



Pursuing the Heart Workshop

Devotion



John 12:20-28a

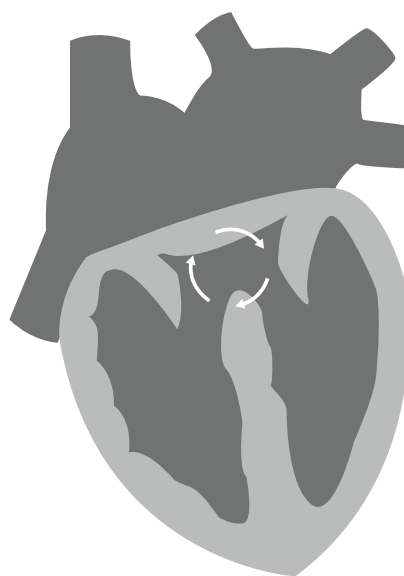
1. What was Jesus thinking (thoughts)? [verse 23]
2. What was Jesus feeling (feelings)? [verse 27a]
3. What was Jesus' Deep Desire? [verse 27b-28a]
4. What did Jesus choose to do (choices)? [John 13-21]



Four Aspects of the Heart

Thoughts

Choices



Feelings

Deep Desires



PLEASANT FEELINGS

Open Alive Unique Optimistic Positive
Reliable Confident Happy Free Eager Determined
Fulfilled Joyous Warm Fortunate Blown-Away Excited
Interested Amazed Thankful Delighted Good Strong
Reassured Love Peaceful Powerful Bold Brave
Receptive Important Encouraged Capable Secure
Satisfied Ecstatic Elated Content Daring
Touched Surprised Jubilant Safe Challenged
Sympathetic Relaxed Blessed Awesome

UNPLEASANT FEELINGS

Angry Confused Useless Disillusioned Sad Annoyed
Irritated Hostile Uncertain Disrespected Crushed Grief
Enraged Indecisive Hurt Hurt Deprived Impotent Sorrowful
Bitter Disappointed Hesitant Dejected Ashamed Desolate Anguish
Depressed Lonely Tense Rejected Repugnant Desperate Alone
Betrayed Doubtful Dismayed Indifferent Scared Tormented Unhappy
Diminished Powerless Reserved Neutral Wronged Afraid Discouraged
Despair Humiliated Weary Heartbroken Alienated Fearful Wary
Worried Disintrested Helpless Terrified Agonized Frustrated Paralyzed
Anxious Panic

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Lasting transformation must go through the heart.

II Cor. 3:18 (ESV) - "And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit"

Jesus Targeted Hearts

1. Nicodemus (John 3)
2. Women at Well (John 4)
3. Rich Young Ruler (Luke 18:18-24, Mark 10:17-25)
4. Peter (Matthew 26:26-35, 69-75; John 21; Acts 2)
5. Pilate (Matt. 27:1-23; Mark 15:1-15; Luke 23:1-25; John 18:28-19:16)

How do we help our disciples become transformed?

We must know that the Bible is NOT primarily an encyclopedia of topics to help people, but the Bible is about God redeeming His people through the power of Jesus Christ.

"Scripture declares that personal transformation takes place as our hearts are changed by God's grace and our minds renewed by the Holy Spirit."

-Paul Tripp, *Instruments in the Redeemer's Hands*



"If my heart is the source of my sin problem, then lasting change must always travel through the pathway of my heart. It is not enough to alter my behavior or to change my circumstances. Christ transforms people by radically changing their hearts. If the heart doesn't change, the person's words and behavior may change temporarily because of an external pressure or incentive. But when the pressure or incentive is removed, the changes will disappear."

-Paul Tripp, *Instruments in the Redeemer's Hands*

Luke 6:43-45 (ESV) - A Tree and Its Fruit "For no good tree bears bad fruit, nor again does a bad tree bear good fruit, for each tree is known by its own fruit. For figs are not gathered from thornbushes, nor are grapes picked from a bramble bush. The good person out of the good treasure of his heart produces good, and the evil person out of his evil treasure produces evil, for out of the abundance of the heart his mouth speaks.

We are Created to Live From a Whole Heart

Titus 2:11-14 (ESV) - "For the grace of God has appeared, bringing salvation for all people, training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age, waiting for our blessed hope, the appearing of the glory of our great God and Savior Jesus Christ, who gave himself for us to redeem us from all lawlessness and to purify for himself a people for his own possession who are zealous for good works."

1. Question: How is a person saved?

Answer:

2. Question: How does a person come to the Lords' Table/Communion?

Answer:

3. Question: How is a person sanctified/changed?

Answer:

How do we target the heart?



Engage the 4 Aspects of your Heart as you watch this clip from Les Misérables.

Just watch, DO NOT write anything down.

- a. What are you observing?
- b. What are you feeling?
- c. What desires are touched in you?
- d. What choices do you want to make?

With the person you do NOT know, ask each other these questions.

One person ask all 4 questions below to the other person, and then switch.

Listen!

- a. What are you observing?
- b. What are you feeling?
- c. What desires are touched in you?
- d. What choices do you want to make?

(These are General Questions to ask about ANY experience)

The \$1,000,000 Question:

How did you experience this?



H.E.A.R. Skills

Holy Spirit

Trust and Believe that the Holy Spirit is speaking to them, and that He has much better things to say than you do.

Engage the Whole Heart

Be completely attentive to them, and listen thoroughly to all four aspects of their heart (be listening to your whole heart too).

Ask Open and Powerful Questions

Ask open-ended and powerful questions that guide the person to hear from the Holy Spirit and to make choices from their deep desires.

Respond from Your Heart

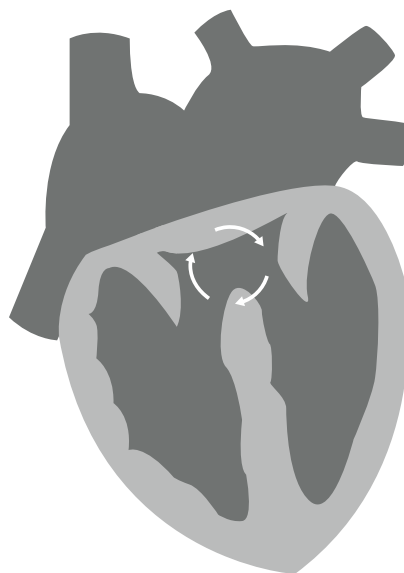
After pursuing their heart first, share how this conversation has impacted your own whole heart (not your own story), and then rejoice in what the Holy Spirit has done.



Four Aspects of the Heart

Thoughts

Choices



Feelings

Deep Desires



It is a fluid model. It is an art not a science. Your goal is to love the other person well, not to complete the steps of HEAR. At times, you may just need to be with the other person before asking any questions, particularly when you need to empathize or mourn with the other person. Here you ask questions only to clarify the situation and to know how to be present with the other person. Once you've been present with the other person, then you can move onto other questions. Defining action steps is dependent on how many steps in the model you can authentically move through. Don't press. Listen and follow your intuition.



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Thoughts: “So what I’m hearing you say is..._____.”

- “Tell me more about that.” “What does that mean to you?”
- “You have told me about three issues here. Which is most important to you right now?”
- “What do you need that you don’t have that will help you move ahead?”

Feelings: “What were you feeling in the moment?”

- “Say more about how that touched (impacted) you.”
- “What does _____ feel like to you?”

“Can you name some of the feelings that surface in you as we talk about this?”

- “Stay with that feeling. What is going on inside you right now?”

“What outcome do you fear (or what excites you) in this situation?”

- What is the worst thing that could happen? Then what could happen?
- If that happened, what would that say about you? About God? (This question can actually move you from feelings into desire/pain.)

Deepest Desires: “What does that say about your deepest desires/longing?”

- “What’s the energy driving this?”
- “If you could have anything here, what would it be?”
- “What do you long for here?”

Drilling Down to Desire: “If you had _____, what would that give you?”

- “Then if you had that _____, what would that give you?”
- “And if you had that _____, what would that give you?”

(Continue to ask these questions until you reach the language of desire)

Unpacking significant words: “What was _____ about it?”

- “What is most significant to you about this, and why?”

Choices: “What do you want to choose right now?”

- “What would engaging with strength and love look like in this situation?”
- “What will it take for you to follow through with your desire?”
- “What kind of person do you want to be in this situation?”
- “What support do you need from your teammates right now?”



Responding: “This is how you have affected me.”

- The MAGIC QUESTION: Ask the group, “What is happening for you right now as you experience this brother or this time of engagement?”
- “Wow! What you’ve accomplished inspires me to...”
- “As you relate this I see ___ coming out in your life (speaking to his/her glory).”

What do you sense God is up to in your life through this situation?

- What do you sense that God is feeling about you right now?
- What does that say about God? about His view of you?

Bad Questions:

1. Closed Ended Questions – Example, Yes or No Questions
2. 95% of the time, “Why” questions (Change to “What” or “How” Questions)
3. 99% of the time, Solution Oriented Questions (Ex. What about you doing)
4. Trying to Find the 1 Perfect Question – DON’T – (just say, “Tell me more”)
5. Leading Questions (Ex. “How would you describe that feeling, mad?”)

General Deepest Desires:

- Purpose, to be part of something larger, transcendence;
- Relationship: valued, to pursue and to be pursued, to be in community or family;
- Impact, significance;
- Honor, respect valued, understood, virtuous;
- To protect and provide, to be protected and provided for, security;
- To come through: duty, honor, to hear “Well done!”
- Beauty and creativity; transcendence
- Justice, truth, and freedom;
- Peace, wholeness, completion, home, belong



Deceitful Desires: looking to any material, experiential, positional, or relational desire to satisfy a deep desire. Only God can truly satisfy our deepest desires.

Dealing with Action Steps:

- “If you could move forward here, what would that look like?”
- “What can you do now to start moving toward your heart’s desire?”
- “What would you have to believe to follow through on your desire?”
- “What will it take to believe that?”
- “What action would practically express in your life what you’ve gotten in touch with today?”
- “What do you want to do about that?”
- “What one step would make a real difference for you in this area in the next week?”
- “What will it take?”
- “What is holding you back?”
- “On a scale of 1-10 how committed to this step are you?”

Don’t accept less than an 8. If it is less than an 8 then ask, “What would it take to make this an 8 or a 9?”

Accountability with Action Steps:

- “What kind of support do you need to follow through with this?”
- “How can I help you make the changes you want to make?”

Easiest Questions to ask when “E – Effectively Asking Questions”:

1. If, What would that give you?

If, What would that do for you?

Example:

Q: “If you could ‘travel to Italy on your next vacation,’ what would that give you?”

A: “I could enjoy the beauty of historic buildings and some great wine.”

Q: “If you could ‘enjoy the beauty of historic buildings and some great wine,’ what would that give you?”

A: “I would be able to find the joy, peace and rest that I can’t find here.”

Q: “If you could ‘find joy, peace and rest,’ what would that give you?”

A: “I feel that I would be home.” (Note: joy, peace, rest, and home are deep desires.)



Engage the 4 Aspects of your Heart as you watch this clip from Mr. Hollands Opus.

1. Watch this clip from Mr. Hollands Opus.
2. Get with the same person.
3. One H.E.A.R. for 15 minutes, and then switch.
4. Try and use the “give” and “do” questions above after getting to the deep desires.

REMEMBER:

The Million Dollar Question for Everyone else in the group, AFTER you pursue their heart!

“How did you experience this?”

Engage the 4 Aspects of your Heart as you watch this clip from Cinderella Man.

Go ahead and pick out a NEW/DIFFERENT person you DO know. If you don't know anyone, or they already have a partner, then find anyone.

Watch this movie clip from Cinderella Man. Engage all 4 Aspects of Your Heart, while also engaging both actors' 4 aspects of their hearts.

Watch this second clip from Cinderella Man, and use the question sheet (3 pages above), and H.E.A.R. the other person. After 15 minutes, switch.



Clarifying “What is at Stake”

Purpose: This engaging the heart exercise that is helpful in helping yourself or others come to a decision about any issue, from one as simple as making a commitment to a daily exercise program to the more difficult challenge of looking afresh at a job change.

Directions: Take time to read through this exercise silently before beginning. In engaging pairs, one will state briefly an issue that needs to come to some resolution in the near future. The partner will then ask questions using the guideline of questions below. The first two question (1A and 1B) are the most important, after that you do not have to work through each question; it will feel redundant if you do. Move towards becoming natural rather than being stuck to the script.

This exercise can also be used privately to make clearer decisions and the second person (you) can be substituted with are marked by first person pronouns (I or me). Several examples are given.

1A. Identify the challenge: “What is it you are (I am) facing?”

1B. What is going on in you (me) in the pressure of the moment?

(the answers to these are usually some type of negative)

“What are you (am I) feeling?”

“What are you thinking?”

“What are you desiring?”

“What deceptive desires might be at play?”

“What are your deepest desires?”

“What are you tempted to choose?”



1C. "What seems to be at stake in your thoughts?"

(This question touches that which often feels most pressing, is close to the surface, and is often connected to distorted or deceptive desires, blocked desires, belief systems, painful emotions, etc.)

1D. "What is truly at stake in your part of the Larger Story (God's Story)?"

(This question is attempting to look at the perspective that God has invited you into a life much larger than you can presently see. Usually the answer to the question is harder to get to and is usually under the surface of our reasons and feelings about the issue and is more connected to our deepest desires. To help you take the elevator down to desire, think about the following questions)

"How will my response IMPACT"

- a. The kind of man or woman I want to be?
my deepest desires as a man or woman
- b. The relationships in my life?
(particularly the people I love the most)
- c. Living a life of surrender to God: a life that brings Him glory?

1E. "What is the cost or the loss if I DON'T act according to what is truly at stake in where I fit in God's Larger Story?"

"Right now?"

"To me?"

"To God?"



"To others?"

"Five years from now?"

1F. "What will be the gain if I act according to what is truly at stake in my fulfilling my part in the Larger Story?"

"Right now?"

"To me?"

"To God?"

"To others?"

"Five years from now?"

1G. "What will I do?"

"What kind of man or woman will I be?"

"What will it take to follow through?"

(What actions or beliefs do you need to follow through with your decision? Theses may relate to your trust in God and His love for you, and His desiring the best for you. You may have to make the hard choices to surrender to God's love and authority in your life)

"What kind of support do I need from God and the men and women in my life?"

"How will I get that support?"