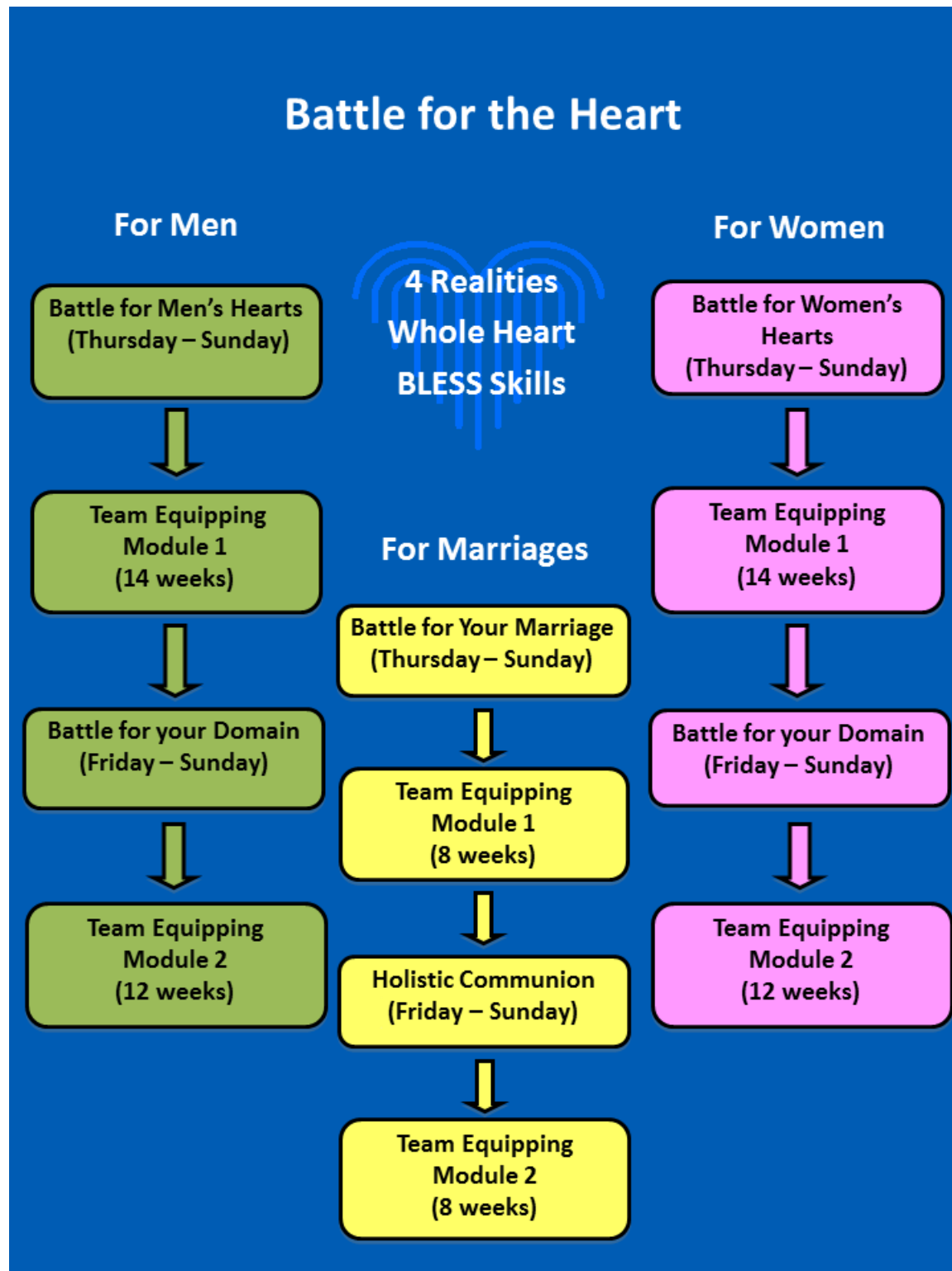


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Wellspring Group is committed not only to inspiring but also to practically equipping men and women as they discover how to lead, engage and live from a whole heart. Therefore, the Battle for Women's Hearts Guidebook is intentionally made available only to those women who have experienced a Battle for Women's Hearts. The Battle for Women's Hearts Guidebook is covered by copyright. All rights reserved. No part of this publication may be reproduced or transmitted in any form without permission in writing from Wellspring Group.

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The Path for the Battle for Women's Hearts

BOTTOM LINE: *God has a purpose for your being here, and it may surprise you.*

The Battle for Women's Hearts is a rigorous, intentional path that gives you an opportunity for significant, fundamental, sustained change and growth into becoming the woman:

- God created you to be.
- Christ redeemed you to be.
- The Holy Spirit is restoring you to be.

It is an interactive, transformational experience of the feminine heart.

INTERACTIVE

Interactive means that you are an active participant, not a passive observer.

- There will be many opportunities to engage with the Lord and other women.
- You will sometimes open up areas that cannot be adequately covered in the few minutes you have. Note those and come back to them with your partner or your team.

TRANSFORMATIONAL EXPERIENCE

Change is hard. This will not be easy. Significant, sustained, fundamental change requires six elements:

1. **Truth:** about God and about who you are in your glory and your depravity, in your redemption and your restoration.
2. **Energy:** the Spirit of God flowing through the wellspring of your whole heart, particularly your deep desires.
3. **A way or path:** Team Equipping modules that go deeper into each Reality and the heart and skills of engaging as women.
4. **Support:** the Fellowship desires to protect you and propel you into the Larger Story.
5. **Time:** quantity, quality, consistency and duration.
6. **Mystery:** change is dependent upon God. There are no formulas.

If you authentically engage the Battle this weekend and throughout the Team Equipping modules, you will experience all six elements. As you do, God will change your life.

FEMININE HEART

Sustained change flows from the inside out.

We want to call out of you what God has put in you as a woman. Who you truly are!

Why are you here?

What are you expecting?

What will make this experience a success for you?

Please respond in one or two phrases or sentences.

Share briefly with your partner.

Why are we, the retreat ministry team, here?

We have been captivated by a Story far larger than ourselves.

We long to fulfill our parts as women who are created to engage other women, to go into battle for their hearts and inspire and equip you to:

- See the battle for your heart.
- Grow in winning the battle for your heart and the hearts of those in your domain.

So that you may become more of who:

- » God created you to be.
- » Christ has redeemed you to be.
- » Holy Spirit is restoring you to be.

Amidst the battle we become more of who we are as women in the Story.

What will we do?

In the next session we will identify the battle for your heart and give you a model for understanding your heart. Then we will lay out for you a framework for winning the battle for your heart. We will spend the rest of the weekend developing that framework.

This framework is one that you can use for the rest of your life. During this weekend, we are going to walk you through the framework in a compressed way so that you can begin to live from it and become the woman God created you to be. Though the structure is artificial, you can engage it authentically. It is your choice.

Leaders, take off your leadership hats and allow yourselves to benefit personally from this experience:

- Trust God in a process that is theologically orthodox and psychologically sound.
- Relax—you are not here to perform.
- Engage with your sisters as a sister, not a leader.
- Connect as women in the Body of Christ.

We will give you this framework through four components that will guide you into more knowing in the depths of your inner being. This goes far beyond just more rational knowledge.

1. **Film clips, testimonies and teaching**

Film clips are powerful modern day parables that illustrate a biblical truth.

- They go underneath our rational radar screens and touch the innermost depths of our hearts.
- You may relate strongly to some, and not at all to others. That is okay.
- Pay attention to whatever those scenes arouse in you. If your first reaction to a clip tends to be, “Well, I’m not Frodo,” take a moment to ask yourself, “What desires are stirred up? What pain is touched?” These may not be real life scenarios but they identify desires that operate in real life scenarios.

Testimonies are examples of how women are applying the truth.

Teaching will challenge you to think deeply about your heart.

- Guidebook: write your name on it and use it now and later. It:
 - » Reflects the flow of the weekend.
 - » Contains key points and space to take a few notes.
 - » Contains more material than we will have time to cover.
- Ask questions for clarity. Unfortunately, we do not have time during the teaching sessions for observations from the floor. Philosophical, theological or practical questions can be written down on a 3x5 card with your name on it. If we don’t get to your question during the weekend we will try to respond by email.
- We are focused on inspiration and equipping. If you are inspired to get in touch with your deep desires, you will find a way to fulfill them. If you long to surrender to the Trinity, God will teach you how. Don’t get overly focused on the how. We will move into the how, particularly in the Team Equipping modules, but we first want you to get deep within you the “why.”
- Bring your Bibles.
- Get up, and move around if you need to.

2. Reflection

Each session is followed by a time of prayerful reflection on what you have just experienced.

Questions will guide you to consider the key points more deeply and engage with God. *There will usually be more questions than you will have time to answer. That is okay.* You may also use the time to pursue a thought from the session or the way you sensed God moving in your heart. Let the structure serve you. Allow it to lead you into experiencing God more fully.

Our goal is to see and know God and ourselves more clearly and deeply so that we may reveal more of Christ to our domains.

In *Institutes of the Christian Religion*, John Calvin said (paraphrased):

You cannot deeply know God without deeply knowing yourself.

You cannot deeply know yourself without deeply knowing God.

You may wonder, “What is reflection? How do I do it? What is its purpose?”

Proverbs 27:19 says, “As water reflects a face, so a man’s heart reflects a man.”

Spirit-guided reflection is looking at the reflection of our inner being in God’s mirror of love, grace, and truth so that we can make critical adjustments. If you are not a reflective person, then you are being controlled by the:

- External forces pulling you.
- Internal forces driving you.

Awareness allows you the opportunity to see the external and internal forces and then respond to God’s wooing you into His true story for your life.

Consider David’s prayer in Psalm 139:23-24:

“Search me, oh God, and know my heart; test me and know my anxious thoughts. See if there be any offensive way in me and lead me in the way everlasting.”

During reflection times we will enter into a covenant of silence. Please do not speak to one another or a member of the retreat ministry team unless it is absolutely necessary.

In this discipline we follow the example of Jesus who often went away and spent time alone with the Father. As you spend this time with the Father, trust the truth of Psalm 139:

- He is present.
- His thoughts about you are wonderful.
- He longs to lead you in the way everlasting.

A key part of your reflection times are the Battle Preparations for each day. These are under the sixth tab in the guidebook. Please use these before the first session each morning or the night before.

3. Teams

We on the ministry team have seen the power of feminine intimacy in the context of divine love. That power transcends socio-economic, ethnic, and national identities. This is a major reason why the enemy is so afraid of seeing women connect with each other and God on a deep level. He knows the power, and he fears it. You are women, and you are created to live in relationship to God and one another.

Experiencing the Fellowship that desires to protect you involves engaging with other women from the heart. We trust that the strategic importance of developing that fellowship will become clear as we move through the weekend.

The objective of forming your teams is to give you a taste of feminine intimacy in the context of divine love by beginning to engage from all four levels of our hearts to:

- Love one another deeply (1 Peter 1:22).
- Identify (rejoice and mourn) with each other (Romans 12:15).
- Draw out the purposes of each other's hearts (Proverbs 20:5).
- Give courage to each other to enter into your parts of the Story (Heb. 10:23-25).

What you are experiencing through the teaching, testimonies, and reflection times will be the basis for your sharing. For most people, these teams are the highlight of the retreat.

Your facilitator is a sister who is on a similar journey to yours and desires to facilitate your team as you engage from the heart with God and one another. Spiritual covering and support is provided by Mentor Coaches. These women will participate in various teams during the weekend to support your facilitator and engage as appropriate.

You will meet with your team each evening for dinner and then on Sunday morning for a final time of sharing. Each evening your team will meet until approximately 8:30 to give you plenty of time to engage with each other about what is happening in your lives. Please be on time so that your team is able to get started together. After dinner your team will meet in your facilitator's room. As for other meals, during breakfast, and every lunch except for Friday's, you are free to visit with anyone you want to. We recommend sitting in groups of two to four women instead of in larger groups to facilitate conversation.

Team meetings are not times for doctrinal or scriptural discussions. If you have a question about an area of doctrine or scriptural interpretation please ask your facilitator later or address it with the leadership team.

We also ask you not to talk about your work as you visit with your team, as that is one of the fig leaves we often use to hide our true selves. Don't let work be a distraction while you are here.

We have some general guidelines for each team meeting that we will ask you to follow. You will review these with your facilitator during your first team meeting later this evening.

4. Free time

This time is a gift; be intentional with it.

Physical battle is an intense experience which requires all of your being to achieve victory. The battle for your heart is no different. Most women find that the retreat takes all they have to fully engage with what the Father has for them through this weekend so you need some down time.

Please be intentional about your free times and ask the Lord what is best for you. Some women connect with other women in sharing or recreation. Others take a nap. Some use it to go deeper in processing what God is doing in their lives.

To win the battle for your heart you must be fully alert, so get to bed at an appropriate time. If you are up late for some reason, please be sensitive to others' need for sleep. If you are in a semi-private room, please be in bed by 10:30.

To facilitate your and other women's encounters with God we ask that you not watch television, listen to the radio, or check internet as this is a special time of retreat. You seldom get this kind of time with God and other women, so take advantage of it.

Please call home only as necessary. Evil is hunting you to use any means necessary to pull you away from what God wants to do in your heart this weekend. It is usually best to debrief after the weekend, not during it!

If you will fully retreat and meet God, everyone in your world will benefit.

You will have to work and think hard. It may feel overwhelming at times. However, take what strikes you from the sessions or your encounters with God, and let the rest percolate within.

What will we not do?

This weekend we will NOT:

- Give you counseling.
- Tell you what to do.
- Diagnose a problem.

Therefore we ask you not to:

- Counsel one another.
- Tell one another what to do.
- Diagnose a problem.

This is an engaging retreat, not a counseling retreat. This is authentic, biblical community in which we experience The Fellowship:

- The presence of the Trinity.
- Women sharing their hearts with other women.
- The truth of the Word of God.
- The encouragement of the saints who have gone before you.

This is a taste of biblical community. It is powerful, healing and restorative, but some of us need more at various points. We may need to experience the Fellowship through gifted men and women, such as counselors and spiritual directors or specifically directed support groups.

Above all else, do whatever it takes to cooperate with The Fellowship that desires to protect you.

What will you experience?

Every woman's experience this weekend will be unique. We are all affected differently according to who we are and what God is doing in us right now. Don't decide in advance what He is going to do this weekend. Let Him lead you!

Ask Him to make you open, receptive, teachable, and surrendered. Come before Him with a humble heart. If you struggle at any point along the way, stay with it, and ask Him to show you what He is after amidst the struggle. You can take your struggle to God, to your team and to your facilitator. Trust them to meet you.

Bottom line: *God has a purpose for your being here, and it may surprise you.*

Review Schedule

Who will serve you?

This retreat is made possible because of men and women who give generously of their time and money. They are represented by our volunteers who love God, long to fight for your heart and to see you move forward in being the woman God created you to be. These men and women are serving you through administration and technological support and as facilitators and mentor coaches.

We are here to serve and love you well. If somehow we fail to do that and you are negatively affected by something said from the front or in your small group, please love us well and share it with us. We cannot address it if we are not aware of it.

What questions do you have about the path we will take this weekend?

Ladies, we are inviting you into a transformational journey of the heart, but there is a fierce battle being waged for your heart. How you respond to this weekend will have major impact in your life, in the lives of all you touch, and in God's Larger Story.

May we all experience the grace, love, and truth of Christ as we enter into communion with Him and His living presence in our midst!

Spirit Guided Reflection

1. Pause and seek to quiet yourself in the Lord's presence. Take a few moments to reflect on 1 Peter 5:6-7 (ESV).

"Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you."

Consciously reflect on your day and this week. Be attentive to significant concerns, even anxieties you may be grappling with. These may be relational or situational. Write those down.

Now seek to "cast" each one of them upon the Lord, knowing that He has called you here and that He is caring for you and all you have left behind.

2. Reflect on the following excerpt from Psalm 46:10-11 (ESV).

"Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!" The LORD of hosts is with us; the God of Jacob is our fortress.

The psalmist is writing in the midst of great turmoil. As he does, he hears the Lord speak to him. Slowly read this passage again letting yourself slow down, rest and be still.

Note what you are experiencing if anything.

3. Prayerfully commit your life and this weekend to the Father who created you, loves you, and is with you! Trust Him to be exalted in your life, your team and every woman here.

The Battle for Your Heart

BOTTOM LINE: *The Battle is for your Heart because it is the wellspring of your life.*

MAJOR POINTS:

- I. The Heart is the wellspring of your whole life.
 - A. The heart is the source of your thoughts, feelings, desires and choices.
 - B. Obstacles can block you from living from a whole heart.
 - C. The state of your heart is the key to becoming the woman you were created to be.
- II. Evil hunts you to get you to shut down your heart, guard your heart with pride and lose heart.

IN THIS SESSION WE WILL:

- Identify the Battle.
 - Give you a Biblical model for understanding your heart.
-

The Battle for Your Heart

The Battle is for your Heart because it is the wellspring of your life.

Proverbs 4:23: *“Above all else guard your heart; for it is the wellspring of life.”*

Take a few moments to respond to the following questions:

What does “above all else” mean to you?

What does the word “guard” assume?

What makes your heart worth fighting for above all else?

If you really, at a gut level, believed this how would it affect your everyday life?

Share briefly with your partner.

In order to guard your heart you must be aware of your heart and then understand your heart. What does your heart consist of?

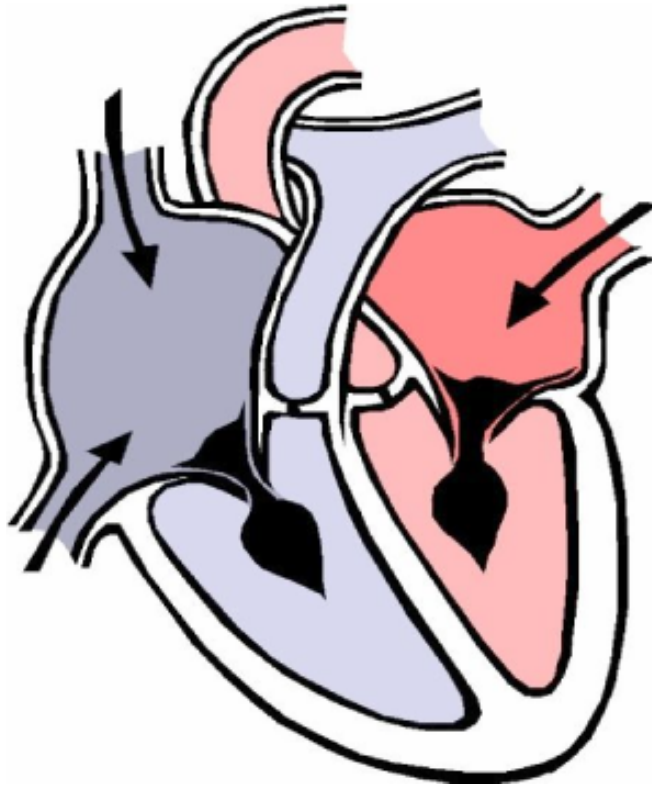
I. The Heart is the wellspring of your whole life.

- A. The heart is the source of your thoughts, feelings, desires and choices.

Review the biblical model of the heart on the following pages.

Review the Elevator Model of the Heart including the section on feelings and desires.

The Four Chambers of Your Heart

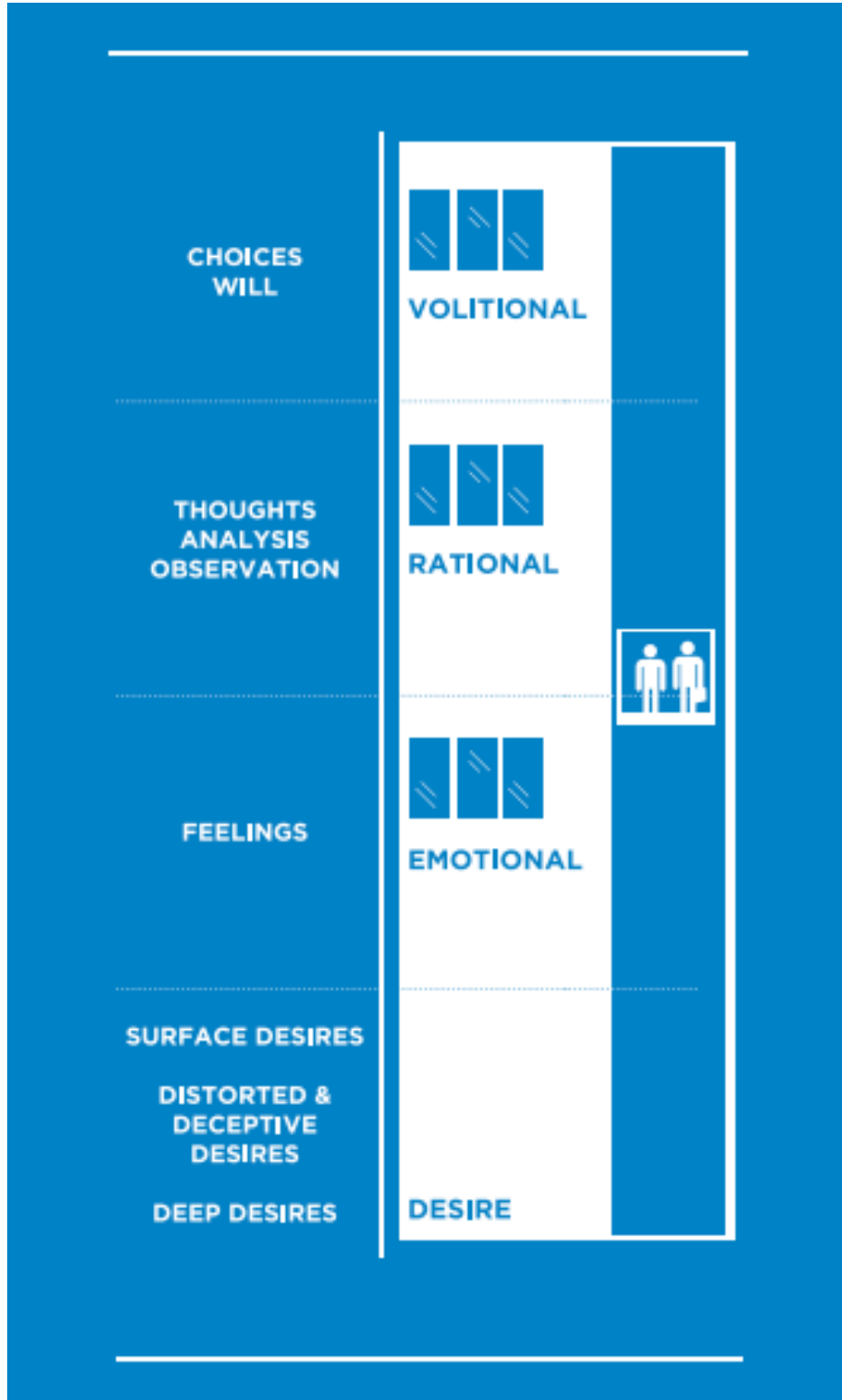


Your physical heart is essential for life. Thus, it became a metaphor for the very center of mankind's being. The NIV Study Bible in a note on Psalm 4:7 states that "in Biblical language your heart is the center of the human spirit, from which spring emotions, thought, motivations, courage, and action; thus it is the 'wellspring of life.'"

The NIV Study Bible note on Psalm 7:9 says, "The Israelites used the words 'minds and hearts' as virtual synonyms (but heart most often) to refer to man's innermost center of conscious life."

Biblically the heart thinks, chooses, feels, and desires. Thus, like your physical heart, the heart of your inner life has four levels, or components.

Elevator Model of the Heart



Feeling Words: Positive Feelings

Peaceful	Joyful	Empowered	Authentic	Grateful	Loved
Comfortable Secure Calm Relaxed Trusting Safe Protected Content Sure Certain Patient	Refreshed Stimulated Creative Encouraged Pleased Happy Full Free Delighted Thrilled Elated Exhilarated	Strong Capable Energetic Hopeful Inspired Respected Significant Successful Valuable Confident Gifted Strong	Real True Honest Direct Loyal Faithful Aware Seen Heard Known Glorious	Satisfied Sentimental Nostalgic Humbled Thoughtful Blessed Thankful Whole Healed Full Awed	Considered Seen Loved/Loving Intimate Connected Desirable Beautiful Adored Kind Nurturing Trusted Delighted in

Feeling Words: Negative Feelings

Fearful	Sad	Confused	Angry	Ashamed	Lonely
Shy Cautious Hesitant Insecure Anxious Tense Nervous Troubled Distressed Scared Horried Helpless Agitated Shocked Alarmed Numb	Down Bored Burdened Somber Disappointed Tired Dissatisfied Discouraged Grieved Depressed Defeated Empty Miserable Despairing Devastated Undone	Overwhelmed Bewildered Torn Stunned Curious Uncertain Ambivalent Doubtful Unsettled Hesitant Perplexed Puzzled Distracted Flustered Fragmented Lost	Hurt Resentful Ticked Cynical Skeptical Annoyed Frustrated Fed up Indignant Jealous Disgusted Hostile Furious Critical Contemptuous Enraged	Bashful Embarrassed Awkward Clumsy Uncomfortable Flustered Foolish Weak Inadequate Self-conscious Diminished Chagrined Remorseful Guilty Humiliated Mortified	Left out Invisible Out of place Disconnected Distant Excluded Isolated Unwanted Rejected Despised Abandoned Desolate Forsaken

Types of Desires

SURFACE/TEMPORAL DESIRES

- Material: money, a new car, house, jewelry, clothes, toys.
- Experiential: a vacation, climbing a mountain, a walk in the woods, romance, sports, recreation, achievements.
- Positional: mother, father, husband, wife, a particular job or title in your vocation, avocation, or ministry.
- Relational: friendship, family, spouse, children, work.

DECEITFUL DESIRES

Expecting fulfillment of a surface desire—any material, experiential, positional, or relational desire—to satisfy a deep desire. Only God can truly satisfy a deep desire.

DISTORTED DESIRES

Attempting to satisfy a deep desire by your own means.

- You long for impact and you take control or manipulate to get it.
- You long for intimacy and you look to fantasy or inappropriate relationships.

DEEPEST 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 & 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.

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

Jesus makes it clear that living and loving from our entire inner being is absolutely vital in Matthew 22:34-40: (NIV)

³⁴ *Hearing that Jesus had silenced the Sadducees, the Pharisees got together.*

³⁵ *One of them, an expert in the law, tested him with this question:* ³⁶ *“Teacher, which is the greatest commandment in the Law?”*

³⁷ *Jesus replied: “Love the Lord your God with all your heart and with all your soul and with all your mind.”* ³⁸ *This is the first and greatest commandment.*

³⁹ *And the second is like it: ‘Love your neighbor as yourself.’* ⁴⁰ *All the Law and the Prophets hang on these two commandments.”*

Concerning verse 37, Dr. D.A. Carson in the *Expositor’s Bible Commentary* states:

“From the viewpoint of Biblical anthropology, ‘heart,’ ‘soul,’ and ‘mind’ are not mutually exclusive, but overlapping categories together demanding that our love for God come from our whole person, our every faculty and capacity.”

Tim Keller comments in the The Gospel Coalition’s blog:

“Remember that according to the Bible, the heart is not primarily the emotions but rather the seat of our fundamental commitments and trusts, and therefore it is the control center of the whole life. So to preach to the heart means to go right for the commanding commitments of people’s lives that drive their desires, thinking, feeling, and action.”

To assist you in getting in touch with all four levels of your heart we will ask questions after film clips and in your team meetings designed to help you go down the elevator.

- Don’t focus on trying to get it right.
- Focus on gaining understanding so you may grow in living from an authentic, integrated, whole heart passionately in love with God, living in the fullness of who we were created to be.
- If you cannot get in touch with what you are experiencing in that moment just share that.

As feelings arise, don’t shy away from them. Use them as tools, remembering that they:

- Flow from thoughts, beliefs and mental models and from fulfilled and unfulfilled desires. Follow your tears of joy and pain to find your deep desires.
- Are like dashboard lights: let us know what is going on inside the engine.
- Should never control us nor always be shared, but they are a vital part of who we are.

B. Obstacles can block you from living from a whole heart.

Obstacles may be blocking you from becoming aware of and then living from your whole heart, particularly your emotions and desires. For many of you, it is hard to get in touch with what is happening inside of you.

Temperament

- Some are more emotionally oriented than others, but all of us have emotions.
- Some of you may be shut down in your feelings and desires.

Language

- Not everyone may be familiar with the language of feelings and desires, so when you hear words you don't recognize or understand, ask us.

Cultural Conditioning

- The educational system and business world have historically valued left brain over right brain.
- Family dynamics also condition our responses.

C. The state of your heart is the key to becoming the woman you were created to be.

The state of your heart is either self-protected or God-protected in the following ways.

Self-protected

Proud
Closed/Shut Down
Divided
Anxious

God-protected

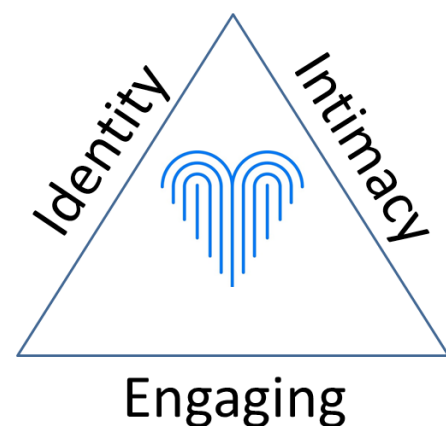
Humble
Open/Vulnerable
Integrated
Restful

Living from a Whole Heart

The state of your heart controls how you answer three critical questions.

- Who am I?
- Am I loved?
- How will I love?

These three questions relate to three areas of your life that can be illustrated in a triangle. This triangle diagram represents your part in the Story.



Identity, Intimacy and Engaging are vitally connected to one another.

How you answer the question of “Who am I” (identity) is shaped by your experience of love—positive or negative—in the influential relationships of your life (intimacy). Your sense of identity determines how you will love, how you will engage your sphere of influence.

Intimacy

Loving and being loved is intimacy with God and the Body of Christ.

Intimacy is the way God designed us to receive the energy of His love, grace and truth. Appropriate, healthy intimacy is a mutual exchange of life:

- Involving the entire person: your physical body and all four levels of your heart. You cannot experience intimacy from just the rational and volitional levels.
- That requires a trusting, outwardly-focused heart that is secure enough to open in vulnerable authenticity.
- That brings forth:

Life

Growth

Energy

Rest

Shalom

Becoming the woman you are created to be requires loving God with your whole heart. Loving God with your whole heart begins by letting yourself be loved by God in your whole heart (1 John 4:19).

II. Evil hunts you to get you to shut down your heart, guard your heart with pride and lose heart.

The Attack

If the evil one can shut your heart down so that you cannot trust and cannot open your heart to experience intimacy with God and His Body, then he renders you powerless and impotent.

If the evil one pollutes your heart, then the wellspring that your whole domain drinks from is polluted.

If he can make you lose heart then you are neutralized and taken out of the battle.

The Battle

Twice in 2 Corinthians 4 Paul states “therefore we do not lose heart.”

What gave Paul heart/courage in the midst of loss, suffering, pain, persecution and eventually martyrdom?

It was the captivating beauty of something far larger than himself.

- The eternal Love Story of his Creator and Redeemer.
- The part that Christ took hold of him to play in the Love Story.
- The eternal glory of God.

Women, we long for you to experience the love, grace, and truth of Christ in all four levels of your heart so you can express the love, grace and truth of Christ from all four levels of your heart.

The journey to become the woman you are created to be goes right through your whole heart!

- Many of you are struggling with losing heart.
- Deep down inside you know there is more.
- Your deep desires call to you to not “lose heart.”

The Fellowship is pursuing you.

You must shift how you will guard your heart.

The enemy hunts you to convince you to embrace the Way of Pride, which we will introduce tomorrow morning. The Way of Pride chooses self-interest—your smaller story—over God’s Larger Story and comes from a heart that is independent, closed, divided.

The only way you can win the battle is by choosing the Way of Humility with a surrendered, open and whole heart.

As you make this shift, you will experience life-giving intimacy with God and the Body of Christ that frees you to be the woman God created you to be and to effectively engage your domain.

Closing Movie Clip: *The Passion of the Christ*

We will close with a clip from *The Passion of the Christ*.

We will consider Mary, the mother of Jesus, and the battle for her heart as she must struggle with entering into the fullness of being a woman and a mother by giving courage to her Son.

- ✓ After the clip you will go into a time of reflection in which we ask you to remain in silence so that you and everyone else may effectively engage with God.
- ✓ You may stay in the room or leave.

Spirit Guided Reflection

The Battle for Your Heart

1. As you experience the clips what is happening in you?

What scenes, words or images most affected you?

With whom did you most identify?

What feelings arose within you?

What desires or pain may those feelings be related to?

Where might fear or relational pain be causing you to lose heart?

What might God be up to in this?

2. Reflect on the concept of the whole heart and the four levels of the heart.

Which levels are you most aware of and in touch with?

Which levels are you least aware of and in touch with?

How is that affecting your life and relationships, your capacity for intimacy?

3. As you consider a Biblical perspective of the whole heart, what is happening in you as you hear the Word of God tell you to “above all else guard your heart for it is the wellspring of life”?

4. Considering the triangle diagram and the three questions that every human asks, how might a deepening experience of intimacy with God affect your identity and engaging?

5. What makes the battle for your heart the most important battle you will ever face?

Reality 1: God Has Chosen You for His Larger Story

BOTTOM LINE: *Out of love, God has chosen you for His Larger Story.*

MAJOR POINTS:

- I. Reality 1: God has chosen you for His Larger Story.
 - II. Reality 2: God has given you a part to play; if you do not find a way, no one will.
 - III. Reality 3: Evil is hunting you.
 - IV. Reality 4: A fellowship desires to protect you and propel you into the Larger Story.
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Reality 1: God Has Chosen You for His Larger Story

Introduction

There is a fierce battle waging for your heart.

To win the battle you must see the value, recognize the captivating beauty of what you are fighting for.

Paul saw this in Philippians 3:7-14.

There is a vision that, when you deeply know it, is so beautiful and compelling that it will inspire you to win the Battle for your Heart and become the woman you were created to be.

This vision is a story.

Why do great stories move us?

- They are the language of our hearts; they are Echoes of God's eternal Larger Story that He placed in mankind through the gift of His image in us. (Ecclesiastes 3:11).
 - » In the movie adaptation of *The Lord of the Rings*, there are four echoes of that Story.
 - » These echoes that we call Four Realities are clearly communicated in the Theatrical trailer of *The Fellowship of the Ring*. Three of them will be on the screen so watch closely.

Fate has chosen him.

This task was appointed to you; if you do not find the way, no one will.

Evil will hunt them.

A Fellowship will protect him.

- After you watch the Theatrical Trailer for *The Fellowship of the Ring* respond to the questions on the next page.

Take several minutes to reflect on what is happening in your heart/inner being as you watched this trailer.

What scene or words were you most drawn to?

In light of that, what feelings arose within you?

What desires might those feelings be related to? They could be related to the pain of unmet desire.

Reflect on what you have written. Now take one minute to share with your partner *what you discovered about yourself*. For example:

I discovered that I long to be part of . . .

I am afraid of . . .

I am drawn to . . .

I am . . .

We will take a sample of responses.

These four realities from the Fellowship of the Ring speak deeply to men and women because they are echoes of Four Eternal Realities that God has placed in your heart.

- 1. God has chosen you for His Larger Story.**
- 2. God has given you a part to play; if you do not find a way, no one will.**
- 3. Evil is hunting you.**
- 4. A fellowship desires to protect you and propel you into your part.**

These echoes call to you because you were created for that Larger Story. You were chosen for that Larger Story.

*This weekend we are not trying to put something on you.
We are trying to call out of you who you were created to be
as a woman in God's Larger Story.*

The Story

I. Reality 1: God has chosen you for His Larger Story.

The Larger Story flows out of the heart of God and His deep desires.

Genesis 1:1 – In the beginning God created . . .

It all begins with God.

- A Trinity of three in one living in perfect peace, unity, and love who chose to initiate, to write a beautiful, painfully poignant, eternal love story.
- The Trinity is a creative community of love: three persons, who think, choose, feel, and desire living as one in love.
- The divine Lover chose to pour out His love to create:
 - » The heavens and the earth.
 - » Man and woman.

II. Reality 2: God has given you a part to play; if you do not find the way, no one will.

Take about 5 minutes to read Genesis 1:26-28, 2:18-25, and Psalm 8 highlighting the various ways you see God relating to creation and Adam and Eve then respond to the following questions.

Genesis 1:26-28 (NIV)

26 Then God said, "Let us make man in our image, in our likeness, and let them rule over the fish of the sea and the birds of the air, over the livestock, over all the earth, and over all the creatures that move along the ground."

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

28 God blessed them and said to them, "Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish of the sea and the birds of the air and over every living creature that moves on the ground."

Genesis 2:18-25 (NIV)

18 The LORD God said, "It is not good for the man to be alone. I will make a helper suitable for him."

19 Now the LORD God had formed out of the ground all the beasts of the field and all the birds of the air. He brought them to the man to see what he would name them; and whatever the man called each living creature, that was its name. 20 So the man gave names to all the livestock, the birds of the air and all the beasts of the field.

But for Adam no suitable helper was found. 21 So the LORD God caused the man to fall into a deep sleep; and while he was sleeping, he took one of the man's ribs and closed up the place with flesh. 22 Then the LORD God made a woman from the rib he had taken out of the man, and he brought her to the man.

*23 The man said,
"This is now bone of my bones
and flesh of my flesh;
she shall be called 'woman,'
for she was taken out of man."*

24 For this reason a man will leave his father and mother and be united to his wife, and they become one flesh.

25 The man and his wife were both naked, and they felt no shame.

Psalm 8 (NIV)

*LORD, our Lord,
how majestic is your name in all the earth!
You have set your glory
above the heavens.*

*2 From the lips of children and infants
you have ordained praise because of your enemies,
to silence the foe and the avenger.*

*3 When I consider your heavens,
the work of your fingers,
the moon and the stars,
which you have set in place,*

*4 what is man that you are mindful of him,
the son of man that you care for him?*

*5 You made him a little lower than the heavenly beings
and crowned him with glory and honor.*

*6 You made him ruler over the works of your hands;
you put everything under his feet:*

*7 all flocks and herds,
and the beasts of the field,*

*8 the birds of the air,
and the fish of the sea,
all that swim the paths of the seas.*

*9 O LORD, our Lord,
how majestic is your name in all the earth!*

What do you notice about the relationship between God and Adam and Eve and God and mankind?

What does God give to Adam and Eve that makes them unique?

In creation we see something of the God who will reveal Himself to His people as Yahweh:

- Ex. 3:14 - I AM WHO I AM. He is and does. He does what He is.
 - » He is the God who kneels down to personally create man and woman. He breathes into them the breath of life and stamps upon them His very image.
 - » I will be what you need when you need it.

What does it mean to bear the image of God?

- Dr. John H. Walton in the *NIV Application Commentary* on Genesis, page 131 (structure and emphasis added).
 - » “The image is a physical manifestation of divine (or royal) **essence** that bears the **function** of that which it represents; this gives the image-bearer the **capacity to reflect** the attributes (love, faithfulness, justice, wisdom, etc.) of the one represented and **act** on his behalf.
- “Note the similarity of this idea with the New Testament statement concerning Christ being ‘the image (eikon) of the invisible God’ (Col. 1:15). He is a physical representative of God rather than a physical representation of what God looks like. As such he bears the essence of God, reflects His attributes, and acts on His behalf.”

The image of God:

- Relationship
- Representation
- Shalom

What is the essence of God?

What is His essential nature that is somehow placed into mankind?

- Transcendent glory
- Immanent glory in mankind

Psalm 8: God crowned mankind with glory and honor.

- Glory: the capacity to reveal God.
- Honor: the capacity to represent God.

Adam reveals something of God that only he can express: that is his glory.

Eve reveals something of God that only she can express: that is her glory.

Together they more fully reveal God and thus more fully represent God's heart to their part of His world: that is their glory and honor.

- That is their part in the Story.
- How will they fulfill their part in the Story?
 - » By remaining in union with God through dependence upon Him and obedience to His way.
- What is at stake in their fulfilling their part in the Story?

III. Reality 3: Evil is hunting you: The Battle for Your Heart

Evil comes through distortion and deception.

The heart of the attack, in Eden and now, is seen in two of the most important questions you will ever answer!

“Do you really believe/trust God's heart is good toward you?”

“Can you trust God with your deepest desires?”

Eve answered these questions in fear that:

God was holding out on her.

His heart was not trustworthy: it was not good toward her.

She could not trust Him to meet her deepest desires.

She chose to take and to write her own story, thus, allowing **pride** to enter the world. She then gave to Adam and he took.

As soon as Adam and Eve chose their own way, they fell from glory, the image was broken, and their intimacy with a God of goodness was **shattered**.

Adam and Eve became fallen image bearers full of fear and shame, and in hiding. In their shame they hid by covering themselves with fig leaves.

- Shame is the fundamental sense of wrongness. We have this haunting sense that we were created for “shalom” but we just can't get there. From this point on we are trying to get back home.
- We believe that if we can just get it right, make it right, or do it right, then maybe we'll be whole, free, at home, and at peace.

What was at stake in their not choosing the way of union with God in utter dependence upon Him, His wisdom, and His way?

- The fall of mankind from the glory for which we were created.
- Romans 3:23 “For all have sinned and fall short of the glory of God.”

IV. Reality 4: The Fellowship desires to protect you and propel you into your part in the Larger Story.

The Fellowship Desires to Protect You

The Trinity, the God of Glory, the eternal Lover’s heart broke over His creation.

- God moved toward Adam and Eve: He pursued them.
- Ultimately, He pursues a people.

That pursuit led God to call Abram out of his own country to a “land I will show you.” To Moses God said, “I will be your God and you will be my people.”

The Trinity’s heart broke as the people of Abraham time and time again spurned the divine Lover and turned to other lovers.

In Jeremiah 31:31-34 God speaks of a new day in His relationship with His people.

- He would write His law on their entire inner being.
- They would know Him.

To make this a reality, the story takes the strangest twist of all as the God of Justice, the God who is a warrior:

- Launched the greatest rescue mission ever to restore fallen image bearers to their original glory and restore the earth to its original glory.
- The nature of the rescue mission is *counterintuitive*: an incarnation that is the ultimate pursuit that leads to crucifixion and resurrection.

The purpose: Redemption and Restoration of creation to bring many sons and daughters to glory.

Hebrews 2:5-12: Restoration of Psalm 8.

Hebrews 10:11-18: Through the redemptive work of Christ.

Romans 8:16-25: We share in His suffering, taste the glory of sonship, and groan for the fullness of the glory we will one day experience with all of creation.

2 Corinthians 3:17-20: We behold His glory and are being transformed into His image so that we might reflect His glory.

The Fellowship Desires to Propel You

The Fellowship not only desires to protect you but also to propel you into your part of the Story as an intimate ally.

Genesis 12: 1-3 – God’s promise to bless Abraham that he might be a blessing. This promise is ultimately fulfilled through Christ and His bride, the church, who is to bless all people as she reveals Christ to her domain now and throughout eternity.

1 Peter 2:9-12 (The Message):

But you are the ones chosen by God, chosen for the high calling of priestly work, chosen to be a holy people, God’s instruments to do His work and speak out for Him, to tell others of the night-and-day difference He made for you—from nothing to something, from rejected to accepted.

Friends, this world is not your home, so don’t make yourselves cozy in it. Don’t indulge your ego at the expense of your soul. Live an exemplary life among the natives so that your actions will refute their prejudices. Then they’ll be won over to God’s side and be there to join in the celebration when He arrives.

The Consummation

The Celebration: The Wedding Supper of the Lamb

- Revelation 21:1-4, 22:5.
- A bride and a city: relationship and ruling.
- The battle will be over, but the Love Story never ends!
- To become a great warrior you must become a great lover.

ENCOUNTERING THE LARGER STORY

Where do you come into this large, Eternal Love Story?

You are in the midst of a Battle, a Battle for your heart.

- God has chosen you.
- He has given you a part.
- Evil is hunting you.

What is at stake in how you respond?

Unless you understand the context of this Story and where you are in it, you will be confused and disoriented, effectively taken out of the battle.

What has happened to you in your life is not random.

- Outstanding stories have villains, and yours does too.
 - » One event happens to you and then another. As you look back there is an eerie pattern, like someone desires to steal, kill, and destroy.
- The evil one has purposed to do whatever it takes to take you out of the Battle for your heart and the hearts of those in your domain.
- Some of you have been taken out.
 - » You may still be in your marriage, your home, your church, or work.
 - » You have lost the heart to fight.
 - » You are going through the motions, just trying to survive. But deep inside you know there is more. You just don't know how to get there.

There is a Fellowship that desires to protect you.

You must respond and yield to the Lover of your soul:

- See the beauty of the Larger Story and your part in it.
- Recognize and resist the enemy's strategy to take you out.
- See the crimson thread of God's redemptive purposes.
- Surrender to the Trinity.

TONIGHT IT STARTS WITH

- Believing there is something worth fighting for.
- Desiring to fight for it.
- Choosing to enter the Battle for your heart and your part of God's world.

Closing Movie Clip: *The Two Towers*

Sam and Frodo were struggling with the same issues at the end of *The Two Towers*.

- Frodo wanted to give up.
- The Fellowship desires to protect him and propel him into his part in the Story.

Spirit Guided Reflection

Reality 1: You Are Chosen for the Larger Story

1. As you reflect on the last clip respond to the following questions in whatever order fits you.

What do you observe that really strikes you?

What feelings arise?

What desires are opened up?

In light of your observations, feelings, and desires what choices do you want to make?

How did Sam protect Frodo?

2. Have you given up in some key areas of your life?

If so, where and for what reasons?

Prayerfully consider offering these areas to the Lord and ask Him to do whatever He wants to with them this weekend.

3. What is worth fighting for in your life?

What might that look like for you right now?

4. How does it affect you to realize that you have been chosen for God's Larger Love Story? (This may be positive or negative so be fully honest with God and yourself.)

5. Read Psalm 8 again and spend a few moments considering the magnitude of the glory and honor you are created for.

What happens in you as you do that?

6. Take a few moments and reflect back on the afternoon and evening.

What are your:

Thoughts?

Feelings?

Concerns?

7. Now simply commit yourself, your thoughts, feelings, and concerns to God asking Him to meet you this weekend.

8. Considering your review, how would you now answer the question: why does God pursue me?

Pray for the ministry team and your team trusting God to meet us all this weekend.

- ✓ Take your guidebook to dinner.
- ✓ Before tomorrow morning's first large group session, please complete your Battle Prep and read Reality 2a on "Your Part in the Story."

Thursday Night Team Meeting

Objectives:

In this team meeting you will:

- Engage each other over what you gained from the sessions today.
- Share something from your lives that will help you relate to each other.
- Review and respond to the team guidelines.

Sharing from Your Lives:

You may have known your teammates for years, or you may have met them in recent weeks. Either way, it is important to develop an atmosphere of safety and authenticity with each other. Pause for a moment to consider what you can share with your team that will let them get to know you better and will help them feel safer with you.

Pace yourself; don't rush into sharing a traumatic event. At the same time, be authentic and open. Push yourself to go below the surface, sharing more deeply than what you do for a living. Perhaps share a story that communicates something that is important to you.

Pause now to consider what you want to share.

Your facilitator will begin by sharing something from her life and from her experience with the Battle for the Heart. Then the team will take turns sharing something from their lives.

Team Guidelines:

Experiencing the Fellowship that Desires to Protect You involves engaging with other women from the heart. We trust that the strategic importance of developing that fellowship will become clear as we move through the weekend.

The objective for our teams is to give you a taste of the awesome power of feminine intimacy in the context of divine love by beginning to engage from all four levels of our hearts to:

- Love one another deeply (1 Peter 1:22).
- Identify (rejoice and mourn) with each other (Romans 12:15).
- Draw out the purposes of each others' hearts (Proverbs 20:5).
- Give courage to each other to enter into our parts of the Story (Hebrews 10:23-25).

What you are experiencing through the teaching, testimonies, and reflection times will be the basis for your sharing. For most people, these team meetings are the highlight of the weekend.

Your team facilitator is a sister who is on a similar journey to yours and desires to facilitate your team's experiencing a taste of engaging from the heart.

You will meet with your team each evening for dinner and then on Sunday morning for a final time of sharing. Friday and Saturday evenings your team will meet until approximately 8:30 to give you plenty of time to engage with each other about what is happening in your lives. *Please be on time so that your team is able to get started together.*

Team meetings are not times for doctrinal or scriptural discussions. If you have a question about an area of doctrine or scriptural interpretation please ask your team facilitator later or address it with the leadership team.

As you prepare for your team meeting please review the following questions that will guide our experience together. We will review these questions during the weekend.

- Are you holding confidentiality vigilantly? What is shared here stays here. Your facilitator may confidentially discuss your team with the leadership team and, as appropriate, with the retreat facilitating team.
- Are you asking or telling? Engaging involves asking that reflects you're listening. Please note that none of our purposes is giving advice so please refrain from that. Most people are comfortable TELLING at the rational level and uncomfortable ENGAGING at the deeper places of our hearts. Yet the deeper level is where the energy of love and grace flows from God to us by His Spirit and through each other. This is where we rejoice with each other, mourn with each other, give courage to each other, and experience true intimacy with God and each other.
- Is that what you think or how you feel or what you desire? What emotions and desires are you aware of in your heart as you listen and share? We desire authentic, transparent sharing at the heart level.
- Are you sharing something that will shift the focus from your sister's story to your own? Notice and avoid any compulsion/temptation to identify with someone by breaking into her story with your similar experiences. At the appropriate time it may be beneficial to identify with your sister by sharing briefly that you can relate.
- Is your sharing taking away from another's opportunity to speak? Practice conversational generosity. Generally during the weekend each woman will have significant opportunity to share and to be engaged by her sisters.
- Are you sharing in the first person, from your personal experience? We want to hear from your heart. If you share about a challenge involving someone else, do not spend much time on the other person who is not here and therefore cannot be addressed. Let us know how you are being affected so we can engage with you.
- Do you feel safe? We will challenge you to grow, but growth is best accomplished in an environment of support and safety. We never want a sister to feel violated in any way so if you are feeling that please let us know.
- Are we seeking to engage from all four levels of our hearts?

- Engaging from the heart may involve stopping to pray for a team member or allowing her to pray. In this retreat, we do that sparingly because point-in-time prayer can sometimes be a way to avoid authentically engaging heart to heart. As we authentically share from our hearts we are in God's presence and He manifests Himself in amazing ways!

If you have any concerns or questions please let your team facilitator or the leadership team know.

May we all experience the grace, love, and truth of Christ as we enter into communion with Him and His living presence in our midst!

AS YOU REVIEW THESE GUIDELINES:

What strikes you about them?

What questions do you have?

DISCUSSION OF AFTERNOON SESSIONS:

What was particularly significant?

How does the concept of the Four Levels of the Heart strike you?

What questions do you have?

Do you sense you are living from a well-developed, integrated, whole heart?

Where are you tempted to lose heart?

What would it be like to truly accept that you were created and chosen for God's Larger Love Story?

Which clips particularly affected you? What about them affected you?

CLOSING:

How have you experienced the afternoon and evening?

Reality 2A: God Has Given You a Part to Play That Is Yours and Yours Alone

BOTTOM LINE: *The part you have been given to play is to represent God by revealing His heart in your domain.*

MAJOR POINTS:

- I. We are calling out of you who you are as a woman, created in the image of God.
 - II. The essence of femininity is to engage with courage, beauty and love, inviting her domain into life and rest.
-

Reality 2A: God Has Given You a Part to Play That Is Yours and Yours Alone

Identify one or two of your most significant takeaways from yesterday.

Reality 1: God has Chosen You for His Larger Story.

Reality 2: God has Given You a Part to Play that is Yours and Yours Alone.

Movie Clip: *Dead Poets Society*

How do you experience this scene?

What most strikes you?

As you consider that, what feelings arise within you?

What desires or pain are those feelings related to?

What happens in you when you hear, *“The powerful play goes on and you may contribute a verse. What will your verse be?”*

Take about a minute to share with your partner what most affects you from this reflection.

I. We are calling out of you who you are as a woman, created in the image of God.

You have been given a part to play that is yours and yours alone.

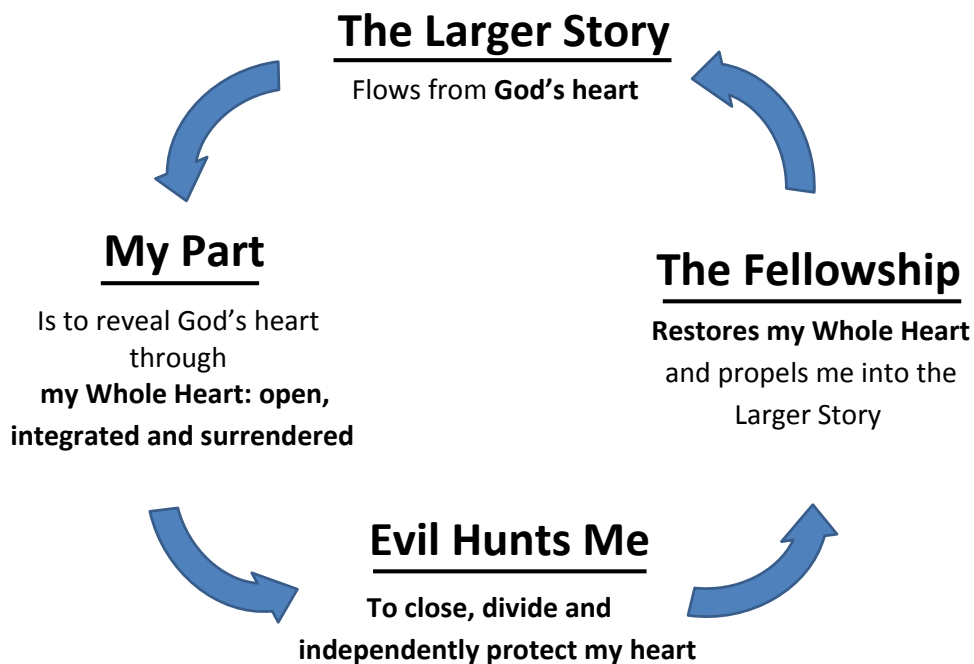
This part is who you are: we are calling this out of you, not putting something on you.

Overview of Your Part

Your Part in the Larger Story

- To represent God by revealing His heart in your domain.
- Fulfilling your part begins with your heart.

Take a moment to consider the diagram below. Notice the connection between the heart and the Larger Story, that is, how the Four Realities relate to who God is and who you are.



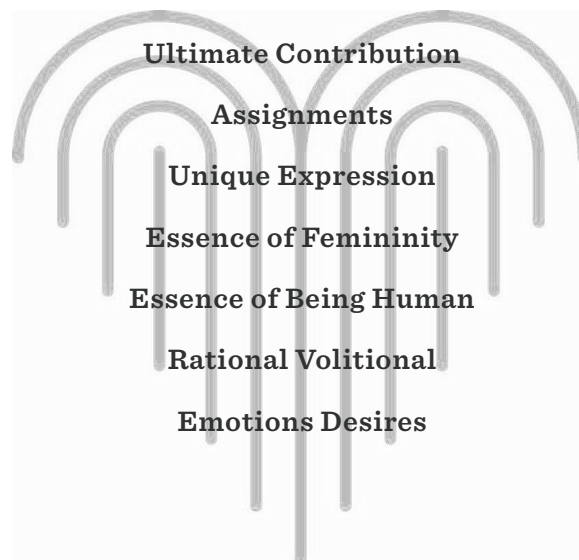
Proverbs 4:23

Above all else, guard your heart, for it is the wellspring of life. (1984 NIV)

John 7:37-39

On the last day of the feast, the great day, Jesus stood up and cried out, "If anyone thirsts, let him come to me and drink. Whoever believes in me, as the Scripture has said, 'Out of his heart will flow rivers of living water.'" Now this he said about the Spirit, whom those who believed in him were to receive, for as yet the Spirit had not been given, because Jesus was not yet glorified. (ESV)

This image is the logo of Wellspring Group: a heart in the form of a fountain pouring forth life-giving water.



When you start at the wellspring, you get in touch with the deep desires of your heart which ultimately can only be fulfilled in God alone. When the deep desires of your heart meet the deep desires of God's heart, your heart becomes a wellspring through which streams of living water flow. As this happens you become a fountain of life, love, courage and beauty to those in your domain. That is awesome!

God created human beings in His own image with immense potential for glory and honor. As human beings our hearts are more alike than different. We all think, feel, desire, and choose. Our deep desires flow from being created in the image of God.

As human beings created in the image of God we bear, in some way, the very essence of who God is, His glory. A vital part of His glory is love. The **essence of being human** is to experience and express love. We can only be fully human as we experience the redemptive love of Christ at all four levels of our hearts and then express that love from all four levels of our hearts. We are then empowered to engage our domains, our personal spheres of influence, with love. In this context engage means to connect, relate, be involved with, or fit together.

As human beings God created us “male and female.” Men uniquely reveal something of who God is. Women uniquely reveal something of who God is. Together we more completely reveal the image of God to His domain. Together God gave us the mandate to reveal and represent Him in the earth (Genesis 1:26-31, Psalm 8).

As a human being, a man is created to engage in love, but as a man there is an essence he bears that particularly reflects his masculinity. The **essence of masculinity** is to engage with strength and love offering life and growth to his domain.

As a human being a woman is created to engage in love, but as a woman there is an essence she bears that particularly reflects her femininity. The **essence of femininity** is to engage with courage, beauty and love inviting her domain into life and rest.

Note that you cannot control how people receive your courage, beauty and love. Your part is to offer it appropriately so they have the opportunity to receive it and grow.

Every woman has the same essence; however, the way she expresses that essence is different for every woman. Your **unique expression** is who you are wherever you are. It is the unique you (Psalm 139:13-17) which is shaped by many factors such as family of origin, environment, education, and values. Your unique expression comes through both your heart and skill (Psalm 78:72). It is how you uniquely express the essence of femininity.

Barnabas was known as the “Son of Encouragement.” Encouragement was the unique expression of his life. If you know your unique expression, you know how the enemy seeks to steal from you. He seeks to distort your unique expression so that he robs your domain of the way God wants to reveal Himself through you.

The essence and unique expression of your life flow into your various **assignments**, roles, mission, or calling. These may include your family, friendships, the Body of Christ, and your work. Your assignments are where you express the essence of your femininity.

Your **ultimate contribution** is the message of your whole life. It is what God wants to communicate through you to the world that may or may not be recognized during your life on earth. You cannot control your ultimate contribution.

As you fully open your heart to God your deepest desires meet God’s deepest desires. The life-giving Spirit then flows through the essence of your femininity and your unique expression and fills the assignments of your life, just like the fountain in the Wellspring Group logo. As you do this you can relax and trust God for the ultimate contribution of your life.

II. The Essence of Femininity

What is the divine essence, the divine glory of God that flows through us as women in a distinctive way from men?

What is the essence of being a woman: what does it mean to be a woman?

This is a matter of emphasis, not exclusivity.

We will focus on essence and uncover what it means to be a woman. We'll consider your experience, insights from Scripture, observations from life, insights from your sexuality, and then the definition we are proposing. We'll then view a picture of femininity from Arwen in *The Fellowship of the Ring*.

Insights from Your Experience – The Power of Models

How we act and react is shaped by the models we experienced in our formative years.

Take several minutes to respond to the following:

Identify 2-3 key pictures or models of femininity during your formative years. These may be family members, friends, mentors, women in books or movies or what you have experienced from men. Try to be gut level honest. These may be positive or negative.

What were the key elements about femininity that you gained from these models?

For example, femininity is . . . or to be a woman means that . . .

When do you feel most feminine?

What is most significant for you out of this exercise? Share this with your team.

We'll take a sample.

Before you can receive God's truth you must recognize and wholeheartedly repent of that which is fallen.

Insights from Scripture

In Genesis 1:26-28 we note two elements:

God created mankind which speaks of our shared being: we are human beings.

Then He created them male and female which speaks of our difference.

Read Genesis 2:18-25 and 3:20.

What is Eve's unique part in this assignment?

What do you see about the relational dynamics between:

God and Eve?

Adam and Eve?

Eve and mankind?

Note the word “helper” used in Genesis 2:18:

The word translated in the NIV in Genesis 2:18 as “helper” is the Hebrew word *ezer* (pronounced āzer). Some commentators translate it as “life sustainer” or “counter-partner.” It is used twenty-one times in the Old Testament; twice to describe a woman, sixteen times it refers to God as Israel’s helper in times of trouble. For example:

Exodus 18:4 [Moses speaking] *“God was my helper; he saved me from the sword of Pharaoh.”*

Deuteronomy 33:29: *Blessed are you, Israel! Who is like you, a people saved by the Lord? He is your shield and helper and your glorious sword.*

Psalms 33:20: *We wait in hope for the Lord; He is our help and our shield.*

Psalms 124:8: *Our help is in the name of the Lord, the Maker of heaven and earth.*

The remaining three times it appears in the book of the prophets to refer to military aid. The word *ezer* clearly conveys the sense of a person who is a vital part of God’s purposes for her husband’s life and in their mutual charge to rule on God’s behalf.

What is stirred in your heart as you consider this aspect of femininity that was built into the very design of a woman, regardless of whether she is married or single?

You are created in the image of God. What is the image of God that a woman more clearly reveals than a man?

Beauty:

Psalms 27:4 – Dwell in His presence and gaze upon His beauty.

1 Peter 3:1-6 – Beauty flows from within.

Courage is different from strength.

Quality of being courageous: the ability to face danger, difficulty, uncertainty, or pain without being overcome by fear or being deflected from a chosen course of action

The English word courage comes from Old French “corage” (Latin cor = “heart”).

Mystery

Love is the energy: God is love. To be human is to love.

Observations from Life

Historically and experientially, women are associated with beauty.

Insights from Your Sexuality

Our sexuality flows from the deepest part of our beings and is thus a window into who we uniquely are as men and women.

Who you are as a woman is imprinted in your very body.

We understand masculinity in relationship to femininity with the sexual relationship as the ultimate culmination of how the masculine and feminine relate to each other.

From the picture of sexuality what are some clues to the uniqueness of femininity?

Man	Woman
Protects/Covers	Feels secure
Enters	Opens/encircles
Deposits life	Receives Life

Union brings forth life

Sexual union is designed to be the beautiful, intimate consummation of a man and woman becoming one in their whole beings in the context of a covenantal relationship that testifies to the love and union of Christ and His bride.

You are created to open your heart and to nurture spiritually, emotionally and physically. In marriage that involves the capacity to:

- Lovingly nurture your husband.
- Lovingly open your heart to him.
- Lovingly open your body to him.

Outside marriage, you are still created to nurture and bring forth life but in different ways, with different boundaries.

What is happening in you as you consider this picture of femininity?

For example, inspired, in awe, confused, angry, disagree, sad, joyous, uncertain, curious to know more.

Let's put all of that together and consider the following as the essence of femininity:

The Definition – The Essence of Femininity

To engage with courage, beauty and love inviting your domain into life and rest.

- Engage captures the sense of shared humanity; male and female engage their domains to fulfill their joint mandate.
- Courage to engage, to open your life.
- Beauty that invites people into who you are, who they are, and who God is.
- Love energizes who you are and what you do.
- As people accept your invitation, they have the opportunity for life and rest.
- Your domain is the sphere of responsibility God has given to you.
 - » For God so loves the world He gives you charge of a portion of it!

How does this relate to masculinity?

- The essence of masculinity is to engage with strength and love offering life and growth to his domain.

In the union of the masculine and feminine fullness of life comes forth to the glory of God and the blessing of all who experience that union.

This essence comes through every woman in a unique way, which is her expression. This is the unique way she affects/impacts her domain. Your expression is who you are wherever you are.

Your essence and expression flow into your **assignments/roles/calling** as a woman. If you begin at the heart, in the essence and expression of your being, then your heart is a wellspring of courage, beauty and life flowing into your assignments.

In which of these elements of who we are do we tend to focus most of our time and energy?

Distortions of Femininity: What is at stake in your becoming the woman God created you to be?

You are created to engage and invite.

What happens if your invitation is not well received?

How do you respond?

Shutting down/closing up within while performing externally

Grasping/manipulating

Take a moment to reflect on where you are on this engaging scale.



We will come back to this during our reflection in solitude and silence and on Saturday afternoon.

By knowing your essence, you will:

- Simplify your life;
- Clarify what is at stake:
 - » “What kind of woman do I want to be?”
- Be guided in conflicts and temptations.

To violate my essence is to begin to die.

To shut down violates who I am.

To manipulate violates who I am.

Summary

Who are you as a woman?

You bear the image of God:

- As a human being, you uniquely reveal something of the glory of God, His very heart.
- You have been created and chosen as a woman for God’s Larger, Eternal Love Story.
- You have been given a part to play that is yours and yours alone: to reveal God’s heart right where you live.
- You are a woman created in the image of God and redeemed by the grace of God to engage with courage, beauty and love, inviting your domain into life and rest.

This is who you are!

Closing Movie Clip: *The Fellowship of the Ring*

A picture of engaging with courage, beauty and love is Arwen in *The Fellowship of the Ring* as she moves and enters a fierce battle to invite into life and rest.

Respond to the following:

What do you observe that strikes you?

What are you feeling?

What desires are stirred?

How do you relate to:

This picture of femininity?

The part Arwen played in the story?

What choices would you like to make in light of what you are experiencing?

We'll debrief your responses.

Spirit Guided Reflection

Reality 2A: God has Given You a Part to Play that is Yours and Yours Alone

1. Review the notes from this session.

What most strikes you? For example:

- I'm overwhelmed.
- I've not recognized the model of femininity I grew up with before and I'm grieved by how that has shaped my life.
- It is freeing to realize that the foundation of my part is to simply be a woman who engages with courage, beauty and love.

2. Review your gut level picture of femininity. Compare and contrast that to what we saw from creation, the image of God, sexuality and the picture of Arwen.

What do you see about femininity and yourself?

3. Slowly read the definition of the essence of femininity: To engage with courage, beauty and love inviting her domain into life and rest.

How does this definition strike you?

4. How does the concept of our sexuality as a picture of femininity strike you?
5. Use these categories or consider others as you prayerfully ask God to reveal to you how you are responding in your domain in the areas below. You do not have to cover each area.

Woman

Grasping | Engaged and Inviting | Shut down

Friend

Grasping | Engaged and Inviting | Shut down

Wife

Grasping | Engaged and Inviting | Shut down

Mother

Grasping | Engaged and Inviting | Shut down

Woman at work

Grasping | Engaged and Inviting | Shut down

Grasping | Engaged and Inviting | Shut down

As you reflect on this what is happening within you?

What patterns do you see, if any?

As you consider these areas in your life, where do you sense that you are truly “engaging with courage, beauty and love?”

How does it feel when you do?

What are the results that you see or cannot see but believe are there?

6. As you reflect on this session and these questions what is stirred in your heart?

7. If you could begin to live out of the essence of who you are as a woman, how might it affect the assignments of your life?

8. What is at stake in how you respond to God's pursuit?

Reality 2B: If You Do Not Find a Way, No One Will

BOTTOM LINE: *To fulfill your part, you must respond to God's pursuing love in The Way of Humility.*

MAJOR POINTS:

- I. The Way of Humility is the opposite of the Way of Pride.
 - A. The Way of Surrender is yielding your entire being to Jesus instead of the Way of Independence.
 - B. The Way of the Heart is authentic, vulnerable and integrated instead of the Way of Image Management.
 - C. The Way of Suffering, Crucifixion and Death instead of the Way of Indulgence.
 - D. The Way of Resurrection, Life and Glory instead of the Way of Self-inflation.
-

Reality 2B: If You Do Not Find a Way, No One Will

Introduction

Review your response to the movie clip at the beginning of the last session.

- How does God want us to respond?
- What is the way He has created us for and called us to?

He has given you a part to play, and He has made a way for you to fulfill that part. It is critical to understand your part:

Your Part in the Story is to uniquely reveal and represent God right where you live.

The key to fulfilling that part is being a person who engages in love, a woman who engages with courage, beauty and love, inviting her domain into life and rest.

As you become that woman, the life of God will flow through your unique expression and into your assignments.

What if you do not respond? There are two elements to the answer:

1. Only you can respond to God regarding your part in the story—no one else can do it for you.
2. If you do not find a way to fulfill the part that God has given you, His purposes will still be worked out, *but there will be significant loss for you and your domain.*

Consider the loss David suffered by choosing his own way rather than God's way in his sin with Bathsheba:

- God's purposes for David were fulfilled: Jesus still comes to earth through David's lineage . . .
- But David and his domain suffer greatly: death of Uriah, death of David's child, Absalom's rebellion, turmoil in the kingdom.

If you don't respond to God's pursuit, there will be significant loss.

How do we find the way? What are our choices?

Our choice is between the Way of Humility and the Way of Pride.

I. The Way of Humility is the opposite of the Way of Pride.

The Way of Humility	The Way of Pride
Surrender/trust	Independence
Heart: authentic, vulnerable, integrated	Image management
Suffering, Crucifixion, and Death	Indulgence
Resurrection, Life, and Glory	Self-inflation
Energy: Love and Grace	Energy: Fear and Control
Result: Intimacy	Result: Isolation

We will consider the Way of Pride in Reality 3.

Take one minute to consider the following questions.

When you hear the word “surrender” what comes to your mind?

At a gut level how do you respond to the word “surrender?”

A. The Way of Surrender is yielding your entire being to Jesus instead of the Way of Independence.

Surrender is yielding our entire being in child-like trust to God in Christ which brings us back into the peace and wholeness of “shalom” which we were created for. This begins at redemption, continues through sanctification (being set apart to God’s purposes), and is complete at consummation.

The way of surrender is point in time, continuous, and always deepening.

Surrender requires:

- Recognition of need: I’m desperate.
- Trust/Yielding

Obstacles:

- Counterintuitive
- Lack of Trust

How to Trust:

- Face where you are.
- Focus on the prize of becoming the woman you were created to be.
- Actively respond.

Hebrews 2:5-11

B. The Way of the Heart is authentic, vulnerable and integrated instead of the Way of Image Management.

Proverbs 4:23 tells us to guard our hearts, but in our fallen state, we guard our hearts by hardening them. We become very careful about the image we project.

We must choose to open our hearts in utter vulnerability and let God enter our hearts and implant His very life right there:

- Jeremiah 31:33-34
- Hebrews 8:10-12, 10:16-17
- 1 John 3:9

Closed Hearts—engaged in image management—lead to isolation.

Open Hearts—whole, authentic and vulnerable—invite intimacy.

A critical part of opening our hearts is getting in touch with the deep desires of our hearts.

Why do great movies move you?

They touch those echoes deep inside, those longings and desires that God put into your heart.

From those longings and desires you feel something. Tears reveal:

- Desire fulfilled.
- Desire blocked.

Most of the time those echoes are so faint we can't even hear them.

This is why we watch a movie clip and then reflect and listen.

Movie Clip: *Pretty Woman*

To assist you in getting in touch with the deep desires of your heart we will watch a scene from *Pretty Woman*. As you watch, seek to be fully present at all four levels of your heart.

In the gray box are key statements, actions and scenes from this clip. As you watch the clip, notice the two or three statements, actions, or scenes that most deeply affect you.

Following the clip seek to get in touch with what feelings and desires were touched in those two or three statements, actions or scenes. Write that out in the space provided.

To assist you look back at the *Desires Chart* in the *Toolbox* at the end of this guidebook.

Speaker	Statement/Scene	Feelings	Desires
Vivian:	I want more, I want the fairy tale	_____	_____
Vivian:	I can't. (she chooses to leave)	_____	_____
Vivian:	I think you have a lot of special gifts	_____	_____
	<i>In the limo leaving and looking back</i>	_____	_____
	<i>Edward looking over the balcony/necklace</i>	_____	_____
Thompson:	It must be difficult to let go of something so beautiful	_____	_____
Vivian:	We think you got a lot of potential Kit Luca	_____	_____
	<i>The rescue scene</i>	_____	_____
Edward:	So what happened after he climbed up the tower and rescued her	_____	_____
Vivian:	She rescues him right back	_____	_____
Discuss your responses with a partner.			

When you begin to understand your deep desires you will begin to grasp what it means to become the unique woman you were created to be.

Follow your desires deep enough and you will find God and the image of God in you.

The problem is that in our fallen state we have a mixture of desires.

- Deceitful desires—surface desires that promise to fulfill deep desires—lure us into a small story.
- Distorted desires—distortions of deep desires—lure us into a small story.
- Good desires can draw us into a small story.
- Deep desires draw us to God and propel us into His Larger Story because they can only be met in God.

The answer is not to kill desire but to understand it and purify it.

As you open your heart to the Fellowship, God begins to purify your heart through the Way of Suffering, Crucifixion and Death.

C. The Way of Suffering, Crucifixion and Death instead of the Way of Indulgence.

2 Cor. 4:1, 7-12, 16

Would you rather have suffering or comfort?

Indulging ourselves will never lead us to the glory we were created for.

Where do you take your pain?

Suffering includes the various trials we encounter as we seek to fulfill our parts of the Larger Story while living in a fallen world.

RESPONDING PROPERLY TO SUFFERING:

- Purifies us and propels us into the glory we were created for.
- Brings glory to God and life to our domain.

Suffering and glory are entwined.

Jesus learned obedience through suffering. Heb. 5:8-10

- In the wilderness: His identity and mission tested
- In Gethsemane: His identity and mission tested
 - » Can He believe the Father's heart is good toward Him?
 - » Can He believe the Father will meet the deep desires of His heart?
 - » Can He trust the Father with His pain?
- His suffering culminated in the cross where He and the Father are glorified.
John 13:31; 17:4

SUFFERING BRINGS US TO A POINT OF DECISION—A CROSSROADS:

- Will I die to the way of pride that leads to isolation?
- Will I live to the way of humility that leads to intimacy?

What do we die to?

Taking up our cross is not dying to who we were created to be.

It is dying to the way of pride and isolation:

- Independence
 - » Willfulness & control: I will do what I want to do when I want to do it.
 - » Will-lessness & passivity: I will play the victim and manipulate.
- Image management
 - » I will project who I want to be or who you want me to be to get what I want and protect myself from rejection.

- Indulgence
 - » I will use my gifts and talents to get what I want.
 - » I will do whatever it takes to avoid pain: self-medicate.
- Self-inflation
 - » I will use whatever is at my disposal to elevate myself: talents, possessions and people.

It is dying to the energy of fear and control.

The way of the cross is clearest when there is a choice.

- What is at stake in this choice? My femininity.
- What will it cost to come through?
- What will it cost if I don't?
- What will I gain if I come through and choose to be the woman God created me to be?

The place of deepest pain and suffering is the place of the greatest potential for transformation.

If in that moment you will choose to die to the way of pride and trust the heart of God and His purposes for your life then you will experience the Way of Resurrection, Life and Glory.

D. The Way of Resurrection, Life and Glory instead of the Way of Self-inflation.

We all long to be lifted up and we use all kinds of devices to achieve it.

There is no lifting you can do for yourself that can even touch how God wants to elevate you in His kingdom in His time and His way.

God created you for glory and honor:

The glory of God that comes uniquely through you.

The glory of God that you uniquely bring to Him.

Your glory is to uniquely reveal God to your domain. When you embrace suffering, crucifixion, and death and then experience resurrection, life, and glory it is thrilling, satisfying, fulfilling even if no one else ever sees it.

How do you live in the way of humility? Surrender to the one who has already walked this way.

Movie Clip: *The Passion of the Christ*

Matthew 26: 36-46 – Jesus in the crucible of Gethsemane.

We will watch an interpretation of this scene from the movie, *The Passion of the Christ*. Notice the state of His heart:

- Open, authentic, vulnerable, and integrated at all four levels.
 - » What were His feelings?
 - » What were His rational thoughts?
 - » What were His desires and His ultimate passion?
 - » What was His choice?

Notice the attack on intimacy, identity and engaging:

- | | |
|------------------------|------------------------|
| 1. It's not fair. | Engagement/mission. |
| 2. Who is your Father? | Intimacy: love, trust. |
| 3. Who are you? | Identity. |

In the crucible of Gethsemane Jesus fully grapples with the pain, keeps His heart open to God, chooses to follow His deepest desires and surrenders to the way of suffering, crucifixion and death, trusting that resurrection, life and glory would follow for Him and for you!



What feelings are aroused in you?

What desires are stirred?

What strikes you about Jesus?

How does He respond to the threefold attack of the enemy?

In light of this, what kind of woman do you want to be?

Spirit Guided Reflection

Reality 2B: If You Do Not Find a Way, No One Will

1. In the clip from *The Passion of the Christ* how does Jesus manifest the essence of femininity?

To engage with:

Courage?

Beauty?

Love?

Inviting His domain into life and rest?

2. What empowered Him to come through in the midst of great suffering?
3. What were the results?
4. Consider a challenging situation or assignment you are currently grappling with that seems too hard or too heavy or feels like too much suffering to bear. For example, loving in a very difficult relationship, confronting well, persevering, being faithful or dealing with a besetting sin or temptation.

How is Evil hunting you through the threefold attack?

It is not fair.

Who is your Father?

Who are you?

As you consider this challenge and this threefold attack, seek to be aware of what is happening in you at all four levels.

What do you observe that strikes you?

In light of that, what are you feeling?

What are your desires?

In light of your desires, what kind of woman do you long to be?

What will you have to believe to become that woman?

What will you have to choose?

5. As you reflect on the way to fulfill your part of the Story, review this session, and listen to what God may be whispering into your heart about the following areas.

Surrendering to the love, grace and truth of Christ?

Living from your heart: authentic, vulnerable and integrated?

Embracing the way of suffering, crucifixion and death?

Experiencing the way of resurrection, life and glory?

What would it look like for you to take the next step in surrendering your life to the one who can transform you into the woman you long to be?

What is at stake in responding to God's pursuit in this way?

6. Take a few moments and surrender whatever you are feeling or experiencing right now to Jesus, your Savior who has gone before you. You have the opportunity to make a choice: to follow Him in the Way of Surrender; the Way of the Heart; the Way of Suffering, Crucifixion and Death; and the Way of Resurrection, Life and Glory.

Friday Lunch Team Meeting

Objectives

In this team meeting you will:

- Review what was primarily significant from the morning.
- Interact on key concepts and respond to questions.
- Continue engaging at all four levels of your hearts.

Potential Questions

What is stirring in you as you come out of the morning?

What most struck you about the part that you have been given to play as a human being and a woman?

How do you relate to the essence of femininity: to engage with courage, beauty and love, inviting your domain—which is your part of God’s world—into life and rest?

How did you relate to the discussion on how sexuality is a powerful picture of who we are as women?

How do you connect with the four elements of the Way of Humility?

How do you connect with the part that suffering plays in becoming the women we are created to be?

When you consider the glory that God has given you and longs to bring you into, how do you respond?

Reality 3: Evil is Hunting You

BOTTOM LINE: *Evil hunts your heart to steal, kill and destroy your part in the Story.*

MAJOR POINTS:

- I. Evil hunts your heart to steal, kill and destroy your part in the Story.
 - II. You have a choice: respond to evil's attacks by opening your heart to God (Way of Humility) or by opening it to evil (Way of Pride).
 - III. You can become aware of how evil hunts you and overcome the attacks of the evil one through the Fellowship that desires to protect you.
 - IV. The Fellowship desires to protect you by covering your vulnerability.
-

Reality 3: Evil is Hunting You

Identify one or two significant takeaways from the morning.

Review & Introduction

Reality 1: God has chosen you for His Larger Story.

Reality 2: God has given you a part to play; if you do not find the way, no one will.

Your part is to represent God by revealing His heart in your domain. The foundation of fulfilling your part begins with:

- Being human: to love and be loved, to experience and express love.
- Being a woman: engage with courage, beauty and love, inviting your domain into life and rest.

The way to fulfill your part is the Way of Humility:

- Surrender/trust
- Heart: authentic, vulnerable, integrated
- Suffering, Crucifixion, and Death
- Resurrection, Life, and Glory
- Energy: love, grace, and truth
- Result: Intimacy

Considering Realities 1 & 2, why do you think evil hunts you to steal, kill and destroy your part in the Larger Story?

I. Evil hunts your heart to steal, kill and destroy your part in the Story.

John 10:10: “The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.” The thief comes to:

Steal your part of the Story

Kill your heart

Destroy or diminish your impact in the Story

At the Fall Satan attacked Adam’s and Eve’s hearts and drew them into the Way of Pride.

Read Genesis 3:1-13.

What desires do you perceive Eve was seeking to meet?

What desires may have led Adam to fall?

The essence of masculinity is to engage his domain with strength and love, offering life and growth. At the fall, how did Adam violate his essence?

The essence of femininity is to engage with courage, beauty and love, inviting her domain into life and rest. How do you see Eve violating her essence?

What protective strategies do you see Eve using when God confronts her about her sin?

What is the cost to Adam and Eve and to their domain?

Reflect on your responses. What stands out to you? Share that with your partner.

The Accusation:

God's heart toward you is not good.

Desires Stirred:

Beauty, wisdom, transcendence.

The Deception:

Your deep desires can be fulfilled outside total dependence on God.

The Decision:

They tried to meet their desires apart from God.

The Impact:

Separation from God; sabotaged the very desires they were trying to meet.

Like Adam and Eve, you are under attack. Therefore, "above all else guard your heart, for it is the wellspring of life."

Evil hates and fears you because you bear the image of God.

You are a dangerous woman who reveals the glory of God in your domain.

Evil hunts you in four ways:

- *Satanic forces.* (We often either ignore or fixate on them.)
- The *world system* that is at enmity with God.
- *People*, often those who are given responsibility to represent God to you.
- Your *fallen human nature*, the sin principle that is within you until the day you die.

The Way of Pride is a significant manifestation of this fallen human nature. We will focus on what the Way of Pride is and uncover how you can respond to evil's attacks to win the battle.

II. You have a choice: respond to evil's attacks by opening your heart to God (Way of Humility) or by opening it to evil (Way of Pride).

The Way of Pride:

Independence:

- Willfulness & control: I will do what I want to do when I want to do it.
- Will-lessness & passivity: I will play the victim and manipulate.

Image management:

- I will project who I want to be or who I think you want me to be to get what I want and protect myself from rejection.

Indulgence:

- I will use my gifts and talents to get what I want.
- I will do whatever it takes to avoid pain: self-medicate.

Self-inflation:

- I will use whatever is at my disposal to elevate myself: talents, possessions, and people.

The underlying energy is fear and pride.

The result is ***isolation***.

The Way of Pride can also be called the way of the False "I." Take a moment to circle the key areas of the False "I" that you struggle with.

Independence

Image management

Indulgence

Self-Inflation

The Way of Pride traps us in a smaller story that is a shadow of our parts in the Larger Story. It is a distortion of our glory.

We see an example of this in Russell Duritz in *The Kid*.

Movie Clips: *The Kid*

As you watch these clips note:

What strategies does Russell use to protect himself?

What is the energy driving him?

How can you relate to that story?

Russell Duritz in his small story was not able to intimately engage, so he overcompensated as a high achiever.

In our fallen, smaller story we harden our hearts and try to stay in control (Ephesians 4:17-24).

III. You can become aware of how evil hunts you and overcome the attacks of the evil one through the Fellowship that desires to protect you.

Paul says in 2 Corinthians 2:11 that “we are not unaware” of the schemes of the enemy.

*Evil hunts you to keep you from seeing the battle for your heart.
You cannot win a battle you do not see.*

The Pose

The Pose is the way we try to make life work apart from utter dependence on God.

Many of us are unaware of the ways the enemy attacks us and even less aware of the ways that we cooperate with his attacks. The Pose tools we will use today offer a way to recognize those attacks and your cooperation. It helps you understand:

- Your sin as strategies that you use to protect yourself or get what you want.
- The vows you have made that led to those strategies.
- The lies you believe, emotions you feel, and underlying desires that drive your vows and protective strategies.
- The messages you received from events, patterns, people and environments in your life.

Understanding your Pose can help you see how you *protect your heart through independence*, through your particular set of fig leaves.

Unmasking your Pose—or false self—will enable you to cooperate with God in dismantling your fig leaves through the Way of Humility. Only by walking in utter dependence on the Trinity can you discover and live from your true self. Free from the deception of the enemy, you will be empowered to become the woman God created you to be.

Don't be overwhelmed! You need not grasp the framework of the Pose in its entirety today. You will have the opportunity to uncover elements of your Pose this weekend and throughout the Team Equipping process. Simply seek to gain an overall understanding of the elements of the Pose today. A woman will share her Pose testimony with you in a few minutes to give you an example of a Pose. In your team meeting tonight, your facilitator will share her Pose sketch to help you see how the elements fit together.

The outline on the next page provides definitions of the elements of the Pose. Take several minutes to review the outline. As you review:

- Circle anything that raises questions for you.
- Place a star next to anything that seems particularly helpful to you.

Then respond to the questions in the gray box on the following page.

Elements of the Pose

MY POSE: The end result of how these elements come together to make up my unique set of fig leaves.

PROTECTIVE STRATEGIES

Strategies you employ to protect yourself or to get your desires met through independence rather than utter dependence on the Trinity.

VOWS TAKEN

Promises you made to yourself about what you would or wouldn't do to avoid pain or get your desires met your own way. This may be conscious or subconscious.

For example, "I will do whatever it takes to . . ." Or "I will never . . ."

THE ENERGY

The emotions and desires that drive your Pose.

Deep desire is the ultimate energy underneath the other desires and emotions, and the Pose will betray you. The elements of your Pose will always sabotage your deepest desires.

LIES BELIEVED

The lies that you believe about yourself, God, others and the way the world works that convinced you of the need to protect yourself or to get your desires met apart from God.

MESSAGES RECEIVED

The messages you received and internalized from events, patterns, or people in your life. You may not have heard these messages verbally.

Lies believed and the emotions and desires of the energy element are often closely tied to these messages.

THE ROOTS

The events, patterns, people or family environment that helped shape your Pose. These could be positive or negative. The ultimate root of the Pose is the Fall.

The Pose is the way the Fall plays out in your life; it is the Way of Pride.

Repentance means rejecting your Pose and choosing the Way of Humility, utter dependence on God.

Don't try to figure this out in one afternoon. It may take years.

If God shows you just one part of your Pose, that alone could change your life. He may show you:

- The type of Pose you use.
- A Volitional Choice: one protective strategy you use or vow you've taken.
- An emotion or desire: energy that drives your vows and strategies.
- Rational Deception: one lie you have believed or message you have received.
- One event, pattern, person or environment that has shaped your life.
- One of the deep desires you are trying to meet.

Be open to what He wants to show you, and free yourself not to identify your entire Pose.

What strikes you about the elements of the Pose?

What questions do you have?

IV. The Fellowship desires to protect you by covering your vulnerability.

You cannot become the woman you are created to be in isolation. Significant, sustained, fundamental change happens as you live in authentic community with the Fellowship. However we often find that community is not safe. We open our hearts, and we experience:

- Silence
- The Bible answer person
- The fixer

It is vital that your team grows in knowing how to appropriately respond in love, grace and truth as you open your hearts to God and one another.

The next two pages describe how to cover vulnerability with the Three-Point Response. You will have an opportunity to practice the foundational piece of this skill as you hear a woman share her Pose testimony and other women cover her by sharing from their hearts.

Skill of Covering: Three-Point Response

As women open up in your presence about some of the elements of their Poses, it is critical to realize that they are choosing the way of the heart: authentic and vulnerable. Knowing your own heart at all four levels is the foundation for effectively connecting with others at all four levels of their hearts. In the context of divine love, grace and truth we then have the opportunity to experience the transformational power of authentic, biblical community as we mourn with those who mourn and rejoice with those who rejoice.

This type of transformational community involves taking the risk of vulnerability. When we take off our masks and open our hearts to reveal our deep desires or pain, we often feel naked and fear rejection. When a woman becomes vulnerable we must cover her vulnerability by responding to her from our own vulnerability. This is a mutual experience, not a one-up, one-down experience of superiority and inferiority. It is not advice-giving or fixing. It is sharing from the heart.

As you practice the three-point response you will grow in knowing your own heart and expressing your heart to your sisters. They will feel loved, heard and valued. Whenever a sister shares in a vulnerable way during your follow-through team meetings or peer meetings, be aware of her need for covering through a three-point response.

This skill is just as powerful when you celebrate with someone as when you mourn with her. If you become adept at using this skill, you will be amazed at how often you use it and how powerfully it affects the lives of those you connect with and care about, particularly your family. This is a primary skill that you will use in the follow-through process.

When you respond you don't have to share all three points, and you don't have to share in this order. The key is authentically and briefly sharing your heart. Brevity is important. The more you talk the greater the temptation to fall into rational telling instead of sharing from your whole heart.

As each woman shares let yourself be affected positively or negatively. Don't just analyze. Hear her heart with your heart. Then prepare to cover her vulnerability. If you are drawn to fix or tell, discern what is driving you, and choose not to!

Three-Point Response

IDENTIFY

Don't start telling your story. In 2-3 sentences, you might mention how you can relate.

- “I can relate.”
- “My heart is breaking as I hear your story.”
- “I am moved to tears by what you’ve gone through.”

Purpose: cover her fear and belief that something is wrong with her or that she is the only one who has ever experienced what she is describing.

AFFIRM

- “Thank you for sharing. That took a lot of courage.”
- “We are here with you.”
- “Your sharing helps me know that I’m not alone, others struggle just like I do.”

You might use touch *if appropriate*.

Purpose: cover her fear of being rejected and left alone.

SHARE

Share from your feelings or desires how you are affected by her and her sharing:

At the emotional level.

Your desires for her or yourself.

Any choices you want to make. *Be careful with commitments. Make sure you will follow through.*

- “You give me courage to face my own pain.”
- “I admire you. I am drawn to you.”
- “I have hope that I can change.”
- “I am sad/brokenhearted over what happened to you.”
- “I’m angry at what that person did or what happened to you.”
- “I long for you to know that someone does care, and I’m willing to enter the battle with you.”
- “I believe that you can do this, and I’m willing to walk with you.”

Purpose: share your own feelings, desires and choices in order to build her up and give her courage to face the challenge.

Demonstration of Sharing a Pose Sketch and Covering Vulnerability

PURPOSE OF THIS EXERCISE

Hear an example of the Pose.

Grow in offering a safe place for your team to share their hearts by:

- Opening your heart to being affected by a sister.
- Recognizing how you are affected and expressing your heart.

SAMPLE POSE

A Sister Shares

As the sister shares her Pose testimony, allow yourself to be affected at all four levels of your heart.

Your Personal Response – Knowing Your Own Heart

Since the three-point response is built upon your knowing your own heart, we will focus on identifying what you are experiencing in your whole heart.

Take several minutes to respond to the following questions. It may be helpful for you to refer to the section on feelings and desires during this exercise.

What did I see or hear that most affected me? This may be positive, negative or neutral.

In light of that, what feelings arose within me?

What am I desiring? (This may be for yourself or for the sister sharing.)

What do I want to choose to do in response to what I've experienced? This may be in your own life or in how you might respond to this sister.

What did I see/learn about the elements of the Pose?

Two Facilitators Share

Two facilitators share from the heart with the sister who shared her Pose testimony.

The sister responds, sharing how she experienced their covering.

Debrief With Your Team

Facilitator leads a debrief with your whole team at your table.

- Each woman takes a moment to share how she was affected, particularly at the level of feelings and desires.
- If there is time, a few women share what they saw/learned about the elements of the Pose or what questions they have.

Tonight and throughout the weekend be aware of what is happening in your own heart as you hear women share. Then take a risk and seek to share what you are experiencing particularly at the levels of feelings and desires. As you do, you will learn how to effectively cover a person's vulnerability.

You will practice sharing from the heart this weekend and then the full Three-Point Response throughout your Team Equipping follow-through process.

Identifying Your Pose

STARTING POINTS FOR IDENTIFYING YOUR POSE

During the reflection you will have the opportunity to make an initial attempt to identify elements of your Pose. The process of discovering your Pose is designed backward chronologically because many women find it easier to start with what they can observe today and work backward to understand the Pose. To work backward you may start with:

- Naming your Pose, that is, identifying what kind of woman you are when you are living from your Pose, such as perfectionist, dominant woman or people pleaser.
- Identifying protective strategies you use to protect yourself from pain or gain control.

Or you may also find these starting points helpful:

- Identifying vows you have made about how you will protect yourself or get what you want.
- Identify lies you believe about yourself, God or others.
- Exploring the energy—emotions and desires—you experience under pressure.
- Recalling root events and patterns in your life that significantly affected you.

Crises will often reveal negative events, patterns, fears and strategies if you will slow down and let God speak to you with insight from women of understanding, as you ap-

appropriately listen to your critics. Above all else, ask the Holy Spirit to guide you (Psalm 139:23-24).

Identifying one element this weekend may be challenging, but as you become more familiar with the framework of the Pose over time, you will find it easier to understand. Please feel no pressure to identify every element of your Pose. If you are able to identify a single element of your Pose this weekend, then celebrate!

THE PURPOSE OF IDENTIFYING YOUR POSE

The ultimate purpose of discovering the elements of your Pose is to answer the question, “What are the most important obstacles to hitting your target as a woman who was created to engage with courage, beauty and love?” These may be internal or external.

You can neither repent of nor change that of which you are unaware. Personal awareness leads to personal responsibility.

Closing Movie Clips: *The Kid*

Sometimes you need help to discover the pose, the vows, the lies, the wounds and the pain. Little Russell comes to help Big Russell in this clip from *The Kid*.

As you watch:

- Look for the elements of his Pose.
- Be in touch with what you are feeling and desiring.

Spirit Guided Reflection

Reality 3: Evil is Hunting You to Take You out of the Battle

Each of you is at a unique place in this moment. Pause and realize that God is present with you, has brought you to this moment, and longs to love you right where you are. Yield to His love and care for you. Trust Him to guide you into all that He has for you.

If you are deeply moved in a particular area and sense God speaking to you, please take the liberty to go with that. You need not try to answer every question in this reflection.

The following questions will guide you in seeking to understand something of how evil is hunting you. Review them and then ask the Holy Spirit to guide you in where to start. If you are unsure, it is always good to start with how you were affected by the clip.

We will follow up in the next session and in your team meeting tonight.

1. What most impacted you in the last clip from *The Kid*?

What about that affected you?

What feelings were stirred?

What memories?

What desires does this touch?

What choices would you like to make?

2. Pose, Protective Strategies & Vows. Consider how the Way of Pride manifests in your life. When you are under pressure; when you feel disappointed, embarrassed, angry or frustrated; when someone has attacked you; or when you have undeniably failed; how do you respond with:

Independence?

Image-management?

Indulgence?

Self-inflation?

How do you often:

Manipulate?

Shutdown?

Review the “Sample Poses” page that follows this reflection. If anything resonates, write it here. If the samples spark other ideas, list them, too.

Pose nicknames/descriptions:

Protective Strategies:

Vows:

- 3. Energy: Emotions & Desires.** Emotional energy comes from blocked or fulfilled desires. Reflect on the emotional energy of the Pose and consider what desires may be blocked when you respond from the Pose.

When you are under pressure or experience conflict, failure or disappointment, what do you feel? What emotional energy rises to the surface?

What do you fear?

What form does pride take?

What other emotions surface?

What unmet desires do you sense underneath the:

Fear?

Pride?

Other emotions?

4. **Lies & Messages.** The following questions may help you get in touch with lies you believe and messages you have heard.

What do you tell yourself when things don't go right or maybe when they are going well? For example, "I'm stupid." "You idiot, you blew it again." "Finally, this time I really did it right." This type of statement may give a clue to the lies that you believe about how you can be loved, accepted or approved.

When it's time to step up and engage and you don't, what do you hear that keeps you from engaging? For example, you hear the voice of an authority figure, your own voice or the voice of the enemy saying: "You just don't have what it takes to be a winner." "It's too much work. Regardless of what I do it won't change anything."

When you get angry what voice do you hear? For example, if married: when your husband appropriately challenges you, and you become inappropriately angry, what voice are you hearing? For example, "You just aren't good enough." "You'll never measure up." "I'm tired of waiting."

Review the "Types of Lies" page after this reflection for additional sample "I am" statements, derogatory remarks and other lies. Note here any that resonate.

"I am" statements:

Derogatory Remarks:

Other Lies:

5. **Roots.** What are a few of the most significant events or patterns that positively or negatively affected you during your life? These may be direct or indirect. They may be from parents, siblings, authority figures or other significant people. They may even be events like war, poverty, betrayal or insults that deeply affected you.

Reflect on any protective strategies and vows, emotional energy and desires, lies and messages you have uncovered. What root events or patterns do you see in your life that fed you those messages and lies or taught you to respond with that energy or those strategies?

Put another way, what events or patterns in your life taught you to respond with self-sufficiency and self-protection?

It may help to recall the first time you remember:

Hearing the lies or messages you have identified.

Feeling the emotions and desires you uncovered.

Making the vows or using the protective strategies you have discovered.

6. Take a few moments to offer what you are now experiencing to the Father. Trust Him to guide you into being the woman He created you to be, Jesus redeemed you to be, the Holy Spirit is restoring you to be and that you long to be.

Sample Poses

Below are examples of common Poses. Sample Pose nicknames/descriptions are emboldened. Sample protective strategies are listed beside them, and sample vows that might support those strategies are listed as bullets below each one. As you read through them, mark anything that resonates with you; even if it is just the nickname, just a protective strategy or just a vow. Note anything that strikes a familiar chord.

The perfectionist: works hard to get it right. She must do everything herself to maintain her sense of control and adequacy.

- I will always make sure it is done right.
- I will never risk giving up control or being seen as inadequate.

The people pleaser: a sweet, nice woman; avoids conflict by being agreeable.

- I will be likeable.
- I will never risk rejection by standing up for myself or for what is right.

The indulgent woman: treats herself to foods or shopping sprees to hide her loneliness.

- I will allow myself whatever it takes to avoid my loneliness and pain.
- I will never risk opening my loneliness or pain to others.

The fantasizing woman: seeks romance and excitement in relational dreaming, romance novels, soap operas, women's magazines or talk shows.

- I will protect myself from my emotions by retreating to my fantasy world.
- I will never take the risk of real relationships; they may hurt or reject me.

The flirtatious woman: uses her beauty to attract men so she feels desirable or special.

- I will prove to myself that I am beautiful and alluring by getting the attention of men.
- I will never face my fear that I am not attractive.

The dutiful woman: busy and helpful; shuts down her own heart and responds to every demand. Service is her chief virtue, but she fails to live from her whole heart.

- I will always be useful and take care of my responsibilities, regardless of the cost.
- I will never give voice to my emotions and desires or risk inadequacy.

The dominant woman: strong and dominant; fears nothing but her own vulnerability and the risk of allowing others to see that vulnerability.

- I will be strong, and I will stay in control.
- I will never let my vulnerability be seen, giving others the opportunity to hurt me.

The competent woman: is driven by the need to control her environment through independence and competence to avoid rejection.

- I will stay in control, be good at what I do and make sure it gets done right.
- I will never depend on others or let them see weakness or vulnerability.

Types of Lies

“I AM” STATEMENTS

- I am alone.
- I am a disappointment.
- I am entitled.
- I am inadequate.
- I am a nuisance.
- I am powerless.
- I am rejected.
- I am stupid.
- I am too much; people/my husband can't handle me. I am too complicated.
- I am unattractive.
- I am unwanted.
- I am unworthy. I am not worth it.
- I am weak.

DEROGATORY REMARKS

These belittling remarks can indicate what you believe about yourself when things don't go right or when they are going well. (Others may or may not have directly expressed them to you.)

- Finally, this time you got it right.
- You are such a mess. You're hopeless. No matter how hard you try, you will always fail.
- Why can't you get a hold on your emotions? Nobody wants to be around a basket-case.
- You don't measure up. You'll never be enough.
- Why would anyone want to be with you? You'll never belong.
- You're nothing but a slut (whore, harlot, tease, etc.)
- You screwed it up again; no surprise there.
- What good are you if you can't even . . . (get him to notice you, stand up for yourself, etc.)
- You've outlived your prime; they'd better put you out to pasture.
- When are you going to get your act together?
- How could anyone love you?
- You're too complicated, no one will ever understand.

LIES ABOUT GOD, OTHERS AND THE WAY THE WORLD WORKS

I WILL NOT BE LOVED/ACCEPTED UNLESS I . . .

These are lies you believe about the source of your value, identity or the reason you are loved.

- No one will love/accept/value me unless I am pretty, funny, helpful, useful, etc.
- Others can't be trusted. I will eventually be disappointed if I trust. I am on my own.
- People are not safe. I can't let them truly see/know me.
- This is as good as it gets; it would be foolish to hope for more.
- It can't be this good. Something will eventually go wrong.
- People don't care about me. They always have an agenda. There's always a catch.

Friday Team Meeting

Objectives

In this team meeting you will:

- Team members will hear from their facilitator about the impact of their own Pose work and share any elements of their Poses that they have discovered.
- Practice covering vulnerability.
- Observe as the facilitator engages from the heart and practice engaging each other from the heart.

Dinner Discussion (40 minutes)

Potential questions over dinner.

- **Review the concept of covering.**
- What was the most significant movie clip for you?
- How were you affected by the testimonies shared?
- What questions did you have about the elements of the Pose?

Seek to follow up on significant words to take them deeper. For example, “What was awesome/exciting/challenging about that?”

Main Discussion (90 minutes)

Wrap up dinner conversation.

Facilitator shares impact of Pose work.

Team members practice covering vulnerability.

Review the Spirit Guided Reflection from Reality 3. As you review the reflection, keep the section of the Battle for the Heart session with the Elevator Model of the Heart, feelings chart and “Types of Desires” page easily accessible. Refer to it as needed.

As you review this reflection what most stands out to you?

Which elements your Pose most stand out to you?

- General Pose nickname/description:
- Protective Strategies:
- Vows:
- Energy:
- Lies:
- Messages:
- Roots:

As a sister shares, the facilitator may spend some time pursuing her heart to gain further understanding of how evil hunts her. As she does, be alert, engaged and prepared to ask questions or share how you are experiencing the engagement.

Many women may only catch a glimmer of a single element of the Pose. Appropriately addressing a single element can be life changing.

Wrap-up (10 minutes)

How have you experienced this meeting? Seek to authentically share positives and negatives. Include what you have felt and what desires have been touched.

- ✓ Reminder: First thing tomorrow morning, complete your Saturday morning Battle Prep.

Reality 4A: A Fellowship Desires to Protect You as You Surrender to Love

BOTTOM LINE: *God's love frees you from fear and empowers you to face your sin, enter your pain, mourn, repent, and receive blessing.*

MAJOR POINTS:

- I. God's love frees you from fear and empowers you to face your sin, enter your pain, mourn, repent, and receive blessing.
 - II. Experiencing freedom in God's love begins with surrendering to the love of the Trinity with your whole heart.
 - III. Surrender frees you to know the love of the Trinity as you mourn and repent with your whole heart.
 - IV. Repentance frees you to know the love of the Trinity as you experience comfort and blessing in your whole heart.
-

Reality 4A: A Fellowship Desires to Protect You as You Surrender to Love

What were a couple of your most significant takeaways from the Friday afternoon session, “Evil is Hunting You,” or from your evening team session?

Introduction

REVIEW OF THE FOUR REALITIES

Reality 1: God has chosen you for His Larger Story.

Reality 2: He has given you a part to play that is yours and yours alone; if you do not find the way no one will.

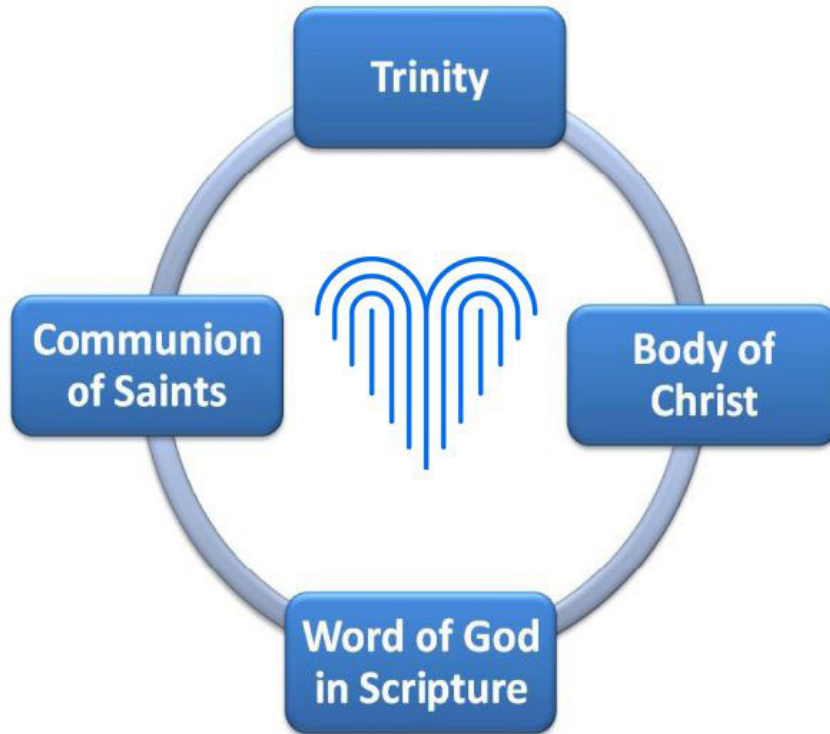
The Way of Humility

Reality 3: Evil is hunting you to take you out of the Battle for you own heart and the hearts of those in your domain.

The Way of Pride

Reality 4: The Way of Humility connects you to the Fellowship that desires to protect you and propel you into your part of God’s Eternal Love Story.

INTRODUCTION TO THE FELLOWSHIP

The Fellowship that Desires to Protect You**and Propel You into Your Part of the Larger Story**

The Trinity – the community of Love in Whose image we were created.

The WORD of God – Heb. 4:12: living and active, powerful and penetrating.

The Body of Christ – the universal Church and the local church in which we experience biblical community, particularly in a small group of people in which we are truly known.

Communion of Saints – Heb. 12:1: the great cloud of witnesses who have gone before us and cheer us on.

Movie Clip: *Bagger Vance*

A shadow of this Fellowship is seen in *The Legend of Bagger Vance*.

Take several minutes to respond to the clip:

What strikes you?

What was Junuh afraid of?

What are you afraid of?

What are the key fears that keep you from engaging your domain in courage, beauty, and love?

What do you hear the Fellowship whispering to you through this scene? If you don't hear anything that is fine; just stay open to how God wants to speak to you through this session and in solitude and silence.

Briefly share with your partner your responses to the last two questions.

I. God's love frees you from fear and empowers you to face your sin, enter your pain, mourn, repent, and receive blessing.

If the Fellowship desires to protect us and propel us into our part of the Story why are so many Christian women living in fear?

In critical parts of our lives we are effectively living in the Way of Pride:

- Independence
- Image Management
- Indulgence
- Self-Inflation
- Isolation

Instead of the Way of Humility:

- Surrender
- Whole Heart
- Suffering, Crucifixion, and Death
- Resurrection, Life, and Glory
- Intimacy

The result is that we do not “know” the transforming love of the Fellowship in our whole hearts, at all four levels, because we have chosen, consciously or subconsciously:

- To believe that God's heart is not good toward us.
- To believe that we cannot trust Him with our deep desires and pain.
- To protect our own hearts, taking our pain to broken cisterns and idols that cannot satisfy.

The pain of unmet or violated desires feeds the fears and dreams of our lives.

- We have been hurt and we are afraid.
- We may hide it through manipulation or choose withdrawal/shut down, but it is there.
- *We may try hard by rationally knowing the truth and trying to obey, but when the pressure is on we act not out of our carefully constructed doctrinal beliefs but out of the pain and fear of our past, out of deep desires that we may not even be consciously aware of.*

This unresolved fear and pain:

- Blocks our intimacy with God, our families, and the body of Christ.
- Keeps us from moving into the fullness of who we are created to be.

How then can we be set free?

- We must repent of the Way of Pride and choose the Way of Humility.
- We must risk opening our whole hearts to the Divine Lover and even more scary, opening our whole hearts to the Body of Christ.

Dr. David Benner: “Love is transformational only when it is received in vulnerability . . . It is not the fact of being loved unconditionally that is life-changing. It is the risky experience of allowing myself to be loved unconditionally.”

The transformational love of God can only be experienced as you repent of the Way of Pride and choose the Way of Humility:

- *Surrendering to the Father’s Love in our whole hearts.*
- *Knowing the love of God as we mourn and repent with our whole hearts.*
- *Knowing the love of God as we experience comfort and blessing in our whole hearts.*

This is not a linear process but an ever deepening, circular process of life with God. Now we will examine these three aspects of the process more closely.

II. Experiencing freedom in God's love begins with surrendering to the love of the Trinity with your whole heart.

Ephesians 3:14-21

With the background of the glorious Eternal Love Story, Paul now prays for you to know the Father's love that will lead to experiencing the very fullness of God.

Rooted and established in love

- Human love is vital, but the love of a fallen father is never enough to transform a fallen daughter.
- Only the divine love of the Father who created you for Himself is strong enough to transform you.

Grasp how wide, long, high, and deep is the love of God that is beyond knowledge.

You know it in all four levels of your heart:

- Rationally understand the love of God as you soak in the Word of God.
- Choose to open yourself to His love.
- Let divine love permeate your feelings: positive and negative.
- Let divine love permeate your desires:
 - » Purifies distorted and deceptive desires.
 - » Satisfies deep desires.

Together with all the saints: in community.

Filled with the fullness of God.

This is the heart cry of God from the beginning to the end of the Story.

III. Surrender frees you to know the love of the Trinity as you mourn and repent with your whole heart.

Our Response to Sin

From the foundation of surrendering to the Father's love that fills our whole hearts with His fullness we are freed to know the love of God through mourning and repentance.

In our false stories we respond to our fear and pain by:

- Denying
- Repressing
- Minimizing
- Medicating
- Agreeing and giving in
- Trying harder

We respond to our fear and pain with many forms of willfulness and will-lessness, and we must make the shift into willingness.

In our true stories we open our whole hearts to *the truth of God's love and grace that frees us to face the truth* about:

- The pain and fear of our lives.
- Who we are in our brokenness and fallenness.
- How we have been sinned against: you must recognize, mourn and receive comfort for what was done to you. Then you are free to take ownership of your own sinful response.
- How we have sinned against those we love.
- How we have sinned against God.

The Process of Repentance

Knowing God's love frees us to deeply repent. True repentance is essential for true, sustainable change.

Martin Luther: *"Our Lord and Master Jesus Christ when he said 'repent' willed that the whole life of believers should be repentance."*

James 4:1-10 provides a guide to authentic, life-changing repentance from a whole heart.

Take a few moments to read this passage. Seek to do so with your whole heart.

What causes fights and quarrels among you? Don't they come from your desires that battle within you? 2 You desire but do not have, so you kill. You covet but you cannot get what you want, so you quarrel and fight. You do not have because you do not ask God. 3 When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures.

4 You adulterous people, don't you know that friendship with the world means enmity against God? Therefore, anyone who chooses to be a friend of the world becomes an enemy of God. 5 Or do you think Scripture says without reason that he jealously longs for the spirit he has caused to dwell in us? 6 But he gives us more grace. That is why Scripture says:

"God opposes the proud but shows favor to the humble."

7 Submit yourselves, then, to God. Resist the devil, and he will flee from you. 8 Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded. 9 Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom. 10 Humble yourselves before the Lord, and he will lift you up. (NIV)

As you read these words from the heart of the Lover of your Soul what most strikes you?

Three things are necessary for true repentance:

1. Discover the energy for sin (vv. 1-3).

Discover distorted or deceptive desires that battle within you and drive your sinful behavior.

2. Discover the energy for change: Clarify what is at stake.

Energy for change comes from *pain* and *gain*.

Don't manage your sin; discover the energy behind it.

Recognize the deep desires underneath the distorted or deceptive desires.

Mourn and repent of the impact or cost of the distortion/deception:

for you as you fall short of the glory of God,

for those affected by your sin

for God as He longs to have intimate fellowship with you.

See who Christ has redeemed you to be: the gain of entering into the glory of God (v. 10).

Recognize the gain for you, for those in your domain and for God.

3. Move into whole-hearted repentance.

Humble yourself (vv. 6-7).

Submit/open up to God; surrender to love.

Resist the devil:

break the agreements you have made;

break the vows you have made.

Take responsibility, and let it touch your whole heart.

Before you can take responsibility you often have to let go of what you are not responsible for, that which happened to you.

As you grieve this, it frees you to take responsibility for what you have done or failed to do.

Refuse shame, self-rejection/loathing.

Embrace grieving and mourning that draws you near to God.

Wash your hands, you sinners—in context of temple sacrifice.

Cleanse your hearts, you double minded.

Notice that this repentance is both internal and external.

Grieve, which means being miserable or wretched as you consider how far you have fallen and how toxic the wellspring of your heart has become.

Mourn, which means to experience deep sorrow or sadness as you see the loss and pain.

Wail, which is vehement or bitter weeping over the loss and pain.

Change your laughter to mourning and your joy to gloom.

When the weeping comes you must go with it, invite it, welcome it.

IV. Repentance frees you to know the love of the Trinity as you experience comfort and blessing in your whole heart.

The Grace of Comfort

God comes near, lifts us up and comforts us in His time and way. “Blessed are those who mourn for they shall be comforted” (Mt. 5:4, ESV). The presence of God drains the pain and casts out fear.

Then we can more fully experience:

- The intimacy of Jesus’ holding and blessing the little children.
- The intimacy of Jesus for His Bride.
- Increased intimacy with our spouses, children and the Body of Christ.
- Courage and strength to face the future.

The Grace of Blessing

You experience the transforming love of God through the fullness of the Fellowship: The Trinity, the Word of God in Scripture, the Body of Christ and the Communion of Saints. As a result, you enjoy:

- Shalom: wholeness, no shame.
- The very fullness of God (Ephesians 3:19).
- Freedom to love and be loved, to become all you are created to be.
- The Way of resurrection, life, and glory.

Closing Movie Clip: *Les Miserables*

The Bishop and Jean Valjean.

Spirit Guided Reflection

Reality 4A: A Fellowship Desires to Protect You as You Surrender to Love and Repentance

Each of you is in a unique place. Quiet yourself, and let the Lord lead you as to how He wants you to respond at this time. If He is moving in a particular area, go with it. If not, review the questions and prayerfully consider where to start responding. The Father will guide you where you need to go.

1. What happens in you as you experience the Bishop's unconditional love for Jean Valjean?

2. How does experiencing God's unconditional love and grace free you to face your fears and pain?

3. Beyond the fall, what has happened to you in your life that was not your fault?

Where are you in the difficult and often painful process of grieving the loss, experiencing God's comfort directly and/or through the Body of Christ and ultimately coming to peace with God and those involved? (We will cover some of this process Saturday morning.)

4. How do you need to take responsibility to move forward?

How could your team and facilitator support you this weekend or afterward?

5. What do you most need to face as you open your heart to God?

What are the lies, messages, vows, strategies, or poses that God is most dealing with you about? Consider praying the following prayer to help you discern them. Write down whatever He reveals to you.

Jesus, I confess that I have sought to protect my own heart rather than seek Your protection. I have developed strategies for dealing with my pain that keep me independent from You. I have made vows based on the lies and false messages that evil whispered to me in the depths of my pain. Please reveal these vows to me clearly. Help me to see the ways that I have sought to make life work apart from You. Show me who and what I need to forgive in order to find true healing.

6. Focus on one area in which God is speaking to you, and then ask what this is costing: God, in His desire to love you and to see you come into the glory He created you for.

You, in becoming the woman you were created to be to experience the glory of God that is uniquely yours.

Those you love.

Your domain.

7. Ask God to lead you into appropriate mourning over the costs you identified above. Seek to mourn the losses in your life from the wounds you have received, the negative messages you have believed, and the ways you have wounded others.

If the grief comes, give yourself some time to allow the pain and sorrow to touch your innermost being.

Allow Him to come to you and comfort you by His Spirit. This may come now or later through a sense of His presence, a scripture, a whisper in your inner being, or through a brother or sister at a later time.

If mourning comes later this weekend or in the future, go with it as much as possible. Remember that grieving is a process so it may come at various times and in various ways.

8. Are there strategies that you need to repent of or vows that you need to break? You may consider praying the following:

Lord, in this moment I repent of my vows, my strategies, and my unforgiveness. (The more specific you can be about these vows, the better.) I choose to agree with You rather than with evil; I choose to surrender my heart to Your love and to trust You to protect me, rather than to rely on myself any longer. I pray this in Your name.

You can adapt this prayer to repent of any of the ways that you have tried to protect yourself from pain/rejection or to try to gain what only God can give.

9. Are there people you need to forgive in order to find healing and freedom? This prayer relates to our fathers but can be adapted to any person who has wounded you and you need to forgive.

Jesus,

Out of his own pain and wounds, my father negatively affected me in the following ways: (Name the wounds and negative events as specifically as you can.)

The pain of these negative events and wounds hurt me deeply. (Speak freely with the Lord about your pain; He hears and understands.) I want to release these wounds and hurts to You. They are big, but You are bigger. The price You paid and the blood You shed on the cross are more than sufficient for my healing. Based on Your sacrifice, I can forgive my father. I choose to let go of any bitterness and release my pain to You. I ask You to heal and restore me to be the woman that You have created and redeemed me to be through Your grace. I ask this in Your name.

(Be aware that that healing and restoration usually take time. While this prayer is a starting point, forgiveness is an ongoing process.)

10. What happens within you when you consider truly surrendering your entire being to God, including control of what is most dear to you?

What is holding you back from truly yielding yourself to the Lover of your Soul?

What would it take to let go of that?

11. How can experiencing the love of God set you free from your fears and energize you to move into your domain with courage, beauty and love, inviting others into life and rest?

Spend a few moments reflecting on God's love for you. Seek to open up your heart and let the Father love you.

Ask the Lord to reveal to you in some way how much He loves you and then just wait for an impression, a memory, a scripture, a song. Come as a little child to your Father and let Him love you.

Write down what you are sensing.

12. If you knew in your innermost being that you were perfectly loved by the Father and you were being set free from your fears, what kind of a woman could you be?

If you were that woman, what kind of impact could you have upon your family, your work, your church, your community?

13. What will it take for you to become that woman with that impact?

How will surrendering to love help you win the Battle and become that woman with that impact?

Reality 4B: A Fellowship Desires to Protect You through the Voice of God

BOTTOM LINE: *Knowing God's love and validation is the most critical element to becoming the woman you were created to be.*

MAJOR POINTS:

- I. The Fall left you with haunting questions about who you are.
 - II. The only voice that can truly validate you is the voice of God.
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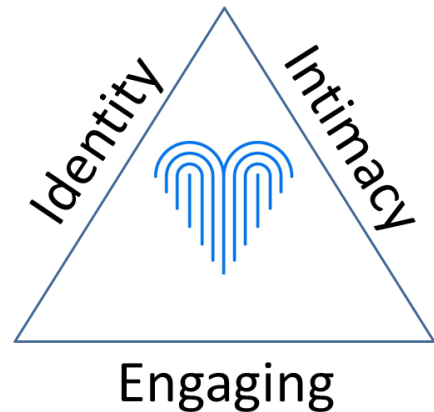
Reality 4B: A Fellowship Desires to Protect You through the Voice of God

I. The Fundamental Questions of Life

Out of love God created you in His image with a part to play in His Eternal Love Story and equipped you to fulfill it.

The fall:

separated us from an intimate relationship with God;
distorted our identity;
cut us off from the power to fully engage our part in the Story.



In the fall our reference point was lost. Separated from the one who created us and gave us our part to play in His story, we were filled with fundamental, haunting questions such as:

- Who am I?
- Am I loved?
- What do I have to offer?

These questions take different forms with different people and may be different for men and women. They may be conscious or subconscious.

- Am I desired, wanted, delighted in?
- Am I seen, heard, known?
- Do I have what it takes to come through, to play my part?
- Do I have anything to offer?
- Do I have any impact or weight?
- Am I beautiful or valued?
- Am I worth being cared for, protected, or provided for?

Our questions flow out of our deep desires and the fears that accompany them.

What you fear the most is often a key to the fundamental questions you are asking.

What are our questions?

Reflect on the fundamental questions listed above and review the deep desires chart. Take a few moments to ask God, “What are the fundamental questions I am asking?”

How do these questions relate to your deepest desires and greatest fears?

As you reflect on your responses, what strikes you about them?

Share with your partner your response.

Where do we take our questions?

Where we take our questions is rooted in Creation.

Work:

- We are created to work, to be active, to contribute, to provide, to reveal who God is in what we do and how we do it, to be stewards of our domain.
- Work may be outside the home or may involve the home.

Relationships:

- We are created in the image of a triune, relational God who out of love created mankind male and female.
- He created man and woman to live together in covenantal union of love.
- He created family.
- He created friendships.

After the fall, our identity and capacity to effectively engage our domain (work and relationships) is distorted.

From this fallen, distorted place, we primarily take our questions to work and relationships instead of to the Creator.

MEN GENERALLY TAKE THEIR QUESTIONS TO:

Work:

- Work came before Eve.
- Work is often easier to control than relationships.

Relationships:

We are created for relationship:

- In the image of a triune God
 - “It is not good for the man to be alone.”
- In relationship with women: cover, protect and provide
- In relationship with their wives:
 - Men were created to be in an intimate, covenantal relationship with a woman, their wife. In the fullness of engaging at all four levels of their hearts and bodies there is a sense of union, completion, rest, shalom.
- Children
- Other significant relationships

WOMEN GENERALLY TAKE THEIR QUESTIONS TO:

Relationships:

- Created in the image of a triune God for relationship with Adam
- Taken from his side
- In relationship with men: to bring forth life, helper
- In relationship with our husbands:
 - God created you to experience an intimate relationship with your husband. In the fullness of engaging at all four levels of your hearts and bodies there is a sense of completion, union, rest, and shalom. You are drawn to a man’s strength and you desire to be protected and provided for. You desire rest in the home of a husband.
- Children
 - Women are created to bring forth life and to reveal God’s nature through nurturing and bringing our domains into life and rest. Women often find their value/significance/identity in caring for others, particularly their children.
- Other significant relationships

Work:

- May be inside or outside the home; increasingly outside today.
- In work a woman will tend to be more relational in the way she accomplishes her work.

If you are single, you are either called to singleness in this season or you are considering potential relationships.

Regardless, you are created for the fullness of marital union. If you are single you must take those desires and the questions that flow from them to the Trinity. The Trinity longs to use godly relationships in the body of Christ to fill those desires that can be appropriately met outside of marriage.

Women, you are created to engage all men with courage, beauty and love, inviting into life and rest in appropriate ways.

Until you experience the intimacy for which you were created, there is a sense of incompleteness and restlessness. How will you respond to that?

We will either take our questions to:

- God
- Broken cisterns

You can only live out of your essence as a woman as you take the longing for completion to God.

Where are you taking your fundamental questions?

Prayerfully reflect in gut level honesty on where you are taking your questions. Try to identify the top two or three that you struggle with.

Relationships

- Your parents
- Your spouse
- Your children
- Family members
- Friends
- Pornography/fantasy
- Work
- Achievement
- Co-workers/boss
- Clients/customers

Activities

Videos

Food

Shopping/Possessions

Position

Take a moment and share with your partner which one or two of these are most significant for you.

What is the result when we go to these people and activities?

You experience a momentary yes to your haunting questions. Then the doubt returns, the question floods back deep within.

Your deepest questions can only be answered by the one who created you, redeemed you, and is restoring you. Only He can answer the deepest questions of your heart:

Who am I?

Am I loved?

How will I love/engage?

As you deeply experience God answering these questions in all their forms, then work and relationships become echoes of His voice affirming your identity, your being loved, and your capacity to engage.

The difference in validation and affirmation:

- Validation authenticates the reality or essence of something.
- Affirmation agrees with that validation.

What happens when you hear the affirmation of others or the affirmation of various experiences before you hear God's Voice of Validation?

- You don't believe them, so you deflect their words and hurt their hearts.
- Or you take them in, but the effect is transitory. You must get the affirmation again and again.

This can play out in a variety of ways.

- We can become "affirmation junkies," manipulating others to get a "fix" of the words we long to hear.
- We manipulate experiences to tell us we are worthwhile and we have what it takes.
- We may crave particular activities, become addicts or live vicariously through others.

II. The only voice that can truly validate you is the voice of God.

The True Source of Validation

The Only Voice that can truly validate you is the voice of the God who created you, redeemed you in Christ and is restoring you through the Holy Spirit.

The voice of the Father in the life of Jesus:

Mark 1:10-11 – The Baptism

¹⁰ *And when he came up out of the water, immediately he saw the heavens being torn open and the Spirit descending on him like a dove.*

¹¹ *And a voice came from heaven, “You are my beloved Son; with you I am well pleased.” (ESV)*

(Alternate reading: “*my Son, my Beloved*”)

- Identity: Son

- Intimacy:

My Son

My Beloved

Pleasing to me in you who are and what you do

Delighted in

- Engagement: mission

Beloved Son

Suffering servant who will redeem and restore – Isaiah 42

Tested in the wilderness

Matthew 17:5 – The Transfiguration

“This is my beloved Son, with whom I am well pleased; listen to him.” (ESV)

- Identity: Beloved Son

- Intimacy: Beloved Son

With whom I am well pleased

Listen to him

- Mission: The Cross

The validating voice of the Father was vital to Jesus and it is vital to us.

We hear that voice in three ways/three well dones:

1. In our redemption we are placed into the very life of Christ.

Have you heard the validating voice of God speak to you at the very core of your being, in the depths of your whole heart, because of who you are in Christ? He says:

You are my child.

I love you.

I am well pleased with you.

2. In our restoration through the Holy Spirit we respond to the voice of love and validation.

Matthew 25:14-30 – *“Well done, good and faithful servant.”*

The focus is on response of the servant and his willingness to risk with what he was given.

From the place of love and validation, we respond to God and risk with what we have been given to be and do as men and women.

God celebrates with us.

We experience His pleasure, His delight.

3. In our consummation we experience the reward of redemption and restoration, 2 Timothy 4:6-8.

We all long to say those words with Paul:

I have fought the good fight: not the perfect one.

I have finished the race: not competitive or comparative.

I have kept the faith: true to the gospel of grace.

We all “long for his appearing” and the purifying power of deep desire.

We await the reward of our consummation with the Lover of our souls. The eternal celebration!

Results of Seeking Validation from the True Source

Hearing and living in God’s love and validation results in Freedom.

- Freedom from seeking affirmation.
- Freedom to deeply receive authentic affirmation from people and experiences as an echo of the Father’s voice about:

- » Who you are.
- » What you are created to do.
- Freedom from negative scripts: the echo of the enemy's voice.
- Freedom to try even with threat of failure.
- Freedom to fully engage your work trusting God for the results.
- Freedom to fully love your spouse in your life and effectively battle for your spouse's heart. When you take your question to your spouse, you are not truly offering life and growth or inviting into life and rest.

Obstacles to Hearing God's Validation

Evil is hunting you to answer your question, affecting how you view God and yourself.

We hear that question through:

- *Satanic forces*. (We often either ignore or fixate on them.)
- The *world system* that is at enmity with God.
- *People*, often those who are given responsibility to represent God to you.
- Your *fallen human nature*, the sin principle that is within you until the day you die.

Some of us can't hear that voice because of how we view God. Do you see Him as:

- King?
- Commander in Chief?
- Boss?
- Policeman?
- Father?

Do you see yourself as:

- Servant?
- Warrior?
- Employee?
- Dutiful citizen?
- Daughter?

In what order and with what distortions?

We will return to these questions during reflection in solitude and silence.

Hearing God's Voice of Love and Validation

Where do we hear the voice of God?

- In Christ.
- The Word of scripture.
- The word of the Body of Christ.
- The witness of the Spirit.

How do you discern where the voice is coming from?

- How does it line up with the scripture?
- Does it agree with the nature of God?
The enemy is the Accuser – Revelation 12:10
- Is it affirmed by godly people you trust?
- Deep inside of you does this voice bring you closer to God and to your glory?

God wants to share with you how He feels about you, what He sees in you. He may give you a new name.

- New names are given throughout scripture: Abram, Sarai, Jacob, Saul, Joseph/Barnabas.
- The new name may speak to who you are and/or what you are created to be.

If you consistently experienced the validation of the Father, what kind of woman could you be?

As you become that person:

- You will experience fullness of life.
- Those around you will be blessed.
- God will be glorified.
- You will experience the pleasure of God.
- You will hear the words, "Well done."
- God will celebrate!

Closing Movie Clip: *Blood Diamond*

What happens in your whole heart as you experience this scene?

What is happening in you as you experienced this clip?

What feelings are touched?

What would it be like to hear God say “I am your father who loves you. You will come home with me and be my [daughter] again”?

What might your life look like if you consistently heard God speak that to you?

How might that affect the other voices that try to tell you who you are?

Spirit Guided Reflection

Reality 4B: A Fellowship Desires to Protect You Through the Voice of God

1. Deep within, at a gut level, when the pressure is on how do you see God?
Boss?
Policeman?
Father?
Something else?

How does this affect your ability to hear Him say to you, “You are my daughter, whom I love, with whom I am well pleased?”

2. Deep within, at a gut level, when the pressure is on how do you see yourself?
Employee?
Dutiful Citizen?
Beloved daughter?
In what order?

How does this affect your ability to hear Him say to you, “You are my daughter, whom I love, with whom I am well pleased?”

3. How does your view of God and yourself affect the way you respond to God? For example, do you tend to respond to God out of love, fear or guilt? Boldly or timidly?

How does your view of God and yourself affect the way you respond to life and people? For example, in fear or faith?

4. What do you long to hear God say to you? Another way to put it is: what is the ultimate question you are asking from the depth of your being?

5. You may have experienced a number of inner stirrings during this weekend. Open your heart to the Lord and ask Him to whisper into your heart whatever He wants to. Record what you hear Him say.

6. Then specifically ask Him to speak to you about who you are as a woman.
How does He see you?

How does He feel about you?

What does He desire for you?

Ask the Lord if He wants to speak to you a word or a name that represents how He sees you or feels about you.

If He does, then ask Him what that name means if you are unsure.

Sustaining Change

What are a couple of key takeaways from the morning?

We will share tomorrow morning on how to effectively re-enter your domain.

Our mission this weekend is to inspire and equip you to see and consistently win the Battle for your heart so that you:

- Increasingly come alive as a woman who is:
 - » Created in the image of God.
 - » Redeemed by Christ.
 - » Being restored by the Holy Spirit to reveal Christ to your part of His world.
- Are inspired and equipped to enter the battle for the hearts of those in your domain.

Identify a season of your life in which you have experienced significant, sustained, fundamental change.

What were the key elements?

What were the results?

What makes significant, sustained, fundamental change so difficult?

What are the results of a lack of change?

What are the results of sustained change?

Take a few moments and share with your partner what you gained from this reflection. We will take a sample of responses.

The Battle for the Heart incorporates Six Critical Elements of Change

1. **Truth:** the Four Realities.
2. **Energy:** redemption and restoration experienced in your whole heart.
3. **Path:** spiritual disciplines of The Battle for the Heart.
4. **Support:** your team and facilitator coaching for personal support and equipping to lead your team through its unique challenges.
5. **Time:** quantity, consistency, duration.
6. **Mystery:** change is dependent upon God. There are no formulas.

The Spiritual Disciplines and Structure as Tools

The Battle for the Heart draws upon ancient spiritual disciplines, such as reflective reading of Scripture, contemplative prayer, and the power of intimate fellowship, and places them in an organic structure.

Focus on the disciplines, not the structure:

The structure provides flexible tracks on which to run.

- Let the structure serve you.
- Are you experiencing God at all four levels of your heart?
- Are you experiencing the scripture at all four levels of your heart?
- Are you authentically responding to God and the scriptures? Follow the negative and the positive.

If you authentically engage in 80% of the meetings, 80% of the BPs, and consistently touch base with your peer partner, God will change your life.

On the following pages we cover:

- Schedule and Flow of the Battle for the Heart Process.
- Stages of a Healthy Team.

Module 1

Schedule and Flow

	Timeline	Event	Key Objectives	Tools/Skills
BWH Weekend		Battle for Women’s Hearts Intensive	<i>See the Battle</i> <i>Understand the Heart</i> <i>Gain the Framework of the Four Realities</i>	Elevator Model of the Heart Covering Vulnerability Building Community Experience the BLESS skills
		Battle for Women’s Hearts Debriefing (W1 &W2)		
Reality 1	Week 1	The Larger Story & God’s Heart	<i>Know the pursuing heart of God</i>	State of Your Heart Update: Knowing and sharing your own heart Going deeper in the Elevator Model of the Heart and Covering Vulnerability
	Week 2	The Larger Story & My Heart	<i>Know your heart</i>	
	Week 3	A Heart to Pursue & Be Pursued	<i>Share your heart</i>	
	Week 4	A Heart for Intimacy & Connection	<i>Deepen Biblical community</i>	
	Week 5	A Heart for Nurture		
	Week 6	A Heart to Be Irreplaceable in a Great Adventure		
	Week 7	Review of R1 & Celebration		
Reality 2	Week 1	Discover Your Part	<i>Understand your essence as a woman</i>	Clarifying What Is At Stake Tool
	Week 2	The Essence of Femininity	<i>Know what is at stake in your becoming the woman you were created to be</i>	
	Week 3	The Choice: What is at Stake		
	Week 4	What is at Stake Part 2		
	Week 5	The Way of Surrender & The Way of the Heart	<i>Embrace the Way to becoming that woman</i>	
	Week 6	The Way of Suffering & The Way of Glory		
	Week 7	Review of R2 & Celebration		

Module 2

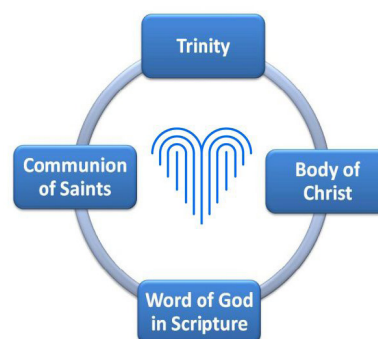
Schedule and Flow

	Timeline	Event	Key Objectives	Tools/Skills	
BYD Weekend		Battle for Your Domain Intensive: Baptism into the heart and skills of authentic Biblical community. Following the Battle for Your Domain, you and your team will continue with Team Equipping Module 2 covering Realities 3 & 4, lasting approximately 12 weeks.	<p><i>Explore the BLESS Skills</i></p> <p><i>Deepen your relationships as a team</i></p> <p><i>Begin to understand what it means to battle for the hearts of those in your domain</i></p>	<p>BLESS skills</p> <p>Elevator</p> <p>Engaging Process</p>	
	Reality 3	Week 1	Evil Hunts You: The Way of Pride	<i>Recognize the obstacles to becoming the woman you were created to be</i>	<p>Pose Framework</p> <p>BLESS skills</p> <p>Elevator</p> <p>Engaging Process</p>
		Week 2	Evil Distorts Our Choices and Desires		
		Week 3	Evil Distorts Our Thinking		
		Week 4	Evil Sets Us Up Through Experiences		
		Week 5	Repentance and Mourning		
		Week 6	The Way of Humility and God's Comfort		
		Week 7	Reality 3 Review		
Reality 4	Week 1	Opening My Heart to God's Love	<i>Discover how you will overcome those obstacles to win the battle and become the woman you were created to be</i>	SMART Action Steps	
	Week 2	Opening My Heart to God's Healing			
	Week 3	Opening my Heart to God's Word, the Body of Christ, and the Communion of Saints	<i>Celebrate the victories you have experienced with the Fellowship</i>		
	Week 4	R4 Review			
	Week 5	Four Realities Review			

Introduction to Team Equipping

Overall Goal

Through the Battle for Women's Hearts you will discover or deepen your understanding that your heart is the wellspring of your life; only through your heart can you discover and live in your part of God's Story. Therefore, there is a great battle raging for your heart. The only way you can win that Battle and live in your part of the Story that is yours and yours alone is through intimately engaging with the Fellowship that desires to protect you and propel you into that Story.



Your mission as a member of a Battle Team is to walk with your sisters through your brokenness and into the glory you were created for as a woman. In order to complete your mission, you must consistently surrender to the love of the Trinity, connect to the Body of Christ as represented in your team, become grounded in the Word, and be encouraged by the testimony of the Saints through the ages. As you grow in the Team Equipping process, you will see significant, fundamental, and sustained growth and change toward living, engaging, and leading from the heart which is the foundation of living in your part of God's Story.

In every great team there is a dynamic interplay between mission and relationship. There has to be a clear mission we are moving toward and a deep awareness that the mission can only be met through authentic, loving relationships.

How does the Team Equipping Process Work?

You will stay engaged in the Battle and accomplish the Team Equipping goals by:

- Completing five daily Battle Preps (BP's) that connect you to God's love, grace, and truth through a reflective experience of scripture. These BP's provide the foundation for your weekly team meeting.
- Committing to a Team Meeting once a week to engage on all four levels of the heart with one another and to share how you are experiencing the scriptures. Meeting guidelines focus on working out the Four Realities in your daily life and relationships, beginning with the relationships within your team.
- Checking in with your team prior to the weekly meeting through a brief email update. This update, called the State of Your Heart, lets your team know where you are as you come into the meeting and facilitates your awareness of all four levels of your heart.
- Connecting with one of your teammates by phone or in person during the week.

Let's look at each of these elements in more detail.

DAILY BATTLE PREPS

Most women are aware of their need to regularly spend time with God but seldom do because they either do not know how, or they struggle with feeling a lack of connection with God and give up. We have discovered that it is vital that you overcome these challenges and discover how to live in daily intimacy with God and His love, grace, and truth. It is vital because without intimacy with God the enemy will eat your lunch, and will probably do so before you even leave the house in the morning!

The daily Battle Preps are not studies, but instead offer a way to reflectively engage your entire being with God and His Word. As you personally grapple with the daily Battle Preps, and then weekly with your team, we trust you will develop the desire and discipline of daily intimacy with God. The fruit and satisfaction will be so worth it that you continue coming back for more.

The Battle Preps consist of four areas:

1. Awareness of God and yourself
2. Encounter God and yourself through scripture (usually a brief passage)
3. Commit
4. Move out into your domain with courage, beauty and love

The daily Battle Preps will help prepare you to face your daily challenges as well as prepare you for the weekly team meeting.

- Ways of approaching Battle Preps
- Opening section: follow the negative or positive
- If questions become redundant relax and just ask the HS to guide you.

TEAM MEETINGS

A weekly meeting lasts approximately one and a half to two hours. Clear meeting guidelines are provided which are focused on engaging, not teaching.

Your team meeting will be facilitated by one of your teammates, who will be supported by bi-weekly equipping calls with Wellspring staff and volunteers. Your facilitator will receive training, encouragement, guidance around obstacles and challenges, and wisdom for the task of helping your team grow in the heart and the skills that are needed to engage each other well. (More details on how facilitation works are provided below.)

The team meeting guidelines are designed to effectively equip an inexperienced facilitator to lead her team well. Used in an organic, living way, the team meeting guidelines will greatly help you and your team reach your objectives. Given most women's schedules, if everyone is there 80% of the time you will do well.

Since you will be touching on emotional issues at times, watching film clips together, and praying for one another, restaurants or coffee shops are not optimum. A home or office is a more conducive environment for your team meetings. Meetings are designed to be in person, but if needed on occasion, having a phone conference works.

STATE OF YOUR HEART UPDATES

A vital part of staying connected with your team is sharing with them how living the Four Realities is affecting your day-to-day life. The State of Your Heart update is how you will share that with them. Once a week, as a part of your Battle Prep time, you will be invited to reflect on a situation, event, relationship, or circumstance that has been significant for you during the week. Using a guided process based on the Elevator Model of the Heart, you will consider what you are thinking, feeling, desiring, and choosing in that situation. Then you'll send that reflection out to the rest of your team, giving them the opportunity to pray for you, contact you, and connect with you during that week's Team Meeting.

CONNECTING WITH A PARTNER

In an effort to stay connected relationally, you and a partner from your team will touch base at least once during the week. This contact may be through a phone call, a meal together, or over a cup of coffee. The key is to check in with your partner and find out how she is doing, what challenges she is facing, how her Battle Preps are coming along, and to follow up on any action steps or growth points that she has committed to. You will change your partner at the end of each Reality.

What makes Team Equipping distinctive?

The Battle for the Heart	
Less Emphasis On...	More Emphasis On...
Searching Scripture for answers	Experiencing God in Scripture
Defining and exposing sinful behavior	Uncovering the energy and the patterns behind sin
Giving advice	Asking open-ended questions
Trying harder to live the Christian life	Living from a whole heart out of the Four Realities
Developing strategies for handling life's challenges	Identifying what is truly at stake in life's challenges
Implementing a new program or principles	Sustaining significant and fundamental change
Seeking what God wants you to be doing	Discovering who God has created you to be

FACILITATOR EQUIPPING

WG is committed to the success of your team and recognizes that facilitating an engaging group is very different from what most women are used to. Therefore, we are committed to equipping facilitators to succeed. Each facilitator is placed in a cohort of three to four facilitators to provide hands-on equipping and remains part of this cohort throughout the entire Team Equipping process.

Cohorts meet at a mutually agreeable time by phone for one hour every two weeks. These calls are vital to facilitators and teams, as they provide support for the facilitators, model specific skills in engaging from the heart, address practical issues, guide the facilitators through the process and provide feedback for Wellspring Group. Participants usually develop a close fellowship and commitment to each other and look forward to the growth and fellowship of these calls.

SMALL TEAMS

The ideal team is composed of four members. Any more than four makes it difficult for everyone to have significant engagement in the allotted time. With fewer than four, you lose some benefit of diversity of experience and perspective.

ENGAGING, NOT COUNSELING

A Battle Team is an engaging group, not a counseling group. If a sister is experiencing something that is keeping her from being able to appropriately function in life, it is critical that she seek counseling. Your Battle Team is not designed, nor equipped, to handle this level of distress. Ideally, the sister will continue with the Battle Team and share her progress so the team can appropriately support her.

Making the investment and counting the cost

TIME INVESTMENT

The Team Equipping process takes ten to twelve months and is divided into two 16-week modules. In between Module 1 and Module 2 the team attends the Battle for Your Domain weekend which provides the skills to effectively engage Realities 3 and 4.

We have discovered that the most successful Battle Teams are those whose members are committed to participating in every aspect of the process. Ideally, you will want to set aside enough time during each week of the process to:

- Complete your Daily Battle Preps (30 minutes a day/ 5 days a week)
- Connect with your Peer Partner at least once per week (15 minutes)
- Send out your State of Your Heart update 24 hours prior to weekly Team Meeting (20 min)
- Prepare for weekly Team Meeting (15-30 minutes)
- Participate in weekly Team Meeting (1.5 to 2 hours)

In addition to the above items, Team Equipping Facilitators are expected to:

- Send out State of Your Team update 24 hrs prior to Facilitator Equipping Call (15 min)
- Send out State of Your Heart update 24 hours prior to Facilitator Equipping Call (20 min)
- Participate in bi-weekly Team Equipping Facilitator Equipping Call (1 hour every 2 weeks)

FINANCIAL INVESTMENT

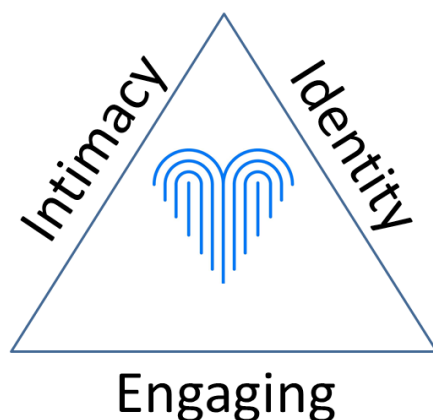
The cost to participate in the Battle for the Heart for Women covers the initial intensive as well as Team Equipping Module 1, including the bi-weekly facilitator equipping call and the materials. All Team Equipping materials are copyrighted; therefore, we ask that you not make duplicates for anyone who has not purchased a guidebook and who is not participating in the Team Equipping process. An ongoing relationship with WG is an essential component for the success of the team.

GREAT RISKS? GREAT REWARDS

Our experience has shown that if you are willing to trust God in this process, you will significantly grow in:

1. Making the 4 Spiritual Realities central to your life: God has chosen you for His Larger Story, you have a unique part to play in that Story, evil is hunting you and the Fellowship desires to protect you and propel you into your part.
2. Consistently living out of an integrated heart (defined Biblically as your thoughts, feelings, desires, and choices).
3. Confidently bringing the heart and skills of engaging into all of your relationships.

What are the practical ways we have seen this play out in those who have experienced such growth?

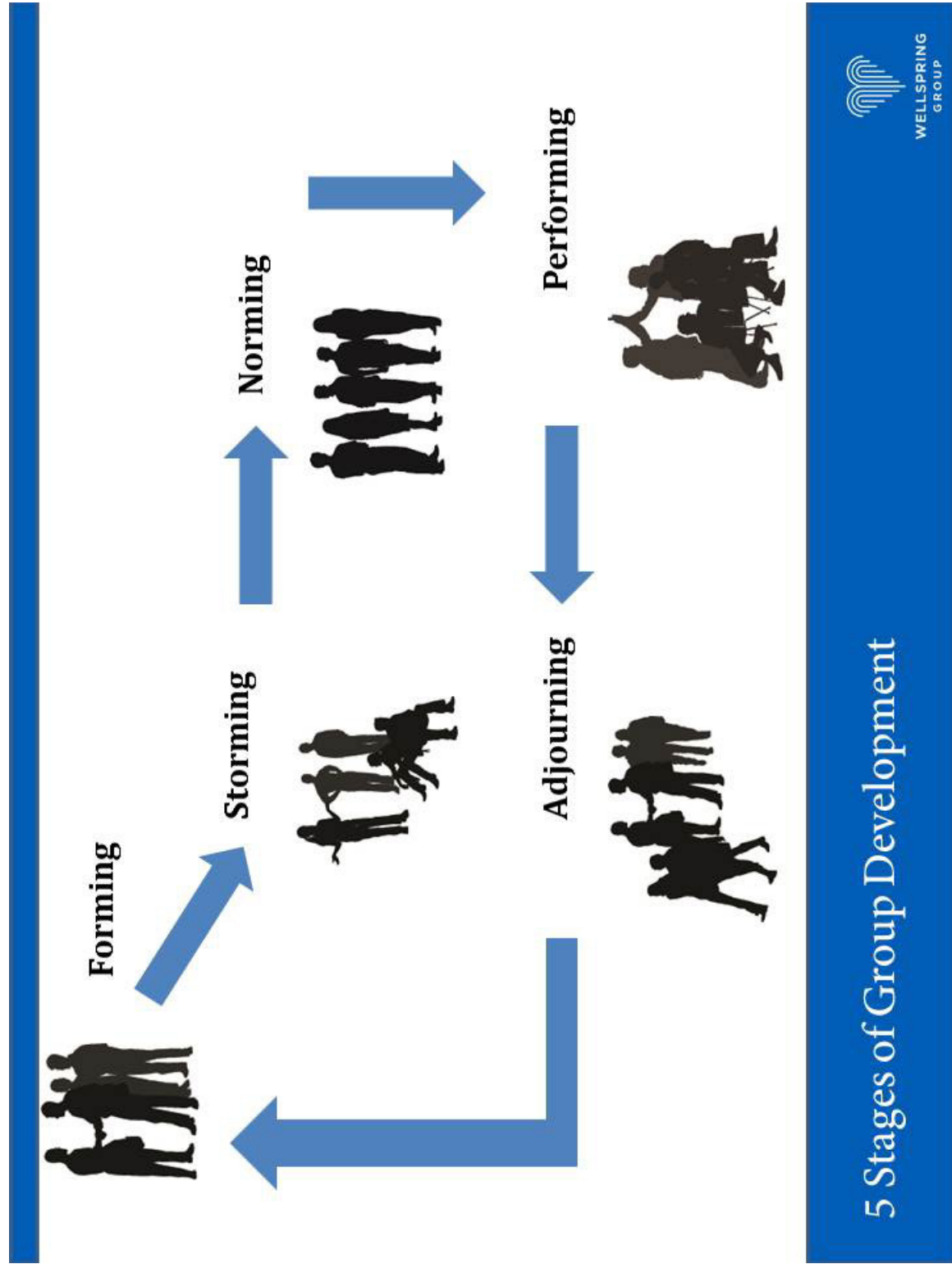


COMMITMENT TO JOURNEY TOGETHER AS A FELLOWSHIP

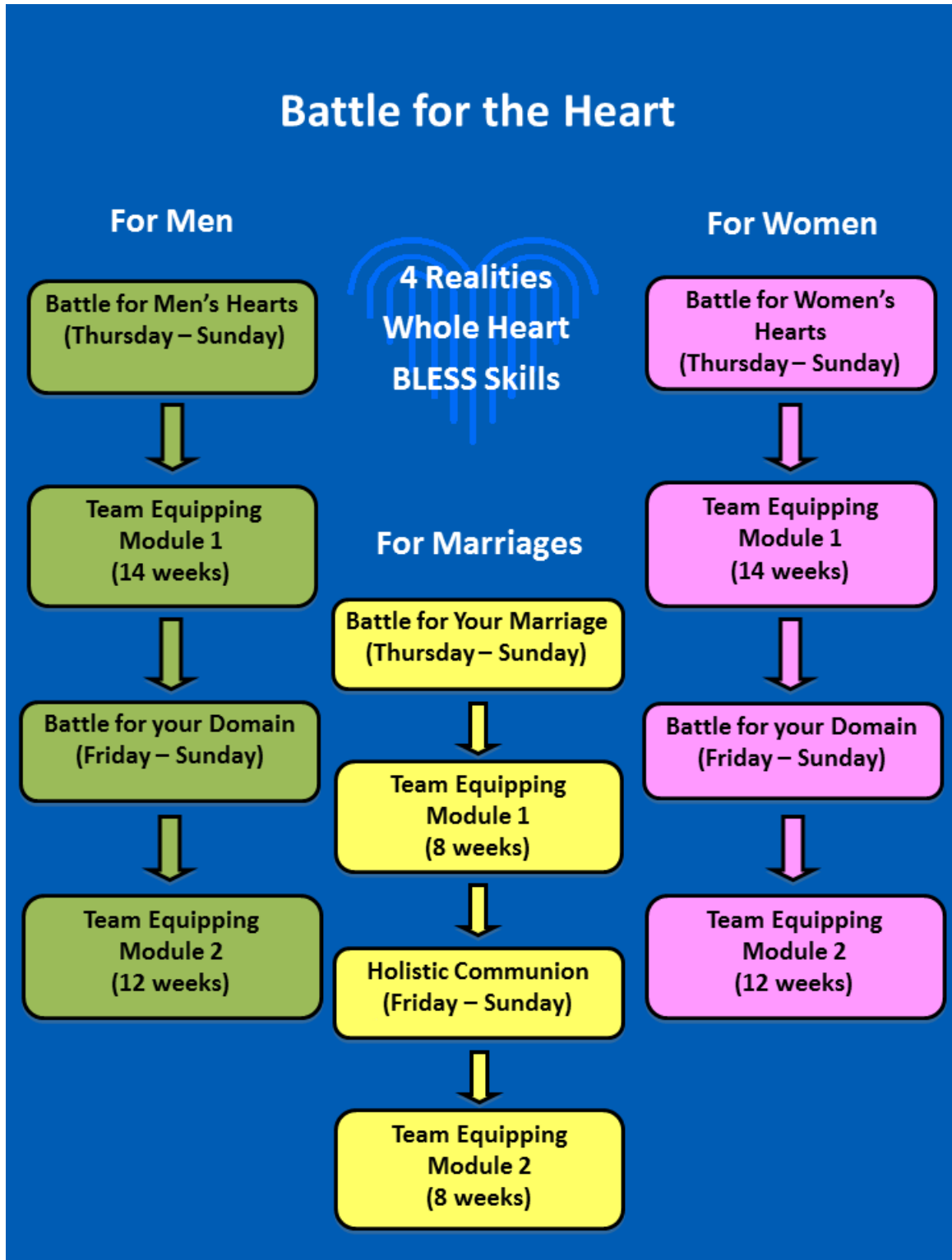
Please review the Team Equipping commitment that follows. Then discuss, sign, and turn it into the facilitator of your group.

OUR INVITATION

We invite you to join us on the next step in becoming the woman God created you to be, redeemed you to be, and is restoring you to be. Our prayer is that the Team Equipping process will truly inspire you to live and engage in true feminine courage, beauty and love with all who will receive it, inviting them into life and rest. As you do you will grow in discovering your part in God's Larger Story to the blessing of the world and the glory of God!



5 Stages of Group Development



Reality 4C: A Fellowship Desires to Protect You through Your Sisters & Brothers

BOTTOM LINE: *To become the women God created us to be, we need the Fellowship to give us courage in the battle.*

MAJOR POINTS:

- I. We need the Fellowship to give us courage in the battle.
 - II. Men and women are uniquely created so that together we more fully reveal the glory of God.
-

Reality 4C: A Fellowship Desires to Protect You through Your Sisters & Brothers

Review

God has chosen you for His Larger, Eternal Love Story.

He has given you a part to play. To discover your part you must embrace the Way of Humility.

Evil is hunting you to steal your inheritance as a son, kill your heart, and destroy your capacity to fulfill your part in the Story.

The Fellowship of the Trinity, the Body of Christ, the Word of God and the Communion of Saints desires to protect you from Evil and propel you into your part of the Story.

This morning we invited you to receive the Fellowship and move into your part as you:

- Surrender to love, repent, allow yourself to grieve and experience the comfort of the Trinity.
- Hear the voice of the Father's love and validation.

We now consider how the Trinity speaks to us through our brothers and sisters.

I. We need the Fellowship to give us courage in the battle.

To fulfill your part—your mission to be a woman who engages with courage, beauty and love, inviting your domain into life and rest—requires tremendous courage.

The English word courage comes from Old French “corage” (Latin cor = “heart”).

Why do we need courage?

We are tempted to lose heart/courage to overcome in the midst of the challenges of life.

To lead the people of Israel into the Promised Land, Joshua needed the Fellowship.

Deuteronomy 1:28 – “Where can we go? Our brothers have made us lose heart. They say, ‘The people are stronger and taller than we are; the cities are large, with walls up to the sky. We even saw the Anakites there.’”

They lost heart and wandered 40 years in the desert until the next generation was ready to enter the land. Still they needed courage.

God chose Joshua, a seasoned leader and warrior to lead the people into the land. Yet he still needed courage to fulfill his part in the Story.

In the following passages note:

Moses speaks to Joshua.

God speaks to Joshua.

The people speak to Joshua.

Deuteronomy 31:7-8 – Moses speaks to Joshua in the presence of Israel:

Be strong and courageous because

God is with you.

You will lead the people into the land.

Deuteronomy 31:23 – God speaks to Joshua:

Be strong and courageous because

You will lead the people into the land.

I will be with you.

Joshua 1:1-9 – God speaks to Joshua to

Be strong and courageous (three times):

For you will lead these people into the land.

I will be with you; I will never leave you nor forsake you.

Do not be afraid or discouraged because the LORD your God will be with you.

Joshua 1:16-18 – Finally the people speak to Joshua:

We will follow you.

We will deal with those who do not follow.

Just be strong and courageous.

To fulfill God's purpose for our lives, we need the Fellowship.

What gave Joshua the strength and the courage to fulfill his part?

- Knowing the Presence of the Fellowship:
 - » God is with me.
 - » The people are with me.
- Purpose:
 - » I will lead the people into the land.

Joshua was a seasoned leader and warrior, yet he still needed the Fellowship of God, Moses and the people to give him courage to fulfill his part in the Story!

How much more do we need the Fellowship to give us courage through:

- Affirming Presence:
 - » We are with you.
 - » You are not alone.
 - » We will do . . .
- Affirming Purpose:
 - » You are a woman.
 - » You can do . . .
 - » You will come through.

God comes to us in the incarnation of Jesus. He is Immanuel: God with us.

God comes to us through the Holy Spirit. Jesus said it was better that He goes away and sends the Holy Spirit to us (John 16:7).

Then God comes to us through His presence in our sisters and brothers.

In John 15:9 & 12, Jesus says:

- *As the Father has loved me, so have I loved you.*
- *My command is this: Love each other as I have loved you.*

To experience courage, to overcome fear and discouragement and become the women God created us to be, we need to experience the love of Christ through our sisters and brothers, particularly as they “speak the truth in love” (Ephesians 4:15-16) and seek to “spur us onto love and good deeds” (Hebrews 10:24) by:

- Calling out our glory:
 - » Seeing the glory of God in us and naming it.
 - » Identifying positive impact.
- Challenging our distortions:
 - » Identifying negative impact from those distortions.
 - » Going into the hard places with each other so that the distortions are redeemed and the glory is revealed.

We become the echo of God’s voice to one another as the Body of Christ.

Only the voice of God can validate a woman.

When our affirmation echoes the validation of the Father, others are changed, inspired and equipped.

What does this require in our relationships?

- Relational capital.
- Trusting one another.
- Inviting others to speak into our lives: giving them expressed permission, committing to being open and allowing them to challenge us if we’re not open.
- Living from our whole hearts: know your own heart, and connect with others in their whole hearts.
- Letting yourself be affected by this person, positively or negatively, and then effectively communicating that impact.
- Risking being hurt, disappointed again and then being honest about it.
- Living from the Larger Story: seeing who you are, who they can be, and fighting for their hearts.

The Fellowship of Men and Women

God comes to you by His Spirit, through His Word, and through your sisters and brothers.

Your sisters mediate God's presence in a way that only they can. Their voices have power in your life. They bring their courage, beauty and love and invite you into life and rest.

Your brothers mediate God's presence in a way that only they can, including your husband if you are married and your brothers in general. Their voices have unique power in your life. They bring their strong and loving presence and offer you life and growth.

You have that same powerful presence in their lives as you bring to your sisters and brothers your courage, beauty and love, inviting them into life and rest.

Walking in the fellowship of our sisters and brothers, offering and receiving our unique expressions of God's heart, we more fully become the men and women God created us to be in union with Him and each other.

Cinderella Man clip - The Argument

Mae	Jimmy
Rational	
Feelings	
Desires	
Volitional	
What did you discover about their desires and their choices?	

What do you observe about the relational style of Jimmy and Mae in this clip?

Jimmy



Mae



Cinderella Man clip - In the Locker Room before Jimmy's Fight

As you experience this clip, respond to the following:

What feelings are stirred in you?

What desires?

What will it take to fulfill those desires?

What do you observe about Mae?

What happened to her way of relating?

What motivated the change?

What do you observe about Jimmy?

How is he affected by Mae's affirmation?

His relational style?

Spirit Guided Reflection

Reality 4C: A Fellowship Desires to Protect You through Your Brothers and Sisters

1. Review the *Cinderella Man* reflections and reflect on what happened in you as you watched the clips.

What was particularly significant for you?

What desires or pain was stirred?

How do you sense God wants you to respond?

2. How did it affect you to see that below their conflict Jimmy and Mae had the same deep desires?

Where do you see that happening in your close relationships?

In the midst of conflict where do you tend to be on the engaging scale? (Manipulating, shutting down, inviting?)

In those relationships, what might happen if you could engage with courage, beauty and love:

By effectively inviting them to express their desires and truly hearing them?

By expressing your deep desires in a clear and loving way?

What would that take to be able to do that? For example, what would you have to believe?

From Section 1: Our need for the Fellowship to give us courage in the Battle.

1. As you understand it today, what is your purpose?

As a human being?

As a woman?

2. Joshua's assignment was to lead the people into the Promised Land. What are your key assignments as a woman?

3. When you consider your purpose and your key assignments what happens in your heart?

Courage?

Commitment?

Fear?

Discouragement?

4. If you deeply knew that God is with you in the Battle right now, how might that affect you?

5. If you deeply knew that your sisters and brothers are with you in the Battle right now, how might that affect you?

6. How could you invite God and your sisters and brothers into the battle with you?

What do you need to ask them for?

How might you give them specific permission to call out your glory and challenge your distortions?

7. Spend a few moments reflecting on the relationships listed below, and consider how you might come alongside them in their battles.

Your team?

Your spouse if married?

Friends?

Teammates at work?

Other?

8. Then zero in on 1-2 relationships and consider how you might affirm:
God's presence with them.

Your presence with them.

Your commitment to see them fulfill God's purpose for their lives.

In your next team meeting you will review how to "Call out the Glory" of your team, and you will do that tomorrow morning in your final team meeting.

Saturday Team Meeting

Team Meeting Objectives

In this team meeting you will:

- Engage each other over what you gained from the sessions today.
- Seek to help each other move down the elevator to emotion and desire.
- Review the Sunday morning schedule and identify needed preparations.

Dinner Discussion (40 minutes)

After some general visiting, consider using the following questions from Reality 4C:

- What are one or two of your most significant takeaways from the day?
- How did you experience the Elevator Model of the Heart and the *Cinderella Man* clips?
- How did you relate to the issue of being set free from taking your question to the man?

Follow up significant words to take them deeper. For example, what was awesome, exciting, challenging about that?

Main Discussion (70 minutes)

Review your responses to both of the following Spirit Guided Reflections:

- Reality 4A: A Fellowship Desires to Protect You as You Surrender to Love
- Reality 4B: A Fellowship Desires to Protect You Through the Voice of God

POSSIBLE QUESTIONS

For Reality 4A:

- How did you experience the section about getting in touch with what failing to be the woman you are created to be costs you, God, and those you love?
- Did any of you get in touch with deep sorrow or mourning?
 - » How did that affect you?
 - » In what way did you experience the comfort of Christ?

For Reality 4B: Review your reflection time

- What most spoke to you in this time?
- How did you experience God's love and affirmation during the morning sessions or reflection times?
- What was that like for you?
- What does that say to you about you or about how God views you?

Prepare for Sunday (10 minutes)

Turn in your guidebook to the Sunday morning team meeting.

Read the section called Calling out the Glory of a Woman.

Your facilitator will hand out Calling out the Glory cards, may give additional preparation instructions and will answer any questions you have about the Sunday team meeting or necessary preparations.

Wrap-up (10 minutes)

How did you experience this meeting?

Sunday Team Meeting

Team Meeting Objectives

In this team meeting you will:

- Seek to share all four levels of your heart with your team mates and give courage to one another in the Battle for your hearts and your domains.
- Reflect on your experience this weekend and identify two actions steps for follow-up.
- Discuss your next step as a team.
- Provide written feedback to help Wellspring Group staff, speakers and your facilitator grow in excellence.

Team Meeting (135 minutes)

Review the Guidelines (5 minutes)

Becoming an Echo of God's voice by Calling Out the Glory of a Woman:

During our last team meeting you will have an opportunity to share from your heart with the women in your team. This is not a time to give counsel. This is a time to share from your heart what you see God doing in this person's life, how you experience her, and to affirm the unique glory that is hers. You are seeking to call out of each woman what God has and is putting into her. You will use words, but seek to use words that come from your inner being. This will be difficult for many of us, but the result is worth it! To do this you must share honestly and authentically. It may feel artificial if you aren't used to it, but if it is authentic it will feel healthy/good to you and to each woman you share with. Your facilitator has been a vital part of this process so prepare to call out the glory you have experienced in her as well.

To help you prepare and to give each woman a record of what was shared, please write out what you want to share on a 3X5 card that you will receive on Saturday. You don't have to read the card, but it can guide your sharing. Below are some questions to guide your preparation.

We will use the four levels of the heart to prepare to share with each other.

You don't have to share from each area, but work hard to go deeper than just what you observe on the rational level.

WHAT HAVE YOU OBSERVED ABOUT THIS WOMAN? (RATIONAL)

- How have you seen the glory of God uniquely expressed in her?
- What key characteristics draw you to her?

- How have you seen her grow?

“I’ve seen you grow more confident of who you are in Christ.”

“I’ve seen you become more willing to open your heart and share with us as sisters.”

“I’ve seen courage in your willingness to engage with . . .” (us, your spouse, or your children)

HOW DOES WHAT YOU HAVE OBSERVED AFFECT OR IMPACT YOU? (EMOTIONAL)

- What happens in you when you experience her, particularly what you saw, glimpsed, tasted of the glory of God in her? For example, I am encouraged, excited, drawn to her, joyous.
- How have you experienced her growth?
 - » Share how the things you have observed affect you. How does it affect you when you see her courage or tenderness? What does it inspire you to be or do?
- What was that like? What happens in you when you experience her? For example, I feel valued, significant, loved, affirmed.
- What happens when you see her not expressing the glory of God in general or in relation to you? For example, I feel sad, dismissed, not valued, angry.

AS YOU EXPERIENCE THIS WOMAN, WHAT DESIRES ARE STIRRED IN YOU? (DEEP DESIRES)

- What would you like to see or experience more of in her?
- What do you desire for her? For example, “I have felt your courage, and it inspires me to grow. I long to see more of that in you for my sake and for all those around you.”
- What do you desire from her? For example, “I long for you to carry your weight in my life. I need your support to be the woman God wants me to be.”

AS YOU EXPERIENCE THIS WOMAN, WHO DO YOU SEE SHE COULD BE? (This touches desire in her.)

- Who could she be if she moved fully into her glory?
- If she became this woman what might happen?
- How might it touch your life, those she loves and the kingdom?

CHALLENGE/GENTLE SPURRING (Handle with care and only if you feel that now is the right time.)

- What do you see that may be keeping her back from experiencing her glory? If you sense that God wants you to share this, how can you do so in a way that is encouraging, not discouraging? For example, “It seems to me that this struggle/pattern/sin/Pose in your life is holding you back from truly expressing your beauty/courage/leadership to your domain. When you hold back, I’m negatively affected (explain how). When you truly express your unique beauty, I am positively affected (explain how), and I believe many more people will be as well.”

This is tentative, “It seems to me.” It notes what you perceive is holding her back. Then it puts it into a positive light that speaks to who she can be.

- It may be helpful to share what you see is at stake in her life and domain if she chooses to address this area.

In your challenge you want to make sure that you are calling her into her glory: the woman God created her to be, Christ has redeemed her to be and the Holy Spirit is restoring her to be. Paint the picture of who you see she can be as she allows the Holy Spirit to address this area in her life. By doing this you are speaking to her desires. By now you probably know her unique desires, so speak to those. Even if you are unsure of her unique desires, know that all women long to love and be loved, to invite those they love into life and rest, to offer beauty, and to be an irreplaceable part of a Larger Story.

TO SEE HER BECOME THIS WOMAN WHAT ARE YOU WILLING TO DO? (VOLITIONAL)

- “I am willing to walk with you to get there . . .”
- “What would it look like for you to support you in this area?”
- “I am willing to take a risk and invite you to look at this area of your life in a new way.”

Calling Out the Glory of your Team (75 minutes)

How we will share:

- You will affirm your facilitator last.
- If there are four participants and one facilitator you will have approximately 13-14 minutes per woman including the facilitator. So please try to share in around 3 minutes or less including the response.
- Follow the general process of focusing on one woman and let each sister affirm her. Then ask the one being affirmed how this affects her. For the sister receiving try to discern how the affirmation touches your feelings, desires, beliefs about yourself or God, and the choices you want to make going forward. Then share that with your sisters.
- Be liberal with celebratory hugs.

Reflection: How have I experienced this Battle? (15 minutes)

Look back over the whole experience and reflect. (You can refer to the key takeaway questions you answered on the first pages of the following sessions: Reality 2A, Reality 3, Reality 4A, and Intro to the Battle for the Heart Process. See the table of contents for page numbers.)

Rational: What are the two most significant insights I’ve gained?

(This may be about God, yourself, your relationships or about your domain.)

Feelings: What have I discovered about my feelings?

What feelings have been most significant for me?

Desires: What have I discovered about my desires?

What are some of the deep desires I got in touch with?

Taking Action Personally (10 minutes)

Take 5 minutes to write these down and 10 minutes to share with each other.

In light of what I've experienced what are two key action steps I will commit to with the support of The Fellowship?

Action step 1

What kind of support do you need?

Action step 2

What kind of support do you need?

Email updates within one week or ten days involving each person is often an effective way to give courage to one another.

Taking Action as a Team (5 minutes)

You may also need some time to decide on your follow up steps as a team such as the plans for your two debriefing meetings and whether or not you will consider the Team Equipping process.

Evaluations (15 minutes)

Your feedback is vital information for WG staff, speakers and your facilitator as we seek to grow in excellence! Please take 10-15 minutes to fill this out and return it to your facilitator before you leave.

Prayer & Wrap-up (5 minutes)

***Dismiss no later than 11:00. The next session starts at 11:15.**

The Battle for Your Domain

We began this Battle for your Heart Thursday afternoon seeking to answer the questions:

- Why are we here?
- What will we do?
- How will we do it?
- What will you experience?
- Who will serve you?

Why are we here?

WHY ARE YOU HERE? (take a few moments to respond)

Have your expectations been met?

How has God surprised you?

What is He up to that is far beyond what you could have imagined?

Our team is here to inspire and equip you to:

See and consistently win the Battle for your heart so that you increasingly come alive as a woman:

- Created in the image of God.
- Redeemed by Christ.
- Being restored by the Holy Spirit to live in the full glory of engaging your domain with courage, beauty and love to the glory of God and the blessing of your domain.

What did we do?

- Identified the Battle for your heart!
- Gave you a framework for the Battle that if you integrate into your life you will win the Battle for your heart and you will enter the Battle for your domain as the woman you are created to be!

How did we do it?

- Taking you through a guided process of experiencing truth, reflecting, and sharing with your sisters.
- You engaged the Fellowship.

What did you experience?

We hope that you began or deepened your experience of the following objectives.

Take a few minutes to review these objectives and reflect on how you engaged each one this weekend.

- **See** that the context of your life is a Love Story and in that Love Story there is a fierce Battle for your heart.
- **Recognize** the Four Levels of your heart and get in touch with some of the deep desires God has placed in your heart.
- **Begin to see** that fulfilling your part in the Story starts by being a woman who engages your domain with courage, beauty and love, inviting your domain into life and rest.
- **Embrace** the way of humility in becoming the woman God created you to be, and you long to be.
- **Identify** at least one element of your Pose framework and begin to address it.
- **Begin to mourn** the losses of the fall, the way you have responded through your Pose, and move toward repentance.
- **Experience** the Fellowship that desires to protect you through knowing God's love and voice of validation.
- **Taste** the power of feminine intimacy in the context of divine love.
- **Commit** to one or two next steps toward becoming fully alive as a woman engaging your domain with courage, beauty and love.

As you continue to grow in recognizing and winning the Battle for your Heart you now must Engage in the Battle for your Domain: the hearts of the men and women God has placed in your sphere of influence.

How will you engage in this Battle?

Remember the context of your life: God has created you for His Larger Story.

Remember the target for your life: God has given you a part to play, to reveal and represent Him in your domain now and forever. Be a woman: engage in courage, beauty and love, inviting your domain into life and rest.

- God has created you for this: He gave you the gift of His image.
- He redeemed you for this: He gave you the gift of His Son.
- He is restoring you for this: He gave you the gift of His Holy Spirit.

Then He gives you as a gift to your domain as you walk in deep humility.

What is the greatest gift you can give back to your domain?

Become the woman God created you to be.

As you become that woman, you will be set free from taking your questions to others so that you may love them.

Prepare now to share with others when you return. Consider how much and when.

In choosing what to share, review the reflection questions from your last team meeting: Share what God is doing in your heart.

1. Share what you've experienced. How you were moved. Action steps you want to take with your team. Give them space. Let them know what you would like going forward.

Focus on becoming more aware of your own heart and sharing your heart more openly with them.

- Don't always share what you are feeling!
- Sometimes you need a strategic withdrawal.

Note for those who are married: If you have now both experienced the Battle for the Heart event, how can you move together into all that God has for you individually and together?

2. Make no promises; just change by the love, grace and truth of the Trinity.

3. As appropriate, repent to those you have wounded. For example:
 - “I recognize that my choice negatively affected you.” (If the time is right, you might share what you are seeing about what was behind your choices. This may involve your Pose.)
 - “I deeply regret the pain I’ve caused you.”
 - “In your time and way when you are ready I’d appreciate your forgiveness.”
4. Be careful about using Wellspring speak and skills.
 - Don’t return and start asking lots of questions; share your desire to connect with them. How can you most effectively do that?Seek God, asking how He wants you to be a channel in meeting their desires.

To those who have children:

In age appropriate ways open your journey to them, so they see what it means to be an authentic person and Christian.

Speak to who they are as persons.

- How do you communicate to your son that he is a man?
- How do you communicate to your daughter that she is a woman?

Your sons and daughters long to hear from you.

- Discern and pursue their hearts.
- God has chosen you to echo His voice.
- He created your children to long for your blessing. Give it to them.

Remember that you will fail: there was only one perfect parent and His kids really messed us all up.

- As you fail, genuinely ask forgiveness.

As you think about offering the greatest gift you can give your domain, where do you need to start?

Remember the obstacles:

EVIL IS HUNTING YOU TO KEEP YOU FROM BEING THIS WOMAN IN YOUR DOMAIN.

Recognize that you will probably have an emotional and physical let down as you return. Prepare for that.

The enemy will seek to hit you hard. You do not know when or how it will come, but it will come. Get ready. It may hit you when you walk out our door and in your door. Be prepared. Engage with love and courage!

If some major areas of pain or relational brokenness have come to the surface, consider seeking godly counsel, which may involve a person gifted and trained in counseling or spiritual direction.

WHAT WILL IT TAKE FOR YOU TO OVERCOME THE OBSTACLES TO BECOME THIS KIND OF WOMAN?

The Way of Humility, which empowers you to Engage the Fellowship:

- Surrendered to the Trinity.
- Vitally connected to the Body as represented in a small group of women.
- Grounded in the Scripture: consistent life-changing, transformational encounter with the love, grace and truth of Scripture at all four levels of your heart: Hebrews 4:12-13.
- Surrounded by the Communion of Saints: Hebrews 11:39-12:4; 2 Cor 4:1, 16.

We are calling you to a radical, counter-cultural, life-changing, intimate relationship with the Fellowship.

We are offering you a path and support on the path:

- The “Taking the Battle Home” Debriefing process: 2 weeks.
- The next step in the Battle for the Heart is Team Equipping Module 1.

What is at stake in your decision to lose your life that you might truly gain it?

Living in a radical, counter cultural, life-changing intimate relationship with the Fellowship will cost you everything.

Your opportunity for that relationship cost the Father the death of His Son. It cost the Son the price of incarnation, suffering, separation from the Father and death.

To gain your life, you must lose it.

You must embrace suffering, crucifixion, and death to enter into resurrection, life and the glory of becoming the women you were created to be, Christ redeemed you to be and the Holy Spirit is restoring you to be.

You are winning the Battle for your hearts. You are becoming women who engage your domains with courage, beauty and love, inviting them into life and rest. You will win the Battle for your domains one heart at a time.

It is a privilege to be in the Battle for the Heart.

Friday Morning Battle Preparation

Awareness of God and Yourself

Good morning. Pause and know God is present with you. The God of the Larger Story has chosen you to be here, to give you a part to play in the eternal Story He is writing. Rest in His choosing you, loving you, and drawing you. Offer your heart—whatever you are feeling or thinking—to Him. Trust Him for your life, for what He has for you this day.

Encounter God and Yourself in Scripture

Slowly read **Matthew 26:36-46** as if you were there, but don't fall asleep. 😊 You are fully alert, and you are praying for yourself and for Jesus. You may want to slowly read it again seeking to let yourself experience the scene. This may be difficult for you, but give it a shot and see what happens!

What most strikes you about this scene?

How do you see Jesus functioning in the fullness of who He is as a man?

What is Jesus rationally aware of?

What is happening in Him emotionally?

What does He desire?

What does He choose?

What do you sense led Him to make that choice?

Commit Yourself

As you seek to experience this scene, what is happening in your inner being? Go beyond observations and seek to know what you are feeling and desiring. Then what do you want to choose?

Prepare to Move Out

Commit yourself to the Father's compassionate care. Open your heart to whatever He has for you today. Prepare to engage. Read the Four Realities Prayer located in the Toolbox.

- ✓ Review Reality 2A in this guidebook. We will cover this Reality in the first session.

Saturday Morning Battle Preparation

Awareness of God and Yourself

Quiet yourself in the presence of the God who created you for glory and honor. Recognize how far you have fallen from that glory. Know that in your fallenness the Father loved you so much He sent His Son to die for you, to give you life and to restore you to the glory He created you for. Let the truth of His love and grace deeply sink in. Give thanks.

Encounter God and Yourself in Scripture

Read **1 John 4:16-19**. John is called the apostle of love. Read this passage again imagining that you are in John's presence and he is sharing this with you.

As you listen to John, what most stands out to you in his sharing?

If you are truly honest with yourself, what are the fears that most affect you?

Commit Yourself

If you deeply knew the love of God, how would it impact those fears?

Read the following quote by Dr. David Benner from *Surrender to Love*: pp. 76-77

The single most important thing I have learned in over thirty years of study of how love produces healing is that love is transformational only when it is received in vulnerability... It is not the fact of being loved unconditionally that is life-changing. It is the risky experience of allowing myself to be loved unconditionally.

Paradoxically, no one can change until they first accept themselves as they are. Self-deceptions and an absence of real vulnerability block any meaningful transformation. It is only when I accept who I am that I dare to show you that self in all its vulnerability and nakedness. Only then do I have the opportunity to receive your love in a manner that makes a genuine difference.

Daring to accept myself and receive love for who I am in my nakedness and vulnerability is the indispensable precondition for genuine transformation. But make no mistake about just how difficult this is. Everything within me wants to show my best “pretend self” to both other people and God. This is my false self—the self of my own making. This self can never be transformed, because it is never willing to receive love in vulnerability. When this pretend self receives love, it simply becomes stronger and I am even more deeply in bondage to my false ways of living.

Both popular psychology and spirituality—even popular Christian spirituality—tend to reinforce this false self by playing to our deep-seated belief in self-improvement. Both also play to our instinctual tendency to attempt to get our act together by ourselves before we receive love.

What most strikes you about this excerpt?

What would it take for you today, “to dare to accept myself and receive love for who I am in my nakedness and vulnerability”?

Prepare to Move Out

Offer yourself to God, knowing that He does indeed love you right where you are. He has ordained this time for you. Move out in the confidence of that love. Read the Four Realities Prayer located in the Toolbox.

Sunday Morning Battle Preparation

Awareness of God and Yourself

Take a deep breath and relax. Wow, you have made it to Sunday morning! Spend a moment just reflecting on what you have experienced. Give thanks for whatever it is: good, challenging or difficult. God will use it as you yield it to Him. Let His love wash over you right where you are. Hear His voice of validation affirming you as His daughter, whom He loves, in whom He is well pleased. Prepare to express His love to your sisters today.

Encounter God and Yourself in Scripture

Read **Hebrews 10:19-25** and then read verses 24-25 several times.

Describe an experience of someone's loving you in a way that spurred you on to "love and good deeds."

How did that impact your life?

When have you been that to another person?

How did that impact that person?

How did it impact you to touch someone in that way?

In those experiences how did or might you have received or given courage to move into "love and good deeds"?

Commit Yourself

As you share in your small group this morning, how can you prepare your heart to give courage to your sisters to move into the glory that is theirs and theirs alone in a way that may include words, but goes beyond words?

How can you prepare your heart to receive courage from your sisters?

If you have not done so, take the time to write out on the cards you received from your facilitator what you want to share with your sisters. You may want to review the Calling Out the Glory section in the Toolbox at the back of this guidebook.

Prepare to Move Out

Now in the love and grace of God enter the domain of your team this morning with strength and love. Share your heart with your sisters in the giving and receiving of life. As you do, you will give them courage in the Battle. Read the Four Realities Prayer located in the Toolbox.



Toolbox

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Praying the Four Realities

Father, thank You for **creating and choosing me to be part of Your Larger Story**: a love story that is full of the battle and adventure of being restored into the woman You created me to be.

Thank You for guiding me into Your love and truth that fills my entire inner being. Your grace frees me from the bondages of my past, that I may enter into the glory that You have for me in this life and the next. Thank You for guiding me into the battle between good and evil that I may fight for the hearts of those I love, whom You have placed in my domain.

Father, thank You for **giving me a part that is mine and mine alone**. I choose to *surrender* my thoughts, choices, feelings and desires to You and ask You to fill me with Your love, grace and truth. I choose to live from my *whole heart* as the only way to truly connect with You and Your Larger Story. Through Your grace and strength I embrace the *way of suffering, crucifixion, and death* that I may experience the *way of resurrection, life, and glory*.

Father, I fully recognize that **evil is hunting me** to take me out of the battle through pride and fear. Evil seeks to shut down the wellspring of my heart and cut me off from the power of intimacy with You and those in my domain. I choose to face the fears of my life, walk in genuine repentance and surrender to Your love.

I choose to open up my entire life to **the Fellowship that desires to protect me and propel me into my part in the Larger Story**. Father, I come home to Your love. Lord Jesus, I surrender my life to Your Lordship and long for You to enter my inner being as the lover and redeemer of my soul. Holy Spirit, I yield to You as my comforter, counselor and guide in changing me into the image of God I was created to be. Father, I choose to hear Your voice speaking Your words of love, validation and guidance to me this day.

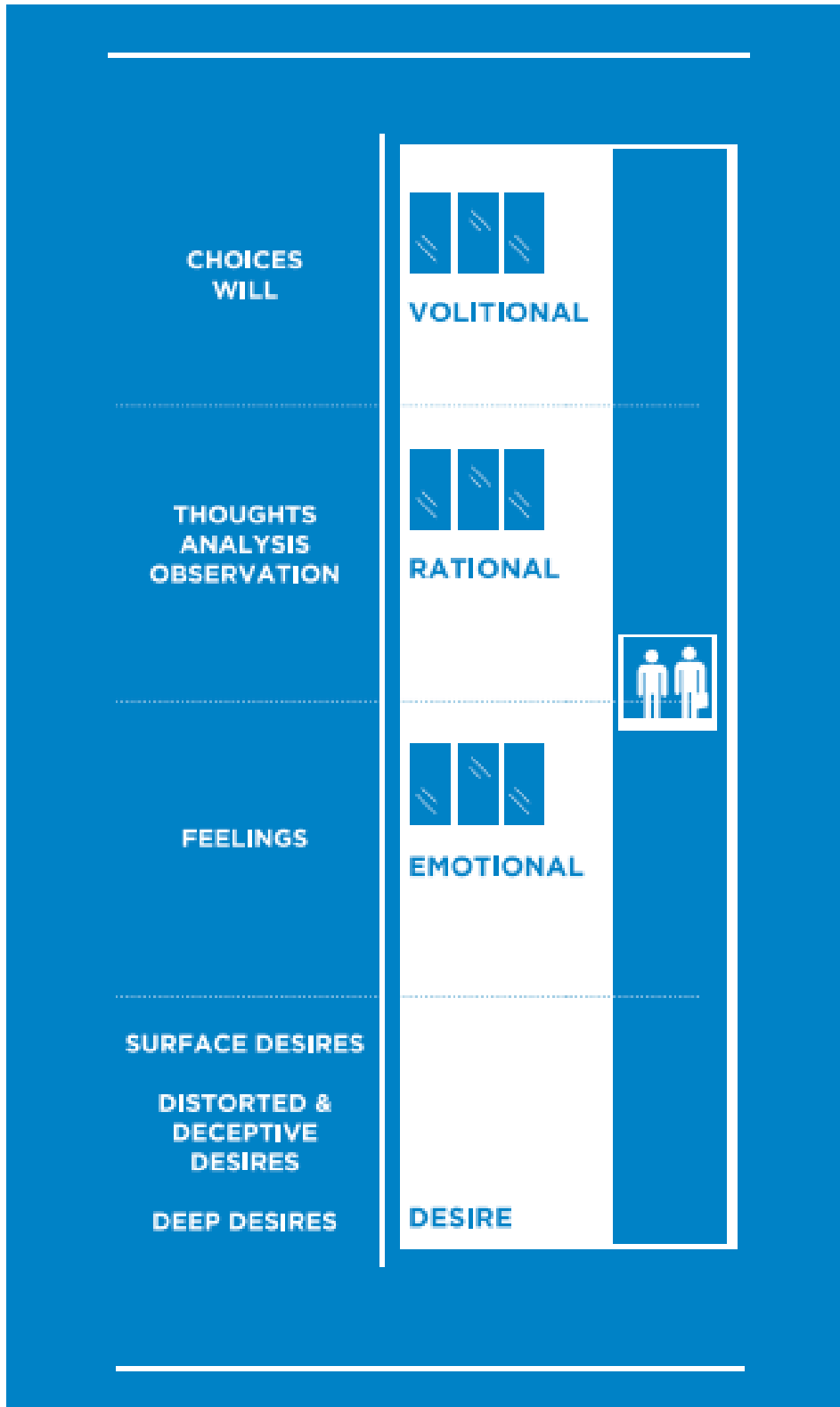
Lord Jesus, I choose to be vitally connected to Your Body, the Church. I receive my husband (if married) as well as the women and men You have put in my life as part of Your grace and love to me. I yield my life to You and to these people who are part of Your covering and protection in my life. I pray that Your love and protection may be real in each of their lives today. I receive Your love, grace and truth through Your Word, the Bible, and ask that it would come fully alive in and through me today. I see the Communion of Saints surrounding me and cheering me on to persevere all the way to the final Consummation.

Now Father, I offer You the gift of becoming the woman You created me to be, that I may become fully alive, that I may engage with courage, beauty and love that I may invite my part of Your world into life and rest. This brings You glory, blesses my domain and satisfies me. Thank you for the privilege of revealing and representing You to my domain today.

Four Realities Prayer (Short)

Father, thank You for choosing me for Your Larger Story, for giving me a part to play that is mine and mine alone. I choose to surrender to You, to live from my whole heart, to embrace suffering, crucifixion and death that I may experience resurrection, life and glory. Show me how evil is hunting me that I may repent of fear and pride, surrender to Your love and resist the enemy. Thank You for The Fellowship that desires to protect me and propel me into the woman You created me to be. I surrender to You, choose to yield to the Lordship of Christ and ask that You fill me with the power of the Holy Spirit. Thank You for vitally connecting me to Your Body, particularly to my team. I am grounded in Your Word, the Bible, and receive it as my guide to faith and life. I am surrounded by the Great Cloud of Witnesses and long to persevere all the way to seeing You face to face. Thank you for giving me the joy and privilege of revealing and representing You today by engaging with courage, beauty and love, inviting my part of Your world into life and rest.

Elevator Model of the Heart



Types of Desires

Surface/Temporal Desires

- Material: money, a new car, house, jewelry, clothes, toys.
- Experiential: a vacation, climbing a mountain, a walk in the woods, romance, sports, recreation, achievements.
- Positional: mother, father, husband, wife, a particular job or title in your vocation, avocation, or ministry.
- Relational: friendship, family, spouse, children, work.

Deceitful Desires

Expecting fulfillment of a surface desire—any material, experiential, positional, or relational desire—to satisfy a deep desire. Only God can truly satisfy a deep desire.

Distorted Desires

Attempting to satisfy a deep desire by your own means.

- You long for impact and you take control or manipulate to get it.
- You long for intimacy and you look to fantasy or inappropriate relationships.

Deepest 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 & 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.

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

Feeling Words: Positive Feelings

Peaceful	Joyful	Empowered	Authentic	Grateful	Loved
Comfortable Secure Calm Relaxed Trusting Safe Protected Content Sure Certain Patient	Refreshed Stimulated Creative Encouraged Pleased Happy Full Free Delighted Thrilled Elated Exhilarated	Strong Capable Energetic Hopeful Inspired Respected Significant Successful Valuable Confident Gifted Strong	Real True Honest Direct Loyal Faithful Aware Seen Heard Known Glorious	Satisfied Sentimental Nostalgic Humbled Thoughtful Blessed Thankful Whole Healed Full Awed	Considered Seen Loved/Loving Intimate Connected Desirable Beautiful Adored Kind Nurturing Trusted Delighted in

Feeling Words: Negative Feelings

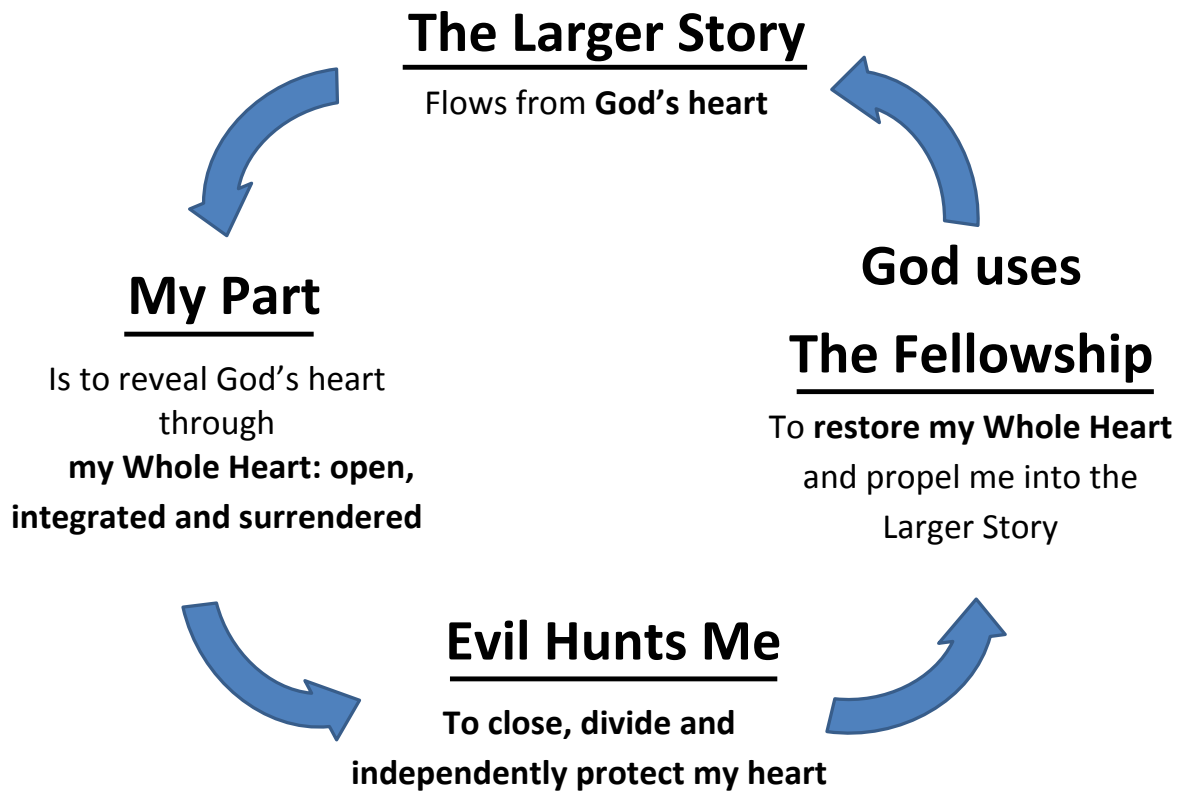
Fearful	Sad	Confused	Angry	Ashamed	Lonely
Shy Cautious Hesitant Insecure Anxious Tense Nervous Troubled Distressed Scared Horried Helpless Agitated Shocked Alarmed Numb	Down Bored Burdened Somber Disappointed Tired Dissatisfied Discouraged Grieved Depressed Defeated Empty Miserable Despairing Devastated Undone	Overwhelmed Bewildered Torn Stunned Curious Uncertain Ambivalent Doubtful Unsettled Hesitant Perplexed Puzzled Distracted Flustered Fragmented Lost	Hurt Resentful Ticked Cynical Skeptical Annoyed Frustrated Fed up Indignant Jealous Disgusted Hostile Furious Critical Contemptuous Enraged	Bashful Embarrassed Awkward Clumsy Uncomfortable Flustered Foolish Weak Inadequate Self-conscious Diminished Chagrined Remorseful Guilty Humiliated Mortified	Left out Invisible Out of place Disconnected Distant Excluded Isolated Unwanted Rejected Despised Abandoned Desolate Forsaken

A Note on Handling Emotions

As feelings arise, don't shy away from them. Use them as tools, remembering that they:

- Flow from thoughts, beliefs, and mental models and desires, fulfilled or unfulfilled. Follow your tears of joy and pain to find your deep desires.
- Are like dashboard lights: let us know what is going on inside the engine.
- Should never control us nor should they always be shared, but they are a vital part of who we are.

Cyclical Heart & Realities Connection Diagram



Pose Framework Outline

In this outline the elements of the Pose are organized into a framework that reflects the four levels of the heart. However, each element is not limited to that level of the heart. For example, lies may be rational, but there is also a volitional choice to believe them and emotional content attached. The Pose is an interplay of all levels of the heart. These categories provide a simple overview of the Pose.

MY POSE: A simple way to name your particular set of fig leaves that summarizes the end result of these elements.

<p>VOLITIONAL CHOICES</p>	<p>PROTECTIVE STRATEGIES AND VOWS</p> <p><u>Protective Strategies:</u> How the Way of Pride shows up in your life.</p> <p>The self-protective strategies you employ to protect yourself from pain.</p> <p>The self-sufficient strategies you employ to gain control and get your deep desires met.</p> <p>This includes the full gamut of engaging distortions from withdrawal to domination.</p> <p><u>Vows:</u> Vows you made about how you would protect yourself or get your desires met.</p>
<p>EMOTIONS & DESIRES</p>	<p>THE ENERGY</p> <p>The emotions and desires that drive you to self-protection or self-sufficiency.</p> <p>The fear, pride and shame that motivates you.</p> <p>The surface/deceitful/distorted desires that drive you to protect yourself and avoid pain or that drive you to try to gain control to get what you want. (For definitions and examples of these desires, see the desires chart in the Toolbox in the back of this guidebook.)</p> <p>What pain do you avoid and what pleasure do you seek? (This could involve a dream of something you want but don't have.)</p> <p>Use the elevator to move from thoughts, feelings, and the surface/deceitful/distorted desires to the deep desires underneath your energy. (Your fears and desires are often closely connected because your fear is that your deep desires will not be fulfilled.)</p> <p><i>It is essential to identify the deep desires beneath this energy because the Pose is your attempt to get your deep desires met apart from dependence on Jesus.</i></p>

<p>RATIONAL DECEPTION</p>	<p>MESSAGES AND LIES</p> <p>Lies: The lies you believe about God, yourself, others and the way the world works that convinced you of the need to protect yourself or to get your desires met apart from God.</p> <p>Messages: How you interpreted root events/patterns. You may have never heard the messages verbally, but you internalized them as lies you believe.</p> <p>You may have heard the message in the second person, “You are a no good daughter,” and believed a generalized lie, “I am a no good person.”</p>
<p>PERSONAL IMPACT OF THE FALL</p>	<p>ROOTS</p> <p>Events or patterns that shaped your Pose. They may be positive or negative: painful experiences that bred distrust or successes that led to self-sufficiency.</p> <p>They may come from your family, school, culture, extra-curricular activities or significant people in your life who shaped your identity, life or view of yourself. These usually had significant emotional impact or were clear models of life.</p> <p><i>The ultimate root of the Pose is the Fall. The greatest negative event you will ever experience is your fall from the glory you were created for, which occurred at the moment of conception. Sketching your Pose is identifying specific ways the Fall has impacted you and led you to develop a Pose of self-protection and/or self-sufficiency.</i></p>

Don't try to figure this out in one afternoon. It may take you years.

If God shows you just one part of your Pose, that alone could change your life. He may show you:

- The type of Pose you use.
- One protective strategy you use or vow you've taken.
- One emotion or desire that drives your vows and strategies.
- One lie you have believed or message you have received.
- One event or pattern that has shaped your life.
- One of the deep desires you are trying to meet.

Be open to what He wants to show you, and free yourself not to put together an entire Pose framework.

Three-Point Response – Skill of Covering

As women open up in your presence about some of the elements of their Poses, it is critical to realize that they are choosing the way of the heart: authentic and vulnerable. Knowing your own heart at all four levels is the foundation for effectively connecting with others at all four levels of their hearts. In the context of divine love, grace and truth we then have the opportunity to experience the transformational power of authentic, biblical community as we mourn with those who mourn and rejoice with those who rejoice.

This type of transformational community involves taking the risk of vulnerability. When we take off our masks and open our hearts to reveal our deep desires or pain, we often feel naked and fear rejection. When a woman becomes vulnerable we must cover her vulnerability by responding to her from our own vulnerability. This is a mutual experience, not a one-up, one-down experience of superiority and inferiority. It is not advice-giving or fixing. It is sharing from the heart.

As you practice the three-point response you will grow in knowing your own heart and expressing your heart to your sisters. They will feel loved, heard and valued. Whenever a sister shares in a vulnerable way during your follow-through team meetings or peer meetings, be aware of her need for covering through a three-point response.

This skill is just as powerful when you celebrate with someone as when you mourn with her. If you become adept at using this skill, you will be amazed at how often you use it and how powerfully it affects the lives of those you connect with and care about, particularly your family. This is a primary skill that you will use in the follow-through process.

When you respond you don't have to share all three points, and you don't have to share in this order. The key is authentically and briefly sharing your heart. Brevity is important. The more you talk the greater the temptation to fall into rational telling instead of sharing from your whole heart.

As each woman shares let yourself be affected positively or negatively. Don't just analyze. Hear her heart with your heart. Then prepare to cover her vulnerability. If you are drawn to fix or tell, discern what is driving you, and choose not to!

Three-Point Response

IDENTIFY

Don't start telling your story. In 2-3 sentences, you might mention how you can relate.

- “I can relate.”
- “My heart is breaking as I hear your story.”
- “I am moved to tears by what you’ve gone through.”

Purpose: cover her fear and belief that something is wrong with her or that she is the only one who has ever experienced what she is describing.

AFFIRM

- “Thank you for sharing. That took a lot of courage.”
- “We are here with you.”
- “Your sharing helps me know that I’m not alone, others struggle just like I do.”

You might use touch *if appropriate*.

Purpose: cover her fear of being rejected and left alone.

SHARE

Share from your feelings or desires how you are affected by her and her sharing:

At the emotional level.

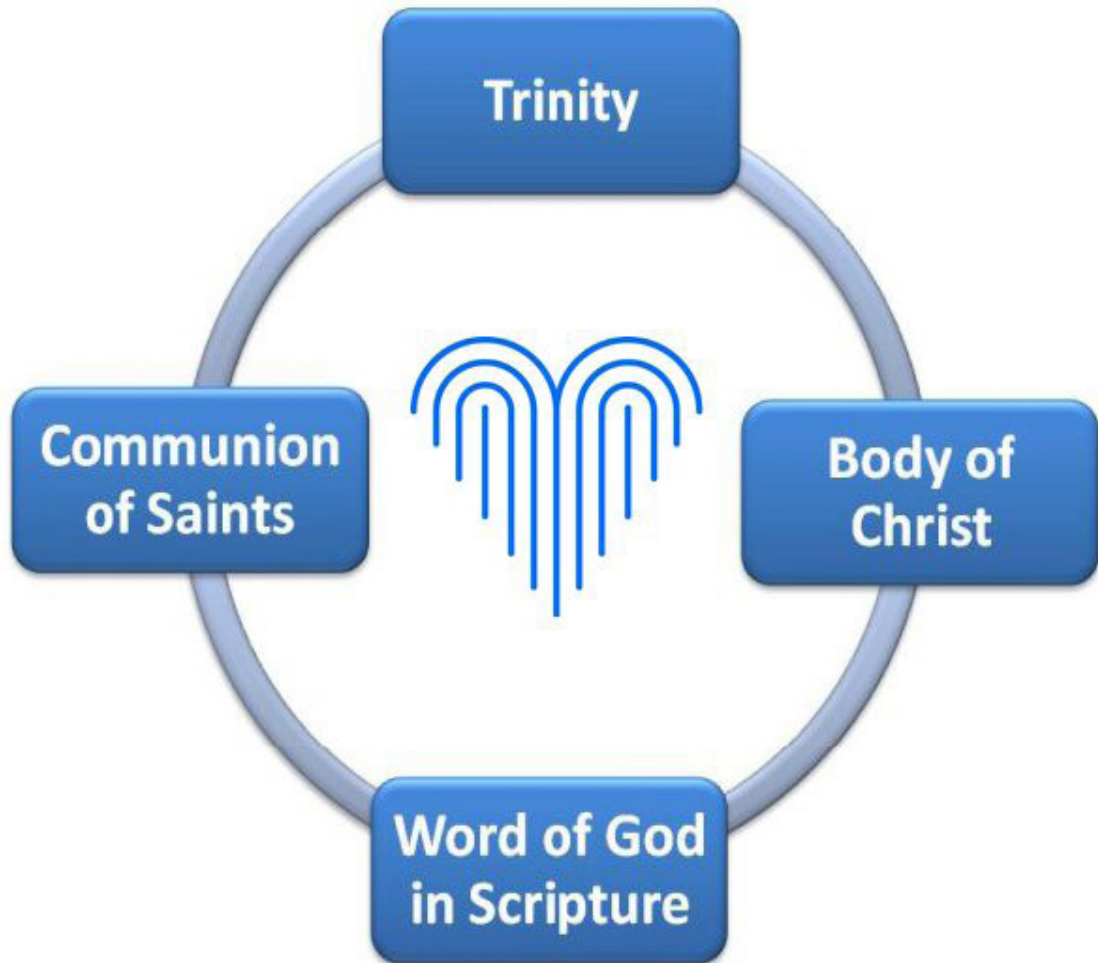
Your desires for her or yourself.

Any choices you want to make. *Be careful with commitments. Make sure you will follow through.*

- “You give me courage to face my own pain.”
- “I admire you. I am drawn to you.”
- “I have hope that I can change.”
- “I am sad/brokenhearted over what happened to you.”
- “I’m angry at what that person did or what happened to you.”
- “I long for you to know that someone does care, and I’m willing to enter the battle with you.”
- “I believe that you can do this, and I’m willing to walk with you.”

Purpose: share your own feelings, desires and choices in order to build her up and give her courage to face the challenge.

The Fellowship Graphic



Clarifying What Is at Stake Tool

1. Identify the challenge: what is it I am facing?

.....

.....

.....

2. What is going on in me in the pressure of the moment?

What am I feeling?

.....

.....

.....

What am I thinking?

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.....

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What am I desiring:

What deceptive desires are at play?

.....

.....

.....

What is my deep desire?

.....

.....

.....

How are these connected?

What am I tempted to choose?

- 3. What seems to be at stake on a rational level? (This often feels most pressing, is close to the surface and is often connected to distorted or deceptive desires, blocked desires, belief systems, painful emotions, etc.)

- 4. What is truly at stake in your part of the Larger Story? (This is harder to get to and is usually under the surface and connected to our deep desires.) To help you take the elevator down to desire think about the following questions.

How will my response impact:

The kind of woman I want to be: my deep desires as a woman?

My engaging with courage, beauty and love?

The unique expression of who I am? (This is very helpful, assuming you are aware of this. Identifying your unique expression is beyond the scope of the Team Equipping process.)

Fulfilling my assignments as a woman, particularly those related to the people I love the most?

Living a life of surrender to God, a life that brings Him glory?

5. What is the cost or the loss if I don't act according to what is truly at stake in the Larger Story?

Right now:

To me?

.....
.....

To God?

.....
.....

To my domain?

.....
.....
.....

Five years from now?

.....
.....
.....

6. What will be the cost to me if I choose to act according to what is truly at stake in my fulfilling my part in the Larger Story?

What would I have to choose to give up or maybe even sacrifice?

.....
.....
.....

What energy—emotions and desires—has been preventing me from making this choice until now?

7. What will be the gain if I act according to what is truly at stake in my fulfilling my part in the Larger Story?

Right now:

To me?

To God?

To my domain?

Five years from now?

8. What will I do?

What kind of woman will I be?

What will it take to follow through? (Actions or beliefs: These may relate to your trust in God and His love for you, His desiring the best for you and may involve hard choices to surrender to His love and authority in your life.)

What kind of support do I need from God and my sisters?

How will I get that support?

Calling Out the Glory of a Woman

Celebrating the Growth You See in Each Other

As you prayerfully consider what to share with each sister, remember that you are seeking to be an echo of the voice of God to her. You are affirming what God is already validating! As you do, you will call out the glory of your sisters, and all of you will be encouraged and challenged.

Remember this is not a time to give counsel. This is a time to share from your heart what you have seen God doing in your sister's life during and since the Battle for Women's Hearts event. Share how you experience her, and affirm the unique glory that is hers. You are seeking to call out of each woman the glory that God created and is redeeming in her. You will use words, but seek to use words that come from your inner being, from your whole heart.

To help you prepare and to give each woman a record of what was shared, write out what you want to share on a 3X5 card. You don't have to read the card, but it can guide your sharing. If you are in a virtual group, consider emailing your words to each sister after your group meets.

You do not have to respond to every question below. These are just to aid in preparing. Do try to share something from each of the four levels of your heart.

WHAT HAVE YOU OBSERVED ABOUT THIS WOMAN? (RATIONAL)

- How have you seen the glory of God uniquely expressed in her?
- What key characteristics draw you to her?
- How have you seen her grow?

"I've seen you grow more confident of who you are in Christ."

"I've seen you become more willing to open your heart and share with us as sisters."

"I've seen courage in your willingness to engage with . . ." (us, your spouse, or your children)

HOW DOES WHAT YOU HAVE OBSERVED AFFECT OR IMPACT YOU? (EMOTIONAL)

- What happens in you when you experience her, particularly what you saw, glimpsed, tasted of the glory of God in her? For example, I am encouraged, excited, drawn to her, joyous.
- How have you experienced her growth?
 - » Share how the things you have observed affect you. How does it affect you when you see her courage or tenderness? What does it inspire you to be or do?

- What was that like? What happens in you when you experience her? For example, I feel valued, significant, loved, affirmed.
- What happens when you see her not expressing the glory of God in general or in relation to you? For example, I feel sad, dismissed, not valued, angry.

AS YOU EXPERIENCE THIS WOMAN, WHAT DESIRES ARE STIRRED IN YOU? (DEEP DESIRES)

- What would you like to see or experience more of in her?
- What do you desire for her? For example, “I have felt your courage, and it inspires me to grow. I long to see more of that in you for my sake and for all those around you.”
- What do you desire from her? For example, “I long for you to carry your weight in my life. I need your support to be the woman God wants me to be.”

AS YOU EXPERIENCE THIS WOMAN, WHO DO YOU SEE SHE COULD BE? (This touches desire in her.)

- Who could she be if she moved fully into her glory?
- If she became this woman what might happen?
- How might it touch your life, those she loves and the kingdom?

CHALLENGE/GENTLE SPURRING (Handle with care and only if you feel that now is the right time.)

- What do you see that may be keeping her back from experiencing her glory? If you sense that God wants you to share this, how can you do so in a way that is encouraging, not discouraging? For example, “It seems to me that this struggle/pattern/sin/Pose in your life is holding you back from truly expressing your beauty/courage/leadership to your domain. When you hold back, I’m negatively affected (explain how). When you truly express your unique beauty, I am positively affected (explain how), and I believe many more people will be as well.”

This is tentative, “It seems to me.” It notes what you perceive is holding her back. Then it puts it into a positive light that speaks to who she can be.

- It may be helpful to share what you see is at stake in her life and domain if she chooses to address this area.
- *In your challenge you want to make sure that you are calling her into her glory: the woman God created her to be, Christ has redeemed her to be and the Holy Spirit is restoring her to be.* Paint the picture of who you see she can be as she allows the Holy Spirit to address this area in her life. By doing this you are speaking to her desires. By now you probably know her unique desires, so speak to those. Even if you are unsure of her unique desires, know that all women long to love and be loved, to invite those they love into life and rest, to offer beauty, and to be an irreplaceable part of a Larger Story.

TO SEE HER BECOME THIS WOMAN WHAT ARE YOU WILLING TO DO? (VOLITIONAL)

- “I am willing to walk with you to get there . . .”
- “What would it look like for you to support you in this area?”
- “I am willing to take a risk and invite you to look at this area of your life in a new way.”

Bibliography

Note from Larry Bolden: I will not always agree with every author's conclusions, theology or Biblical exegesis. However, these resources have significantly contributed to my thought process and provide excellent ways to follow up on what we are living out.

Dan Allender

The Wounded Heart: a foundational work on sexual abuse.

To be Told: Know Your Story, Shape Your Future - is a book that covers how to discern the part that is uniquely yours as the woman you are created to be.

Neal Anderson

Bondage Breaker and *Victory Over the Darkness*: two foundational books on our identity in Christ and how to break free of the bondages in our lives.

David Benner

Surrender to Love, The Gift of Being Yourself and *Desiring God's Will*: a trilogy that is an excellent follow-up to the concepts we cover in the retreat.

Sacred Companions: a book that covers spiritual friendship and direction.

Larry Crabb

Understanding People: a book that covers the concept of the four parts of the inner being.

Inside Out: a look at how the pain of our lives leads to our protective strategies.

John Eldredge

Epic: a short, powerful explanation of the larger story.

Captivating (cowritten with his wife, Stasi Eldredge): insights into the deep desires of the feminine heart and what women were created to be and do in God's Larger Story.

John Gottman

Raising Emotionally Intelligent Children: a secular book that clearly communicates the why and how of pursuing your children's hearts and anyone else's as well.

Philip Greenslade

A Passion for God's Story: a book that tells the larger story from a clearly Biblical perspective and is well documented.

Nancy Groom

Heart to Heart about Men: a treasure for women who want to love well.

It offers much wisdom on what it means to have loving, honest, godly relationships with the men in your life. (It may currently be out of print, but used copies are available on Amazon.)

Kevin Huggins

Friendship Counseling: a book with a basic model of counseling/coaching that works well in lay environments. Many of the principles and listening/questioning concepts and practices that Wellspring Group uses come from this model. The author developed the graduate program of counseling that Larry Bolden went through at Philadelphia Biblical University.

Henri Nouwen

Return of the Prodigal Son: a book that deeply affected Larry Bolden during some of the depths of his journey into discovering the pride and fear of his life and the unconditional love of the Father. Nouwen was a Roman Catholic priest and a profound writer on the spiritual journey.

Peter Scazzero

Emotionally Healthy Spirituality: a powerful blend of how to grow in emotional health and intimacy with God through contemplative spirituality.

Tony Stoltzfus

Leadership Coaching: a goldmine for heart and skill development. Tony developed most of the material for the Transformational Leadership Coaching program that Larry Bolden went through and helped Wellspring Group develop the Battle for Your Domain event and the Team Equipping process.

Christopher West

Theology of the Body for Beginners: an introduction to Pope John Paul II's profound work on the theology of the human body and the meaning of spousal love.

Taking the Battle Home

*A two week debriefing experience for the
Battle for Women's Hearts Retreat*



WELLSPRING
GROUP

SISTERS,

I trust that you clearly see and have experienced something of the beauty and vitality of living and engaging from your heart, the wellspring of your life during this event. Beware—Evil is hunting you! The enemy wants to steal what you have gained, kill the desires being awakened, and destroy the opportunity you have to keep growing in engaging your domain with courage, beauty and love, giving those you love and live with a fresh invitation into life, love and rest.

From my own life, years of experience working with people, and the testimony of scripture and the saints through the ages I'm convinced that to become the woman you were created to be, intimacy with God through His Spirit, His Body, His Word, and the Communion of Saints must become as vital to you as eating and breathing. Wow, that is not easy. But it is true, and it will change your life!

The debriefing is designed to aid you in staying engaged with the Fellowship. Part of that Fellowship is your retreat team, so try to go through this either in person or by phone. If that does not work out, then you can do it by yourself making appropriate adjustments as you go.

Objectives for Taking the Battle Home debriefing process:

- Clarify what God did and continues to do in your life through the retreat.
- Build upon the intimacy with God that you experienced in the retreat.
- Continue exploring the value and the strength of feminine fellowship.
- Follow up on the two key action steps you committed to during the retreat.

You will accomplish these objectives through:

- Two weekly meetings with your team.
- Daily Battle Preps from Scripture and the retreat guidebook.

Understanding Expectations for Taking the Battle Home with your Team

I agree to:

- Faithfully pray for my teammates.**
- Follow through with my action steps and support my teammates in following through with their action steps.**
- Follow through with the individual Battle Preparations anticipating approximately 20-30 minutes for each one.**
- Prepare for our team meetings.**
- Be fully present in the meetings which will last approximately 90 minutes.**

We have asked _____ to facilitate this process. We will meet at the following times and places:

If you are meeting virtually and have four participants you can use www.freeconference.com for your call. If you have questions about that contact Anisa (anisas@wellspringgroup.org).

Signed _____ Date _____

WEEK 1: *Taking the Battle Home*

Question Preview

WEEK 1 REFLECTION QUESTION:

What good work has God begun in me?

WEEK 2 REFLECTION QUESTION:

How can I cooperate with the good work God has begun in me?

Preview

Wow, you made it through the retreat! You weren't quite sure what to expect and I trust you were pleasantly surprised. Now it is critical to follow through well, for the battle for your heart will really heat up. The pressures of life will flood in, and the enemy will seek to steal what God did in your heart. But remember there is a Fellowship that desires to protect you, so let's engage with that Fellowship!

This week your Daily Battle Preps will help you review the retreat by reflecting on what you gained through each of the Four Realities.

Your Daily Battle Preparation has four parts. The first seeks to guide you in pausing; being aware of what is going on in you and most of all, being aware of God's presence with you and in you.

The second section takes you into Scripture or back into content from the retreat, to help you encounter God and experience His heart for you.

The third section gives you an opportunity to make a decision on what you are experiencing of God, yourself and Scripture.

The fourth section seeks to encourage you to press into who you are created to be and help you move out in courage, beauty and love! It will ask you to pray the Four Realities Prayer which is in the Toolbox.

Plan to send an email update to your teammates prior to the meeting.

- *Tell them how you are doing spiritually, personally and relationally since being home.*
- *If married describe how your sharing with your husband went. Try to share from all four levels of your heart.*

Awareness of God and Yourself

Take a few moments to still yourself and be aware of God's presence with you. He is grateful you took the time to experience this retreat and are setting this time aside to be with Him. Try to let yourself experience His pleasure. Share back with Him whatever is on your heart positive or negative. The God of the Universe who loves you and is pursuing you today longs for an authentic relationship with you. Let that sink in!

Encounter God and Yourself in Scripture

Read **Proverbs 4:20-27**. Read verse 23 again.

Your heart is a wellspring. Take a moment to try to picture your heart as a wellspring and your life as a fountain. What do you see, what do you experience?

Offer this to God whether it is positive or negative. Try to unpack whatever you experienced as you will gain insights into yourself, God and possibly the schemes of the enemy.

Review the Battle for your Heart Thursday afternoon session and reflection. What one or two points were most significant for you and what made them so?

Commit Yourself

What is important for you to follow through on these key points mentioned above?

What do you have to believe or do to continue cooperating with God in this process?

Prepare to Move Out

As you move into this day, "above all else, guard your heart," not with your feeble protective strategies but through surrendering to the unconditional love of God. As you do, your heart will become a "wellspring of life" to you and all those in your domain. It is not easy. It will take time. But it is good. And it is eternal! Pray the Four Realities Prayer.

Awareness of God and Yourself

Take a few moments and still yourself before God. Get in touch with your heart. Offer whatever is on your heart to God. Be aware of His presence. Surrender your whole being to His love and ask Him to guide this time together.

Encounter God and Yourself in Scripture

Review Reality 1 from your guidebook, noting one or two areas that were particularly significant to you.

Read **Revelation 21: 1-5** and **Revelation 22:1-5**. Now read it again, picturing yourself there, in eternity with Christ, the lover of your soul, your Bridegroom.

What most strikes you as you see yourself in that scene?

Commit Yourself

We are created for intimacy, intimacy with God. This is beautifully expressed in the picture of the people of God as the Bride of Christ. You are part of that Bride. As you reflect on the retreat, how is God wooing you into increased intimacy with Him?

Prepare to Move Out

Get in touch with your deep desires to love and to be loved, to be pursued and valued, to be part of something larger than you are. You are not too much for God. He created you and loves you. He longs to fill all those desires with His Spirit. Relax, and let Him intimately love you. From that place move into the challenges of your day knowing that you have been chosen and that He is with you. I believe in you! Pray the Four Realities Prayer knowing that you will reign with Him forever and ever! Start today.

Awareness of God and Yourself

Take a few moments to clear your mind and focus on being with the God who created you and chose you for His Larger Story. He longs to be with you. Let it sink in that He has chosen YOU for His Larger Story. Rest in that love and truth.

Encounter God and Yourself in Scripture

Read **Hebrews 2:5-11**. In light of this passage, spend a moment considering the wonder of who you are, who Christ is and that He is restoring you into the glory He created you for.

From your guidebook, review Realities 2A and 2B.

What was most significant (choose one or two areas) for you in Reality 2A, and how might the Lord want to deepen that in your life today?

What was most significant for you in Reality 2B, and how might the Lord want to deepen that in your life today?

Commit Yourself

If you consistently engaged in true feminine courage, beauty and love, inviting your domain into life and rest, how might this affect the various assignments of your life such as family, friendships, work and church?

What do you have to believe or what actions do you need to take for the essence of who you are to flow out of your innermost being as a fountain of life, love and beauty this week?

Prepare to Move Out

God created you as a beautiful woman, full of life and love. He longs to bring that out for His glory, your fulfillment and the blessing of those in your domain. Choose to embrace that today. I believe in you! Pray through the Four Realities Prayer. As you pray cover your sisters.

Awareness of God and Yourself

Take a few moments to still yourself. Be aware of the presence of the God who created you for glory and honor. He not only created you but also redeemed you and is restoring you to be the woman He created you to be and longs for you to be! Rest in that. What is happening inside you? If you are anxious take a few moments to surrender whatever concerns you have to the Lord. Then be aware of His presence and peace. If you are struggling with thoughts of the day, pause and surrender them to Him. If you continue to be distracted, keep giving your thoughts to Him. Don't let the enemy condemn you; stay engaged. God is pleased with that.

Encounter God and Yourself in Scripture

Read **Romans 3:21-24**, and then focus on verse 23.

How does it affect you to realize that you have fallen short of the glory of God? (Try to go beyond just a rational response to the way it affects your feelings and desires.)

Review Reality 3 in the guidebook. Note one or two key areas that particularly affected you, which you would like to focus on as you move forward.

What was one element of your Pose framework that you saw during the retreat?

Commit Yourself

As you review these areas, how do you want to respond to them today?

Prepare to Move Out

Ask the Holy Spirit to guide you to clearly see the schemes of the enemy in your life, to discern the shutdown places of your heart and to give you courage and faith to open them up to the love of God. As you do, move out today in the power of who you truly are as a woman, offering your beauty and love to those in your domain. Pray the Four Realities.

Awareness of God and Yourself

Take a few moments to settle in, clear your mind and be aware of God's love for you. Let the reality of His love sink into your inner being. If you are struggling with that, let Him know. If there is a barrier, ask Him to show you what it is. He is faithful. Stay engaged.

Encounter God and Yourself in Scripture

Slowly read **1 John 4:16-19**. Now read it imagining that John is an older brother in the Fellowship that desires to protect you and that he is earnestly, lovingly sharing with YOU!

As you hear John speak to you, what most affects you?

Review Reality 4 noting what was particularly significant to you. We covered a lot, so you may have several points.

At the retreat and since then, what has it been like to hear God's voice of love and validation about who you are as a woman and as His beloved daughter? (If you struggled or are still struggling, authentically share that.)

Commit Yourself

How can you consistently experience God's love and voice of validation in your life in a way that will touch your deepest fears and free you to become the woman God created you to be?

Send an email update to your team on your action steps from the retreat and how you are doing spiritually, personally and relationally since being home. If married share how your sharing with your husband went. Try to share from all four levels of your heart.

Prepare to Move Out

Now move out into your domain knowing you are loved, knowing what God is speaking to you as His daughter who has all the rights of sonship! You are a beautiful, powerful woman. Pray through the Four Realities making sure you cover your teammates.

WEEK 1 TEAM MEETING

Meeting Time Frames

Approximate time frame 90 minutes

The time guidelines are given to help the facilitator pace the meeting and to bring forth authentic, transparent sharing. You don't have to follow them exactly. The key is to have a time of life-giving sharing that meets most of the objectives.

Engaging & Leading Tips

Seek to continue developing the safe authentic environment that you experienced at the retreat. Review team guidelines from the guidebook. Focus on sharing and responding from the four levels, and avoid telling.

Review the Elevator Model of the Heart.

As a sister shares a victory, seek to celebrate by sharing how this impacts you or by giving her a hug if appropriate. If pain comes out, seek to appropriately connect with the pain and mourn with her if need be. Don't give religious answers!

Look for significant words and follow up with questions like:

- What made that awesome?
- What about that was so significant for you?

Seek to balance the sharing time. Extroverts may have to hold back, and introverts may have to speak up.

As you discuss your action steps from the retreat, beware of falling into behavior management. You want to give each other courage to live from your hearts, particularly the deep desires God put within you.

As women struggle with following through, keep taking them back to their desires.

- How can they fulfill those desires?
- How can you support them?
- What will it take to break this pattern and become the woman you long to be?

The Reflection section in Reality 4A can be helpful here since it walks you through evaluating the costs of a pattern and the potential gain of change.

As sisters share, consider taking notes so that you will remember what is significant to them and can follow up with them later. Notes can also help in knowing how to provide good support on action steps.

Before You Begin

TEAM FACILITATOR & TEAM MEMBERS:

- ✓ Review the engaging tips.
- ✓ Review the outline, and be prepared to respond and guide the discussion.

GREETING (5 MINUTES)

QUESTION & OBJECTIVES REVIEW (5 MINUTES)

Weekly Reflection Question

What good work has God begun in me?

Week 1 Team Meeting Objectives

- Continue developing an environment of fellowship and celebration of what God is doing in you.
- Share from your retreat experience and the Battle Preps.
- Share the victories and challenges you have experienced since the retreat.

General Sharing (30 minutes)

These questions are designed to stir sharing and engagement with some potentially overlapping areas. Don't feel pressed to cover them all or to cover them in the order in which they appear.

As you discuss these questions:

- Pursue as needed.
- Celebrate victories.
- Identify and mourn losses.

Looking back:

What most surprised you about the retreat or your experience during it?

From your overall experience what were you most grateful for?

Review the email updates you sent out on Day 5:

How you are doing spiritually, personally and relationally since you came home? If married share how your sharing with your husband went. Try to share from all four levels of your heart.

Discussion of Battle Preps (30 minutes)

What was it like to spend some daily time reflecting on the Scripture and on the retreat?

As you look back over the retreat considering significant points for you in each reality try to focus on two to three of the most significant areas for you and on what made them significant. Then share with your team.

As you review the Commit section of the Battle Preps are there any specific steps you would like to share with your team that you want support on as you move forward?

Each woman takes a couple of minutes to share from Day 5 what was it like to reflect on how you experienced God's love and voice of validation during the retreat and since then.

Considering your review of the retreat this week, how would you now answer the question, *"What good work has God begun in me?"*

Looking Forward (10 minutes)

What do you sense God is up to in your life through this experience and as you move forward?

How is the enemy seeking to keep you from moving forward?

What will it take for you to overcome and become the woman God created you to be?

What kind of support will you need?

Next week in the team meeting you'll have an opportunity to share about how these areas are coming along in your life.

Organizational Issues (5 minutes)

- Make sure everyone is aware of the time and place of your next meeting, the Daily Battle Preps for the coming week and who is responsible for what in the meeting.
- If you have decided to stay together as a group begin to settle on the key issues that this involves, such as setting the meeting place and time and deciding who will facilitate. Make sure you have your Reality 1 books.
- If you have not decided, spend a few minutes discussing this if it is an option for your team.

Wrap-up (5 minutes)

How did you experience this meeting?

- Anything negative that would be helpful to work through?
- What was most encouraging for you?
- Review the Team Guidelines from the BWH guidebook. How did you do?
- What adjustments do you want to make for next week?

Close in prayer.

WEEK 2: *Taking the Battle Home*

Question Preview

WEEK 1 REFLECTION QUESTION:

What good work has God begun in me?

WEEK 2 REFLECTION QUESTION:

How can I cooperate with the good work God has begun in me?

Preview

This week you will seek to clarify the key elements of the good work that God has done in you through and since the BWH by continuing to engage with God and with your team.

Awareness of God and Yourself

Take a few moments to clear your mind and settle into an awareness of God's presence. Be aware of your inner being and offer whatever is there to God. He is with you and deeply loves you. Thank Him for the privilege of life and fellowship.

Encounter God and Yourself in Scripture

Read **Philippians 1:1-11**, letting the overall burden of Paul's heart sink in.

Read verses 3-6 again. Then look back, and reflect on the retreat and your experience since then.

What is the good work that you sense God is doing in your life?

What is your level of confidence in trusting that God will complete that good work in your life?

What are the key factors in whether that confidence is high or low?

Commit Yourself

How could your confidence level grow in truly believing that God will complete the good work He is doing in your life?

What kind of support do you need for this to happen? Particularly from your husband (if married) and your sisters?

Prepare to Move Out

Let Paul's confidence in God's good work in your life sink in. God ordained your involvement in this retreat. He will complete that good work. With this sense of confidence, move into your day trusting God for His grace and courage! Pray the Four Realities Prayer for yourself, and then pray for your teammates that you will all trust the Lord together for His good work in your lives!

Awareness of God and Yourself

Be still and be aware that God has begun and is continuing His good work in your life. Rest in the confidence that it is God who will complete that good work in your life. If negative feelings surface offer them to Him. Be open to what those feelings may be showing you that you need to let God address in the days to come. Thank Him that you can authentically share your heart with Him and with your sisters.

Encounter God and Yourself in Scripture

Read **Philippians 1:1-11**. Then slowly read verses 7-8 a couple of times.

In verse 7 Paul states why he is confident that God will complete the work in them. What are the factors that give him that confidence?

How does it strike you in the four levels of your heart when Paul shares “I have you in my heart” and that he longs “for all of you with the affection of Christ Jesus?”

What would it look like for you and the women on your team to have each other in your hearts and to share in God’s grace with each other? (If you are doing this individually or if you know your team will not continue on, respond as to what this might look like for this moment and then with a group of women in the future. Do the same for the next two questions.)

Commit Yourself

What could be the impact in your life, those you love, and the women you are connected with if you could consistently have each other in your hearts and share in God’s grace with each other?

Prepare to Move Out

Give thanks for the Fellowship that desires to protect you. Move into your day confident that you are covered by the Father’s love and the love of women around you.

Awareness of God and Yourself

Take a few moments to clear your mind and settle into an awareness of God's presence. He is for you, with you and in you! Give thanks for the women and men who are walking with you in sharing your lives and the grace of God together.

Encounter God and Yourself in Scripture

Read **Philippians 1:1-11**. Then read verses 9-11 a couple of times.

What is the best that God is after in your life right now as a:

Woman?

Wife?

Any other areas in which He is speaking to you?

According to Paul, what will it take for you to live in that best?

How can that happen in your life?

Commit Yourself

Take a few moments to reflect on the fruit of righteousness: the fruit of living in oneness with Christ and trusting His redemptive work to bring you out of your brokenness and shame, into His wholeness, the "shalom" that you were created for.

What is that like for you?

How might this fruit taste to you, to those around you and to God Himself?

Prepare to Move Out

Pray verses 9-11 for yourself, those you love and your teammates. As you deeply know the love of Christ and the fruit of righteousness through Him, may you move with confidence into the challenges you face today. Pray the Four Realities Prayer.

Awareness of God and Yourself

Take a few moments to clear your mind and settle into an awareness of God's presence and love. In the midst of your brokenness and shame, He made you right with Him. Rest in the reality that you don't have to get it right! Let that sink in. Enjoy the fruit of His love and righteousness. He is completing the good work he began in you!

Encounter God and Yourself in Scripture

Read **Philippians 2:12-13**. Read it slowly one more time, letting it sink in that it is God who is working in your life.

As you look back, how can you see God working in your life through the retreat and since then?

As you consider this, what is your response?

How does that relate to "fear and trembling"?

How can this "fear and trembling" be positive in your life?

Commit Yourself

As you have been reflecting on what God did in the retreat and has done since then, what do you sense His "good purpose" is through this?

How can you cooperate with Him in "working out this good purpose in fear and trembling"?

Prepare to Move Out

You are part of a Fellowship. This Fellowship is covering you, and you are covering them. Pray the Four Realities Prayer, and move into the challenges of this day with courage, beauty and love, inviting your domain into life and rest.

Awareness of God and Yourself

Still yourself. Be aware of the awesome God who is at work in your life. Be aware of how that affects you internally. Give thanks that He is working out His “good purpose in your life.”

Encounter God and Yourself in Scripture

Read **Hebrews 10:19-25**. Then read 24-25 again.

Remember the Sunday morning affirmation time from the retreat.

What was most positive for you as the sisters shared with you?

What was most positive for you as you affirmed the other women?

How has that experience and your experience since the retreat given you courage and spurred you on to love and good deeds?

Commit Yourself

How can you give courage and spur on those in your life to “love and good deeds” today?

How can you do this with your team as you prepare for your meeting?

Prepare to Move Out

Knowing that you are part of a Fellowship who is covering you and whom you are covering move into the challenges of this day with courage, beauty and love bringing life, love, and beauty to those in your domain. Pray the Four Realities Prayer.

WEEK 2 TEAM MEETING

Meeting Time Frames

Projected time frame 90 minutes

These guidelines are given to help the facilitator pace the meeting and to bring forth authentic, transparent sharing. You don't have to follow them exactly. The key is to have a time of life-giving sharing that helps you explore together the weekly reflection question. Your sharing may also overlap so don't worry about hitting every point or answering every question.

Engaging & Leading Tips

Look for significant words and follow up.

- “That was awesome!”
 - » “What made that awesome?”
 - » “What about that really affected you?”
- “The way you related to me . . . has really encouraged me!”
 - » “In what way did I relate to you?”
 - » “What about that really encouraged you?”

Keep asking simple follow-up questions until you get to a place of desire. You and your sister may discover something about her that she didn't even realize.

As women share victories, seek to celebrate in appropriate ways. One effective way is to share how you are affected by your sister's victory. How does this give you courage in your own life, or how does this affect your relationship with her?

In discussing action steps, your goal is to “spur one another on to love and good deeds.” Notice that love is before deeds. Remember our focus is on holding each other accountable to our desires, the kind of women we long to be. How do we love well in this particular area of life? The deeds will flow out of godly desires energized by love.

Before You Begin

TEAM FACILITATOR & TEAM MEMBERS:

Team Facilitator:

- ✓ Review the outline and be prepared to respond and guide the discussion.
- ✓ How you handle this meeting is significantly affected by whether the team will continue to meet or this is the last meeting.

If it is your last meeting, reflect on what you have experienced, seek to celebrate that and then close well. If you will continue, then reflect, celebrate and focus on how this experience will inform how you move forward. For example, how do you want to spur one another on, give courage to one another and have each other in your hearts as you share in His grace?

Team Members:

- ✓ Review the outline and be prepared to respond.
- ✓ Take a few minutes to review your Battle Preps so you are ready to share about those.

GREETING (5 MINUTES)

OBJECTIVE REVIEW (5 MINUTES)

Weekly Reflection Question

How can I cooperate with the good work God has begun in me?

Greeting and Heart Check (15 minutes)

Follow up on email updates. Be careful not to spend too much time here as you want to connect on the key points from the other sections.

Discussion of Battle Preps (25 minutes)

Note: We will cover Day 5 in the Main Discussion.

Each woman takes three to five minutes to respond to the first three questions. Then if there is time, go to the fourth and fifth questions.

You have spent the last two weeks reflecting on the retreat and on the key issues that God impressed upon you. What are two or three key elements of the “good work” that He has begun or is deepening that you want to focus on as you move forward?

Make sure at least part of your response relates to your essence as a woman. If you can focus on that, then the assignments such as wife, mother, friend will begin to take care of themselves.

What were the key desires God opened up in your heart during the Battle for Women’s Hearts weekend intensive?

How will you seek to trust God to meet these desires?

Consider what you gained from Paul’s words to the Philippians and your continued reflection on what God is doing in your heart. How would you now answer the question, *“How can I cooperate with the good work God has begun in me?”*

Going forward what do you need to do to continue trusting God to complete this “good work in your life”? What kind of support do you need?

Is there anything else that was significant for you from the BP's that you would like to share?

Main Discussion (30 minutes)

As an avenue of celebration, each woman uses the Day 5 Battle Prep to share with the other women how she has been encouraged through the retreat and this experience together. This might include how she has seen growth in her life and relationships. After each woman shares the others respond as to what they have seen in this sister and something of how that is affecting them. For assistance on how to express this, see the Calling out the Glory exercise from Sunday morning at the BWH.

Share how this experience has inspired you or encouraged you to keep moving on together.

Organizational Issues/Wrap Up (15 minutes)

- Discuss anything that still needs to be clarified.
- How did you experience this meeting?
 - » Did you experience anything negative that you need to work through?
 - » What was most positive?
- Give thanks to God for your experience together at the retreat and in these weeks together.
- Pray for each woman, committing her into the Lord's hands as she moves forward in the key areas she senses that God is emphasizing in her life.