

# HEAD HEART HANDS

Group Guide Week 3

## SPIRITUAL PATHOLOGIES & LINKING ARMS



### What is a SPIRITUAL PATHOLOGY?

Example 1:

#### **CHEAPENED GRACE MINDSET**

- Wanting grace and forgiveness without working towards repentance.
- Embracing a grace that saves me *from* but never seeking to know what I am saved *to*.
- Forgetting that grace comes from the cross and the sacrifice of Jesus. True grace is costly.

Example 2:

#### **WORKS GROWTH MINDSET**

- Thinking that my works (alone) will make me into a growing disciple.
- Believing that I can be more righteous by doing more...reading more, praying more, serving more. (Lie: I can control my Christian greatness.)
- Not realizing that though I may look like a "good" Christian on the outside, that I have fallen into a trap of legalism...judging myself and others by impossible standards.

### 1. What do the following scriptures say about grace and works?

Ephesians 2:8-9

Romans 3:19-25

2 Corinthians 6:1

Isaiah 53:3-5

James 2:14-26

Philippians 2:12-13

### 2. How do we spot a **CHEAP GRACE** mindset in our lives?

### 3. How do we spot a **WORKS GROWTH** mindset in our lives?

### 4. What verses in Psalm 51 might help prevent us from slipping into either cheap grace or work growth mindsets?

5. How can staying committed to a one-on-one discipleship relationship or a discipleship group (*Linking Arms*) help keep us healthy spiritually?
6. What would be the benefits of a once a month "Barnabus" group whose function is to support each other (*Linking Arms*) as members spend time the rest of the month disciplining others?
7. What does the Barrel of Monkeys game have to do with healthy discipleship?
8. Read the following Case Studies and discuss how the Head Heart Hand model may help not only identify spiritual pathologies, but give insight into strategies for growth.



### Case Studies-

Eric is a 37-year-old having significant issues with pornography and disrespecting his wife, and he has just joined your D-group. These facts only came out when your group met separately as men and women.

Eric:

"I know God doesn't want me to do these things because he wants me to have a better life."

"I just don't know why He doesn't take this addiction away from me."

"I have been reading *Your Best Life Now* to find out how to break out of this struggle."

How might HHH help Eric identify problems and strategies for growth?

HEAD:

HEART:

HANDS:

Erica is a 37-year-old mother of two and works part-time. She is in your D-group and is also in a weekly women's Bible study. Erica serves in the children's ministry 3-4 times a month and spends time doing at least two Bible studies on her own. She believes in "discipleship." In fact, she will frequently have lunch with other ladies of the church she knows needs disciplining and tells them what she has learned from her studies.

Erica struggles with gossip, though she doesn't see it as an issue. Erica usually knows all about any church or community issues, and she will share the news as prayer requests.

How might HHH help Erica identify problems and strategies for growth?

HEAD:

HEART:

HANDS: