

Battle for Your Heart

Team Preparation

TEAM MEETING 2

Before you meet (all team members)

- ✓ Spend approximately 30 minutes before the meeting reviewing the scriptures you've read thus far in the 28 daily Biblical reflections you received as part of your preparation material. Jot some notes on those that have impacted you. What made them meaningful? What questions did they stir? How did you identify with the writers or people in the passages? There are specific questions on the reflections document that will guide you in preparation for this week's meeting.
- ✓ Review the Elevator Model of the Heart document and make note of any questions or thoughts you have related to this material. The information in this document will be covered during the introductory session at your retreat.

Week 2 Team Meeting Objectives

- Continue establishing trust and learning how to share authentically within your team
- Check in on how each team member's personal preparation is coming. Is there anyone in need of support or encouragement?
- 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 minutes)

PERSONAL PREPARATION

Let each team member take a few minutes to share how they have been impacted by the scripture passages in the 28 daily reflections document. Questions to consider include:

- Which passage or passages have been most meaningful? What makes them so?
- How do I connect to the writer or person in specific passages?
- How do these passages apply to my life today?
- What do the passages say about me? Do I deeply believe that?
- Anything else you'd like to share?

Elevator Model of the Heart – this material will be covered at the retreat and further unpacked in the follow through process. After your initial review, though, consider these reflection questions:

- How does the concept of the heart having four levels (Volitional, Rational, Emotional, Desire) strike you?
- What level of the heart would you say you tend to operate from?
- How in touch would you say you generally are with your feelings and deep desires?
- Living from a whole heart involves living from a heart that is integrated at all four levels. What would be the impact if you were able to live from an integrated, whole heart? Impact on you? Impact on those you care for?

Administrative Details and Check-in (10 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? (Note, the next meeting involves watching a movie and will be take about 3 hours.)

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