

The background features a light gray topographic map with contour lines. Overlaid on this are several decorative rectangular bars: a wide orange-to-red gradient bar at the top; a blue-to-cyan gradient bar on the left side; a smaller orange-to-red gradient bar on the right side; and a wide red-to-orange gradient bar at the bottom right.

Journey to Jerusalem

LUKE 10-23

Week 1

Leader & Member Guide

Journey to Jerusalem

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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.

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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).

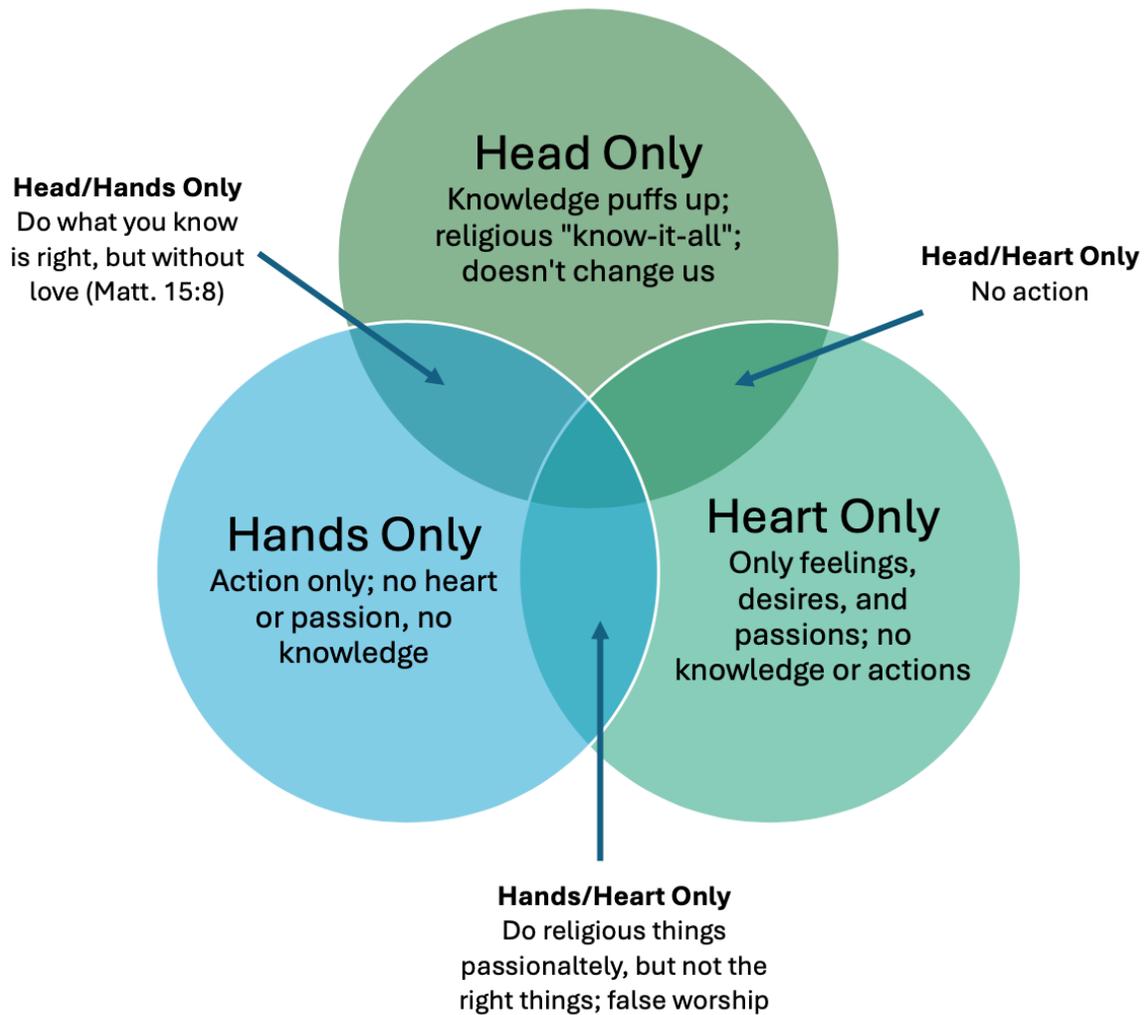
- “Emotional” questions that help us to understand the importance of the passage and to be affected by it, not just informed by it
- Examine our desires, feelings, will, and choices, as well as our passions
- Think of it as: What moves and motivates you in this passage?

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!

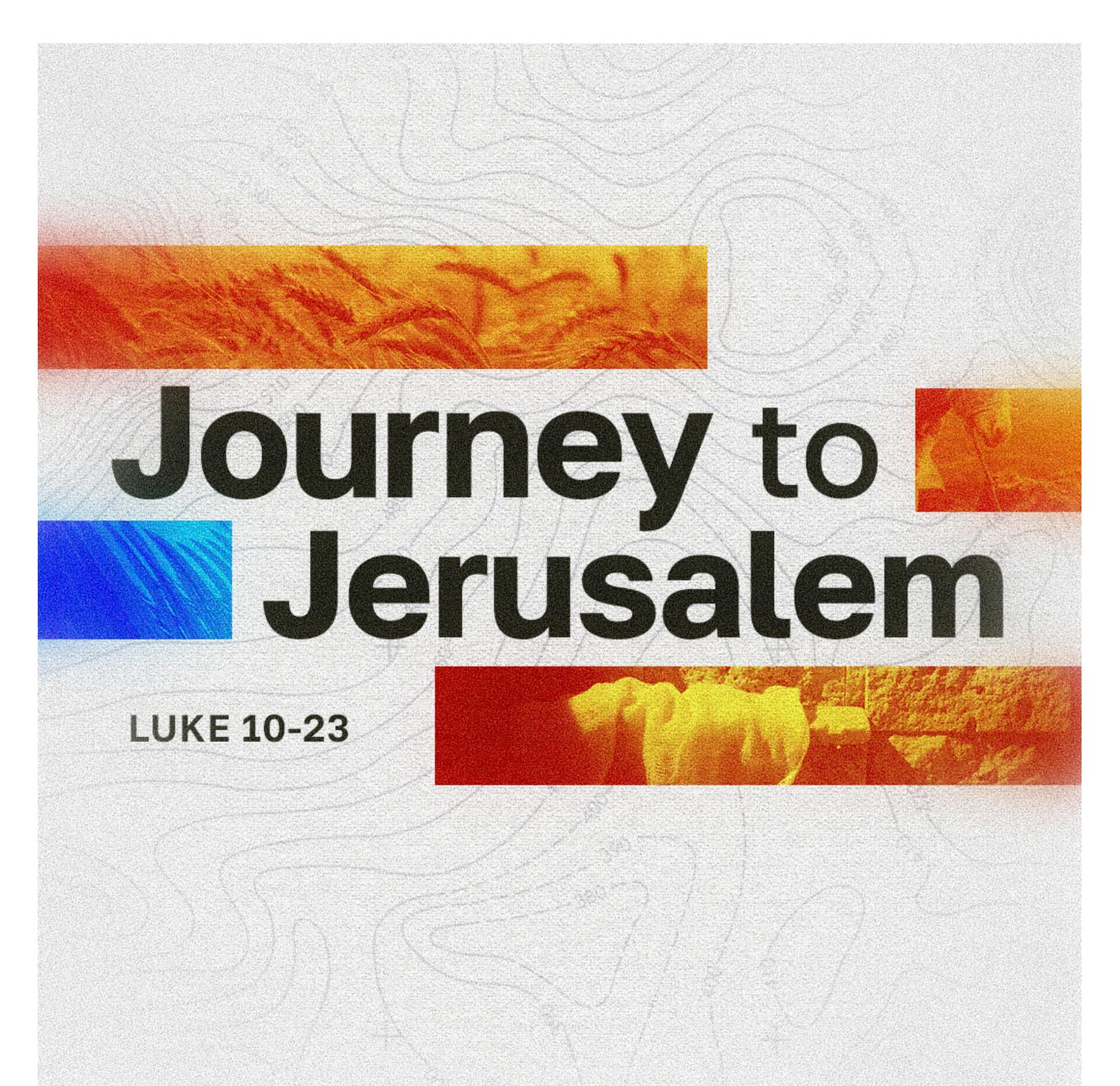
The Dangers of Not Using All Three



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.



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