

# The Heart of a Leader: In Crisis

*Team and Personal Equipping*

**WEEK FOUR**



**WELLSPRING  
GROUP**

*overflowing transformation*

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## Midpoint Review and Intro to Week 4

In the workshop, we saw that the internal crisis in people is a “plentiful harvest field” (Matt. 9:36-38) if we are able to shepherd those we lead through the disruptions of the ongoing external crises around us.

Over these last few weeks, we pray that you have been grappling with key concepts such as:

1. The purpose of a godly leader is to experience and express God’s glory through your whole heart as you lead with “integrity of heart and skillful hands” (Ps. 78:72) in the sphere of influence which God is entrusting to you – your “domain.”
2. You lead with “integrity of heart and skillful hands” by connecting to your own heart, connecting to God’s heart, and then connecting to the hearts of your people right where they are.
  - a. You can connect in these ways even in a so-called “secular” setting.
    - i. In Gen. 1:28, man is given a mandate to rule God’s world, which means areas considered to be the “sacred” as well as the “secular.”
    - ii. How you connect to the hearts of your followers will be different, but they are still human beings who long to be seen, heard, and understood.
  - b. In any crisis, uncertainty often prevails. In order to build the personal and relational capital you need to lead your team through the unpredictable challenges of crisis, creating authentic human connection and trust becomes vital.

This week we will be watching a popular video clip from author and lecturer Brene’ Brown.\* In the clip you will see the contrast between sympathy and empathy. “Empathy” drives connection and is crucial to authentically and vulnerably connecting with the heart of another person. The human condition often involves pain, suffering, and loss. So, we have ample opportunities and the privilege to empathize with others. As Christ-followers, we also have a divinely-given privilege to not only empathize but to actually reveal supernatural compassion in the form of God’s transforming love, grace, and truth. This compassion represents the heart of a relational God who comes to earth with a relational Gospel.

The video portrays a fox in a dark pit. The bear, representing empathy, climbs down into the pit, making a choice to connect with the lonely fox. In contrast, the deer, representing sympathy, looks down into the dark pit and sees the hurting fox but chooses to remain above ground and yell down to the fox. In like manner, Jesus actually went into the pit for us to take on our suffering and sin to restore us to fullness of life. Today, he sends us as his “workers into the harvest field” to enter into the metaphorical pit of vulnerable, hurting people who are harassed and helpless (Matt. 9:36-38). This week you will be identifying the obstacles that keep you from “climbing down into the pit” with others and revealing the compassionate heart of Christ.

(\*Please note that endorsement of this video does not constitute endorsement of the entirety of this person’s works and/or theology.)

This week's Battle Preps will continue exploring deeper truths from last week's passage in Luke 7, which tells of Jesus' encounter with the sinful woman in the home of Simon the Pharisee. Ask God to bring this actual experience from the life of Christ, the woman, and Simon into living color for you.

**Preparation for Week 4:**

To prepare for this week complete the following steps:

- 1) Review your Battle Prep from Week 3 Day 1.
- 2) Watch this week's 3-part video then answer the questions on pages 104 and 105.



Use the space below to take notes.

WEEK 4 NOTES PAGE:

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Take a few moments to respond to the Brene' Brown clip.

What is happening in your heart as you experience Brown's clip?

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Are you more comfortable climbing into the pit with someone or staying on the surface?

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When you are standing at the top wondering whether to climb down, what keeps you from climbing down and just being present? Is it:

*I don't know what to say or do.*

*I am afraid of making it worse by saying the wrong thing.*

*I cannot relate to the person's situation.*

*They just need to pull themselves up by the bootstraps and get on with life.*

*The person is too emotional. And I don't do messy.*

*I don't want to face that kind of pain.*

Others:

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When you are in the pit with someone, how do you feel led to respond? (i.e., Do you feel the need to fix them, stop their pain, make things better, etc. or are you comfortable just being present and listening?)

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Consider ways in which you may communicate “at least” as described in the video? When you do this, what are you really saying to a hurting person? What might be the impact of these words?

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The “at least” response can be a way to cover up what is going on inside of you, such as reluctance, fear, or feelings of inadequacy so that you don’t have to deal with it. In any case, it dismisses the other person’s pain.

Even if you don’t use those exact words, what other platitudes do you find yourself using in order to ease your discomfort [i.e., “God has a plan.” (spiritualizing) “It’s going to be OK.” (pep talk) “Everyone is struggling.” (minimizing)]?

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What pain do you think is behind these platitudes?

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This week, take note of the times and ways you find yourself communicating “at least” to someone in pain, and seek to identify what was motivating your response.

## Battle Preps

*To reveal the heart of God to others you must let yourself be affected by the pain of others, as well as discover any personal obstacles that may hold you back from connecting with others.*

### DAY 1 QUESTION:

*How does the way you see others impact your ability to cover them?*

## WEEK 4 DAY 1 - 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.

Think back to the account of the unnamed woman from the Luke 7 passage. Reflect on the compassionate and intimate way Jesus responded in that vulnerable moment, connecting with her, and then covering her exposed heart.

What is happening in your heart in this moment? Offer those emotions, celebrations, or concerns to Jesus.

### Encounter God and Yourself in Scripture

Let's go back to the dinner at Simon the Pharisee's house. Remember that covering vulnerability begins by allowing your heart to be affected by what another person is experiencing. First, you connect with the expression of their heart, and then you become aware of what your heart feels about what was communicated. Connecting with other's hearts begins by truly seeing them. Today you will practice this skill.

When we read a passage like this one, it is easy for us to just look for the "lesson" we think the writer wants us to understand. That approach is primarily rational, and as such, it often doesn't engage our whole hearts. A rational approach to Scripture is indeed essential, but it is insufficient to capture the explicit or implicit undertones that the Lord wants us to both understand and feel. Therefore, we then also miss the fullness of what the Holy Spirit wants us



to see and experience in the passage. To be clear, we are not asking you to add to scripture, but rather to allow the Holy Spirit to use his written word to affect you at all four levels of your heart.

Notice two examples of “seeing” in verses 39 and 43 that appear in **bold**. Observe the radically different ways Simon and Jesus view this woman. To Simon, the woman is little more than a repulsive sinner. To Jesus, she is a beloved, loving, repentant woman, prepared to be forgiven.

The way you see others is greatly affected by the way you see God and yourself.

As you reread **Luke 7:36-50 (NIV)** that follows, put yourself into the scene. As much as possible, try to experience the scene as if you were literally present at the dinner, quietly observing the various interactions. Let’s assume that you have heard that a prophet will be speaking at Simon’s house and curiosity has drawn you to his home. As you watch, consider the culture of that time, its unspoken customs and expectations, as well as the setting. Use all of your senses to put yourself into this dinner party. Keep in mind how this interaction between an uninvited woman of ill-repute and Jesus would have been perceived at that time. Though it was not uncommon for an outsider to be present at a dinner where a teacher would be speaking, outsiders would have remained in an outer court area rather than in the dining room. This woman somehow intruded into Simon’s home and dining room. Once there, she wept so deeply and voluminously that she was able to wash Jesus’ feet with her tears after letting down her long hair. Breaching more customs and all sense of propriety, this strange woman physically touched Jesus - a man who was not her husband - and then washed and kissed his feet as she anointed them with perfume! Note the unusual intimacy of her interaction with Jesus. To any religious Jew, her behavior would be considered truly scandalous!

Give yourself an opportunity to identify what is going on inside your heart as you experience:

...the vulnerability of this woman.

...Jesus receiving her love, defending her, and then forgiving her.

...the response of Simon to this woman and his interaction with Jesus.

*The way you see others is greatly affected by the way you see God and yourself.*

Read vv. 36-38 at least twice, seeking to more deeply see this scene unfolding. Give particular attention to what you see in the woman, and then describe how you react to what you see.

*<sup>36</sup> When one of the Pharisees invited Jesus to have dinner with him, he went to the Pharisee's house and reclined at the table. <sup>37</sup> 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. <sup>38</sup> 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.*

What thoughts come to you? What are you perceiving?

...about her?

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...about Jesus?

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What are you feeling toward this woman? (i.e. embarrassment, discomfort, admiration. Be honest, as these feelings can reveal perceptions/beliefs of which you may be unaware.) Refer to the Feeling Words on p. 134.

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What do you perceive her motivation might be?

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As you see and emotionally experience this intimate connection – this lavish outpouring in multiple ways – how do you want to respond?

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Next, read v. 39 twice to see how Simon “saw” the interchange between the woman and Jesus. Notice what happens in your heart as you experience Simon.

<sup>39</sup> ***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.”***

What do you perceive might be happening in Simon?

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What feelings does that perception evoke in you toward Simon? (i.e., anger, pity, identification, understanding, etc.) See p. 134 for help.

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In what ways can you relate to Simon’s response? (Be gut-level honest here.)

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Jesus has already covered the vulnerability of the woman by receiving her outpouring of tears, kisses, and anointing with oil. Now, he confronts Simon and further covers the woman by affirming her, naming her actions as motivated by faith and love, forgiving her, and blessing her.

As you read these remaining verses, seek to see and connect with Jesus in his deep compassion and in his rebuke. What are you experiencing as you observe him covering the woman and confronting Simon?

<sup>40</sup> *Jesus answered him, "Simon, I have something to tell you."*

*"Tell me, teacher," he said.*

<sup>41</sup> *"Two people owed money to a certain moneylender. One owed him five hundred denarii, and the other fifty. <sup>42</sup> 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?"*

<sup>43</sup> *Simon replied, "I suppose the one who had the bigger debt forgiven."*

*"You have judged correctly," Jesus said.*

<sup>44</sup> ***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. <sup>45</sup> You did not give me a kiss, but this woman, from the time I entered, has not stopped kissing my feet. <sup>46</sup> You did not put oil on my head, but she has poured perfume on my feet. <sup>47</sup> Therefore, I tell you, her many sins have been forgiven—as her great love has shown. But whoever has been forgiven little loves little."***

<sup>48</sup> *Then Jesus said to her, "Your sins are forgiven."*

<sup>49</sup> *The other guests began to say among themselves, "Who is this who even forgives sins?"*

<sup>50</sup> *Jesus said to the woman, "Your faith has saved you; go in peace."*

What do you perceive Jesus might be feeling?

...toward Simon?

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...toward the woman?

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What do you perceive Jesus desires?

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**FOR FURTHER STUDY**

Matt. 7:1-3

Jms. 2:1-5

**Commit yourself**

Reflect on what you have seen and experienced in this scene:

What was the overall impact on you?

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How would you like to respond to this impact this week?

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Reflect on the relationships you touched this past week. Was there a time that you saw someone in your domain who was in a vulnerable place, but you did not truly “see” them or their story?

Briefly describe the situation:

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What do you think was behind your response (or lack of response)? What thoughts or motivations were driving it?

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Was there a time that you responded to someone’s vulnerability with “at least”? (You might refer to some of the other ways that looks from this week’s prep work.)

Briefly describe the situation:

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What do you think was behind that choice of response?

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*From now until your next Battle Prep, reflect on the ways you see other people and what God might want to reveal about the quiet, maybe secret perceptions you have about others. Seek to be sensitive to situations where you might respond like Simon. As you do, seek to connect to your own heart and then connect to God's heart, asking him to:*

*"Search me, O God, and know my heart!  
Try me and know my thoughts!  
And see if there be any grievous way in me,  
and lead me in the way everlasting!" (Psalm 139:23-24)*

How would you answer today's reflection question – *"How does the way you see others impact your ability to cover them?"*

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What was significant for you today?

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### **Prepare to Move Out**

As you move out, be alert and aware of situations where you have the opportunity to connect with others as they happen to express their vulnerability to you.

Seek to connect to what is happening in your heart as you encounter various people. Through utter dependence upon Christ, you have what it takes to enter into the pain and challenges of those you around you, and to "cover their vulnerability" with God's gracious love and care.

*To reveal the heart of God to others you must let yourself be affected by the pain of others, as well as discover any personal obstacles that may hold you back from connecting with others.*

**DAY 2 QUESTION:**

*How does the way you see yourself reveal internal obstacles in the way you relate to others?*

**WEEK 4 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.

Still your heart before the Lord. Going back to where you ended Day 1, ask God to do the following:

*“Search me, O God, and know my heart!  
Try me and know my thoughts!  
And see if there be any grievous way in me,  
and lead me in the way everlasting!” (Psalm 139:23-24)*

Be still and listen.

As the Holy Spirit searches your heart and reveals things to you, allow yourself to be affected and respond with repentance, thanksgiving, and dependence upon Jesus.

**Encounter God and Yourself in Scripture**

Once again, we will revisit the dinner at Simon the Pharisee’s. This time, as you read **Luke 7:36-50 (NIV)** printed for you, take note of the person you most identify with in the scene. Which person’s thoughts and actions most reflect the actual state of your heart? (No religious answers, please - just be gut-level honest.)



<sup>36</sup> When one of the Pharisees invited Jesus to have dinner with him, he went to the Pharisee's house and reclined at the table. <sup>37</sup> 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. <sup>38</sup> 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.

<sup>39</sup> 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."

<sup>40</sup> Jesus answered him, "Simon, I have something to tell you."

"Tell me, teacher," he said.

<sup>41</sup> "Two people owed money to a certain moneylender. One owed him five hundred denarii, <sup>[e]</sup> and the other fifty. <sup>42</sup> 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?"

<sup>43</sup> Simon replied, "I suppose the one who had the bigger debt forgiven."

"You have judged correctly," Jesus said.

<sup>44</sup> 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. <sup>45</sup> You did not give me a kiss, but this woman, from the time I entered, has not stopped kissing my feet. <sup>46</sup> You did not put oil on my head, but she has poured perfume on my feet. <sup>47</sup> Therefore, I tell you, her many sins have been forgiven—as her great love has shown. But whoever has been forgiven little loves little."

<sup>48</sup> Then Jesus said to her, "Your sins are forgiven."

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

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

If you are gut-level honest, with whom do you most identify?

What specifically do you most connect with in that person?

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What might that reveal about the condition/state of your heart?

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Jesus perceives that Simon has an internal obstacle affecting the way he is viewing and thus relating to the woman. Internal obstacles generally involve what we believe at a gut level about another person (or people group), about ourselves, or about God and can reveal ways we have pre-judged people or types of people. These belief systems are formed by our culture, family of origin, and significant positive and negative events of our lives. Ironically, these core beliefs are often contradictory to our stated, rationally constructed values. Furthermore, by virtue of being deeply hidden, we are often unaware of them. Or, if we become cognizant of them, we may struggle to acknowledge them because they are inconsistent with what we claim to believe. We also may be embarrassed to admit them because they can reveal a degree of unbelief, immaturity, or character flaw within us. But we cannot ask to God to help us with issues we fail to identify.

Reread vv. 39-43. Through this story, Jesus seeks to bring Simon face to face with what keeps him from connecting to his own heart, connecting to this woman's heart, and ultimately connecting to the heart of Jesus.

What do you perceive Simon may believe:

about the woman?

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about Jesus?

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about himself?

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**FOR FURTHER STUDY:**

Rom. 11:18

1 Pet. 2:9

1 Tim. 1:15

**Commit Yourself**

Simon's judgment/prejudice prevented him from connecting to the woman as well as to Jesus' heart toward him. However, Simon's greatest obstacle and ours is failing to see our own brokenness and need. Your obstacles (e.g. judgments, attitudes, prejudices, fears, beliefs, pride) are keeping you from connecting to your own heart, to God's heart, and to the hearts of others. They diminish your ability to reveal and reflect the heart of God.

*Our greatest obstacle to authentically seeing and connecting to others is failing to see our own brokenness and need.*

At the end of your Day 1 Battle Prep, you were asked...

*From now until your next Battle Prep reflect on the ways you see other people and what God might want to reveal in your heart. Seek to be sensitive to situations where you might respond like Simon. As you do, seek to connect to your own heart and then connect to God’s heart, asking him to:*

*“Search me, O God, and know my heart!  
Try me and know my thoughts!  
And see if there be any grievous way in me,  
and lead me in the way everlasting!” (Psalm 139:23-24)*

Reflect on what you discovered about your personal obstacles to connection from this time of reflecting and answer the following questions.

Consider the following environments where you might struggle to authentically identify with others.

- work
- family
- neighborhood
- people racially, ethnically, or religiously different than you
- society at large

Is there a type person, group, or class of people who you struggle to identify with in your domain? When you see this person, group, or class in a vulnerable place you might have a response similar to Simon’s. You may not do anything outwardly, but you think it inwardly and it keeps you from revealing the heart of God. Record your insights below:

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Reread verses 40-47 as Jesus confronts Simon. Putting yourself in Simon's place, listen to the story Jesus wants to tell you. How does Jesus want to confront you?

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Consider the questions listed below and write out a prayer of response to what God has shown you. How do you want to respond to his confronting you? Like Simon or the woman?

- Where do you need to repent?
- Where do you need to receive forgiveness?
- Where do you need to receive compassion?

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How would you answer today's reflection question – *“How does the way you see yourself reveal internal obstacles in the way you relate to others?”*

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What was significant for you today?

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**Prepare to Move Out**

God longs for you to reveal and reflect his heart of compassion and comfort as you seek to cover others. In his grace, he longs to remove any obstacles that interfere with that. His voice of correction is inviting and kind. Go forward knowing God is for you, and he has equipped you to shepherd those he has entrusted to you.

*To reveal the heart of God to others you must let yourself be affected by the pain of others, as well as discover any personal obstacles that may hold you back from connecting with others.*

**DAY 3 QUESTION:**

*How does receiving God's love and forgiveness in vulnerability free you to cover the vulnerability of others?*

**WEEK 4 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.

Reflect on your experience from Day 2 as you identified your internal obstacles that hinder your ability to reveal and reflect the heart of God.

Be aware of what is happening in your mind and heart as you remember.

What might you desperately need from him today?

Allow him to meet you with his love, forgiveness, and blessing right where you are.

Be aware of what is happening in your heart as you connect to his heart.

**Encounter God and Yourself in Scripture**

As you again reflect on **Luke 7:44-50 (NIV)**, focus on Jesus' admiration for this woman, his affirmation of her love, and his forgiveness of her sins. As you observe Jesus' extravagant love and forgiveness towards the sinful woman, let that reminder of his heart for all people help you internalize the fact that he extravagantly loves and forgives you, too, in spite of all your failings and shortcomings. As you meditate on this wonder, also seek to get in touch with what happens in your heart as a result of this truth.

*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."*

On a scale from 0-10, with 0 = Never, and 10 = Frequently, to what extent do you experience passionate love for Jesus?

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On a scale from 0-10, with 0 = Never, and 10 = Frequently, to what extent do you experience his forgiveness?

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Spend a moment reflecting on the obstacles you identified in your Day 2 Battle Prep that keep you from extravagantly loving God and others. As you reflect on your sins in light of his love and grace, what happens in your heart?

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What do you sense Jesus wants to communicate or say to you?

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**FOR FURTHER STUDY:**

Eph. 4:32

Luke 6:26-27

Gal. 6:2-3

**Commit Yourself**

How do you now want to respond to those with whom you struggle to identify with?

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...and those whom you lead?

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How would you answer today's reflection question – *“How does receiving God's love and forgiveness in vulnerability free you to cover the vulnerability of others?”*

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What was significant for you today?

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### **Prepare to Move Out**

Move out into the activities of today in the peace of God. Trust that whoever has been forgiven much, also loves much. As you depend on Jesus, you have what it takes to overcome whatever obstacles you face to authentically connect with his heart for you, and now let that realization propel you to connect with the hearts of those in your domain.

**Remember to send a State of Your Heart update to your team members at least 24 hours prior to your Team Meeting.** A template that you can copy into an email is provided on [page 136](#).

**WEEK 4 TEAM MEETING:**

*To reveal the heart of God to others you must let yourself be affected by the pain of others, as well as discover any personal obstacles that may hold you back from connecting with others.*

**Before Your Meeting:**

- Review the Team Meeting Guide and write your answers to the discussion questions.
- Read over “Listening in 2 Directions” on the next page.
- Be sure to review the gray boxes from each of your Battle Preps and answer the Team Meeting gray box questions.
- Send your State of Your Heart update to your team 24 hrs. in advance of this meeting.
- Read the State of Your Heart updates that others send in and note significant emotional words or events that you may want to follow up on by email, phone, or during the meeting.

**Week 4 Team Meeting Objectives:**

- Identify your areas for growth as you practice entering into another person’s vulnerability.
- Practice listening in 2 directions (p. 126).
- Continue practicing covering and being covered using the 3-point covering response (p. 132).
- Draw out each team member’s answers to the daily reflection questions.

## Listening in 2 Directions

*When listening to another person, it is important to be fully present. Listen to what the person is saying and consider what might be happening in the four levels of their heart. But also “listen” to what is happening in your whole heart. We call this skill “listening in 2 directions.”*

As you are listening to another person, be aware of:

### 1. Significant Key Words:

- **Listen for words like** “awesome,” “excited,” “glad,” “overjoyed,” “thrilled” etc. (could be desires met)
- **Listen for words like** “disappointed,” “sad,” “frustrated,” etc. (could reveal desires blocked)

As you listen, especially note words that catch your attention or raise your curiosity. These words could be entry points that can lead to a person’s deepest desire and pain.

Listening is a *conscious choice* on your part. **Don’t assume the speaker is a problem just waiting to be solved - by you.** Listen well. You might be surprised by the direction the speaker wants to go.

### 2. Desires:

- What **energy** or **motive** or **tension** (some discord or dissonance) may be driving this conversation?
- From where does this energy, motive, or tension originate?

### 3. Internal awareness: What is happening in you as you experience this person sharing?

- ...at the rational level, what do you observe about yourself?
- ...at the emotional level, what are you feeling? (refer to p. 134)
- What do you desire for the speaker and for yourself? (refer to p. 135)
- In light of the above, what are you moved to do?

*As you develop your listening skills, you will begin to incorporate two other directions: 1.) listening for what God might be experiencing or directing and 2.) how evil might be hunting. But for now, we will just focus on listening to our heart and to the other person. If you focus on just listening in two directions, you will be amazed at how often God manifests himself. The discipline of listening in two directions also keeps us from going too quickly to platitudes about God and to the careless use of religious language, which inhibits authentic engaging.*

### Heart Check (15-20 min)

Each person should give a short (3-5 word) summary of how their heart is coming into today's meeting, referencing their State of Your Heart update when appropriate. GROUP LEADER – If the person is entering the meeting in an emotionally good state, continue to the next person. If they are struggling, or if you sense the need to do so, then briefly cover that person using the 3-point covering response. Each person will have a chance to practice covering another in the main discussion time.

The purpose of this brief time is not to deeply engage with each other but rather to ensure everyone is aware of anything major 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 My Heart updates.

### Main Discussion/Listening in 2 Directions practice (60 min)

Before you begin the main discussion, make sure all participants have read "Listening in 2 Directions" on the previous page, and assign each person another to cover. Each person will share from the question below, and then another will seek to listen in 2 directions and respond.

If you haven't already, take a moment to pray, then just be silent and allow each person to become fully present to the emotions running through their own heart and to the heart of God.

**PERSON SHARING:** Focus on connecting to what you are feeling as you share from the question. Avoid sharing from your head using rational thoughts. This is a heart-to-heart exchange, not a head-to-head exchange.

**What insights did you gain regarding obstacles you face – beliefs, attitudes, judgments, prejudices, etc. toward others, God, or yourself – when covering another person's vulnerability?**

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**PERSON COVERING:** Focus on listening to what you perceive is happening in the heart of the person sharing and let yourself connect to what is happening in your own heart as you experience their communication.

1. As the person shares, listen for the following and take note of the significant words that might indicate desires met or desires blocked.
  - What **energy** or **motive** or **tension** (some discord or dissonance) may be driving this conversation?
  - From Where does this energy, motive, or tension originate?
  - What **words** reveal that the person is touching a deep desire or pain within their heart?
2. What questions, if any, do you want to ask to clarify or identify deeper feelings and desires? Ex. "I hear that you felt embarrassed by the obstacles that God revealed to you this week. What do you think that is connected to?" or "What deep desire to you think that is connected to?"
3. Now write and share (or simply share) a 3-point response to cover them – identify, affirm, share from your heart. (Remember that even if you cannot identify with the exact issue, can you identify with the deep desire or the feelings that were shared?)

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After everyone has shared and been covered, proceed with discussing the remaining questions.

How do you want to grow in overcoming these obstacles?

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We have thoroughly explored the exchanges that took place at Simon the Pharisee’s house between Jesus and the unnamed woman, Simon and the woman, and Jesus and Simon. If your team contains both men and women, discuss how you experienced the passage differently. If your team is all the same sex, consider the different ways the opposite gender may have experienced this passage. Record any insights below:

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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 see running across what you gained from all the Battle Preps this week.

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**QUESTIONS REVIEW**

*To reveal the heart of God to others you must discover your personal obstacles that hinder your perceptions of God, yourself, and others.*

DAY 1 QUESTION: *How does the way you see others impact your ability to cover them?*

DAY 2 QUESTION: *How does the way you see yourself impact your ability to cover others?*

DAY 3 QUESTION: *How can overcoming your obstacles free you to become the leader God created you to be?*



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

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### **Wrap-up (10 min)**

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

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

Close in prayer.

### 3-Point Response of Covering

#### 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, or that they are alone, and are the only person who has ever experienced such feelings.

#### 2. Affirm

Affirm the person for taking the risk to be vulnerable with you, as well as 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. 134.

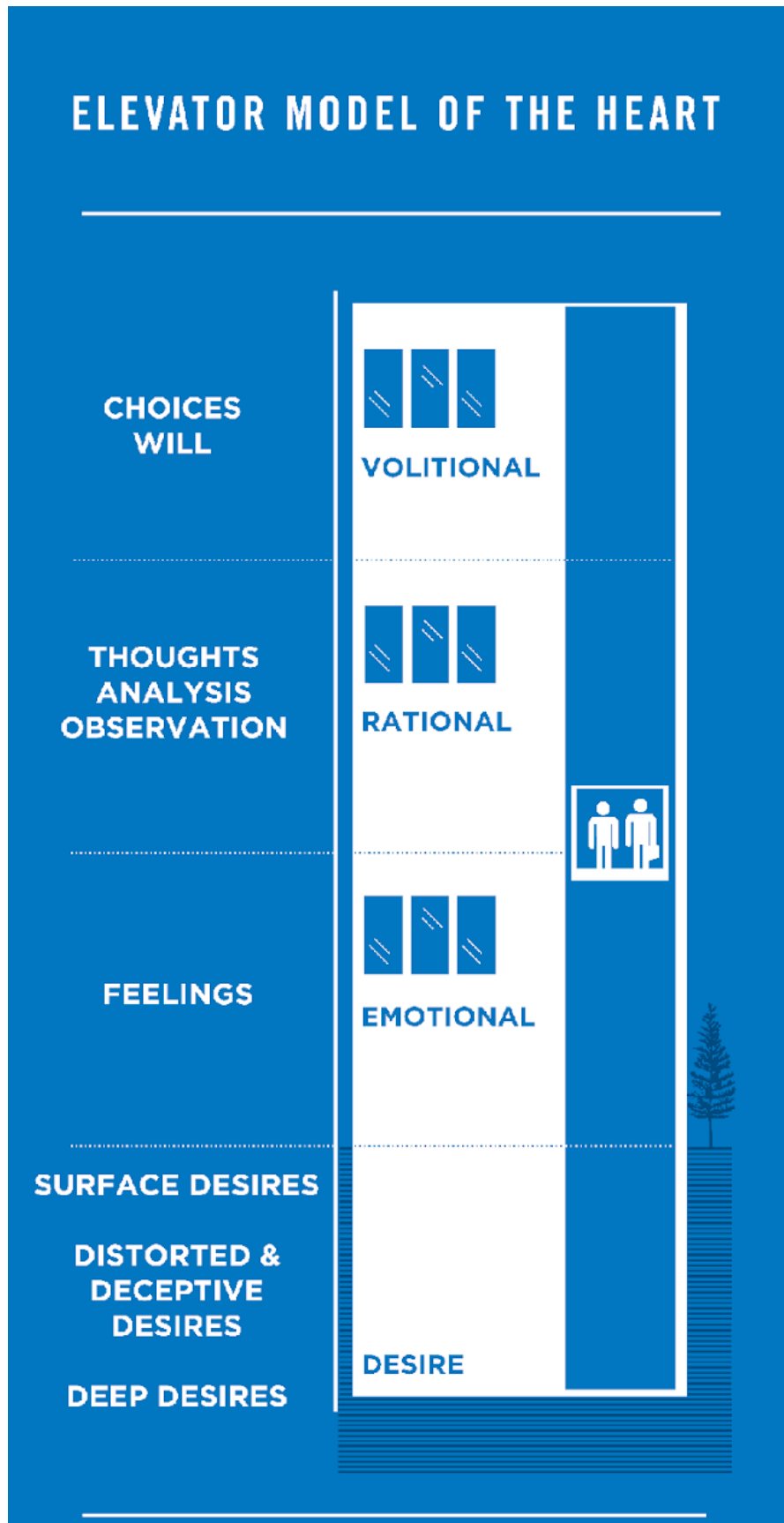
"I admire you..."

"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!"



## 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. 134 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. 135.)*

**Volitional:** *“What do you want to choose moving forward?” How will my choices reflect the kind of man or woman I want to be?*

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