

HEAD HEART HANDS

Leader Guide Week 2

Leader Tips

- First, watch the Session 2 video with your group. Have each person share one **short** thought that stuck out from the video.
- You will need a copy of the HHH Group Reflection Questions for this discussion.
- You may find a whiteboard helpful for taking notes during group discussions.
- After filling the whiteboard, your group can go back and decide on their top 2-3 action points.
- Your role in this discussion may be more of a facilitator; at times you may need to clarify discussion points and help refine action points.
- Feel free to ask for volunteers to head up implementing action points.
- Not every action point has to be implemented right away and some new practices may be trial and error.
- If you feel like your group needs more time on this topic, feel free to take a second week to continue the discussion. Do what works best for your group.



HEAD

Recognizing Jesus. Knowing Jesus.

Head is about gaining a true understanding of Biblical concepts and using that to frame a Christian worldview.

What does Head growth look like?

- Identifying sin
- Understanding Biblical truth
- Recognizing God's faithfulness
- Catching a vision for God's plan
- Discovering God's perspective
- Understanding Jesus's model of discipleship



HEART

Responding to the Holy Spirit. Being transformed.

Heart is the process of our will aligning with God's purpose through the transformative work of the Holy Spirit.

What does Heart growth look like?

- Hating sin
- Loving and trusting Jesus
- Responding to God's glory and holiness
- Developing a concern for the spiritual health of others
- Intentionally bringing Jesus into relationships & decisions



HANDS

Pursuing God. Serving others.

Hand encompasses the pursuit of Jesus through spiritual disciplines, serving, and ministering to others.

What does Hand growth look like?

- Increasing spiritual disciplines
- Decreasing sinful behavior
- Growing in obedience
- Serving others
- Devoting life to ministry
- Demonstrating Christ's love
- Discipling others who disciple others

1. Read **Colossians 3:1-17**. Can you pick out the concepts of **HEAD, HEART** and **HANDS** in this verse?
 - *Head: v. 2 "Set your minds..."; v. "Let the word of Christ dwell in you..."*
 - *Heart: v. 15 "And let the peace of Christ rule in your hearts..."; v. 16 "...singing psalms and spiritual songs..."*
 - *Hands: v. 5 "Put to death..."; v. 12 "Put on..."; v. 13 "...forgiving each other..."*
2. What is the purpose of a discipleship group? See Acts 2:42-47, Hebrews 10:24-25, Ephesians 4:11-12.

Review HHH Group Reflection Questions together.

3. Are any of these terms or concepts unfamiliar or confusing?
4. Reflect on which elements of the HHH model that you are doing well as a group. Take notes and celebrate what God is doing!
5. Discuss how God might be prompting your group to grow. Take notes!
6. Create 2-3 action points that your group will commit to implement in the near future.

Prayer Time Focus

- For Godly wisdom in creating action points and goals for your group
- For group discussions to be filled with grace and truth

Notes from Group Discussion:

**AND LET US CONSIDER HOW TO STIR UP ONE ANOTHER
TO LOVE AND GOOD WORKS.
HEBREWS 10:24**