

HEAD HEART HANDS

A Biblical strategy for growing disciples based on Matthew 4:19

“Follow me and I will make you fishers of men.”



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

Be disciples who make disciples

“...and has made known to use your **love in the spirit**. And so, from the day we heard, we have not ceased to pray for you, asking that you may **be filled with the knowledge of his will in all spiritual wisdom and understanding**, so as to **walk in a manner** worthy of the Lord, fully pleasing to him: bearing fruit in every good work and increasing in the **knowledge of God**;

Colossians 1:8-10

See also Ephesians 2:1-5, Colossians 3:1-17

ASSESSING YOUR GROWTH AS A DISCIPLE



- How has your study of the Word deepened your understanding of Biblical truth?
- What life decisions or challenges have you recently filtered through the Gospel?
- What have you learned about God's character lately?
- How does your understanding of God's salvation plan give you confidence and peace?
- Are you able to see both blessings and challenges through God's perspective?
- What is your understanding of Biblical discipleship?



- How has your time in the Word recently convicted you of sin?
- How has your time spent with Christ strengthened your love for Him?
- In what area of your life has Jesus deepened your trust?
- How do you regularly seek to be responsive to the Holy Spirit's prompting?
- In what ways are praise and worship part of your daily life?
- How motivated are you to strengthen your family, friends, or D-Group relationships?
- Are you willing to be vulnerable in sharing struggles and praises with others?
- How willing are you to participate in spiritually sharpening conversations?
- How strong of a priority is inviting Jesus into your relationships?
- How deeply do you desire to learn more about Jesus and His plans for all of us?
- How concerned are you for the spiritual welfare of others?



- Which spiritual disciplines are the easiest for you to practice?
Prayer, Reading, Fasting, Worship, Reflection, Service, Confession, Celebration
- Which spiritual disciplines do you struggle with the most?
- Can you think of an example of obedience that God has helped you with?
- Is there a sinful habit or area of disobedience you would like prayer to overcome?
- How are you serving your spouse and family well? Your church family? Your community?
- Do you intentionally spend time and energy to reach out to the lost? How?
- Have you prayerfully considered taking a leadership role in a D-Group or ministry?
- Is there anyone you are currently discipling?