



TED



talks



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

WEEKS 4-7
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)

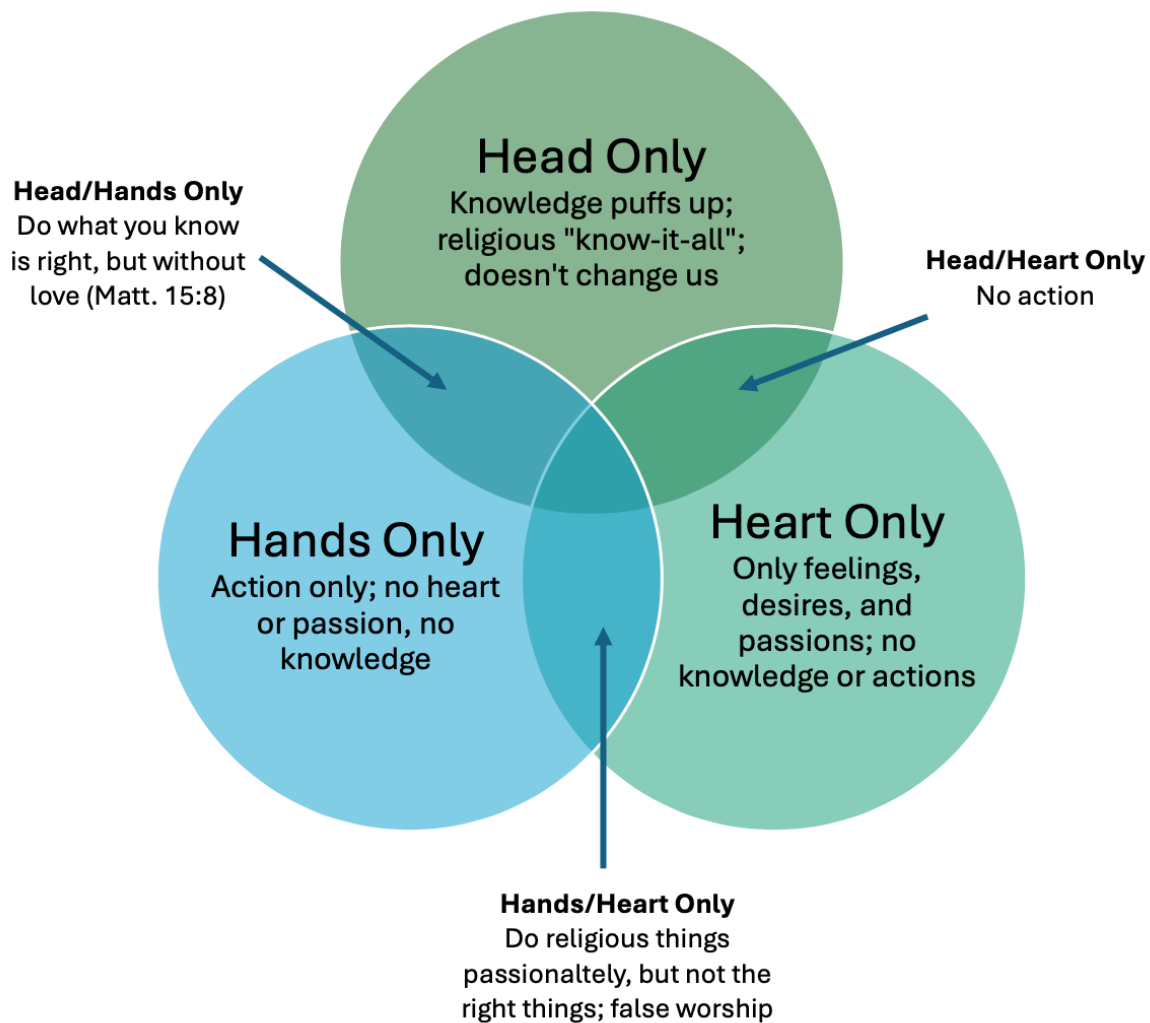
- “Emotional” questions that help us to understand the importance of the passage and to be affected by it, not just informed by it
- Examine our desires, feelings, will, and choices, as well as our passions
- Think of it as: What moves and motivates you in this passage?

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 4

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.

[illegible]



What jumped out at you from the video in this session? What are some of the key points that impacted you more than others?

[illegible]



NOTES

[illegible]

What We Believe: Man is the special creation of God, made in His own image. He created them, male and female, as the crowning work of His creation. The gift of gender is thus part of the goodness of God's creation. In the beginning, man was innocent of sin and was endowed by his Creator with freedom of choice. By his free choice, man sinned against God and brought sin into the human race.

Read Genesis 1:26-30

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.

What does it mean that we are made “in the image of God”?

NOTES

(Open for discussion. Mankind was the final piece of all that God created, and the only one where they were deliberate in what they made. Upon the creation of all others, it was said, "Let there be...", but for mankind, it was said, "Let us make...". Unlike the other created things, we are given personality, aesthetic appreciation, authority, as well as moral and spiritual qualities. This is important because it is the only part of creation where we see that God was deliberate about what was made. Mankind was created to be caretakers of all that God had created. We are to be image-bearers of God and reflect His glory. We can display His character in our love, patience, forgiveness, kindness, and faithfulness. This relationship between God and mankind is the focus of the rest of Scripture!)



(Open for discussion. Knowing that we have been given the responsibility to be caretakers of the Earth He created and everything in it, we should value that responsibility and remember that we are representatives of Him in all that we do! We must keep in mind that we are not a mistake, but rather a work of art created by Him, with all of our complexities and creative genius that could only come from God's infinite wisdom and power. We should respond to Him in thanksgiving, praise, and worship. We should value and respect one another, even in our differences.)



Mankind was created to be the most powerful and authoritative being in all creation, aside from God Himself. We are to be stewards of all He has created. How can you cultivate a heart of submission and worship towards God's authority as is reflected in the creation of all things?

(Open for discussion. A steward was one who was given the responsibility of managing and caring for the estate or resources of another. As stewards of all God has created, our own worth should be found in knowing that we are made in His image, not based on our possessions, achievements, physical attributes, or public notoriety. We should value and care for His creation as though it were our own, knowing that we are accountable to Him for what we do or don't do. Everything we do should reflect our worship of Him, whether it be how we respond to others, what we give our time and attention to, where we spend our money, or how we treat others, including those who are different from us or those don't have a personal relationship with Him. The best example for us to follow is that of Jesus' life here on Earth!)



In what ways do your habits either align with or fall short of God's creative plan for humanity? How can you form habits that reflect a heart that understands God's purpose and a mind that is aligned with God's design for mankind?



NOTES

What We Believe: Through the temptation of Satan, man transgressed the command of God, and fell from his original innocence whereby his posterity inherited a nature and an environment inclined toward sin. Therefore, as soon as they are capable of moral action, they become transgressors and are under condemnation. Only the grace of God can bring man into His holy fellowship and enable man to fulfill the creative purpose of God. Salvation involves the redemption of the whole man, and is offered freely to all who accept Jesus Christ as Lord and Savior, who by His own blood obtained eternal redemption for the believer. In its broadest sense, salvation includes regeneration, justification, sanctification, and glorification. There is no salvation apart from personal faith in Jesus Christ as Lord.



(God chose to show His love and mercy through our salvation in order to reveal the riches of His grace to the rest of creation and bring glory to Himself.)



NOTES

What is the significance of being “seated with Him in the heavens”, and how does this affect our identity?

(Open for discussion. Being seated with Christ in the heavens indicates our future place with Him in eternity. It is like being seated at the table of honor with the “important” people, seen as a privilege and an honor. But this doesn’t just affect our future life! As followers of Christ, we already have the privilege of being given His divine power to do His work here on Earth. We are no longer slaves to sin and death, children of the dark, but we are children of God, bearers of light, and alive in Christ! We represent Him in the battle against sin and death, and we have assured victory through His death and resurrection! We have hope and a future in Him!)



What has God's grace meant to you in your own life? How does knowing that salvation is an undeserved gift, not a result of your own works, affect you?



NOTES

(Open for discussion. In grace, God gave us what we didn't deserve, that which we could never earn by our own merit. It is undeserved favor, or God's Riches At Christ's Expense.)

HANDS:

What in your life is due only to God's presence and goodness? How does understanding God's grace motivate you to influence others and use it to share the message of Jesus with them?

(Open for discussion. Our response to God's grace should be praise, gratitude, and joy. Our salvation has a PURPOSE beyond ourselves! It can bless and build up others as well, as we serve others. We should seek to help others and serve them with kindness, love, and gentleness.)



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NOTES

In what area(s) of life do you find it difficult to please God instead of yourself? What practical steps can you take this week to live out His grace and mercy, as well as our victory in Christ, through your actions?

(Open for discussion)

HABITS:

How does your new nature impact your old habits? What areas of your old sinful nature are still battling with your new spiritual life in Christ?

(Open for discussion. While we still have a “sin nature”, we no longer have to be bound by the power of this sin nature, thanks to Christ’s victory on the cross! We can rely on God to help us resist sin and live in a way that brings glory to Him. Our new nature will convict us of the old habits that do not honor God.)

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What habits could help you regularly remember your former spiritual state and God's mercy, encouraging you to live for Him?

NOTES

(Open for discussion. We must trustingly accept what God has provided for us, even though we may not totally understand what we are receiving or how it works. Faith is exhibited when we give up on what we can provide for ourselves and allow God to provide what only He can for us! As we strive to live for Him, we must choose to turn away from the habits and actions that are sinful and enslave us to that sinful nature. While we may still "feel" like sinning at times, we must remember that by being alive in Him, we have His power to help us resist those things and to live fully in Him. [See Galatians 2:20])

PRAY

Consider the following as you pray together:

- Who can help hold you accountable to the truth that salvation is a gift of grace and encourage you to live in a manner that reflects the grace and mercy of God?

- # NOTES

[illegible]



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WEEK 5

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

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Corporate worship is an important part of the church and our Christian faith. In our worship, we acknowledge the lordship of Jesus Christ. Unlike other religions, we know that our worship goes beyond our relationship with God Himself and extends to our relationship with other believers

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NOTES

What stood out to you from the message this week? What led you to really think? Did anything challenge you?



NOTES

[illegible]

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(Open for discussion. Christ was made head over all of creation, the ultimate authority over all things. While this looks ahead to eternity, we can rely on His strength and the victory He has already won over sin and death even now. Even though Satan is still at work in the world around us, we know he will be defeated and Jesus will reign supreme!)



(Open for discussion. Christ is the head of the church, and we are the body of Christ. Just as the head controls the rest of the body and keeps it functioning properly, Christ guides us to do His work here on Earth and to function together as the body of believers. Without Him, we are handicapped, even paralyzed! We are to be His instruments and do the work He desires. We must work together to accomplish His work here on Earth.)



NOTES

(Open for discussion. As the body of Christ, we must function in unity, working together to do Christ's work here on Earth. We cannot do it on our own; we need each other, as each of us has been given specific strengths, talents, and abilities. We cannot allow our differences to divide us. As a result, we must treat one another with the same love and compassion that Christ has for us, looking to Him for strength, patience, and understanding as we work with those who are different from us. We must remember the shared connection we have as followers of Christ!)



NOTES

Do you have a genuine desire for fellowship with God and with other believers? Do you experience meaningful Christian fellowship and accountability? How can we build relationships that resemble a spiritual family?

(Open for discussion. We must remember that the church is a body with many members, and though we are all different, we are all equal in the eyes of God! In Him, we don't lose our identities, but we have a oneness in Christ as we are all one body through His Spirit that lives in us. We can love and support one another as a spiritual family as we help each other to grow in Christ and glorify Him. This includes being open and honest with other believers and holding each other accountable as we seek to live now in a way that reflects Christ and points others to Him!)

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(Open for discussion. As the church, we should be the full expression of Christ, who fills His church with His blessings and gifts, in order that we can glorify Him. We must remember that we are all equal in the eyes of God! He has not made certain giftings and abilities more important than others. All members are necessary for His church to function properly and grow in Him. We must make the effort to encourage each other as we serve together doing His work. This can include making sure to encourage and express gratitude to those in areas that are not always noticed by others.)



How does the metaphor of the church as Christ's "body" call us to serve as His hands and feet in the world?

(Open for discussion. God's power that raised Christ from the dead and placed Him above all things is also available to us! When we follow Him, we are not taken out of this world, but we remain in order that we can live for Him as we depend on His Spirit to lead and guide us as we glorify Him and seek to draw others to Him through our actions and by meeting the needs of those around us and beyond.)

What regular actions or rhythms can we put into practice to ensure that our lives reflect the truth of the gospel and attract others to Christ?

(Open for discussion. We must remember that we are no longer enslaved to this world and the sin that invades it. As a result, we are to live God's way, not the world's way, and seek God's inheritance, not the world's inheritance.)



NOTES

[illegible]

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

Psalm 95 is a communal call to worship. What does this tell us about the importance of worshiping God together with other believers? What are the reasons for worship in Psalm 95:1-2?



(Open for discussion. The early believers were eager to hear the Word of God, as well as to be together to edify and build up each other. They valued community and fellowship with other believers, putting it above other things.)

[illegible]

(Open for discussion)

How can we better prepare ourselves to receive God's Word when we attend worship services? How can we move beyond passive hearing to active engagement? How can we encourage and build up other believers on the Lord's Day?

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NOTES

(Open for discussion. As we read His Word, we are reminded of the greatness of our God, the King of Kings. We should approach our services with a heart of worship, acknowledging the "worthship" of Sovereign God. He alone is worthy of our praise. We can spend time reflecting on His greatness and how He has provided for us and shown Himself to us as we prepare for our worship services. We can be active participants by singing aloud, giving tithes and offerings, and allowing His Word to challenge and convict us.)

What steps do you take on Saturday to prepare for Sunday worship? How can you minimize distractions and be more intentional about making it a priority in your life? What changes do you need to make to your Sunday routine to help you better honor the Lord on this day?

(Open for discussion)



NOTES

(Open for discussion. As we make a concerted effort to set aside Sunday as a day of worship, we can help prioritize our commitments, putting God at the center of everything we do. We can use corporate worship to encourage one another as we prepare to begin a new week, seeking to honor God with all that we do. We can take time to refocus our attention and affection on Him, rather than the things of this world. We can reflect on who He is and what He has done for us, setting aside the other distractions that we may face throughout the week.)

T.E.D.

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What habits can you develop that go beyond a single weekly gathering to something more?

NOTES

(Open for discussion. When we are actively engaged in worship, our singing expresses God's truth in a way that stirs the soul of a worshiper, igniting our hearts to worship Him beyond just songs and a Sunday service. As we prepare for worship, we can be better prepared to hear the Word that is presented to us and allow it to guide and challenge us to live for Him as we go through the week. We can look for ways to apply the message in our everyday life. We can also meet with other believers beyond the Sunday service as we connect through LifeGroups, MicroGroups, and Study Groups.)

PRAY

Consider the following as you pray together:

- Are you passionately in love with Christ and His church, or have you forsaken your first love? What habit can you begin this week to help you love God and love others in the body as we are instructed to?

- # NOTES

[illegible]



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WEEK 6

WATCH

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READ

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

DISCUSS

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NOTES

As followers of Christ, symbols are very important to us as well. Christian symbols can create unity among us as we remember that, while we are all different, we are a part of one body in Christ! They can also remind us of what Christ did for us on the cross, as well as what sets us apart as followers of Christ. They can encourage and challenge us as we continue to live for Him and await His return. In this week's study, we will look at two important symbols of our faith: Baptism and the Lord's Supper.

[illegible]



What jumped out at you from the video in this session? What are some of the key points that impacted you more than others?



NOTES

[illegible]

Read Matthew 3:16-17, Acts 2:37-38
and Matthew 28:19

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

(Baptism is not what saves us, nor is it a requirement for our salvation. Instead, it is an act of obedience that symbolizes our new life in Christ. It allows us to publicly identify with Christ through His death, burial, and resurrection.)

(Open for discussion. Baptism follows after we have repented from our sin and accepted Christ as our Lord and Savior, putting our faith and trust in Him. It is a sign of our faith in Him that is exhibited for the world to see.)



NOTES

(Open for discussion. Baptism is symbolic of our submission to Christ as Lord, choosing to live His way and be His people. It unites us with Christ as we follow His example and live our new life in Him.)

(Open for discussion)

[illegible]



NOTES

(Open for discussion. Baptism gives us the opportunity to share the gospel with others as we give our testimony of how Christ changed our lives. It can start conversations that might not otherwise have taken place. It also gives us an opportunity to allow others to see our new identity in Christ and how He changes us.)



HABITS:

What can you do to regularly remember and reflect on your baptism, especially in seasons of temptation or doubt?

(Open for discussion)

NOTES

PART 6B - The Lord's Supper: In Remembrance of Christ!

What We Believe: The Lord's Supper is a symbolic act of obedience whereby members of the church, through partaking of the bread and the fruit of the vine, memorialize the death of the Redeemer and anticipate His second coming.

Read Acts 2:41-42 and 1 Corinthians 11:23-26

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

(The original Lord's Supper took place at the Last Supper Jesus had with His disciples at Passover, on the night before He died. It was significant because, as Passover was the remembrance of God's provision to save His people from death and deliver them to freedom from Pharaoh's slavery, Jesus was preparing to be the sacrificial Lamb of atonement, shedding His own blood in order to provide freedom from sin and death and the promise of eternal life with Him.)

(Open for discussion. We need to be reminded of all that Christ encountered on our behalf. He was perfect and sinless, yet He chose to leave His place of authority with the Father and come down to Earth to live among us and to offer His life as a sacrifice for us. He took on the punishment that was due to us, in order that we didn't have to.)

[illegible]



(Open for discussion. We need to tell others that Jesus is the only way to be saved, and that only by believing in His death, burial, and resurrection can we experience true life and forgiveness from sin. While this can be done through our observance of the Lord's Supper, it is much more than just an observance at church! We must make His gospel message visible to the lost and dying world around us!)



How can you share the message of Christ's love and sacrifice with someone who is unfamiliar with your faith in Jesus? What actions or words can demonstrate your belief?

HABITS:

How can you make a habit of remembering Jesus' sacrifice, even outside of the Lord's Supper? What daily or weekly habits could help you stay focused on His redemptive work?

(Open for discussion)

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NOTES

[illegible]

- If you have a personal relationship with Jesus Christ, have you followed through with believer's baptism? If not, please talk with your LifeGroup leader or one of our pastors!
- Are you encouraging new believers to take the step of public baptism as a sign of their new life in Christ? Who do you know that needs to follow through in this act of obedience? Encourage them this week to take the next step!
- Do you intentionally set aside time to prepare your heart and mind before partaking of the Lord's Supper, or do you approach it without reflection? What actions can you take to prepare for the next time you take the Lord's Supper?



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WEEK 7

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.



NOTES

[illegible][illegible]



NOTES

What stood out to you from the message this week? What led you to really think? Did anything challenge you?



What We Believe: Marriage is the uniting of one man and one woman in covenant commitment for a lifetime. It is God's unique gift to reveal the union between Christ and His church and to provide for the man and the woman in marriage the framework for intimate companionship, the channel of sexual expression according to biblical standards, and the means for procreation of the human race. The husband and wife are of equal worth before God, since both are created in God's image. The marriage

[illegible]

[illegible]

Why does God put Adam into a deep sleep in order to create Eve? What is the significance of this, and what does it reveal to us about God's role in their union?

[illegible]

(Open for discussion. Matthew Henry wrote: “She was not made out of his head to rule over him, nor out of his feet to be trampled on by him, but out of his side to be equal with him, under his arm to be protected, and near his heart to be loved.” God is the “builder” who fashioned Eve; she was a gift to Adam from his maker. Man and woman were created to complement one another, both different in their strengths and abilities, but equal in God’s eyes.)



(Open for discussion. We should remember to be thankful for our partner and see him/her as a gift from God. We are created to complement each other. This means we are not exactly alike! As Warren Wiersbe wrote: Marriage "is an opportunity to exercise faith, hope, and love and to mature in sacrifice and service to one another for God's glory.")



NOTES

What does it mean for the husband to love his wife as Christ loves the church, and how does this affect the wife's heart?

(Open for discussion. If the husband loves his wife as Christ loves the church, he will love her unselfishly and sacrificially. The love Paul spoke of was agape love, which means seeking the highest good for another person. As a result, the wife can then submit to her husband, not as an inferior, but recognizing that he is the head of the home and leads under God's authority. Both of these things are a choice we must make that is guided by love and respect for the other person.)



(Open for discussion. Man is the spiritual leader of the home, but that leadership involves service and sacrifice!)



NOTES

(Open for discussion. "When the Christian wife submits herself to Christ and lets Him be the Lord of her life, she will have no difficulty submitting to her husband...The husband is also to submit to Christ. When both are living under the Lordship of Christ, then there can only be harmony." [Warren Wiersbe] Husband and wife should pray together and spend time in the Word together, encouraging one another as they follow God's will and design.)



NOTES

[illegible]

Read Genesis 1:27-28, Deuteronomy 6:6-7, Proverbs 22:6, and Ephesians 6:1-4



(Open for discussion. “Train” in this passage is often translated as “dedicate”, meaning to set each child apart, dedicating them to God and guiding them toward holiness as we teach them His Word. While it does imply instructing and disciplining children, it is not based on rules and regulations [intellectual], but rather investing in them and teaching them the ways of God that will shape the rest of their lives [holistically]. We must make God a part of our everyday experiences!)



NOTES

What is the difference between honoring and obeying your parents? Why are both mentioned?

(Open for discussion. Obeying relates to childhood, when we do as we are told. Honoring relates to our entire lifetime, as we treat parents with respect and love at all stages of life, even once we are adults and living independently. Both are mentioned because both are important. Parents should be valued and respected even once we are grown.)

HEART:

How does a parent's own walk with God impact their child? Does your own life reflect the importance of the gospel to you?

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HEART:

How does a parent's own walk with God impact their child? How can our life reflect the importance of the gospel to you?

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NOTES

(Open for discussion. The Holy Spirit can work in us to apply God's Word to all aspects of our lives. As He "writes" His Word on our hearts, we become "living epistles" for others to read and know how to live. How we live our lives backs up - or doesn't - what we say!)

What are our deepest hopes and fears regarding our children's spiritual and moral development, and how do we surrender those to God?

(Open for discussion. Regardless of what we teach and pour into our children, they will still have to make their own decisions. We may worry about their choices, beliefs, safety, future, etc, but we have no control over any of those things. All we can do is seek to lead and guide them as God directs us and dedicate them to Him. We can pray for them and their future and continue to teach them how to live in His truth.)



NOTES

(Open for discussion. For the Hebrews, religious education was life-oriented, not information oriented. We must follow this mindset as we seek to make God a part of our everyday experiences, teaching them to see God in ALL aspects of life! God's Word should be the center of everything we do, ALWAYS! This is not just based on information or the acts that we do, but a description of who we are in Christ [Be before Do]! We must seek to place His truth in the hearts of those we teach!)



NOTES

How do our daily actions, choices, and priorities - regarding everything from money to faith - serve as a “living Bible” that our children are constantly reading?

(Open for discussion. Our beliefs and values are evident in all that we do. We must be sure that all of our activities, interests, priorities, and values reflect Him and His values, in order that we may be identified as His people! If our faith in Christ is real, it will be evidenced in our homes.)

HABITS:

In Deuteronomy, we see 4 opportunities for conversation: sit, walk, lie down, get up. These indicate a constant effort to guide and invest in our children. How can you build spiritual rhythms and intentional conversations into your daily family life?



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(Open for discussion. To build spiritual rhythms and intentionality, we must make a constant, conscious effort. It is painstakingly hard work to raise our children in the way God intended, and it requires us to be “present” at all times. It requires sharpness and precision to permanently engrave His Word on their hearts, but it can be permanent. It is a daunting task, but the results are everlasting! We can’t miss any opportunity. We must speak the truth to them from the beginning, teaching them God’s Word and not leaving it for them to decide or decipher.)

How does the modern pace of life interfere with our ability to consistently train our children? What needs to change?

(Open for discussion)



- What practical steps can you take this week to cultivate a deeper relationship with your spouse or others in your life? How can you incorporate a practice of “selflessness” into your daily life to better serve your spouse or family?

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- What spiritual habit can you pursue to better support your spouse or significant other, especially in their walk with God?
- Do you approach parenting with a sense of ownership and power, or as a stewardship from the Lord? In what specific ways might you be provoking your child to anger, and what can you do to stop?
- Where do you need to place more trust in God regarding the future of a child in your life?
- What legacy of faith are you intentionally building through your actions? What can you do to be more present and engaged in the discipleship of your child?
- When/where do you talk about God's commands? Are you taking advantage of everyday opportunities to teach them about God?



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