Women's Hearts event, then 12 weeks following the Battle for Your Domain event. The follow-through consists of:

- The truth of Scripture.
- Being in an authentic, growing relationship with a small team of women who are committed to helping one another become the women you were created to be.
- Five daily Battle Preps that take you deeper into knowing God and yourself through prayer and reflective engaging with the Four Realities through Scripture.
- Weekly team meetings that guide you into engaging the truth of Scripture as you authentically engage one another from the heart.
- Weekly connections with a partner outside of your team meeting.
- Consistent equipping for your team facilitator from Wellspring Group staff.

We will cover this further at the Battle for Women's Hearts retreat.