



BATTLE FOR THE HEART
LIVE TRANSFORMED

Sisters,

Welcome to the *Battle for Women's Hearts*, your first step in [The Battle for the Heart process.](#)

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

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

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

- ❖ Prayer – personal and recruiting 3 people to pray for you
- ❖ Scripture reading (15 -20 min per day for 28 days)
- ❖ Pre-retreat team meetings (3)
- ❖ Watching other supporting movies (optional)
- ❖ Reading books with similar themes to the Battle for the Heart (optional)

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

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

The Wellspring Group Team



**WELLSPRING
GROUP**
overflowing transformation

Personal and Team Preparation

PRAYER

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

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

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

REFLECTING ON THE WORD OF GOD

The Battle is an interactive journey into true femininity. It is not a Bible study. However, the weekend is solidly grounded in biblical truth. You may be challenged by that truth in ways you've never been before. Your preparation material includes a document titled *28 Daily Biblical Reflections* that will help you relate to the messages as we move through the weekend.

PRE-RETREAT TEAM MEETINGS

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

WATCHING MOVIES AS PARABLES (OPTIONAL)

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

These movies can also be great discussion points with your husband and older children, if you have a family. Most women will relate well to the first three and some to all of them.

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

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

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

Cinderella Man is based on a true story of a boxer during the Great Depression. The scene of Jimmy and Mae arguing over whether Jimmy should fight Max Baer is a dramatic picture of the deep desires of a woman and a man. A later scene in which Mae comes into the locker room is a powerful scene that deeply speaks to most men and women although they often don't realize why. In numerous scenes you will clearly see Jimmy energized by knowing what is at stake in his life. Knowing what is at stake in your life is a skill you will gain in Reality 2 of the follow through process.

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

Queen of Katwe is a story set in the slum of Katwe, in Kampala, Uganda. Life is a constant struggle for 10-year-old Phiona and her family who have already lost their father and a sibling. Phiona and her brother sell Maize in the local marketplace along with their mother in order to keep the family alive. Phiona's world changes one day

when she meets Robert Katende, a missionary who teaches children how to play chess. Phiona becomes fascinated with the game and soon becomes a top player under Katende's guidance. Her success in local competitions and tournaments opens the door to a bright future and a golden chance to escape from a life of poverty.

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

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

We also use clips from ***Dead Poet's Society***, ***The Passion of the Christ***, and ***Chariots of Fire*** and ***Little Women (1994)***.

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

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

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

READING

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

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

Your Team after the Battle for Women's Hearts Event

DEBRIEFING UPON YOUR RETURN

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

The debrief guide consists of:

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

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

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

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

For more information go to <http://www.wellspringgroup.org/battle-process>. We will cover this further at the Battle for Women's Hearts event.