

PERSONAL & SMALL GROUP EQUIPPING

# Wholehearted Living

# Living



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# How to use this material

Wholehearted Living is one of a trio of 6-8 week interactive team experiences exploring what it means to live and lead in the context of wholehearted community.

Wholehearted Living – 6 weeks

Wholehearted Relating – 6 weeks

*(additional 2-week bridge if this is your first module)*

Wholehearted Leading – 6 weeks

*(additional 2-week bridge if this is your first module)*

## Already completed a Wholehearted experience?

Teams where all members have previously completed another module of the Wholehearted trio that included the 2-week Bridge can begin with Week 3 of this material.

## Your Day, Your Way

Your relationship with God is deeply personal and as unique as you are yourself. We understand there is no one-size-fits-all approach to engaging with God through Scripture.

To help you make the most of your time in this discipleship course, we've provided a variety of options to fit your needs and schedule. We call it Your Day, Your Way.

First, each day's Spirit Guided Reflection including Scripture passages and reflection questions, is provided in both text and audio format (on the digital platform). You can type your response or speak your responses using a device with a talk to text keyboard.

Second, each daily reflection is broken down into four main sections. You can follow a single-sitting approach and do the reflection all at once and it will take you about 15-20 minutes. Or, if a lesson is particularly impactful and you have time, you may choose to answer some of the Taking it Deeper questions for a slightly longer reflection experience.

But, if you're short on time, you can customize your experience, working through one or two sections and then returning throughout the day, as you have time, for further reflection. This gives you the opportunity to meditate over an extended period of time in bite-sized pieces.

To help you decide what works best for you, here's some information on how the daily reflections are set up.

## **Awareness of God**

If you're in a hurry it might be tempting to skip over this part and move to the Scripture passage. But if you do you'll miss out! The Awareness of God section is a practice in mindfulness, of becoming fully present to your own heart and connecting with God's heart through prayerful contemplation. It only takes a minute or two but sets you up for a more meaningful experience. If you're breaking up each day's reflection, you may even want to use the Awareness of God section as the kick-off to your morning.

## **Encountering God in Scripture**

This will include a brief Scripture passage and a couple of reflection questions designed to take you below the surface of what you're reading to engage with Scripture at a whole heart level. This means you'll be considering not just what you think a passage is saying, but also how you feel about it, what deep desires the passage is touching in you, and how you feel God leading you to respond. If you're taking the non-traditional approach you may decide to break up this section by listening to and meditating on the Scripture at the start of the day and then coming back to answer questions after you've had a while to consider them.

## **Commit Yourself**

This is where you apply the Scripture and concepts to your real-life situations.

## **Prepare to Move Out**

This is like a final charge as you move out into the day – reminding you of the good work God is doing in you and giving you courage to stay in the battle for the wellspring of your heart.

At the end of each day there is a wrap up question that asks you to consider what was most significant from that day's reflection. This question is important for 3 reasons:

- It gives you an opportunity to pause and consider how you've been impacted by the reflection. Without this last step it's easy to miss some of the threads God is weaving together.
- It is helpful in preparing for the team meeting. Rather than reviewing each day's content in preparation for your meeting, you can go back and look at just that single question from each day.
- Your answer from this question is shared with your team (if answered on the digital platform). This gives you the chance to see how others in your team are being impacted by the week's material and creates space for you to dialogue within your team using the chat feature. Unless otherwise noted, this is the only question from your reflections that is shared with the team. All your other answers remain private.

It's your day. Design it your way for an impactful, wholehearted engagement with God.

## Team Meetings

Team meetings are an essential part of the Wholehearted experience. We are created to live in community, and you will experience more sustained growth by walking through this material with the support of others.

Each module begins with an Introductory Team Meeting.

Each week of material concludes with a Team Meeting where you will share your significant takeaways and the impact you are seeing as God applies what you are learning to your life. Suggested length is included in each Team Meeting.



- Which level/s do you most often live from? Which are you least in touch with?
- What do you think would be the potential impact if you lived more fully from all four levels of your heart?

## **Looking Ahead and Wrapping Up (10 mins)**

Overview of your Week One Spirit Guided Reflections.

- On the digital platform, the video each week is required in order to unlock the rest of the material as it forms a base for the rest of the weeks' reflections.
- Each day has 5 questions to guide you through a scripture passage and your response to God's word. Your answers to these questions will be private to you.
- On the digital platform, your most significant takeaway each day will post to a team discussion board where you can respond to each other if you choose.
- There is a Digging Deeper section each day that will invite you into further reflection if you choose.
- Each day's reflection will take approximately 15-20 minutes to complete or 20-30 if you do the Digging Deeper questions.

### **Practicing responding from your whole heart.**

To wrap up, take a moment to get in touch with how you've experienced the meeting. Identify and share 2-3 feeling words that describe your experience. You can use your Feelings chart to help you.



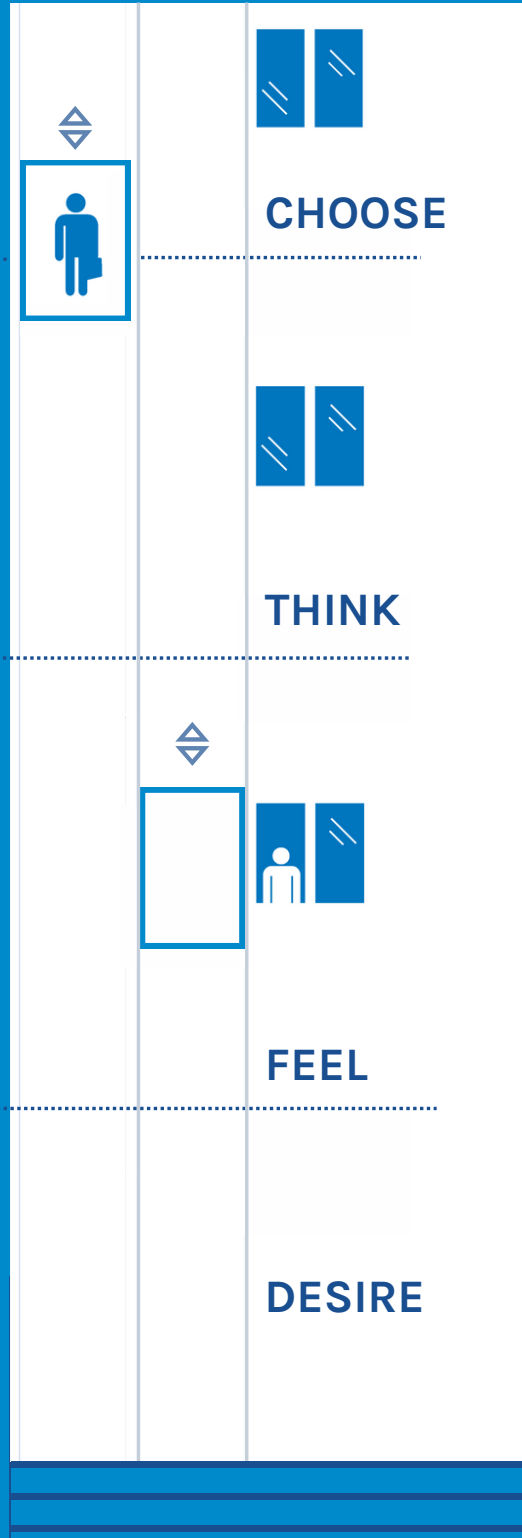
# THE ELEVATOR MODEL OF THE HEART

**CHOICES  
WILL**

**THOUGHTS  
ANALYSIS  
OBSERVATIONS**

**FEELINGS**

**SURFACE DESIRE  
DISTORTED  
& DECEITFUL DESIRE  
DEEP DESIRE**



# Feelings Chart

## IDENTIFY FEELING WE EXPERIENCE AS POSITIVE

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

## IDENTIFY FEELING WE EXPERIENCE AS NEGATIVE

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	

# Types of Desires

## Surface Desires

Surface desires are connected to deep desires and are the most easily recognized and accessible 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

mother, father, husband, wife, particular job or title in your vocation, avocation or ministry

### RELATIONAL

friendship, family, spouse, work

## Deceptive Desires

Deceptive desires are surface desires we mistakenly believe will fully satisfy a deep desire when we seek their fulfillment apart from God.

*(Example: a promotion will provide a sense of significance)*

## Distorted Desires

Distorted desires are surface desires that we actively seek to fulfill, even subconsciously, apart from utter dependence on God. They are often evidenced by controlling and grasping behavior as we seek to meet our own desires.

*(Example: manipulating people or situations to get what you desire rather than trusting God with the deepest desires of your heart)*

## Deepest Desires

Deep desires arise out of the image of God in you. They draw you to God and can only be fully satisfied through union with God.

### PURPOSE

to be part of something larger, transcendence, glory

### RELATIONSHIP

connection, love/ be loved, pursue and be pursued, community

### IMPACT

significance

### HONOR

respect

### KNOWN & VALUED

understood, heard, seen

### SECURITY

safety, to protect and provide, be protected and provided for

### DUTY

to come through, to hear well done

### BEAUTY & CREATIVITY

to experience and create beauty

### JUSTICE

for right to prevail, to see all human beings valued and respected

### FREEDOM

right and capacity to freely choose

### PEACE & REST

wholeness, completion, home, order

### JOY

pleasure, satisfaction from desires met

# Week 1

## Your purpose as a human being

### REFLECTION QUESTION

### How does living wholehearted relate to my purpose as a human being?

#### Overview video



To be completed prior to the first day's reflection - "Created in the image of God" video.

You are not here by accident. You have been created, in God's image, with purpose and intent. **Your heart, the wellspring of life, is critical to you fulfilling your purpose and experiencing fullness of life in Christ. It is the channel through which you intimately connect with God's heart to experience his love and intimately connect with the hearts of others to whom you express God's love.** This is wholehearted living. This is what it means to be fully alive. And it is not only possible, it is what you were made for.

#### Response

Answer after viewing the video.

How does living wholehearted relate to my purpose as a human being?

#### Day 1

Spirit guided reflection -  
Created out of love for love

#### Day 2

Spirit guided reflection -  
Created for connection

#### Day 3

Spirit guided reflection -  
Your heart makes intimate connection possible

#### Day 4

Spirit guided reflection -  
Disconnected hearts,  
disconnected lives

#### Day 5

Review and Preparation for  
Team Meeting







# Week 1 Day 2

REFLECTION QUESTION

## How does living wholehearted relate to my purpose as a human being?

DAY 2 OVERVIEW

### Created for connection

#### Awareness of God and Yourself

We so often come into the presence of God distracted by the worries of life and the tasks of the day. Take a moment to give each distraction, worry and task to Jesus. As you bring each concern to God, meditate on the words of 1 Peter 5:7, “Give all your worries and cares to God, for he cares about you.”

Pay attention to how you feel as you release those things into his care. He is inviting you to sit at his feet as you open your heart to his Word.

Choose to be fully present to the good work he is doing in your heart today.

#### Encounter God and Yourself in Scripture

Why is it so significant to live wholehearted – fully alive to your own heart, your desires, feelings, thoughts, and choices, and deeply connected to God’s heart and the hearts of others? We gain more insight as we return to the Creation story to discover more about the relationship between human beings and their Creator.

Genesis 2 paints an intimate portrait of a God who fashioned human beings by hand, then breathed his very breath in them. The image of God in us gives us the capacity to reveal God’s heart, but it is through connection that we fulfill our purpose.

In today’s reading of Genesis 1:26-28, 2:7-9, 15-18 (ESV) we will focus on intimacy and connection. Try to pay particular attention to words or phrases that suggest intimacy or relational connection between human beings or between God and human beings.

#### Genesis 1:26-27, 2:7-9, 15-18 (ESV)

*<sup>26</sup>Then God said, “Let us make man in our image, after our likeness. And let them have dominion over the fish of the sea and over the birds of the heavens and over the livestock and over all the earth and over every creeping thing that creeps on the earth.”*

*<sup>27</sup>So God created man in his own image, in the image of God he created him; male and female he created them.*





























## Week 2

# From disconnection to restored connection

### REFLECTION QUESTION

## How does Jesus reconnect us?

### Overview video

To be completed prior to the first day's reflection - "A New Heart" video.



You can experience God's perfect love filling the depths of your heart changing the way you act and react. **It starts with discovering and reconnecting your whole heart to God's heart and the hearts of others. This is wholehearted living**, the fullness of life Jesus desires to freely give you.

### Response

Answer after viewing the video.

**Where do you see yourself disconnecting from God and trying to meet your desires yourself?**

### Day 1

Spirit guided reflection -  
A God who pursues  
reconnection

### Day 2

Spirit guided reflection -  
A God who will restore human  
beings to glory

### Day 3

Spirit guided reflection -  
Reconnection begins with a  
changed heart

### Day 4

Spirit guided reflection -  
Jesus' sacrifice reconnects  
us to the Father

### Day 5

Review and Preparation for  
Team Meeting



**Where do you see God’s mercy in this passage? How does God continue to protect and pursue his people even in this moment of great loss? Consider listing the examples you discover. As you do, pay attention to your own internal response to God’s mercy.**

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From the moment sin entered the world, God’s plan to restore his broken people is revealed with the promise of a Savior in Genesis 3:15. He is the one who would eventually crush the head of the serpent. Even the blood shed to mercifully clothe Adam and Eve points to the necessity of sacrifice to pay for sin. That ultimate sacrifice for humanity’s sin would be paid by God himself, in the person of Jesus.

**Commit Yourself**

In Genesis 3:9 God calls out to his children, “Where are you?” Adam and Eve’s first response is to hide. God’s first response is to love them by drawing them out of hiding. God always pursues his wayward and lost people in love. He longs for us to draw near, to experience his perfect love which casts out fear. Reconciliation and reconnection have been his goal from the beginning.

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**In what ways have you experienced God pursuing you, moving toward connection, even in times of brokenness and disconnection?**

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**As you consider God’s deep longing for a relationship with you, what feelings can you get in touch with?**

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**What deeper desire might those emotions be pointing to?**

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**Taking it Deeper (optional reflection questions)**

When Adam and Eve sinned, their first response was to cover themselves and hide out of fear and shame. Rather than moving toward God, they moved away from him. In a similar manner, fear and shame can lead us to distance ourselves from God and others, to attempt to hide our true selves.

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**In what ways, if any, are you tempted to hide your true self from God or others?**

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What was most significant for you today?

Lined writing area for journaling responses.

Meeting Prep

In preparation for your team meeting, please

- Complete and bring a copy of this review
• Bring a copy of the team meeting agenda
• Watch this brief skills video clip: "Creating a Context of Safety."



Prepare to Move Out

Your voice matters. As you move towards your team meeting, remember that God still speaks through his children as we love one another well. Be aware of what he might be longing to speak through your life and your words. And listen for what he desires for you to hear through the life and words of your teammates.



