

The Heart of a Leader: In Crisis

Team and Personal Equipping

WEEK TWO



**WELLSPRING
GROUP**

overflowing transformation

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Table of Contents

Preparation for Week 2	32
QR Code for Week 2 Video	32
Week 2 Teaching Notes	32
There is a Battle for your Heart	32
The Heart is the Wellspring of your Whole Life.....	33
Elevator Model of the Heart	34
Feeling Words	35
Desires	36
Evil Hunts You.....	37
But You Can Win the Battle!.....	38
You can have victory as you walk in humility	38
Battle Preps	
Week 2 Day 1	40
Week 2 Day 2	49
Week 2 Day 3	54
Writing a “State of Your Heart” Update	61
State of Your Heart Template	62
Week 2 Team Meeting	63

Preparation for Week 2:

To prepare for this week, read over pages 32 through the middle of 37. Then, use pages 32 to 39 to follow along as you watch this week's video. You may take notes in the margins or at the bottom of the pages.



Week 2 Teaching Notes:

THERE IS A BATTLE FOR YOUR HEART

“Above all else guard your heart; for it is the wellspring of life.” – Prov. 4:23

- Wellspring = spring bubbling up from the ground – headwaters of a stream or river that connect an underground aquifer of life-giving water to a thirsty surface
- God is an eternal, unfathomable aquifer of divine glory
- Jn. 7:37-38 – ^{37b} “Jesus stood up and cried out, ‘If anyone thirsts, let him come to me and drink. ³⁸ Whoever believes in me, as the Scripture has said, ‘Out of his heart will flow rivers of living water.’”
- To reveal his glory on the earth, he created human beings in his very own image (Gen. 1:26-27) giving them the capacity to actually reveal his glory through their hearts - the wellsprings connecting God's glory to his world.

Wherever God's glory is flowing, God's kingdom advances and Satan's diminishes. So, Satan hates the glory of God.

Satan is always seeking to steal, kill, and destroy (Jn. 10:10) – to destroy your capacity to reveal the glory of God by stealing the affections of your heart.

The battleground is your heart.

In order to guard your heart and experience victory over the attack, you must be aware of and connect to what is going on in your heart.

The heart is the wellspring of your whole life.

In simple language, the heart is the source of your thoughts, feelings, desires, and choices.

A functioning physical heart is essential for sustaining life. For this reason, the heart is used in Scripture as a metaphor for the very center of a person's being. In a study note defining the word "heart" as used in Psalm 4:7, *The NIV Study Bible* states "In Biblical language your heart is the center of the human spirit, from which spring emotions, thought, motivations, courage, and action; thus, it is the 'wellspring of life.'"

Author and pastor Tim Keller comments in *The Gospel Coalition's* blog:

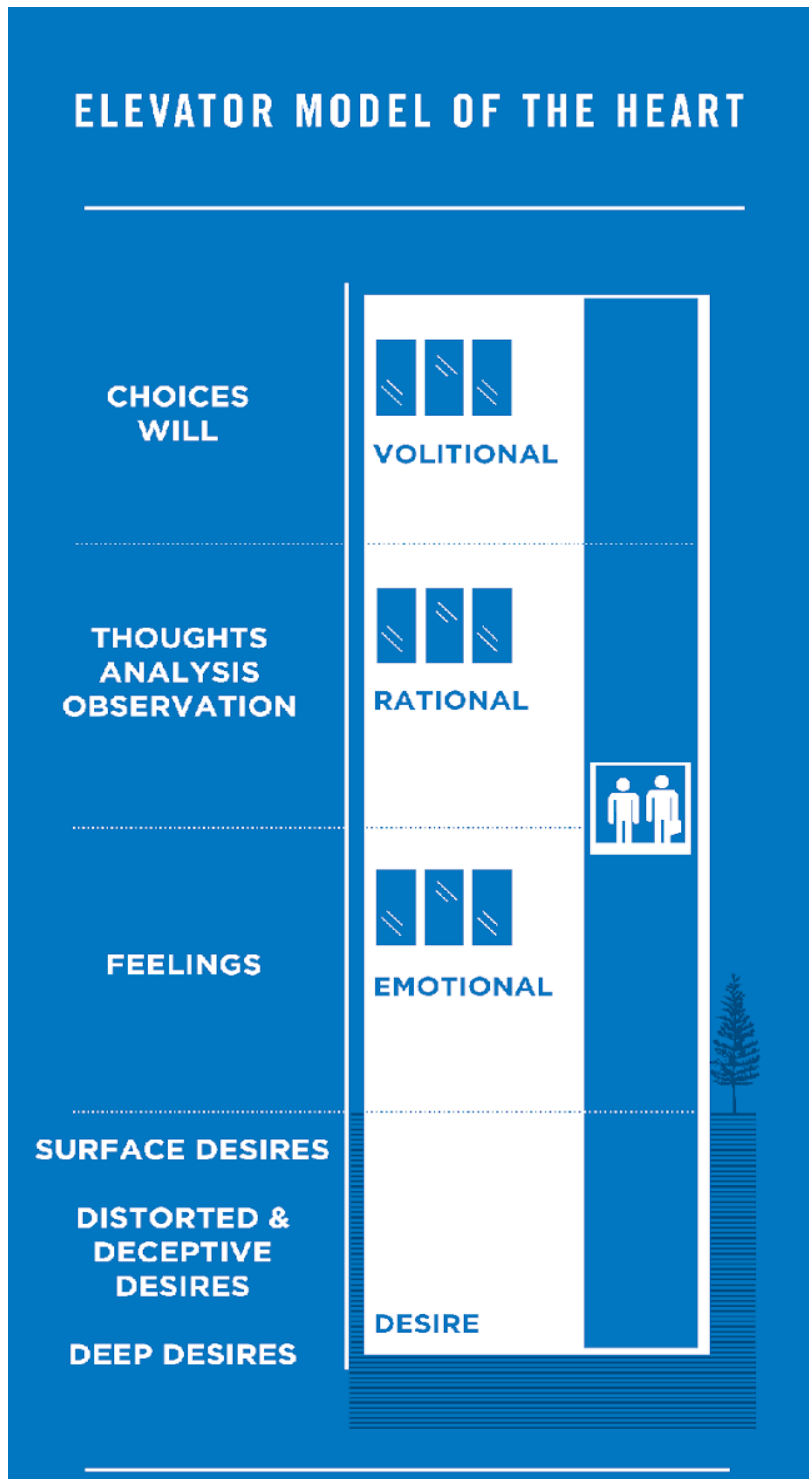
Remember that according to the Bible, the heart is not primarily the emotions, but rather the seat of our fundamental commitments and trusts, and therefore it is the control center of the whole life. So, to preach to "the heart" means to go right for the commanding commitments of people's lives that drive their desires, thinking, feeling, and action.

Your heart, then, drives and chooses what you spend your time and energy on, and therefore, what you give your life to. Thus, from a stewardship standpoint and to experience abundant life, it is vitally important that you understand your own heart.

Biblically, then, your heart thinks, chooses, feels, and desires. And just as your physical heart contains four chambers, so also can the heart of your inner life be conceptualized as having four levels involving thinking, choosing, feeling, and desiring.

To illustrate these four levels, we use an Elevator Model of the Heart found on the next page. Being aware of and connecting to the desires of your heart holds the key to winning the battle for your heart.

ELEVATOR MODEL OF THE HEART



The elevator model is simply a way we view the human heart that helps you understand your own heart as well as the hearts of others. It is not linear.

(Distorted and deceptive desires are a more advanced topic and are explored in our more comprehensive *Battle for the Heart* process.)

FEELING WORDS

Sometimes it is difficult to name what we’re feeling, and it can be helpful to look at a list of feeling words. Even when we are aware of a feeling, often it is helpful to name it more specifically. Thus, the need to expand our emotional vocabulary.

Feeling Words: Positive Feelings

Peaceful	Joyful	Empowered	Authentic	Grateful	Loved
Comfortable	Refreshed	Strong	Real	Satisfied	Considered
Secure	Stimulated	Capable	True	Sentimental	Seen
Calm	Creative	Energetic	Honest	Nostalgic	Loved/Loving
Relaxed	Encouraged	Hopeful	Direct	Humbled	Intimate
Trusting	Pleased	Inspired	Loyal	Thoughtful	Connected
Safe	Happy	Respected	Faithful	Blessed	Desirable
Protected	Full	Significant	Aware	Thankful	Beautiful
Content	Free	Successful	Seen	Whole	Adored
Sure	Delighted	Valuable	Heard	Healed	Kind
Certain	Thrilled	Confident	Known	Full	Nurturing
Patient	Elated	Gifted	Glorious	Awed	Trusted
	Exhilarated	strong			Delighted in

Feeling Words: Negative/Painful Feelings

Fearful	Sad	Confused	Angry	Ashamed	Lonely
Shy	Down	Overwhelmed	Hurt	Bashful	Left out
Cautious	Bored	Bewildered	Resentful	Embarrassed	Invisible
Hesitant	Burdened	Torn	Ticked	Awkward	Out of place
Insecure	Somber	Stunned	Cynical	Clumsy	Disconnected
Anxious	Disappointed	Curious	Skeptical	Uncomfortable	Distant
Tense	Tired	Uncertain	Annoyed	Flustered	Excluded
Nervous	Dissatisfied	Ambivalent	Frustrated	Foolish	Isolated
Troubled	Discouraged	Doubtful	Fed up	Weak	Unwanted
Distressed	Grieved	Unsettled	Indignant	Inadequate	Rejected
Scared	Depressed	Hesitant	Jealous	Self-conscious	Despised
Horrified	Defeated	Perplexed	Disgusted	Diminished	Abandoned
Helpless	Empty	Puzzled	Hostile	Chagrined	Desolate
Agitated	Miserable	Distracted	Furious	Remorseful	Forsaken
Shocked	Despairing	Flustered	Critical	Guilty	
Alarmed	Devastated	Fragmented	Contemptuous	Humiliated	
Numb	Undone	Lost	Engaged	Mortified	

DESIRES

In Week One, we reviewed the truth that you are created in God's image (Gen. 1:26). He has placed inside of you deep desires that reflect his image.

He has made everything beautiful and appropriate in its time. He has also planted eternity [a sense of divine purpose] in the human heart [a mysterious longing which nothing under the sun can satisfy, except God]—yet man cannot find out (comprehend, grasp) what God has done (His overall plan) from the beginning to the end. - Ecclesiastes 3:11 (AMP)

We were created for eternity, for a Larger Story that is so great we cannot even fathom the beginning from the end. Yet there are glimpses of that story in scripture and echoes of that story hidden deep within our hearts, in the image of God within us.

The deep desires listed below draw you to God and can only be truly satisfied in the context of connection with God.

DEEP DESIRES

- Purpose, to be part of something larger, transcendence.
- Relationship: to love and be loved, to pursue and be pursued, community, family.
- Impact, significance.
- Honor, respect.
- Known and valued: understood, heard, seen.
- To protect and provide, to be protected and provided for, security, safety.
- To come through: duty, to hear "well done."
- Beauty and creativity.
- Justice and freedom.
- Peace, wholeness, completion, home, order.

Surface desires are connected to deep desires. Exploring surface desires can help you discover the deep desires animating these more superficial desires.

SURFACE/TEMPORAL DESIRES

- Material: Money, a new car, house, jewelry, clothes, toys.
- Experiential: A vacation, climb a mountain, walk in the woods, romance, sports, recreation, achievements, mother, father, husband, wife.
- Positional: Motherhood, fatherhood, marriage, or a particular job or title in your vocation, avocation, or ministry.
- Relational: Friendship, family, spouse, work.

Evil hunts you by distorting your deep desires so that they no longer point to God. Evil deceives you by tempting you to fulfill your God-given deep desires outside of God's provision or contrary to his will – through accomplishment, illicit relationship, fantasy, escape, alcohol, drugs, sex, etc. Evil wants to convince you that something or someone other than the One who created you can best fulfill the longings of your heart.

To assist you in getting in touch with all four levels of your heart, the questions in the exercises are designed to help you identify your feelings. Oftentimes identifying your feelings becomes the easiest path towards also identifying your deep desires, since they are related to one another.

As various positive or painful feelings arise in your heart, avoid repressing or ignoring them. Use these internal “indicator lights” as diagnostic tools of the state of your heart, remembering that various emotions:

- Flow from thoughts, beliefs, and mental models, as well as from fulfilled and unfulfilled desires. Follow your tears of joy and pain to find your deep desires.
- Are like dashboard lights: they let us know what is going on inside our various internal systems and processes.
- Should never control us, nor always be shared, though emotions are a vital part of who we are.

EVIL HUNTS YOU

Evil hunts to tempt you to shut down your heart, guard your heart with pride, and lose heart.

Evil's attack is about deception and disruption - disrupting intimacy and connection with your own heart, with God's heart, and with other's hearts. If you have become a follower of Jesus, then the war for your soul has been won. However, a battle still rages over the direction and affections of your heart.

- If evil can shut your heart down so that your intimacy and connection with God and his Body are disrupted or broken (Gen. 4:6-7), then you are rendered powerless and impotent.
- If evil can lure you into guarding your heart with pride (Prov. 16:18, 2 Chron. 32:23-25), then your impact is diminished.
- If evil pollutes your heart through that which is unholy, impure, or defiled (Prov. 25:26, Ps. 101:3), then the wellspring from which God's glory flows and your followers are connected to (and drink from!) is likewise contaminated.
- If evil can make you lose heart (Heb. 12:3), that is, become discouraged, then your heart becomes neutralized and you are effectively taken out of the battle.

Evil hunts you through multiple sources:

- Satan and his demons (1 Pet. 5:8, Rev. 12:7-9)
- Our personal sin nature (Gal. 5:17)
- Other people (Rom. 1:32)
- The world which is at enmity with God (Jms. 4:4) via media and literature

BUT YOU CAN WIN THE BATTLE!

In 2 Corinthians 4, the apostle Paul alludes to some of the intense leadership and spiritual challenges that he faced in his ministry. In spite of these challenges, twice in this chapter he emphasized that "... we do not lose heart." What empowered and encouraged Paul's heart in the midst of loss, suffering, pain, persecution, and eventually his own martyrdom? 2 Corinthians 3:7-4:1 tells us it was the captivating beauty of participating in a divine story far larger than his own.

- The eternal Love Story of his Creator and Redeemer.
- The part that Christ took hold of him to play in the Love Story.
- The eternal glory of God.

You can have victory in the battle for your heart as you stay connected to God's heart and walk in humility.

You must shift how you will guard your heart.

- The enemy hunts you to convince you to guard your heart through the *Way of Pride** and self-protection – to stay focused on your small story rather than God's larger story.
- The only way you can win the battle is by choosing the *Way of Humility** with a heart that is open and surrendered to God (Lk. 1:38, Lk. 22:42).
- As you make this shift, you will experience life-giving intimacy with God and the Body of Christ that frees you to be the man or woman God created you to be. As a leader, making this shift helps you to more effectively lead out of whole-hearted connection, rather than a half-hearted connection, or even less.

(* The Way of Pride and Way of Humility are concepts fleshed out in great detail through Wellspring's Battle for the Heart process.)

We long for you to experience the love, grace, and truth of Christ in all four levels of your heart so that you, in turn, are able to express the love, grace, and truth of Christ from all four levels of your heart.

This week, you will begin discovering some practical ways to connect to your heart, to God's heart, and to the hearts of your teammates. **After your Day 3 Battle Prep, you will be asked to write out a State of Your Heart update and email it to your team at least 24 hours prior to your Team Meeting.** An example and template of this heart update are provided. You will use this exercise repeatedly throughout your time together. It is a way to explore the "elevator" of your whole heart and summarize this exploration for your team. As you reflect on past situations from the week you will hopefully discover the deep desires affecting your feelings and thoughts, which energize your choices.

As with learning any new skill, it will take time to slow down and consider each step individually. As you continue to hone this skill, you will be able explore the four levels of your heart easily and automatically, often leading you to different choices.

To help you in this learning process, we suggest that as you encounter various situations this week, seek to connect to your heart – to recognize what is going on in your heart, on all four levels (see Elevator Model of the Heart, p.34). Particularly note emotionally charged encounters or situations. These could be with a family member, friend, or co-worker. There is space provided below for you to record your reflection on one of these situations. You will be asked to share about these experiences during the Team Meeting and may use any of these in your State of Your Heart update (see p. 62 for template).

Situation:

Thoughts (*Your observations/analysis*):

Feelings (*Use the Feeling Words on p. 35 to help you identify a few emotions*):

Desires (*To which deep desires – p. 36 – are your thoughts and feelings connected? Remember that feelings often point beyond the feelings themselves to a deep desire either blocked or fulfilled*):

Choices (*What choices do you want to make to align with the deep desires you have discovered?*):

Battle Preps

In order to fulfill God's purpose for your life and your leadership in the midst of external crisis, you must connect to your own heart, identify and own your internal crisis, and connect with God in the midst of it.

DAY 1 QUESTION:

What can you learn from the way David responded to his leadership crisis?

WEEK 2 DAY 1 - BATTLE PREP

Awareness of God and Yourself

(In order to help you become more aware of your heart and get in touch with what is happening in the deeper parts of your heart, we will ask you to refer to the list of feelings we have provided and identify two to three words that describe how you are coming into your time with the Lord each day.)

Pause and take a few moments to become aware of how you are coming into this time. Refer back to the list of feelings on page 35 and note two to three words that describe how you are feeling in this moment. Offer that to God, whether positive or negative.

Behold the glory of God in his creation. If nothing in your immediate view allows for this, then close your eyes and recall a recent time when you were struck by God's glory in his creation. Also, reflect on what you discovered last week about how God has crowned you with glory and honor.

Seek to connect your heart to God's heart by releasing and surrendering. For example, identify what you need to release to him that is burdening you in this moment. Next, surrender your plans for today, your thoughts, your feelings, and any desires you can identify to God right now in prayer.

Encounter God and Yourself in Scripture

During *The Heart of a Leader: In Crisis* workshop, Larry shared about the leadership crisis David faced at Ziklag. Today you will look at this crisis in more depth.

We will also use David's crisis story as a model to begin discovering how to write a State of the Heart update. Writing this update can be a vital tool to help you effectively develop the three heart skills: connecting with your own heart, connecting to God's heart, and providing a way for you to share your heart with others.

As you read **1 Samuel 30:1-25 (NIV)** printed for you, use your imagination and all of your senses to attempt to walk in David's shoes. Try to feel what he as a leader may have been feeling. Practice the three heart skills as you consider how David was grappling with connecting to his own heart, to God's heart, and to the hearts of his men.

In the first two sections of the passage, mark in the text how David connects to his whole heart – his thoughts, feelings, desires, and choices. Then read the State of the Heart we offer as an example for you.

In section three, we have underlined the text that reveals the state of David's heart. You will then fill out what you perceive the state of David's heart may have been as he returned from battle to the men who stayed behind.

Section 1:

¹ David and his men reached Ziklag on the third day. Now the Amalekites had raided the Negev and Ziklag. They had attacked Ziklag and burned it, ² and had taken captive the women and everyone else in it, both young and old. They killed none of them, but carried them off as they went on their way.

³ When David and his men reached Ziklag, they found it destroyed by fire and their wives and sons and daughters taken captive. ⁴ So David and his men wept aloud until they had no strength left to weep. ⁵ David's two wives had been captured—Ahinoam of Jezreel and Abigail, the widow of Nabal of Carmel. ⁶ David was greatly distressed because the men were talking of stoning him; each one was bitter in spirit because of his sons and daughters. But David found strength in the LORD his God.

⁷ Then David said to Abiathar the priest, the son of Ahimelek, "Bring me the ephod." Abiathar brought it to him, ⁸ and David inquired of the LORD, "Shall I pursue this raiding party? Will I overtake them?"

"Pursue them," he answered. "You will certainly overtake them and succeed in the rescue."

Potential State of David's Heart:

Thoughts: “Are my wives and children alive?” “What should I do?” “God where are you?” “Why are my men blaming me?” He remembers the I AM – his shepherd.

Feelings: grieved, distressed, exhausted, desperate, betrayed as his men talk of stoning him.

Deep Desires: To protect and provide; family/relationship; To come through, justice.

Choices: His first choice is to find strength in YAHWEH – the I AM. To cry out and inquire of God, in order to obey God's leading. David chose to offer mercy to those who considered stoning him.

(Note: David gives himself time to address the internal crisis he is facing by connecting to his own heart and connecting to God's heart to experience strength, comfort, and his presence - before he seeks direction on how to deal with the external crisis. It is critical to connect to your own heart and to God's heart before making a strategic decision or move.)

Section 2:

⁹ David and the six hundred men with him came to the Besor Valley, where some stayed behind. ¹⁰ Two hundred of them were too exhausted to cross the valley, but David and the other four hundred continued the pursuit.

¹¹ They found an Egyptian in a field and brought him to David. They gave him water to drink and food to eat— ¹² part of a cake of pressed figs and two cakes of raisins. He ate and was revived, for he had not eaten any food or drunk any water for three days and three nights.

¹³ David asked him, “Who do you belong to? Where do you come from?”

He said, “I am an Egyptian, the slave of an Amalekite. My master abandoned me when I became ill three days ago. ¹⁴ We raided the Negev of the Kerethites, some territory belonging to Judah and the Negev of Caleb. And we burned Ziklag.”

¹⁵ David asked him, “Can you lead me down to this raiding party?”

He answered, “Swear to me before God that you will not kill me or hand me over to my master, and I will take you down to them.”

¹⁶ He led David down, and there they were, scattered over the countryside, eating, drinking and reveling because of the great amount of plunder they had taken from the land of the Philistines and from Judah. ¹⁷ David fought them from dusk until the evening of the next day, and none of them got away, except four hundred young men who rode off on camels and fled. ¹⁸ David recovered everything the Amalekites had taken, including his two wives.

¹⁹ *Nothing was missing: young or old, boy or girl, plunder or anything else they had taken. David brought everything back.* ²⁰ *He took all the flocks and herds, and his men drove them ahead of the other livestock, saying, "This is David's plunder."*

Potential State of David's Heart:

Thoughts: "Will I still be victorious without these 200 men?" "God has promised victory." "I can trust him – he has been my Good Shepherd. I will move forward in his strength."

Feelings: Comforted, strengthened, and determined.

Deep Desires: To protect and provide; To value family/relationship; To succeed in rescuing his people, To achieve justice for the wrongdoing of his enemy.

Choices: David chose to give grace to the 200 men too weary to continue. To hope and trust the Lord, in spite of what appeared to be a huge setback. To offer kindness to the Egyptian slave. To trust in God's promise, though they were greatly outnumbered. To fight through the night and into the next day even though he and his army were exhausted.

Section 3:

²¹ *Then David came to the two hundred men who had been too exhausted to follow him and who were left behind at the Besor Valley. They came out to meet David and the men with him. As David and his men approached, he asked them how they were.* ²² *But all the evil men and troublemakers among David's followers said, "Because they did not go out with us, we will not share with them the plunder we recovered. However, each man may take his wife and children and go."*

²³ *David replied, "No, my brothers, you must not do that with what the LORD has given us. He has protected us and delivered into our hands the raiding party that came against us."* ²⁴ *Who will listen to what you say? The share of the man who stayed with the supplies is to be the same as that of him who went down to the battle. All will share alike."* ²⁵ *David made this a statute and ordinance for Israel from that day to this.*

Potential State of David's Heart:

Now you fill out what David's State of the Heart might have been for Section 3. Significant words or phrases have been underlined for you. Again, seek to put yourself in David's place. In this situation what might he have been...

Thinking:

Feeling (see p. 35):

Desiring (see p. 36):

Choosing:

In this passage, how do you see David connected to God's heart?

...to his own heart?

...to the hearts of his men?

FOR FURTHER STUDY:

1 Sam. 17

Commit Yourself

Take a few moments to reflect on the magnitude of the personal and leadership crisis David faced. Such adversity struck at the core of David’s heart as a man and as a leader. Consider how David consistently connected to his own heart, to the heart of Yahweh – the I AM – his shepherd, and to the hearts of his men.

Now identify a recent external crisis you have or are going through, and attempt to express the state of your heart using the below format:

Situation:

Thoughts:

Feelings (see p.35):

Deep Desires: (see deep desires listed on p. 36)

Choices:

What can you learn from David's example at Ziklag that applies to your internal and external crises?

As you reflect on David's example and your own life and leadership right now, what might the Great Shepherd be whispering to you about connecting:

...to your heart?

...to his heart?

...to the hearts of the people in your domain – to those under your shepherding care?

How would you answer today's reflection question: *"What can you learn from the way David responded to his leadership crisis?"*

What was significant for you today?

Prepare to Move Out

As you enter the challenges of this day, seek to pause - to connect to your own heart and to the heart of the Good Shepherd. Take a moment to find comfort, strength, and clarity in his presence. Then seek direction to move out to connect to the hearts of the people in your domain.

Through utter dependence upon Christ and empowered by the Holy Spirit, you have what it takes to reveal and represent Christ in your domain. Move out in the confidence that, regardless of how you may feel or what you may think is happening in this moment, God is working in your life and in the lives of those you encounter!

In order to fulfill God's purpose for your life and your leadership in the midst of external crisis, you must connect to your own heart, identify and own your internal crisis, and connect with God in the midst of it.

DAY 2 QUESTION:

What can you learn from the way Jesus responded to his leadership crisis?

WEEK 2 DAY 2 – BATTLE PREP

Awareness of God and Yourself

Pause and take a few moments to become aware of how you are coming into this time. Refer back to the list of feelings on page 35 and note two to three words that describe how you are feeling in this moment. Offer that to God, whether positive or negative.

Seek to connect with the heart of your Shepherd. Allow yourself to be strengthened, comforted, and loved as you experience his care.

Focus on just being present with God. Resist the urge to ask or do – just be.

Encounter God and Yourself in Scripture

Today we will take a look at Jesus in the Garden of Gethsemane. From multiple Scriptures and from John's extensive record of Jesus' final night (John 13–17), it is clear that Jesus understands his mission and what it will cost him. He is fully committed to God's plan for his life. Yet he comes to Gethsemane and faces a personal and leadership crisis that is almost beyond human capacity to grasp.

In grappling with his Father, who has sent Jesus into this mission, we see the fully human Jesus connect to his own heart, to the heart of God, and to the hearts of others.

As you read **Mark 14:32-42 (NIV)** and **Hebrews 12:1-4 (NIV)** printed on the following page, seek to observe the humanity of Jesus. Again, read through the passage and note what you perceive Jesus might be thinking, feeling, desiring, and choosing. Then note how he connects to God's heart and, ultimately, to the hearts of others.

³² They went to a place called Gethsemane, and Jesus said to his disciples, "Sit here while I pray." ³³ He took Peter, James and John along with him, and he began to be deeply distressed and troubled. ³⁴ "My soul is overwhelmed with sorrow to the point of death," he said to them. "Stay here and keep watch."

³⁵ Going a little farther, he fell to the ground and prayed that if possible the hour might pass from him. ³⁶ "Abba, Father," he said, "everything is possible for you. Take this cup from me. Yet not what I will, but what you will."

³⁷ Then he returned to his disciples and found them sleeping. "Simon," he said to Peter, "are you asleep? Couldn't you keep watch for one hour?" ³⁸ Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak."

³⁹ Once more he went away and prayed the same thing. ⁴⁰ When he came back, he again found them sleeping, because their eyes were heavy. They did not know what to say to him.

⁴¹ Returning the third time, he said to them, "Are you still sleeping and resting? Enough! The hour has come. Look, the Son of Man is delivered into the hands of sinners. ⁴² Rise! Let us go! Here comes my betrayer!"

Hebrews 12:1-4 (NIV)

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, ² fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. ³ Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart. ⁴ In your struggle against sin, you have not yet resisted to the point of shedding your blood.

Now write below what you perceive may have been the state of Jesus' heart that night at the Garden.

Jesus' State of the Heart:

What might Jesus have been *thinking*?

...*feeling* (see Feeling Words, page 35)?

What do you think Jesus' *deep desires* might have been (see Desires on page 36)?

Based on those deep desires, what did Jesus choose?

How does it affect you to realize that as Jesus looked at the cross and the joy set before him, he also saw you and your need to be redeemed?

Take a few moments to reflect on the magnitude of the personal and leadership crisis Jesus faces. How does this affect your heart?

If you had been one of the disciples present that night, how would you have wanted to respond to Jesus?

FOR FURTHER STUDY:

Matt. 26:36-46

Luke 23:26-46

Commit Yourself

Go back to the leadership crisis you identified in your Day 1 Battle Prep. In light of the example of Jesus, what do you perceive is the Father’s mission for you in this crisis – how does he want you to reveal his heart to those whom you shepherd?

How would you answer today's reflection question – *“What can you learn from the way Jesus responded to his leadership crisis?”*

What was most significant for you today?

Prepare to Move Out

In light of how you have seen Jesus respond to his leadership crisis, reflect on the day ahead of you. Remember to pause and connect to your own heart and to the heart of God. Now move out to connect with your people. Release your agendas and expectations to him, asking God to help you connect to his heart for you. Surrender your will to his – “not my will, but thine.” Cast your cares on him.

In order to fulfill God's purpose for your life and your leadership in the midst of external crisis, you must connect to your own heart, identify and own your internal crisis, and connect with God in the midst of it.

DAY 3 QUESTION:

What can you learn from the way Peter responded to his leadership crisis?

WEEK 2 DAY 3 - BATTLE PREP

Awareness of God and Yourself

Pause and take a few moments to become aware of how you are coming into this time. Refer back to the list of feelings on page 35 and note two to three words that describe how you are feeling in this moment. Offer that to God, whether positive or negative.

Seek to quiet any internal or external distractions.

Become fully present to God. Bring him your joy and sorrow, your failure and victory. Release it all to him.

Open your heart to however he wants to meet you today. As you will see in today's Scripture passage, an encounter with Jesus can change everything.

Encounter God and Yourself in Scripture

Let's look at Peter's encounter with Jesus after Jesus' crucifixion and resurrection. Peter is in a leadership crisis. To fully grasp the richness of this passage, it is important to remember some past encounters between Peter and Jesus. (1) In Luke 5:1-11, Peter encountered Jesus after a night of completely unproductive fishing, but when he obeyed Jesus to cast his net one more time, his nets overflowed with fish. Afterwards, he received a leadership call to follow Jesus and to become a fisher of men. (2) Peter's leadership failure occurred around a campfire when, intimidated by the threat of being associated with Jesus, he denied him three times (Luke 22:54-62).

After all this relational history, Jesus seeks to restore Peter as a man, a friend, a disciple, and as a leader. How will Peter respond?

As you read **John 21:1-22 (NIV)** below, seek to put yourself in Peter's place – to feel what he may have been feeling. In the weeks prior to this event, Peter had to face his triple denial of Christ as well as the pain of watching Jesus' crucifixion. Reflect on what the state of Peter's heart might have been coming into the experience described in this passage. Record the ways you see Jesus attempting to connect Peter to his own heart and to Jesus' heart for him.

¹ Afterward Jesus appeared again to his disciples, by the Sea of Galilee. It happened this way:
² Simon Peter, Thomas (also known as Didymus), Nathanael from Cana in Galilee, the sons of Zebedee, and two other disciples were together. ³ "I'm going out to fish," Simon Peter told them, and they said, "We'll go with you." So they went out and got into the boat, but that night they caught nothing.

⁴ Early in the morning, Jesus stood on the shore, but the disciples did not realize that it was Jesus.

⁵ He called out to them, "Friends, haven't you any fish?"
"No," they answered.

⁶ He said, "Throw your net on the right side of the boat and you will find some." When they did, they were unable to haul the net in because of the large number of fish.

⁷ Then the disciple whom Jesus loved said to Peter, "It is the Lord!" As soon as Simon Peter heard him say, "It is the Lord," he wrapped his outer garment around him (for he had taken it off) and jumped into the water. ⁸ The other disciples followed in the boat, towing the net full of fish, for they were not far from shore, about a hundred yards. ⁹ When they landed, they saw a fire of burning coals there with fish on it, and some bread.

¹⁰ Jesus said to them, "Bring some of the fish you have just caught." ¹¹ So Simon Peter climbed back into the boat and dragged the net ashore. It was full of large fish, 153, but even with so many the net was not torn. ¹² Jesus said to them, "Come and have breakfast." None of the disciples dared ask him, "Who are you?" They knew it was the Lord. ¹³ Jesus came, took the bread and gave it to them, and did the same with the fish. ¹⁴ This was now the third time Jesus appeared to his disciples after he was raised from the dead.

¹⁵ When they had finished eating, Jesus said to Simon Peter, "Simon son of John, do you love me more than these?"

"Yes, Lord," he said, "you know that I love you."

Jesus said, "Feed my lambs."

¹⁶ Again Jesus said, "Simon son of John, do you love me?"

He answered, "Yes, Lord, you know that I love you."

Jesus said, "Take care of my sheep."

¹⁷ The third time he said to him, "Simon son of John, do you love me?"

Peter was hurt because Jesus asked him the third time, "Do you love me?" He said, "Lord, you know all things; you know that I love you."

Jesus said, "Feed my sheep. ¹⁸ Very truly I tell you, when you were younger you dressed yourself and went where you wanted; but when you are old you will stretch out your hands, and someone else will dress you and lead you where you do not want to go." ¹⁹ Jesus said this to indicate the kind of death by which Peter would glorify God. Then he said to him, "Follow me!"

²⁰ Peter turned and saw that the disciple whom Jesus loved was following them. (This was the one who had leaned back against Jesus at the supper and had said, "Lord, who is going to betray you?") ²¹ When Peter saw him, he asked, "Lord, what about him?"

²² Jesus answered, "If I want him to remain alive until I return, what is that to you? You must follow me."

In this passage Jesus connects Peter to Peter’s heart in a couple of ways. First, Jesus reminds him of their beginning and Peter’s call to follow him (vv. 5-6 connecting back to Luke 5:4-11). Then Jesus subtly reminds Peter of his failure as he asks three times, “Do you love me?,” which mirrored Peter’s threefold denial.

As he is being reminded of his failure, what do you perceive Peter was *thinking*?

...*feeling* (see p. 35)?

What do you think Peter's *deepest desires* were? (See Desires, p. 36)

Then Jesus connects Peter to Jesus' heart as he asks him three times, "Do you love me?" Verse 17 reveals that Peter is hurt by Jesus repeatedly asking this question.

Why do you think Jesus asks Peter the same question three times? Notice how Jesus orchestrates the order of events:

1. Jesus calls them "friends" (v. 5)
2. Jesus seeks to remind Peter of the call on his life – "follow me" (v. 6)
3. Jesus builds a fire and shares a meal with them (vv. 9-13)
4. Only then does he pose the question, "Do you love me?"

Jesus then connects Peter to his purpose as a leader – to his mission – asking Peter to care for his sheep in love. Though the specifics of the command changes from making "fishers of men" to "feeding my sheep," yet Jesus' call to follow him never changes. Jesus brings Peter face-to-face with his failure yet reminds Peter who he is called to become.

How does the way Jesus handled Peter's repeated failures impact you?

What was Peter's response to Jesus? (vv. 20-21)

How do you think Peter's response impacted his deep desires?

FOR FURTHER STUDY:

Luke 5:1-11

Luke 22:55-62

Commit Yourself

As you reflect on your life as a person and as a leader, what are the failures or struggles you've experienced that have been difficult to ask or receive forgiveness? To forgive yourself?

How have these failures or struggles led to shame and guilt that sabotage your capacity to embrace the fullness of your identity in Christ as his beloved and as a leader?

Peter was distracted from following Jesus because of his fear of men, thus missing the character qualities that Jesus was trying to form in him. How might you have been distracted by comparing yourself with others or by elevating the opinion of man over the opinion of God? As far as you can tell, what has this distraction cost you? (This may be known or perceived.)

As you reflect on the previous question, seek to get in touch with how it makes you feel. Offer those feelings, whatever they may be, up to Jesus for him to heal or address.

What might Jesus be asking you to do today?

What act of love or forgiveness might he be calling you to today?

How would you answer today's reflection question – *“What can you learn from the way Peter responded to his leadership crisis?”*

What was significant for you today?

Prepare to Move Out

Approach this day knowing that God is able to redeem, renew, rebuild, and restore whatever you think is lost (Joel 2:25). God longs to reveal his heart through you, particularly to those you lead. Spend a few minutes in prayer surrendering any areas of guilt and shame you may have struggled to release to him. Receive God's grace and strength to feed his sheep today.

Send out your State of Your Heart update via email to your group at least 24 hours before your Team Meeting. See the example and template on the following pages.

Writing a “State of Your Heart” update

One way we can grow in understanding our hearts, as well as help living with a connected heart, is through a simple exercise called a “State of Your Heart Update.” We will repeatedly use this exercise through each of the coming weeks. Below is an example along with a template for you to use in writing your own update. Simply copy and paste the template into an email and fill in your answers for your team. *Remember to send it at least 24 hours prior to your team meeting.*

State of Your Heart Example:

HOW AM I DOING OVERALL? (A) Struggling (B) Fair (C) Good (D) Excellent

No big change for me since last week. I still wake up each day with a low-level depression and the only thing that really helps is connection with God. It is a mostly volitional act at first. Then, after some time speaking my fears to the Lord and receiving his love in exchange, my depression quickly fades. That is a huge blessing in the midst of the anxiety.

SITUATION:

There are some parts of the “new normal” that are very difficult, and I can’t wait to be on the other side of them. There are other parts of these changes that I hope will remain. More frequent connection with God is one of them.

I suspect that I’ve had low-level depression for a while. But instead of complete surrender and dependence on God, I had a well-constructed daily coping system based on my strength.

FEELING:

Thankful for connection with God. Concerned about the future. Hopeful and believing God is protecting, providing, and present with me.

DESIRING:

Deceitful Desires:

If I am secure, then I will have peace.

Distorted Desires:

I must navigate the pandemic correctly for my family to survive.

Deep Desires:

Security, Provision, Peace, Impact.

CHOOSING:

I am taking volitional steps each day to connect to the only One who can give me peace.

STATE OF YOUR HEART TEMPLATE

Now it's your turn!

Think of a current situation you'd like to share and process through all four levels of your heart

Use the template below to practice. This situation can be positive or negative.

Make authenticity your goal in this key exercise. Seek to appropriately express who you are without worrying how you look or what your team members may think of you.

Personal - share your heart: *Remember to focus on how you are handling life's challenges internally and avoid hiding behind your activities.*

Name/Date:

How are you doing? (A) Struggling (B) Fair (C) Good (D) Excellent

What situation or circumstance is most on your heart? *(What do I need to process?)*

Rational: *What am I thinking in this situation (observations, analysis)?*

Emotional: *What am I feeling in this situation? (See Feeling Words, p. 35)*

Desires: *What is the driving force behind my thoughts and emotions? What do I long for? (See Deep Desires, p. 36.)*

Volitional: *What do you want to choose moving forward?*

What might God be trying to accomplish in my heart through this situation?

WEEK 2 TEAM MEETING:

In order to fulfill God's purpose for your life and your leadership in the midst of external crisis, you must connect to your own heart, identify and own your internal crisis, and connect with God in the midst of it.

Before Your Meeting:

- Send a State of Your Heart update to your team using the template on page 62.
- Review the information on Covering Another's Heart in the following pages. You will be practicing this skill in your Team Meeting this week.
- Review the meeting outline and write your answers to the discussion questions.
- Be sure to review the gray boxes from each Battle Prep and answer the team meeting gray box questions.
- Read the State of Your Heart updates others emailed and note significant words or events that you may want to follow up on by email, phone, or during the meeting.
- You will be watching a movie clip in your team meeting, so make sure you have a device on which to watch that.

Week 2 Team Meeting Objectives:

- Learn and practice the skill of Covering another's heart by responding to each person's State of Your Heart update.
- Become aware of the deeper levels of your own heart as shown in the Elevator Model of the Heart, p. 34.
- Draw out each team member's answer to the daily reflection questions.

Remember that the purpose of Team Meetings is NOT to debate Scripture but rather to consider and discuss how God is drawing each of you to connect with your own heart, with his heart, and with the hearts of your people. Stay focused. If you have questions or concerns please feel free to contact Dana Smith at danas@wellspringgroup.org.

We have provided a suggested flow of the Team Meeting along with the suggested time duration for each section to help keep the discussion moving forward. Whomever is appointed to be the Team Leader can feel free to change the section order as long as the meeting begins with the Heart Check and ends with the Wrap Up.

Heart Check (15 min)

The Concept of Covering Another's Heart

This week we will begin practicing “covering” another person’s vulnerability. Remember that when someone is vulnerable with us, it means that their heart is exposed, and therefore open to the risk of being hurt. It is important for leaders to appropriately cover expressions of vulnerability. The temptation for leaders is often to fix another person’s problem when what is most needed is for the vulnerable person’s emotions to be acknowledged and covered.

Ensure that you have a printed copy or mobile phone access to your teammates emailed State of Your Heart updates.

Each person should give a short (3-5 word) summary of what they are feeling as they come into today’s meeting. Remember that you now have access to an expanded vocabulary of feeling words on page 35. After the first person shares their 3-5 words, another team member should offer a simple, one-sentence covering such as:

“When I read _____, I felt _____, and desired _____.” (desire could be for yourself or for the other person)

Example (using the sample State of Your Heart Update on p. 61): “When I read about your well-constructed coping system, I recognized my own coping strategies and could relate to the need for greater dependence on God – and that made me feel convicted but also more connected to you. Like you, I want to surrender to God so that I might have that peace that only He can give me.”

Each person should share once and cover once. We will expand on this exercise more fully next week.

It can be tempting to spend a lot of time discussing details about what is happening in our lives. However, our goal is to *apply* truths we are grappling with to everyday life rather than provide a complete summary of the various relationships in our lives. During your Team Meeting discussion time, seek to apply the weekly question and Battle Prep concepts to one specific everyday life issue unpacked in your weekly State of the Heart update.

Main Discussion (60 min)

Together as a team, watch the theatrical portrayal of Jesus in the Garden of Gethsemane from *The Passion of the Christ* (Use QR code to the right). Note that this is a dramatic adaptation based on man’s interpretation of the accounts in the gospels. We use it to help you experience Christ’s humanity and to connect with the agony he suffered. In this scene, we see Satan’s hunt in a tangible way. As you watch, take note of the three questions or statements Satan speaks into Jesus’ heart. Then take a few moments to write down your answers to the questions below. Finally, discuss your answers as a team.



As you watch the video clip, seek to get in touch with all four levels of your heart in this moment.

What are you thinking as you watch this scene? What observations or analysis do you have?

What emotions are stirring in you? (Use the Feeling Words on p. 35 if you need help.)

To which deep desire(s) are your thoughts and feelings connected?

What, then, do you want to choose?

Below are the three questions Satan asks Jesus in the theatrical portrayal. Consider how those questions attack Jesus' connection to his own heart, to God's heart, and to the hearts of others.

Who is your father? Relates to connection to _____

It's not fair – it's too hard. Relates to connection to _____

Who are you? Relates to connection to _____

Review your daily gray boxes. What was most significant from your Battle Preps this week? This may be your gray box answer from the BP that most impacted you or a theme you see running across what you gained from all the BPs this week.

At the beginning of the week, you were asked to begin paying attention to what is going on in your heart, particularly in emotionally charged situations, and to record one such situation on page 39. Refer back to the situation you recorded or take some time to record it now. This should be a situation containing some emotional content or deeper conversation whether at work or home.

As you recorded that situation and became more aware of your heart this week, which level of the heart did you find easiest for you to access – rational, emotional, deep desires, or volitional? At which heart level do feel most comfortable? Why might that be the case?

At what level are you the most stretched OR what level represents a place where you are most prone to want to quickly abandon? Why might that be so?

This week, how might God want you to connect differently and/or more deeply with your own heart, his heart, and the hearts of your people? What support do you need to help make that happen?

QUESTIONS REVIEW

To fulfill God's purpose for your life and leadership in the midst of external crisis you must connect to your own heart, identify and own your internal crisis, and connect with God in it.

DAY 1 QUESTION: *What can you learn from the way David responded to his leadership crisis?*

DAY 2 QUESTION: *What can you learn from the way Jesus responded to his leadership crisis?*

DAY 3 QUESTION: *What can you learn from the way Peter responded to his leadership crisis?*

As you reflect on your answers to the above questions, how do you want to respond in the way that you lead?

Wrap-up (10-15 min)

Each person shares in two to three words how you experienced this meeting.

- Did you experience anything negative or painful that you need to work through?
- What was most positive?

Close in prayer.