

# Battle for Your Heart

## Team Preparation

### TEAM MEETING 1

#### Before you meet (all team members)

- ✓ Spend approximately 30 minutes considering your life story and what you'd like to share with the team. What will help them understand who you are and where you are on your journey with the Lord? Try to think beyond facts and details to who you are as a person and your hopes and expectations for the retreat and the Battle for the Heart process.

#### Week 1 Team Meeting Objectives

- Begin establishing trust among the team as you share authentically about who you are and where God is leading you on your spiritual journey
- Cover any logistical details that need to be worked out as a team

#### Heart Check (15 minutes)

Each person gives a short (2-3 minute) update on how you are coming into the meeting. Are you in a good place? Distracted? Experiencing challenges that have you discouraged? What kind of support do you need from your team?

#### Main Discussion (60-90 minutes)

##### SHARING YOUR STORIES

Each person has about 15-20 minutes to share a bit of your personal story. Here are a few questions that can get you started.

- Where did you grow up?
- What was it like growing up in your family?
- What were several positive and negative experiences you faced growing up and during your early adult years?
- What do you enjoy doing outside of work or school?
- What are your expectations for the retreat and follow through process?

For those listening, what questions do you have as this person shares? What are some questions you might ask that will help your team member get in touch with how their story has affected them?

## Administrative Details and Check-in (15 minutes)

Are there any details you need to discuss related to transportation to the retreat center, departure times, etc.?

Have you finalized dates, times and locations for your remaining team preparation meetings?

Have you begun thinking through a potential regular meeting day/time for the follow through process (14 weeks)?

Has everyone on the team received and begun working through their personal preparation material?