



TED



talks



*a **theologically** **edifying** **discourse***

WEEKS 1-3
LEADER GUIDE



HEAD-HEART-HANDS-HABITS

In this series, we will be studying the key beliefs that we strongly hold to as followers of Christ and as a church body. In order to help convey the importance of each truth and how we can apply it to our lives, we will be using a different approach in our LifeGroup discussions to help us read, interpret, and apply these truths with the goal of growing as disciples of Jesus Christ!

The Head - Heart - Hands framework seeks to help us live a life balanced by our thinking, feeling, and behavior. It isn't meant for us to pick and choose, but all are necessary in order to help us live our lives fully in the faith that comes from Christ, as we seek to love Him with our heart, soul, mind, and strength.

In each lesson, there will be questions from each of the areas: Head, Heart, Hands, and Habits. Just as we can't live a healthy, balanced life by only eating one or two foods, we must have all of these areas to live a healthy spiritual life in Christ. As a result, it is important that you discuss questions from each of these areas. For many, you will find several questions to choose from. Choose the question(s) that will most benefit your LifeGroup from each section rather than trying to answer every question in order to discuss each topic in the time allowed. Each type plays an important role in our walk and growth as followers of Christ.



Head Questions: What we believe and think (Psalm 119:130)

- “Intellectual” questions that help us to understand the teaching points in the passage
- Discuss our thoughts and understanding of what the passage says
- Think of it as: What do you understand in this passage?

Heart Questions: What we love and desire (Romans 12:1-2)

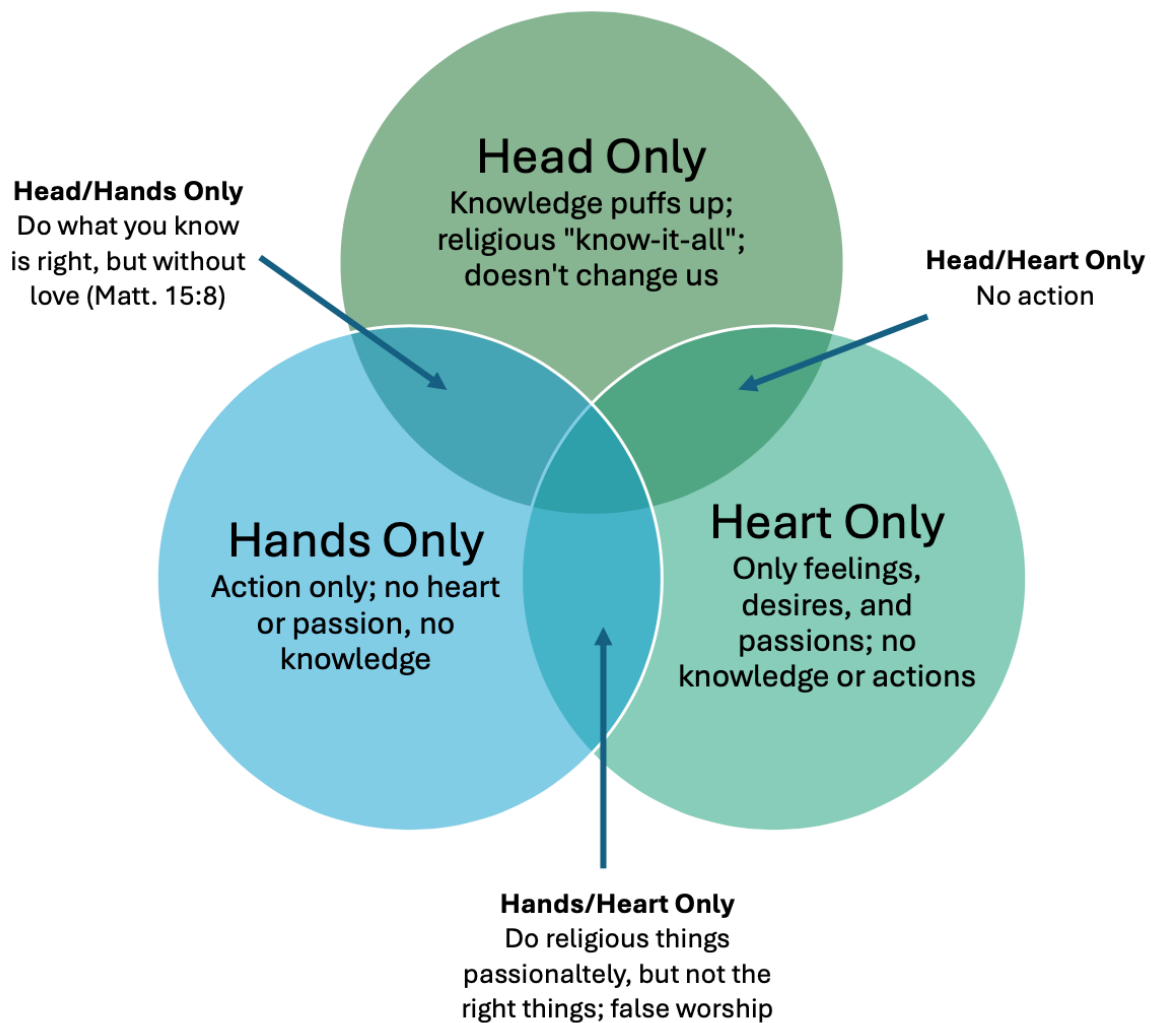
- “Emotional” questions that help us to understand the importance of the passage and to be affected by it, not just informed by it
- Examine our desires, feelings, will, and choices, as well as our passions
- Think of it as: What moves and motivates you in this passage?

Hands Questions: What we choose and do (Titus 3:1-8)

- “Practical” questions that help us to see the implications of what the passage teaches, and to be determined to act on it.
- As our mind and values change, our actions should follow!
- Think of it as: What will you do with this passage?

It isn't enough to just have one or two of these areas in our lives. It is important and necessary that we have a balance of all three!

The Dangers of Not Using All Three



As we allow God to work in our lives in all three of these aspects, we grow in our relationship with Him and allow Him to transform our lives. As a result, we can develop Habits that honor and glorify Him!

Habit Questions help us answer the question, "Now what?" Once our head, heart, and hands are working well together, we can move forward to develop consistent practices, regular rhythms, and routines that help us turn our knowledge, emotions, and actions into a way of life that honors God and draws people to Him!

They help us to make our faith an active part of our everyday lives, building spiritual disciplines that will sustain our faith and testimony over time. Without these habits, it is easy for the other areas to get out of sync and break down, and for us to lose sight of why we do what we do!



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WEEK 1

WATCH

Make sure everyone can see the screen and the audio is at a comfortable level.

READ

Take some time in advance to read and consider the Bible study questions and come up with personal examples to encourage discussion.

DISCUSS

We hope those who participate in the study walk away knowing, feeling, and doing differently as a result of amazing discussion.



Proofs are often necessary in our spiritual lives as well. Before choosing to believe strongly and completely in something, we usually require hard evidence that proves its truth. Many people today question the validity of the Bible as the inspired, inerrant, infallible word of God, as well as the gospel message that Jesus is the only way to salvation. They claim that it takes great “faith” to believe such things. However, as followers of Christ, we know these claims to be true and essential to our lives. Horace Mann once stated: “Keep one thing forever in view - the truth; and if you do this, though it may seem to lead you away



NOTES

2 Timothy 3:16-17; 2 Peter 1:21;
Hebrews 4:12; 1 Corinthians 15:1-4

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NOTES

Choose the question(s) that will most benefit your LifeGroup from each section rather than trying to answer every question in order to discuss each topic in the time allowed. Each type plays an important role in our walk and growth as followers of Christ.



NOTES



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NOTES

What are the purposes of scripture according to these passages? Why is it so important that we know the Bible is “living and active”?

(Open for discussion. Scripture is meant to help us guard against false teaching, test to determine what is truth, tell us how to be saved, and help us to live for Him. It gives us the instructions we need to live as God intended, pointing out our sin and disobedience and guiding us back to the way God commanded. It also tells us how to live in a way that brings glory and honor to God. It is important to understand that God’s Word is living and active and not just facts, as it is meant to cause us to act on it!)



NOTES

(Open for discussion. When we welcome the rebuke and correction of God's Word, we allow Him to reveal our thoughts, intentions, and motivations for all that we do - our true nature. In doing this, God reveals our need for a Savior and points us to Jesus and His power as our source of strength and forgiveness.)



NOTES

How does the knowledge that Scripture comes from God, not man, affect your reverence and respect for the Bible? Do you see it as simply as a book of old stories or as a tool God uses in your life? How can it help you to trust in the truth of Scripture, even when you face doubt or confusion?

(Open for discussion. God uses His Word to show us how to live for Him. He reminds us of what He has done in the past to help us depend on Him for the present and trust Him with our future. We may not understand what is going on around us or even know what is coming in the future, but we know that God does, and that He controls all things and will guide us as He has in the past.)



NOTES

(Open for discussion)

NOTES

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HEAD:

What is the “gospel”, or central message, that Paul is reminding the Corinthians of? According to this passage, why did Christ die, and why is this important to note?

(Paul was reminding the Corinthians of the good news of God's salvation through Jesus Christ by His death, burial, and resurrection. Christ died for our sin. This is important because, while many people had been crucified by the Romans, only Jesus Christ was crucified for the sins of the world.)



NOTES

(Open for discussion. While there were many false teachers and other religions, Paul reminded the Corinthians that this gospel message wasn't simply his own interpretation of what had taken place. Paul was simply God's messenger, receiving God's message and passing it along to others. Paul reminded them that everything that had taken place was a fulfillment of God's prophecies throughout the Old Testament. Jesus had become the sacrificial Lamb that would take away the sins of the world. He was the fulfillment of the promised Savior!)

HEART:

How does the message that Christ died for your sins make you feel? Do you feel humility for your sins or profound gratitude for God's grace or something else?

(Open for discussion)

[illegible]



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How does the reality of the gospel affect your worship of God? How should these truths awaken your love for Christ?

(Open for discussion. As we see the fulfillment of all of the Old Testament prophecies through the gospel message, our response ought to be to worship the Living God. Sin separated us from God because of our unholiness, but through Christ Jesus, we were made holy. He was the perfect sacrifice, holy and blameless. He had nothing to gain through His crucifixion, but He gave His life for our sake. When we see His sacrificial love for us, we should be drawn to love Him more!)

HANDS:

What practical steps can you take to hold firmly to this gospel message in your daily life? What actions can you take to reinforce this truth in your mind and heart? How does the truth of Christ's resurrection motivate you to turn from sin?

(Open for discussion)

NOTES

[illegible]



NOTES

(Open for discussion)



- Do you believe scripture is sufficient to equip you for every good work, or do you look for other sources of wisdom and guidance? How can you approach Bible Study with a renewed purpose, knowing that it is profitable for equipping you to do God's work?
- What changes do you need to make in your life in order to be fully equipped for good works inspired by the Word of God?
- Is the gospel the unshakable foundation of your life? Are you truly relying on the gospel or are you leaning on your own works and efforts?
- Who can you commit to sharing the message of the gospel with this week?



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WEEK 2

WATCH

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READ

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DISCUSS

We hope those who participate in the study walk away knowing, feeling, and doing differently as a result of amazing discussion.



In Acts 17, Paul entered the city of Athens and addressed the Council of Aeropagus, a group of philosophers who were over religion and education. The Greeks were known for their architecture, arts, and knowledge, and though they worshiped many gods, they did not know the One True God. And yet, among all of the altars in their places of worship, they had an altar dedicated "TO AN UNKNOWN GOD". As Paul began his message to the Athenians, he introduced them to the God they didn't know personally. In Acts 17:24-25, he declared: "The

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GOD: THE SOVEREIGN
CREATOR & GOD THE
FATHER: LORD OF
HEAVEN AND EARTH

God who made the world and everything in it, being Lord of heaven and earth, does not live in temples made by man, nor is He served by human hands, as though He needed anything, since He Himself gives to all mankind life and breath and everything.” Paul then told them of the living God, who wasn’t distant and powerless, not caring about His creation. He told them of God who was not only the Creator of all things, but also rules over all things. He didn’t “need” mankind, but He created man in order that he might have a personal relationship with Him, and this same God is the one who cares for and desires a personal relationship with us, as well. In this week’s study, we will look at what it means to know God as both our Sovereign Creator and the Lord of Heaven and Earth.

NOTES

Passages we'll review:

Psalms 90:2; Genesis 1:1; Exodus 34:5-7;
Matthew 6:7-14



OPENING

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READ

PART 1 - God: The Sovereign Creator!

Big Idea: God is the sovereign creator of the universe! He has revealed Himself in Scripture so that we may know Him truly, though never exhaustively.

Key Points: God's sovereignty is a natural consequence of His omniscience, omnipotence, and omnipresence, and His attributes are worth celebrating. The importance of worshiping God as He is, not as we imagine.

NOTES

HEAD:

(Open for discussion. Other versions say from beginning to end. This reminds us that God has always been in existence, even before the creation of the world, and He will remain for all of eternity.)



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Genesis 1:1 tells us God “created”. What does this show us about His nature and His power?

(Open for discussion. The Hebrew word used for created in this passage is “bara”. This is important because it implies building or producing something out of nothing, not merely making something out of what already exists - something only God could do. The universe was not made from randomness or chaos, but by an all-powerful God. God exists outside of His creation. It establishes God’s creative authority and power and is the foundation of everything else that follows in the Bible, from Genesis through Revelation!)

After preparing the second set of stone tablets containing the Ten Commandments, Moses had an encounter with God, in which He revealed more of Himself to Moses as He passed in front of him. What does this revelation tell us about God's nature and character?

(Open for discussion. In this passage, God revealed His glory to Moses, showing how He related to his creation - through His love, grace, and mercy.)

NOTES

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NOTES

(Open for discussion. We can trust in the faithfulness of God. He existed before creation, He created all things, and nothing takes Him by surprise. As His creation, He loves and cares for us and He will never leave us or forsake us.)

(Open for discussion)

NOTES

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NOTES

How can we demonstrate God's love and unchanging, faithful character through words and actions towards others?

(Open for discussion)

How should the revelation of God's character affect our worship? What practical changes can you make to worship God for who He is?

(Open for discussion. When we see all that God has done for us as our Sovereign Creator, we should be filled with praise for His majesty and power. We can rest confidently in His promises and purposes, trusting Him even when we don't understand. Because of our relationship with Him, we have hope for the future and for a new creation. As a result, we can live out His purpose for us and delight in all He has made!)

[illegible]

HEAD:

(Open for discussion. God is the Lord of EVERYTHING that has been created! This is supported by the fact that He is the Sovereign Creator [Genesis 1:1 in Part 1 - God:The Sovereign Creator!] He reigns over all things and is the Sustainer of all things.)



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How does God's Lordship distinguish Him from all other religions? How does this truth impact your view of daily events?

(Open for discussion. Unlike any other religion, God reigns supreme over everything that has been created. He is mighty and powerful. He is omnipotent, omniscient, and omnipresent. He needs nothing from us. Yet He chooses to have a relationship with us. No other god from any other religion can claim this! We can trust Him rather than giving in to anxiety and surrender our plans to His purpose.)

HEART:

When you consider the majesty of God as Lord of heaven and earth, what emotions do you feel?

(Open for discussion)

NOTES

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(Open for discussion. We should remember what God has provided for us and live with generosity and respect towards others.)



(Open for discussion)



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PRAY

Consider the following as you pray together:

- Are you in the habit of seeking God only for what He can do for you? How can you build a habit of seeking Him and worshiping Him for who He is, and not just for His blessing?
- How can you be a better steward of the resources God has entrusted to you?
- Do your daily interactions with coworkers, family, and even strangers reflect that you are an image-bearer of God and a representative of His kingdom, or your own personal power?

NOTES

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WEEK 3

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READ

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DISCUSS

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NOTES

When we experience the saving grace of Jesus Christ and choose to follow Him, we trade our slavery for freedom. We are no longer slaves to sin, but free in Christ. However, that freedom comes with a cost. As we choose to follow Christ, we are called to walk in His ways and to live as He lived. But we can't do this on our own! In order to help us become more like Christ, we must rely on His Spirit to help us. In this week's study, we will see the importance of Jesus, the Son of God, and the Holy Spirit as we seek to live a life that glorifies God and carries out His mission.

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Passages we'll review:

John 1:1-4; John 19:7; Philippians 2:5-11;
John 14:16-26; Galatians 5:16-25; Acts 1:8

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Choose the question(s) that will most benefit your LifeGroup from each section rather than trying to answer every question in order to discuss each topic in the time allowed. Each type plays an important role in our walk and growth as followers of Christ.



(Open for discussion. Jesus did not lose His deity. Rather, He chose to set aside His position, humbly laying aside His glory and power, in order to come down to earth and serve the creatures He had created, in order that we might be saved.)

NOTES

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(Open for discussion)

(Open for discussion)

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(Open for discussion)

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(Open for discussion)

(Open for discussion. As children of God, we can find confidence in knowing that we belong to Him. We are no longer orphans, but followers of Christ! Because of His Spirit living in us, we can find security in knowing that He will be with us always and forever. We will never be alone, no matter what we face!)

NOTES

[illegible]

NOTES

(Open for discussion. In order to follow the Spirit each day, we must be transformed to be more like Christ! We can only do this by cultivating the Fruit of the Spirit in our lives, aligning our values and actions with His will and guidance. As we spend time in God's Word, in prayer, and in fellowship with other believers, we can be pruned and strengthened to produce a bountiful harvest that brings glory to God and draws others to Him.)

What habits can we cultivate that will intentionally feed our “new” nature and starve our old sinful nature?

NOTES

PRAY

- Jesus chose to set aside His divine privileges of glory and power in order to redeem us. In what areas of your life do you struggle with selfishness or grasping for advantage? Spend time in prayer asking God to help you set these things aside in order to serve and honor Him, just as Jesus did. As you go through life, make a habit of asking yourself, “Did this bring glory to God?”

- # NOTES

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