

The Heart of a Leader: In Crisis

Team and Personal Equipping

WEEK THREE



**WELLSPRING
GROUP**

overflowing transformation

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Preparation for Week 3

To prepare for this week complete steps 1-3 that follow:

1) Answer the questions below.

Reflect on a time when you vulnerably shared with someone or a group and you were not covered well (e.g., Your words were met with silence or by others trying to “fix” your issue; received a pep-talk; received criticism; or your pain was minimized or spiritualized).

What happened?

How did it make you feel?

How did you respond (internally and/or externally)? For example, what did you decide you would or wouldn't do in the future in similar environments?

How did that impact the way you lead and interact with others?

What would you like to have experienced?

2) Read “How to Cover Vulnerability – 3 Point Response” on pages 71-74.

THEN...

3) Watch this week’s video. Use the following page provided to take notes.
Make sure to note the difference between transparency and vulnerability.



HOW TO COVER VULNERABILITY – 3 POINT RESPONSE

Fleeting moments of vulnerability represent critical moments in relationships. When someone shares something emotionally vulnerable with us, we can either cover their heart or leave them feeling very alone.

Connecting to your heart, that is, allowing your heart to be affected by a situation at all four levels (rational, emotional, volitional, and deep desires; see p. 98) is the foundation for effectively connecting with others at all four levels of their hearts. In the context of divine love, grace, and truth, each of which reflect God’s heart, we then have the opportunity to experience the transformational power of authentic Biblical community. This occurs as we “mourn with those who mourn and rejoice with those who rejoice (Romans 12:15b),” “spur one another on to love and good deeds (Hebrews 10:24),” and “love one another deeply from the heart (1 Peter 4:8).”

This type of transformational community involves taking the risk of being appropriately vulnerable with others. When we remove our masks of self-protection and open our hearts to reveal our deep desires or pain, we often feel emotionally naked and fear rejection. For this reason, when someone shares something vulnerable, we must “cover” his or her vulnerability by responding from our own vulnerability. This is not unlike what we would do with a naked toddler who runs out of the bathtub to greet our guests in our living room – we would immediately physically cover their nakedness with a towel. Emotionally, both children and adults need the same care in their vulnerable moments.

To illustrate the concept differently, imagine your child gingerly handing you their “naked” heart in the form of being vulnerable about their feelings. As an adult, you would instinctively reach out and “cover” up their heart with your hand to protect it. Think of covering using the same word picture: when someone offers you the gift of expressing their vulnerable feelings, we must cover and protect them from feeling ignored, isolated, alone, unheard, minimized, or devalued by responding from our heart and using our words (or tears, if appropriate) to cover them.



Typical Responses that Fail to Cover

We often don’t know how to acknowledge or comfort another’s pain, yet we still desire to be polite, positive, helpful, and truthful to those who are experiencing loss, difficulty, or pain. Apart from ignoring another’s pain altogether, in our attempts to not appear cold, we tend to respond with some kind of statement or platitude.

Consider an example of running into your neighbor while both of you are taking out the trash, and you say “Hi, how are you doing?” Your neighbor replies: “Not good. I just got fired yesterday. After 15 years of service, they just handed me a pink slip, asked me to clean out my desk, and escorted me out of the building.” Below are common responses that do not cover your neighbor’s loss and pain just disclosed to you:

- “Really? Wow. Do you know if the Braves won last night?” (*Ignoring*)
- “Hmmm.” [Turn and walk away]. (*Ignoring*)
- “Well, at least you got a month of severance!” (*Minimizing*)
- “At least you *had* a job – Fred down the street hasn’t been employed for nearly a year!” (*Minimizing*)
- “You think that’s bad? I’ve been fired three times in the last six years!” (*One-upmanship*)
- “Look on the bright side: you’ll be able to spend more time with your family in this beautiful, sunny weather!” (*Positive spin*)
- “Well you know, ‘God causes all things to work together for good!’” (*Spiritualizing*)
- “If you yard is any indication of your work ethic, I’m hardly surprised.” (*Criticizing*)
- “Why didn’t you work harder? Didn’t you see this coming?” (*Criticizing*)
- “Did anyone else get fired? How many people work at your company? It’s down by 7th street, isn’t it?” (*Questioning/Ignoring*)
- “Jane, who lives three doors down is a headhunter. You should talk to her today.” (*Fixing*)
- “Well, the industry you worked in has been struggling for a while.” (*Fact-giving*)
- “You probably got fired because [offer such and such reason].” (*Reasoning*)
- “You’re 65 – what, did you think they’d keep you there forever?” (*Sarcasm/Criticizing*)
- “I’d walk right over to HR today and file a complaint for how they treated you!” (*Advice-giving*)
- [Nervous chuckle and smile]. “That’s not good.” (*Conflicting; Restating the Obvious*)
- [Shrugs] “It is what it is.” (*Minimizing. Saying something without saying anything substantial*)

After offering one of these responses, you can easily imagine your neighbor thinking and feeling “Wow, you’re not much of a neighbor, and you obviously don’t care about me or my life.” And even though several of the above responses are factually accurate, they do not relationally cover your neighbor’s heartfelt loss and pain. This interaction could have been an opportunity

for connection and to reflect God's heart for your neighbor, but instead it became a moment of relational disconnection.

Which one(s) of the above "Failures to Cover" is your "go-to" response to other's pain?

To create and maintain relational connection with those whom we lead, or with any important relationship, we must cover one another's vulnerability from our hearts as an act of love. In Romans 12:15b, when the Lord commands His Body to "rejoice with those who rejoice, and mourn with those who mourn," he is asking us to emotionally engage in each other's celebrations and pain. To be stoic or emotionally flat in these moments is the opposite of how Jesus wants his Body treated.

Covering another's vulnerability can be done by using the 3-point response described below. As you receive State of the Heart updates from teammates and interact during your Team Meetings, you will have a safe opportunity to practice this learned skill. Note that the 3-point response can be communicated either verbally or in written form. We cannot overemphasize the relational importance of this skill in the moments when someone shares vulnerably with you. These are often the moments that make or break relationships, especially when they repeatedly occur.

When you respond and cover someone's heart, you don't have to share *all* three points, nor do you have to share in this exact order. The key is authentically and briefly sharing your heart. Brevity is important. The more you talk, the greater the temptation to fall into *telling* instead of really *sharing* from your whole heart. Also, use whatever words you are comfortable using. Becoming comfortable expressing your heart is often like learning a new language – it will take time and feel awkward at times. But when you experience the relational benefits of doing so, you'll gain encouragement to practice this skill, and then express it much more naturally and automatically.

1. Identify

Identify with their circumstance or pain with a brief sentence or by expressing what you feel for *them* (not for their circumstance). Don't start telling your story and hijack the moment. You might respond with how you can relate, using a short sentence such as:

"I can relate to your feelings of anger."

"I have felt that way before."

“That sounds so painful.”

“How exciting that you won that award!”

These statements cover another’s fear that by feeling and expressing what they are feeling, something is wrong with them, that they are alone, or are the only person who has ever experienced such feelings.

2. Affirm

Affirm the person for taking the risk to be vulnerable with you and validate what they are feeling.

“Thank you for sharing. That took a lot of courage.”

“You matter to me, so I’m grateful that you’re telling me about what happened.”

“I can see that you are hurting, and I want you to know that I care.”

“That’s a huge loss. I’m sorry you’re having to go through that!”

You might actually use physical touch *if appropriate*.

By affirming another, you cover their fear of being rejected and left feeling alone.

3. Share

Share from your feelings or desires how you are affected by the person who shared and from what they shared. Use the Feeling Words, p. 99.

“I admire you...”

“You are giving me courage to step into hard places.”

“I’m angry at how you were violated.”

“I’m saddened by your loss.”

“I celebrate your promotion! Way to go!”

Emotional pain or joy deserves an emotional response. Sharing our own heart’s feelings for a person builds them up, helps them feel seen and heard, and helps them feel connected to you.

Covering a Teammate's Heart Update

After you read your teammate's update, pause and consider how you are experiencing the content of the update at all four levels of your heart by asking yourself four questions:

1. What am I observing?
2. What am I feeling?
3. What am I desiring? (this may be for yourself or the person sharing)
4. What do I want to choose to do in response?

Next, in light of what I am experiencing, how can I best share with my teammate?

1. How do I *identify* with my teammate?
2. How can I *affirm* him/her?
3. How can I *share* with him/her how I am impacted as I have my own feelings and desires?

Practice sharing in a few brief sentences. Below are some examples.:

"I admire your courage, vulnerability, and I am drawn to you."

"You give me courage to face my own pain."

"I am moved to tears by what you've gone through."

"Your sharing helps me know that I'm not alone – that others struggle just like I do."

"My heart breaks for you."

"I am willing to walk with you through this challenge."

In the Team Meeting last week, we provided an exercise for sharing from your heart –

"When I read ____, I felt ____, and I desired ____."

If that format is more comfortable for you to use, feel free to do so.

To reiterate this important point: Whenever teammates share in a vulnerable way during your Team Meeting be aware of their need for covering through a 3-point response from you. We also want to highlight the fact that exercising this covering skill can be just as powerful in moments when you celebrate with others as when you mourn with them. In either case, we don't want to leave people feeling emotionally alone and uncared for.

Battle Preps

Connecting to God's heart in vulnerability allows you to experience the covering of his compassionate love, grace, and truth and then reveal the same to others.

DAY 1 QUESTION:

How does your vulnerability provide an opportunity for God to reveal his glory in and through you?

WEEK 3 DAY 1 - BATTLE PREP

Awareness of God and Yourself

Pause and become aware of how you are coming into this time. Note two to three words that describe how you are feeling in this moment. Offer that to God, whether positive or negative.

Take a moment to still your heart before God. Meditate upon his glory - his majesty and his goodness expressed in his compassionate love and comfort.

Ask him to meet you and cover your vulnerability with his love and comfort.

Encounter God and Yourself in Scripture

As you read **Luke 7:36-50 (NIV)** on the following pages, seek to feel what this unnamed woman may have been feeling. Consider the first century culture and the general attitudes of the men in the room towards women. Being a sinful woman with a well-known reputation, she would not have been welcome at this dinner party. Furthermore, Pharisees refused any contact with such "sinful" people. Her actions of weeping and kissing Jesus' feet would have been viewed as provocative and socially taboo. To make matters worse, letting her hair down in front of any man except a husband was, in those days, considered scandalous.

For Jesus, this situation is a mini-leadership crisis. He has been invited into the home of Simon the Pharisee. We do not know the circumstances, but in the midst of dinner there is a dramatic

unexpected interruption by an uninvited visitor. How will Jesus respond? How will Simon the host respond?

As you carefully read through the passage, note the ways this woman demonstrated vulnerability, along with all the responses of the men that she experienced. Remember that we cover vulnerability when we identify, affirm, and share from our own heart what we are experiencing from another's vulnerability.

³⁶ When one of the Pharisees invited Jesus to have dinner with him, he went to the Pharisee's house and reclined at the table. ³⁷ A woman in that town who lived a sinful life learned that Jesus was eating at the Pharisee's house, so she came there with an alabaster jar of perfume. ³⁸ As she stood behind him at his feet weeping, she began to wet his feet with her tears. Then she wiped them with her hair, kissed them and poured perfume on them.

³⁹ When the Pharisee who had invited him saw this, he said to himself, "If this man were a prophet, he would know who is touching him and what kind of woman she is—that she is a sinner."

⁴⁰ Jesus answered him, "Simon, I have something to tell you."

"Tell me, teacher," he said.

⁴¹ "Two people owed money to a certain moneylender. One owed him five hundred denarii,^[c] and the other fifty. ⁴² Neither of them had the money to pay him back, so he forgave the debts of both. Now which of them will love him more?"

⁴³ Simon replied, "I suppose the one who had the bigger debt forgiven."

"You have judged correctly," Jesus said.

⁴⁴ Then he turned toward the woman and said to Simon, "Do you see this woman? I came into your house. You did not give me any water for my feet, but she wet my feet with her tears and wiped them with her hair. ⁴⁵ You did not give me a kiss, but this woman, from the time I entered, has not stopped kissing my feet. ⁴⁶ You did not put oil on my head, but she has poured perfume on my feet. ⁴⁷ Therefore, I tell you, her many sins have been forgiven—as her great love has shown. But whoever has been forgiven little loves little."

⁴⁸ Then Jesus said to her, "Your sins are forgiven."

⁴⁹ The other guests began to say among themselves, "Who is this who even forgives sins?"

⁵⁰ Jesus said to the woman, "Your faith has saved you; go in peace."

How is this woman connecting to all four levels of her heart? We see her actions. Based on them, seek to write out a State of the Heart update for her below. Consider what she might be experiencing as she demonstrates such great love for Jesus, as he allows her to do so, and as she is then covered by his response.

What may this woman have been thinking?

What emotions do you perceive she was feeling (refer to Feeling Words on p. 99)?

What may have been her deep desires? What energy drove her actions? (refer to desires on p. 100).

What happens in your heart as you experience this scene? (i.e., awe, wonder, shock, dismay, etc.)

Now consider Jesus in this situation. Seek to appreciate the magnitude of what Jesus lets this woman do to him in full view of the dinner guests - we suggest that it is stunningly vulnerable, if not shocking, that Jesus would receive such intimate expressions of love. Notice that this brokenhearted woman is not merely crying - she is weeping - and weeping enough tears with which to wash Jesus' feet. Also observe that the text doesn't record any exchange of words between the woman and Jesus until verse 48. So how does Jesus cover her? What does he communicate to her and others as he:

...receives her offering of anointing his feet with tears and perfume?

...speaks to Simon? (vv. 40-47)

...finally speaks to her? (vv. 48, 50)

Covering flows out of allowing your heart to be affected by another person's heart via vulnerability. This means you have to see them – to be present with them and to their heart – and then to be aware of and connected to what is happening in your heart.

Reread the passage. Explore how Jesus allows himself to be affected by this woman's vulnerability. In the passage we see that Jesus chooses to:

- Receive her love.

- Cover her vulnerability by defending her.
- Bless her by forgiving her.
- Confront Simon.

What might Jesus have been thinking?

What do you perceive Jesus may have been feeling in this scene? (see p. 99)

What deep desires might Jesus' actions have been flowing out of? (see. p. 100)

FOR FURTHER STUDY:

Mark 14:3-9 (note that this is not the same woman from Luke 7)

Commit Yourself

Both the woman and Jesus showed great vulnerability: she in expressing such unashamed, unrestrained love, and Jesus in accepting her love and then covering it in front of a group of judgmental men who couldn't comprehend and were likely stunned by Jesus' response.

To effectively cover another, you must first see yourself as one who needs covering. You must own the fact that by virtue of being human, you are physically vulnerable to suffering, harm, danger, threats, disease, catastrophes, disasters, and the like. Also, as a human being, you have various emotions coursing through your heart all day long. To live in the abundance God has for you (John 10:10), you must live wholeheartedly, which involves appropriately expressing the emotional side of your humanity. In this way you can own your vulnerability and ask Jesus to cover you with his faithful lovingkindness. Vulnerable expression is especially important as a leader, otherwise you are modeling transactional, machine-like behavior to followers who may not long endure being treated like machines rather than as humans.

You may struggle to know how much vulnerability is appropriate, but wisdom and transparency in this area will come with practice.

One caution: When you are vulnerable, you may not be seen or covered because many people do not know how to relate to a vulnerable leader. Therefore, it is vital to connect to the heart of God and become anchored in his love and covering of your heart. Appropriately vulnerable leaders become trusted leaders, in part because their honesty is refreshing and contagious. Invulnerable leaders tend to produce cultures of pretense: where everyone is pretending that "everything is just great all the time," when the reality may be the exact opposite, but these followers are simply mirroring the example of their leader.

As you consider the concepts of vulnerability and covering, connect to your own heart. What is happening inside of you — how are you responding to the need for these vital relational skills?

As you are connected to the emotions in your heart, also seek to vulnerably connect to the heart of Jesus in whatever feelings you are experiencing. Spend a few moments in silence and ask Jesus to cover your heart.

What was that experience like for you?

What might be the impact of expressing appropriate vulnerability upon your heart and upon the hearts of those whom you lead?

How would you answer today's reflection question – *“How does your vulnerability provide an opportunity for God to reveal his glory in and through you?”*

What was significant for you today?

Prepare to Move Out

As you move into the events of your day, be alert and sensitive to God’s invitations to experience greater vulnerability as you connect with your own heart, with his heart, and with the hearts of those with whom you lead.

Be open to letting yourself be affected by the pain and joy of those around you, and then seek to appropriately cover them by identifying, affirming, and sharing from your heart to theirs.

Walk in courage and strength as a human being and leader created by God, covered by his grace, and empowered by his unconditional love.

Connecting to God's heart in vulnerability allows you to experience the covering of his compassionate love, grace, and truth and then reveal the same to others.

DAY 2 QUESTION:

In your vulnerability, what questions are exposed and what do you do with them?

WEEK 3 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. Note two to three words that describe how you are feeling in this moment. Offer that to God, whether positive or negative.

From your Day 1 Battle Prep on Luke 7:36-47, reflect on the heart of the unnamed woman who courageously owned her neediness before Jesus. To “own” an emotion or state is to acknowledge it rather than to deny or ignore it.

Seek to courageously own whatever need, struggle, or brokenness that you might be experiencing.

Remember Jesus' gracious, patient, unashamed, loving heart toward the “sinful” woman. Since Jesus is the “same yesterday, today, and forever” (Hebrews 13:8) his heart towards you is as loving as it was toward the woman in Luke 7. Therefore, seek to bring whatever is in your heart to Jesus. Offer to him the gift of your love and trust because of his lavish love toward you.

Encounter God and Yourself in Scripture

Let us once again return to Jesus in the Garden of Gethsemane. Last week in Day 2 we sought to identify with Jesus in his leadership crisis in Gethsemane. We considered how Jesus connected with his own heart and with his Father's heart. We noted that he saw beyond the torture of the cross to the joy set before him – part of which is connecting to the hearts of those he would free from death and raise to newness of life (Romans 6:4).

In today's encounter, we will read from Matthew's account focusing on Jesus' vulnerability in seeking to connect to the heart of his three disciples in the midst of his greatest leadership challenge. These men may have been his best friends. They were certainly his closest teammates from a ministry perspective. They might even be considered Jesus' executive team. As you read this passage, note the ways you see Jesus opening up in vulnerability to his closest friends.

Matthew 26:36-46 (NIV)

³⁶ Then Jesus went with his disciples to a place called Gethsemane, and he said to them, "Sit here while I go over there and pray." ³⁷ He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. ³⁸ Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me."

³⁹ Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will."

⁴⁰ Then he returned to his disciples and found them sleeping. "Couldn't you men keep watch with me for one hour?" he asked Peter. ⁴¹ "Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak."

⁴² He went away a second time and prayed, "My Father, if it is not possible for this cup to be taken away unless I drink it, may your will be done."

⁴³ When he came back, he again found them sleeping, because their eyes were heavy. ⁴⁴ So he left them and went away once more and prayed the third time, saying the same thing.

⁴⁵ Then he returned to the disciples and said to them, "Are you still sleeping and resting? Look, the hour has come, and the Son of Man is delivered into the hands of sinners. ⁴⁶ Rise! Let us go! Here comes my betrayer!"

In the midst of profoundly deep sorrow and pain, as well as the greatest struggle of his life, what do you perceive Jesus desired from his closest friends/teammates? How might he be asking them to cover his vulnerability? (vv. 38, 41)

How did Jesus' friends respond to his cry for help? (vv. 40, 43)

As Jesus is facing the greatest emotional and physical pain of his life, his closest friends let him down. Surely this added to his anguish. As you consider what Jesus might have been feeling at that moment, what questions do you perceive he may have been asking internally?

How did Jesus respond to his disappointment with his men? (Where did he take his pain?) (vv. 40-44)

FOR FURTHER STUDY:

Luke 22:40-46

Commit Yourself

When others fail to cover you (and this will inevitably occur - by ignoring, minimizing, spiritualizing, criticizing, or otherwise being emotionally unaware/unavailable), what would it take for you to express your pain to Jesus?

If you could risk courageous and honest disclosure by sharing with your friends how you are negatively affected by their response to your pain, what might be the gain to you, to them, and to the Kingdom of God?

Consider the following and answer today’s reflection question in the gray box.

What questions are exposed in your heart when you experience pain, rejection, disappointment, or failure? (e.g., “Does God really love me?” “Is God really good?” “Do I really matter?” “Can I really trust God to care for me?”)

Where or to whom do you take those deeply painful questions? (No standard religious answers here, please. Consider ALL the places you take your pain and questions – food, fantasy, escape, pleasure, approval of others, performance, work, etc.)

How would you answer today’s reflection question – *“In your vulnerability, what questions are exposed and what do you do with them?”*

What was significant for you today?

Prepare to Move Out

Move into your day offering your weaknesses, strengths, needs, and provisions to the Lord. Humble yourself as a servant of God, sent to shepherd others. As you come face-to-face with your own vulnerability, be aware that the Evil One will seek to bring shame and condemnation into your heart and mind.

Being human, and burdened with our fleshly weaknesses, we will not always win every battle going on within our hearts. Regardless, choose to remain engaged in the spiritual combat for your heart knowing that God's strength is made perfect in your weakness (2 Cor. 12:9). Depend on him to help you fight.

Connecting to God's heart in vulnerability allows you to experience the covering of his compassionate love, grace, and truth and then reveal the same to others.

DAY 3 QUESTION:

How does Jesus' utter vulnerability reveal the glory of God?

WEEK 3 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. Note two to three words that describe how you are feeling in this moment. Offer that to God, whether positive or negative.

Seek to open your heart and vulnerably experience Jesus' care and love.

Reflect on the vulnerability of Jesus that you witnessed in your Day 2 Battle Prep. Reflect on the questions that were exposed in your own heart as you connected to your own vulnerability.

Offer those questions and whatever emotions accompany them to the Lord now. Seek to experience his comfort and rest as you connect to his loving heart for you.

Encounter God and Yourself in Scripture

In Gethsemane we saw Jesus grapple with the leadership crisis that was set before him: would he put humanity's best interest ahead of his own interests and endure death by crucifixion? We saw Jesus own his vulnerability in Gethsemane with his friends who repeatedly failed to cover him.

Now let's look at how he faced the most vulnerable act in all of history. Jesus willingly opened himself to bear the unfathomable depth of the sin, guilt, pain, shame, and impact of the fallenness of all human beings - past, present, and future. As you read excerpts from Mark and Isaiah, note the ways you see the vulnerability of Jesus expressed.

Mark 15 NIV (Selected verses)

¹⁶ The soldiers led Jesus away into the palace (that is, the Praetorium) and called together the whole company of soldiers. ¹⁷ They put a purple robe on him, then twisted together a crown of thorns and set it on him. ¹⁸ And they began to call out to him, "Hail, king of the Jews!" ¹⁹ Again and again they struck him on the head with a staff and spit on him. Falling on their knees, they paid homage to him. ²⁰ And when they had mocked him, they took off the purple robe and put his own clothes on him. Then they led him out to crucify him.

²³ Then they offered him wine mixed with myrrh, but he did not take it. ²⁴ And they crucified him. Dividing up his clothes, they cast lots to see what each would get.

²⁵ It was nine in the morning when they crucified him. ²⁶ The written notice of the charge against him read: THE KING OF THE JEWS.

²⁹ Those who passed by hurled insults at him, shaking their heads and saying, "So! You who are going to destroy the temple and build it in three days, ³⁰ come down from the cross and save yourself!" ³¹ In the same way the chief priests and the teachers of the law mocked him among themselves. "He saved others," they said, "but he can't save himself! ³² Let this Messiah, this king of Israel, come down now from the cross, that we may see and believe." Those crucified with him also heaped insults on him.

³³ At noon, darkness came over the whole land until three in the afternoon. ³⁴ And at three in the afternoon Jesus cried out in a loud voice, "Eloi, Eloi, lema sabachthani?" (which means "My God, my God, why have you forsaken me?").

³⁷ With a loud cry, Jesus breathed his last.

Isaiah 53:2b-6 (NIV)

*He had no beauty or majesty to attract us to him,
nothing in his appearance that we should desire him.*

³ *He was despised and rejected by mankind,
a man of suffering, and familiar with pain.*

*Like one from whom people hide their faces
he was despised, and we held him in low esteem.*

⁴ *Surely he took up our pain
and bore our suffering,
yet we considered him punished by God,
stricken by him, and afflicted.*

⁵ *But he was pierced for our transgressions,*

*he was crushed for our iniquities;
the punishment that brought us peace was on him,
and by his wounds we are healed.
⁶We all, like sheep, have gone astray,
each of us has turned to our own way;
and the LORD has laid on him
the iniquity of us all.*

In what ways do you perceive Jesus was vulnerable? (Based on the passages above as well as what you know of Jesus throughout Scripture.) (e.g., Mark 15:17-24)

How does Jesus' vulnerability reveal the heart of God: his glory, his goodness, and his steadfast, compassionate love, grace, and truth? (Is. 53:4-6)

FOR FURTHER STUDY:

Ps. 34:18

1 Pet. 2:24

Commit Yourself

As you reflect on the glory of God revealed through the stunning vulnerability of Christ upon the cross, what happens inside of your heart?

Reflect on a recent situation when you felt vulnerable. Maybe this is a moment when you experienced pain, rejection, or hurt. Or instead, maybe you long to connect with someone over a relational event but feel too vulnerable to even risk addressing the issue. Offer the details and outcome of that situation to Jesus. Share your emotions with him. Invite him to cover you and record any significant thoughts or communication from the Lord below.

How might your willingness to be vulnerable before God, which may require you to embrace suffering, reveal the glory of God to others?

How do you want to respond?

How would you answer today's reflection question – *“How does Jesus’ utter vulnerability reveal the glory of God?”*

What was significant for you today?

Prepare to Move Out

Once again, surrender whatever is stirring in your heart to the Lord. Take comfort in knowing that Jesus Christ is with you, is in you, and you are in him (John 14:20). Consider your schedule for the day. Seek to connect with how God might want to cover you and empower you to connect with those whom he is calling you to shepherd. In Christ, you have what it takes to love and lead well (2 Peter 1:3).

Make sure to send a State of Your Heart update out to your team members at least 24 hours prior to your team meeting. A template is provided on p. 101.

WEEK 3 TEAM MEETING:

Connecting to God's heart in vulnerability allows you to experience the covering of his compassionate love, grace, and truth and then reveal the same to others.

Before Your Meeting:

- Review the meeting outline below and write your answers to the discussion questions.
- Be sure to review the gray boxes from each day's Battle Prep and answer the Team Meeting gray box questions.
- Send a State of Your Heart update to your teammates.
- Read the State of Your Heart reports others send in and note emotional words or events that you may want to follow-up on by email, phone or during the meeting.
- Review "How to Cover Vulnerability - 3 Point Response," pp. 71-74.

Week 3 Team Meeting Objectives:

- Discuss 1-2 important personal experiences with vulnerability and how they have impacted the way you live and lead.
- Practice the skill of covering using the 3-Point Response as your teammates vulnerably share.
- Discover your internal and other's external responses to your own vulnerability.
- Draw out each person's answers to the daily reflection questions.

Heart Check (20 min)

Before you begin the meeting, assign each person one other person's State of the Heart update. Make sure updates are accessible either by printing them out or by using an electronic device. You will be practicing the skill of Covering using the "3-Point Response" outlined on pages 73-74. Each person will share and be covered by one person.

Take a few minutes to allow everyone to prepare a 3-point response to the heart update they have been assigned, keeping in mind that brevity is important. This is not the time for advice-giving, fixing, or sharing your own story – but rather seeking to cover the vulnerability of your teammate by choosing to be vulnerable yourself. Once everyone is prepared, proceed with the heart check as outlined below.

1. One person gives a short (3-5 word) summary of how their heart is feeling as they come into today's meeting. Referencing your State of Your Heart update as appropriate.
2. Whomever was assigned to that person will share their 3-point response.
3. Repeat around the circle so that everyone is able to both share their own heart and cover another's sharing.

The purpose of this brief time is not to deeply engage with each other but rather to ensure everyone is aware if something major is going on that the group needs to know about. It can be tempting to spend a lot of time discussing what is happening in our lives. However, our goal is to apply truths we are grappling with to everyday life. During your discussion time, seek to apply the weekly question and Battle Prep concepts to what is going on in the everyday issues revealed in your State of Your Heart updates.

Main Discussion (60 min)

Take a few moments to discuss the insights you gained from this week's prep exercise on pp. 69-70. Describe a time when you have shared vulnerably but were not covered well. How have your experiences with vulnerability impacted the way you live and lead?

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

QUESTIONS REVIEW

Connecting to God's heart in vulnerability allows you to experience the covering of his compassionate love, grace, and truth and then reveal the same to others.

DAY 1 QUESTION: *How does your vulnerability provide an opportunity for God to reveal his glory in and through you?*

DAY 2 QUESTION: *In your vulnerability, what questions are exposed and what do you do with them?*

DAY 3 QUESTION: *How does Jesus' utter vulnerability reveal the glory of God?*

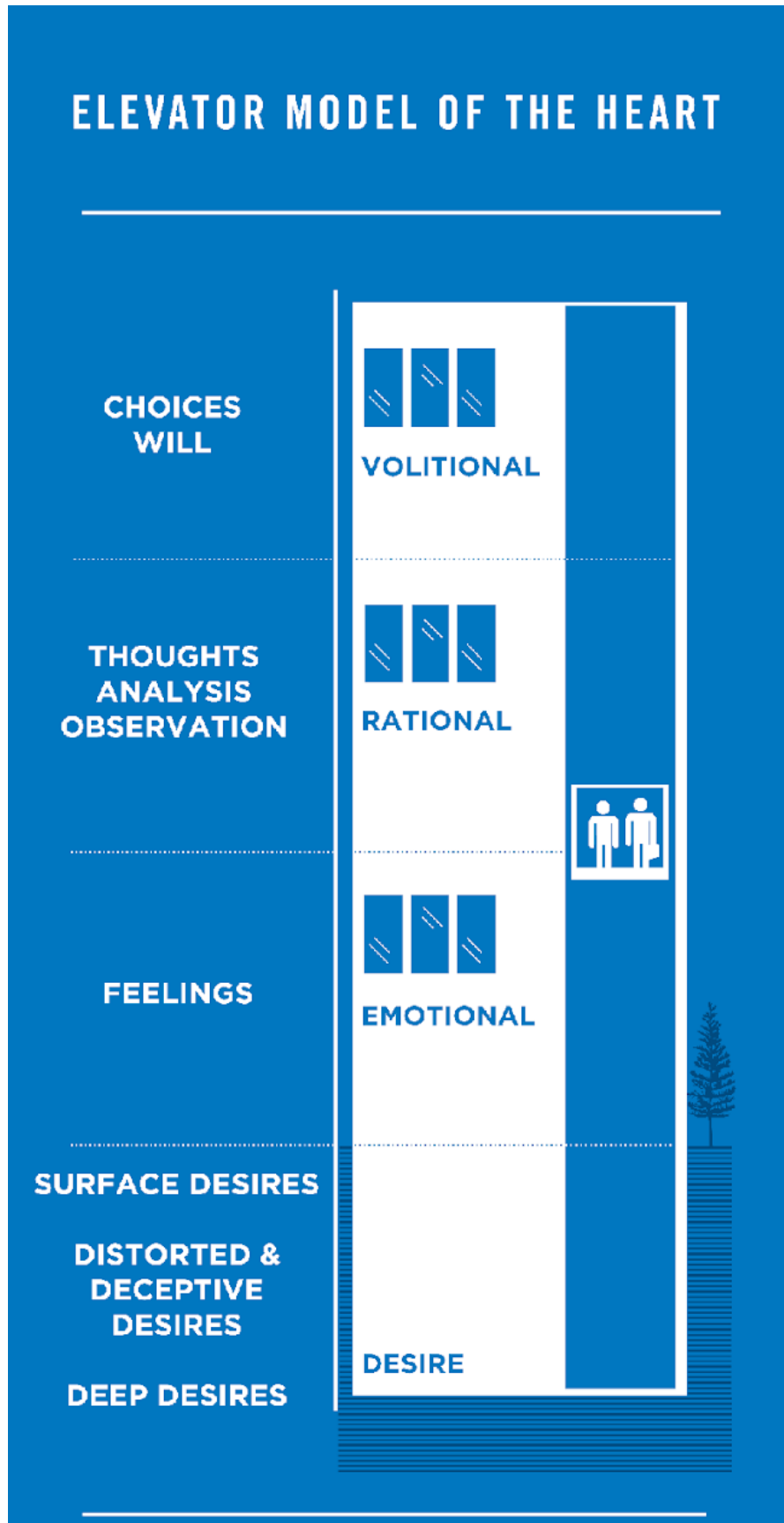
As you reflect on your answers to the above questions, how do you want to respond in your leadership practices?

Wrap-up

Each person shares in 2-3 words how you experienced this meeting.

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

Close in prayer.



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 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	Enraged	Mortified	

DESIRES

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

State of Your Heart Template

Copy and paste the form below into an email. Then process through a recent situation that has some emotional content. Processing through a single situation – i.e. “I lost one of my biggest customers this week...” rather than a more general state of being “It’s been a frustrating week...” – will help you gain clearer understanding of your heart as you narrow down your specific thoughts, feelings, desires, and choices to that individual event. You may then be able to identify patterns or threads in subsequent events.

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? (refer to the Feelings chart on p. 99 for help.)*

Desires: *What is the driving force behind my thoughts and emotions? Remember that feelings often point beyond the feelings themselves to a deep desire either blocked or fulfilled. (refer to the Deep Desires listed on p. 100.)*

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

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