

The Heart of a Leader: In Crisis

Team and Personal Equipping

WEEK SIX



**WELLSPRING
GROUP**

overflowing transformation

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Intro to Week 6

As you come to the end of this experience, we would like to focus on the last of the BLESS skills - S for Savor. Simply put, savor means to enjoy or to take delight in something (Merriam-Webster). Savoring is present throughout the Scriptures. We first see it as God himself paused, looked at his creation, and declared, "it is good, even very good" (Gen. 1:31). The concept of a Sabbath day causes us to savor: pause, rest, remember, and celebrate. In the sacrament of communion, we pause, reflect, remember, give thanks, celebrate, and look forward to the ultimate consummation.

When you take time to savor an experience like *The Heart of a Leader: In Crisis*, you have an opportunity to deepen what you have discovered about God, yourself, and others. As you savor God's faithfulness to you and through you, you gain courage and hope for the future.

Biblical savoring is a culmination of effectively practicing the BLESS skills and then pausing to reflect, remember, and give thanks or celebrate what has been shared together. Savoring involves reflecting on what has happened, connecting with each other's hearts and appropriately celebrating what you've accomplished. It may occur at any time during the BLESS skills. If engaging is at a deep level, you can find yourself on holy ground with tears, hugs, insights, exhilaration, and determination. Pause and experience it deeply. When we celebrate the grace and love of God in this way, we create a memorial to his goodness toward us.

Be fully present to God, his Larger, Eternal Love Story, and your part in it

- How is God using this process to inspire and equip me to more fully live in my part of his Love Story?

Listen in four directions

- During this process how have I experienced God speaking to me?
- What am I discovering about my own heart?
- What am I discovering about the hearts of my team and those in my domain?
- How have I seen evil hunt me through internal obstacles to being fully present?

Explore with simple questions

- What has this experience meant to me?
- How is God changing me through it?

Share from my heart

- Recognize what is happening in your heart – mourn the losses/celebrate the gains.
- Share with God.
- Share with your team.

Savor

- Pause, reflect, and remember.
- Allow God’s blessing, encouragement, and hope to come to your heart.
- Connect with your team and celebrate as appropriate.

Preparation for Week 6

To prepare for this week, watch the video linked to the right and take notes in the space provided. Note that this is a review week, so you will need all of your materials from previous weeks.



WEEK 6 NOTES PAGE:

Battle Preps

You can effectively express God’s compassionate heart as you grow in the skills of connecting to God’s heart, your heart, and the hearts of others.

DAY 1 QUESTION:

How does God want you to apply the HLC Workshop and Week 1 material to your life and leadership?

WEEK 6 DAY 1 - BATTLE PREP

Awareness of God and Yourself

As you prepare for today’s Battle Prep, 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 (see the Feeling Words on p. 190 for help). Offer that to God, whether positive or negative.

Pause and become fully present to the glory of God as revealed in creation and in his redemptive pursuit of your heart.

Now reflect on God’s faithfulness to you as you have gone through this course. Consider one way you have experienced his compassionate heart of love and grace. Savor his goodness.

Give thanks for his steadfast, faithful love.

Encounter God and Yourself as you Review

Review your notes and reflections from the *Heart of a Leader: In Crisis* Workshop as well as the gray boxes and questions from Team Meeting 1. Then answer the questions below.

What concept or Scripture was most significant?

What made this so significant to you?

What themes or threads do you see?

Pause and reflect on the Scriptures and/or concepts you recorded above. Remember what God has revealed to you. As you become fully present to your heart and God's heart, seek to listen and respond below.

What is God saying to you? What new insights do you have?

How might what you have discovered today impact your life and leadership?

What was most significant for you today? What would you like to savor?

What is one action step you want to take coming out of today?

Prepare to Move Out

Move into today knowing that you have the capacity to uniquely reveal and reflect the heart of God as you stay connected to his heart. Give thanks for what God is doing.

Those you lead are looking for a trusted shepherd to show them what it looks like to find rest in the midst of the unknown. You have what it takes to love and lead well.

You can effectively express God’s compassionate heart as you grow in the skills of connecting to God’s heart, your heart, and the hearts of others.

DAY 2 QUESTION:

How does God want you to apply the HLC Weeks 2 and 3 material to your life and leadership?

WEEK 6 DAY 2 - BATTLE PREP

Awareness of God and Yourself

As you prepare for today’s Battle Prep, 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 (see the Feeling Words on p. 190 for help). Offer that to God, whether positive or negative.

Take a moment to settle yourself before the Lord. Release any internal or external distractions that might be preventing you from being fully present to God and to your own heart.

Give thanks to God for the ways he has revealed himself – his glory – to you.

Seek to open up your whole heart to him. As you do, what is your deepest desire in this moment?

Offer that desire to the Lord and ask him to meet it as only he can, now and throughout your day.

Encounter God and Yourself as you Review

Review the gray boxes and questions from Team Meetings 2 and 3 and answer the questions below.

What concept or Scripture was most significant?

What made this so significant to you?

What themes or threads do you see?

Pause and reflect on the Scriptures and/or concepts you recorded above. Remember what God has revealed to you. As you become fully present to your heart and God's heart, seek to listen and respond below.

What is God saying to you? What new insights do you have?

How might what you have discovered today impact your life and leadership?

What was most significant for you today? What would you like to savor?

What is one action step you want to take coming out of today?

Prepare to Move Out

Move out today knowing that you are not alone. The Holy Spirit in you is leading you and equipping you to reveal the heart of God to those in your domain as you connect to your own heart, the heart of God, and then move to cover the hearts of others. Celebrate that he is at work in your heart and the hearts of those around you!

You can effectively express God’s compassionate heart as you grow in the skills of connecting to God’s heart, your heart, and the hearts of others.

DAY 3 QUESTION:

How does God want you to apply the HLC Weeks 4 and 5 material to your life and leadership?

WEEK 6 DAY 3 - BATTLE PREP

Awareness of God and Yourself

As you prepare for today’s Battle Prep, 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 (see the Feeling Words on p. 190 for help). Offer that to God, whether positive or negative.

Seek to be authentic and vulnerable as you connect with the Lord today.

How might God want to cover you today by identifying with you (your thoughts, feelings, or desires), affirming you, and sharing his heart with you?

How are you impacted as you experience God covering your vulnerability?

Offer that to him.

Encounter God and Yourself as you Review

Review the gray boxes and questions from Team Meetings 4 and 5 and answer the questions below.

What concept or Scripture was most significant?

What made this so significant to you?

What themes or threads do you see?

Pause and reflect on the Scriptures and/or concepts you recorded above. Remember what God has revealed to you. As you become fully present to your heart and God's heart, seek to listen and respond below.

What is God saying to you? What new insights do you have?

How might what you have discovered today impact your life and leadership?

What was most significant for you today? What do you want to savor?

What is one action step you want to take coming out of today?

Prepare to Move Out

Move into your day knowing that you are an overcomer. Through your dependence upon Christ, you can overcome any obstacle that has hindered your ability to be fully present to God, to your own heart, and to the hearts of others.

Though evil seeks to steal, kill, and destroy – the Battle is the Lord’s. The ultimate battle for your heart has already been won. Will you choose to live like an overcomer, wholeheartedly connected to God and to others?

Walk in victory today as you are becoming the man or woman God has created, redeemed, and is restoring you to be.

Send out your State of Your Heart update via email to your group at least 24 hours before your team meeting. A template is provided on p. 192. Then prepare for your Team Meeting by answering the questions on pp. 184-185.

Ending Survey

Thank you for the opportunity to be part of your life and leadership through this experience. As a ministry, our passion is to inspire and equip people - particularly leaders - to live deep from a whole heart in authentic, life changing relationships overflowing with God’s love, grace, and truth.

We would greatly appreciate your feedback. Please take a few minutes to fill out the survey linked to the right. You may also contact Dana Smith directly at the email address below.



Your experience is made possible by the financial partners of Wellspring Group who believe your heart is worth investing in. We invite you to prayerfully consider how you might invest in the hearts of other leaders by becoming a financial partner. For further information please visit our [website](#) or, if you have questions, please reach out to Dana Smith (danas@wellspringgroup.org) or Larry Bolden (larryb@wellspringgroup.org).

What’s next?

The concepts and skills you have explored through *The Heart of a Leader: In Crisis* are just a taste of what we explore in depth through the Battle for the Heart process. We provide a chart below to highlight our values and goals in offering the Battle for the Heart as well as additional information for how you might move forward in the work God has been doing in your heart.

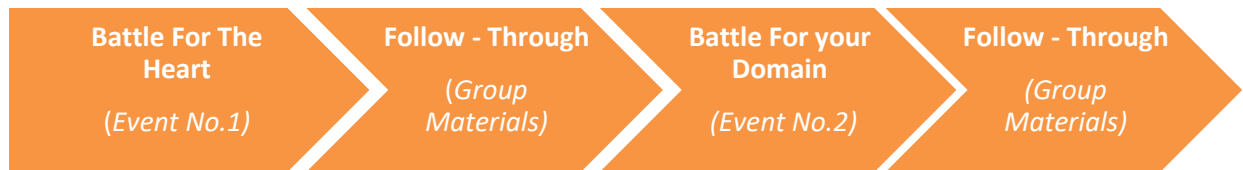
The Battle for The Heart	
Less Emphasis On...	More Emphasis On...
An event	A multi-faceted experience
Seeking what God wants you to be doing	Discovering who God has created you to be
Trying harder to live the Christian life	Living out of a whole heart out of the Four Realities
Searching Scripture for answers	Experiencing God in Scripture
The individual in isolation	The individual in authentic community
Defining and exposing sinful behavior	Discovering the energy and patterns behind sin
Developing strategies for handling life’s challenges	Identifying who you want to be in life’s challenges
Giving advice	Pursuing the whole heart
Managing external areas of life	Changing from the inside out, affecting all areas of life



BATTLE FOR THE HEART
For **MEN**
Upcoming Events



BATTLE FOR THE HEART
For **Women**
Upcoming Events



- The Battle for the Heart Process is made up of 2 retreats and approximately 28 weeks of follow up material, as well as access to on-going coaching for your group facilitator.
- Typically, a one-year commitment, start to finish.
- Ideal group size is 4 but can work with up to 6.

Information about Wellspring Group and the Battle for the Heart process can be found at www.wellspringgroup.org.

Interested And Want To Learn More?



DISCOVER

the most important battle you will ever face, the battle for the wellspring of life - your whole heart.

EXPERIENCE

a taste of the Battle for the Heart process through teaching, testimonies, reflection and discussion.

HEAR

the impact that individuals, families, churches and communities are experiencing as alumni share their stories.

Upcoming Introductory Events



WEEK 6 TEAM MEETING:

You can effectively express God's compassionate heart as you grow in the skills of connecting to God's heart, your heart, and the hearts of others.

Before Your Meeting:

- Send a State of Your Heart update to your team.
- Read the State of Your Heart update others send in and reply with a written 3-point response.
- Review the team meeting outline and write your answers to the discussion questions.
- Please complete the ending survey linked on p. 180.

Week 6 Team Meeting Objectives:

- Practice the skills learned throughout the course
- Identify at least one application/action step coming out of this course
- Each person shares and each person practices covering and Unpacking Significant Words
- Savor the impact of your time together as a team

QUESTIONS REVIEW

You can effectively express God's compassionate heart as you grow in the skills of connecting to God's heart, your heart, and the hearts of others.

DAY 1 QUESTION: *How does God want you to apply the HLC Workshop and Week 1 material to your life and leadership?*

DAY 2 QUESTION: *How does God want you to apply the HLC Weeks 2 and 3 material to your life and leadership?*

DAY 3 QUESTION: *How does God want you to apply the HLC Weeks 4 and 5 material to your life and leadership?*

Abbreviated Heart Check (10-15 min)

For this heart check, simply seek to identify the current state of each person's heart – making sure that all are in a good place to proceed with the meat of the meeting.

Each person shares two to three words expressing the current state of your heart.

Whoever is leading – if the person is in a good place, move on to the next. Since you will be covering each other during the engaging exercise this week, don't take much time to do that here unless someone is in a particularly vulnerable place. In that case, cover briefly and make sure they are in a good place to continue.

Main Discussion and Engaging Exercise (60 min)

Review your Battle Preps from this week. Then answer the discussion questions below. Use your insights from these questions as the basis for your sharing during the engaging exercise.

Discussion Questions:

What threads have you identified? What is God up to in your life through this experience?

As a person?

As a leader?

What do you want to apply coming out of this experience? What changes do you feel God calling you to make?

What kind of support do you need to follow through?

Engaging Exercise – Each person shares from the discussion questions above, focusing on what they believe God wants them to change/apply PERSONALLY. Then the group helps the sharer go deeper into feelings and deep desires by covering and unpacking significant words.

1. One person briefly shares their insights from the “Discussion Questions” section above focusing on what they believe God wants them to change/apply PERSONALLY.
2. Group members ask any clarifying questions – “I’m curious what you meant by _____?”
“How do you see that impacting your life?”
3. One group member seeks to unpack significant words (see p. 188 for help). If the sharer does not offer any significant words in their initial sharing, ask a follow up question, such as:
 - “What makes that so significant?”
 - “How does (whatever God has revealed, thread identified, etc.) impact you?”
 - “When you see this truth/impact what feelings arise within you? (e.g., awe, humility, excitement, sadness, joy) – p. 190

Then unpack a significant word (p. 188) by asking a few follow-up questions, such as:

- Take one of the significant words, such as “awe,” and ask more questions:
 - “In awe of what?”
 - “As you experience that, how does it make you feel?” (or “what is happening inside you?”)

- “Tell me more about that.” (Ask questions about their feeling words to get to deep desires – e.g., Value, significance, to be loved, to protect, to come through, etc.)
- When the person gets to deep desire (see page 191), stop and savor. Below are just a few of the ways you might do that.
 - Summarize what you have heard by asking a question or sharing how you are impacted. For example:
 - “What are you experiencing right now as you realize that you have value apart from anything you do or don’t do?”
 - “I am tearing up as I see how God has taken his love for you beyond just head knowledge to a place of deep gut-level belief.”
 - Cover using the 3-point response (p. 187).
 - Give thanks, celebrate, or share back how you’ve experienced the sharer’s heart.

Each person takes a turn to share and to engage.

Wrap-up (15 min)

1. Take time to discuss next steps as a group. Where do you want to go from here? Try to leave your time together with at least one or two action items, even if that is sending an email to further discuss next steps!

Some options:

- Go through the Battle for the Heart process together
- Individual group members gather a few others to enter the Battle for the Heart process together
- Individual group members gather a few people for the next round of *The Heart of a Leader: In Crisis*

Whatever you do, find a way to continue connecting to your heart, the heart of God, and the hearts of others!

2. Take some time to savor how you have been impacted by your time together. Using two to three words, each person shares how you have experienced this group. Group members cover as necessary using the 3-point response.

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. 190.

"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!"

Unpacking Significant Words

OBJECTIVE: To practice identifying and unpacking significant words in order to get down to the level of desire.

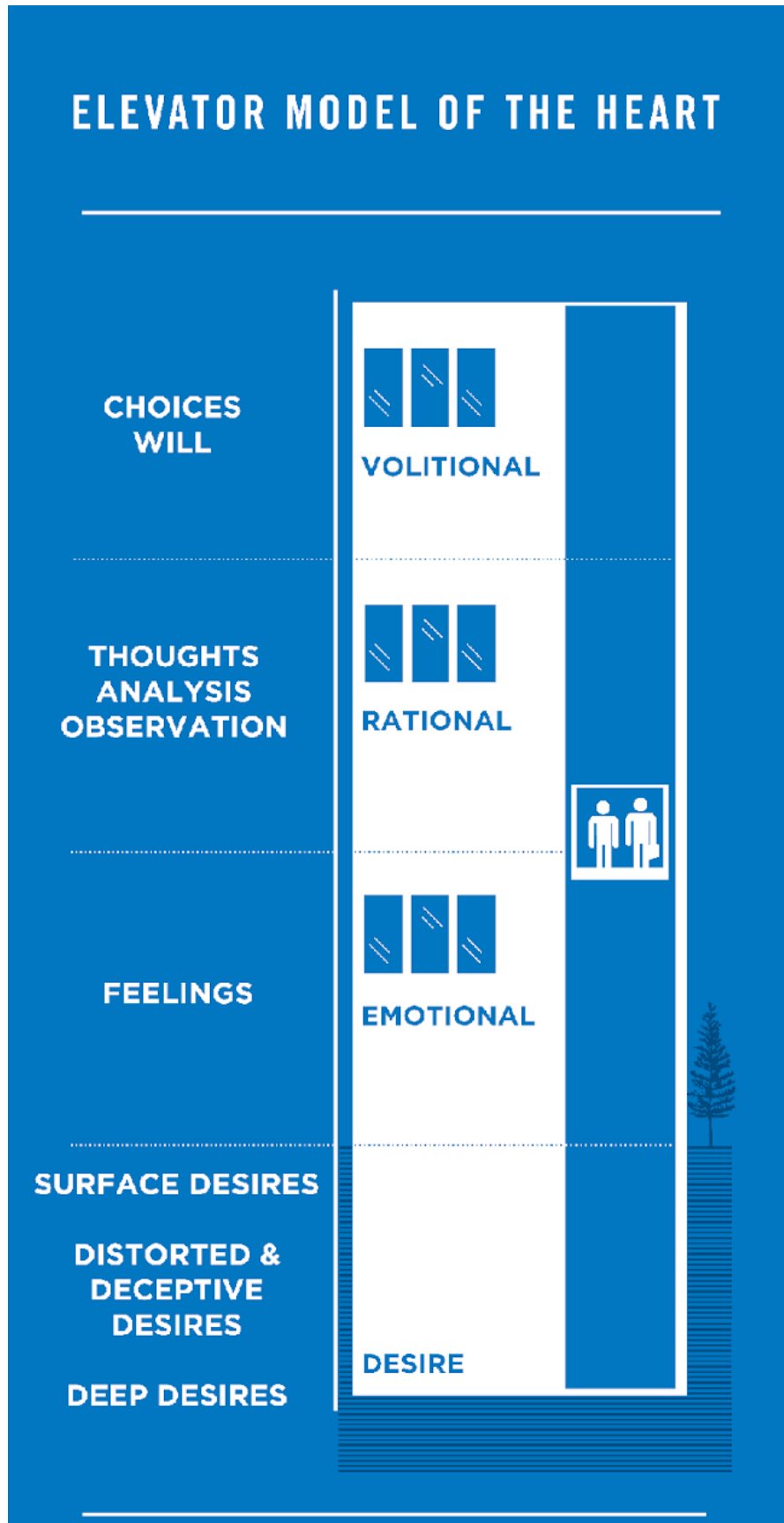
Instructions for the sharer:

Take about 2 min. to share a brief summary from your answers to the questions on pp. 184-185 about the impact and application of the *Heart of a Leader: In Crisis* experience. Try to include some feeling words as you share.

Instructions for the engager:

Once the speaker has finished, take a few minutes to unpack one significant word. Try to take your partner down to desire fulfilled or blocked following that word. If you get stuck, pick a different word and try again.

- The simplest way to form a question is to begin with the words “What” or “How.” These words create opportunities for “open ended” answers rather than “Yes/No” answers.
- Just a reminder: The person with whom you are engaging is not “a problem to be solved.” You may think you know, or actually know the answer to solve their problem, but the insight which the other person discovers for themselves tends to be exponentially more powerful than the insight someone tells them.
- Try to take them down the Elevator Model of the Heart (p.189) to a desire fulfilled or blocked (p. 191) by following one emotionally significant word. If you get stuck in the conversation, pick a different word, and try again.
- If the person mentions more than one word you feel is significant, you can ask them if one word feels more significant to them over another. E.g., “You said both annoyed and afraid. Does one of those feel more significant to you than the other?”
- When you get to words expressing deep desire, where your partner begins repeating similar words and where you both sense you are at “the bottom,” take a moment to affirm or cover the sharer (see p. 187).



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 which, if explored more deeply, can lead you to discovering your 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. 190 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. 191.)*

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

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