



**HeartLife**<sup>TM</sup>  
Growing heart in community

**Small group leader guide**



## HeartLife Small Group Leader Guide

Thank you for your interest in leading a HeartLife small group. You will be using the HeartLife Indicator to help others **transform, equip and develop** more effective lives as Christians. This Small Group Leader Guide is for you to **use as a guide, not a “must follow” process**. It has suggested timings, formats and tips for more effective group meetings.

Enjoy the journey as you develop yourself and others into Kingdom thinking, behaviour and lifestyle.

*HeartLife was created to strengthen Christians to live life out of God’s heart with a renewed mind and mature character*

### Small group leader guide objectives:

- An easy to use step-by-step guide for leading a HeartLife Small Group - its flexible, so adapt our recommendations to suit your audience, timing and venue
- Assist you in working with the HeartLife Indicator
- Provide a recommended format for a 10 week program
- Provide a recommended weekly format for 1 hour 15 minute HeartLife sessions

### Session objectives:

- To lead people’s hearts back to the Father’s love through Jesus and the Holy Spirit
- Allow for group discussion on effective and ineffective behaviour
- To develop Christians through teaching, discovery and prayer
- To gain revelation about matters of the heart that are holding us back
- To ‘find gold’ within

### Leader objectives:

- To facilitate not “preach”
- To know you don’t have to be the expert or have all the answers
- To ask the group lots of questions, leading to personal revelation
- To know people really only change when there is discovery and revelation in their heart
- Make it light and easy, not heavy and hard
- Help people “find gold” within
- Trust in, rely on, and be confident in the Holy Spirit, the Counsellor, the Comforter to do the work!



## What if you could... identify behaviour to reach your potential?

- What if you could live your life without feeling insecure or scared in certain situations?
- What if you could really understand yourself and what causes your behaviour, so you could live a happier more fulfilled Christian life?
- What if you knew what triggered negative emotions in you?
- What if you could deal effectively with conflict and difficult situations?
- What if you felt confident in dealing with others because you understood their behaviour and what it says about their heart?

## What is HeartLife all about?

HeartLife was founded to help people live a more effective and abundant life. It was designed by Christians for Christians with Christian values. HeartLife is being used by pastors, counselors, small group leaders, teachers and individuals around the world as a framework for ministering to others and as a leadership and communication tool.

Individuals can self-learn by completing an online HeartLife Indicator and downloading their customized Personal Development Guide. The HeartLife Indicator assists people to identify what is happening for them in their heart and how that manifests in behaviour, both effective (functional and effective) and ineffective (dysfunctional and defensive).

The HeartLife Indicator measures behavioural responses to whether our heart is following the pattern of the world or the pattern of heaven. The ways of the world are ineffective (separated from God, insecure, low self-worth, ego driven and motivated by fear and pride) and the ways of heaven are effective (in relationship with God, secure in God, high self-worth, focused to be like Jesus, and motivated by love and courage).

The HeartLife Indicator identifies 16 Styles of behaviour. At different times, we have the nature to exhibit every one of the 16 Styles. Our heart's desire is to live effectively and not ineffectively. HeartLife can help identify how we are living and let truth lead us back to living an abundant life.



# Small Group Meeting Format

Growing and learning together

## Small group recommended format

### 10 Week Overview

<b>Start</b>	7
Week 1: Introduction to the HeartLife Model and the 16 Styles Introduction to the Origin of Human Defensiveness Define "Effective" and "Ineffective" behaviours	
<b>Personal Growth - Blue Quadrant</b>	8
Week 2: Authentic and Transforming Week 3: Reliable and Achieving	
<b>Growing Others - Red Quadrant</b>	8
Week 4: Relating and Encouraging Week 5: Developing and Compassionate	
<b>Self Promoting - Green Quadrant</b>	8
Week 6: Sarcastic and Competitive Week 7: Controlling and Striving	
<b>Self Protecting - Orange Quadrant</b>	8
Week 8: Approval Seeking and Easily Offended Week 9: Dependent and Avoiding	
<b>Finish</b>	8-9
Week 10: Summary and Action Plans	



## Small group recommended format

### Start

- Worship and prayer Set your own time

### Welcome by leader

- Welcome people 5 minutes
- Welcome new people

### Introduction by leader

- Explain the session format 10 minutes
- Introduce HeartLife
- Quick introduction of the 2 Styles being taught

### Play HeartLife video

- Play the HeartLife video for the Styles being taught 5 minutes
- Video for current Quadrant being taught

### Leader expands on the 2 Styles

- Give examples of the 2 Styles being taught 10 minutes
- Give detail from HeartLife overview from the Personal Development Guide

### Group discussion: First Style being taught

- Q&A about the Style 15 minutes
- Other life examples
- Biblical examples
- Scripture examples
- Where is my focus?
- Where is my behaviour?
- Where is my spirit?

### Group discussion: Second Style being taught

- Q&A about the Style 15 minutes
- Other life examples
- Biblical examples
- Scripture examples
- Where is my focus?
- Where is my behaviour?
- Where is my spirit?

### Questions for learning

- What does it mean for me? 15 minutes
- How do I impact others?
- What can I learn about myself?

### Prayer and ministry

Set your own time



## Small Group Meeting Resources

### Group leader

- Have access to a laptop or desktop computer and the internet so you can log on to [www.HeartLifeIndicator.com](http://www.HeartLifeIndicator.com) and watch the appropriate HeartLife videos online
- Download the HeartLife Scriptures PDF document from the Learning Centre on [www.HeartLifeIndicator.com](http://www.HeartLifeIndicator.com) to use for each Style discussion
- Download and familiarize yourself with the Origins of Human Defensiveness PDF document, to communicate the HeartLife Biblical background to the origins of HeartLife from Genesis 3
- Download the HeartLife Indicator Sample PDF document
- Use the questions located in the Agenda pages in this Guide to generate discussion
- Think of some life examples for each Style to act as “thought starters” for each Style discussion
- Allow people who are shy to say nothing. Encourage people to express their opinions, however, allow for those who may prefer to listen
- Download other teaching documents from the [www.HeartLifeIndicator.com](http://www.HeartLifeIndicator.com) Learning Centre as they become available.

### Participants

Download documents from [www.HeartLifeIndicator.com](http://www.HeartLifeIndicator.com) Learning Centre.

**It is highly recommended that ALL participants complete the HeartLife Benchmark, Self and Others Score Indicators.**

As the group leader, suggest that participants download the following documents and bring them to the meeting:

- Complete and bring their Personal Development Guide and HeartLife Indicator
- Download and read the Origins of Human Defensiveness PDF document.

Also bring:

- A journal to make notes
- Their Bible

**It is important that participants bring these items to the meeting every week.**



## Further Session Suggestions

### Week 1: HeartLife introduction and foundations

#### **Introduction of group leader and members**

- Introduce yourself and talk about your passion for development and seeing others develop
- Ask others to introduce themselves and, “what brought you to this group”?

#### **Introduction to the Origins of Human Defensiveness (week 1 only)**

Using the HeartLife Origins of Human Defensiveness PDF document, read the scripture and the notes alongside it to introduce the nature of our human defensiveness.

#### **Introduction to HeartLife (week 1 only)**

Use the HeartLife Indicator Sample PDF document to introduce the four Quadrants and the effective and ineffective behaviours.

#### **Introduction to the Effective and Ineffective behaviours (week 1 only)**

Continue using the HeartLife Indicator Sample PDF document.

#### **Discussion - Question suggestions:**

- What are some of the ways we can “cover ourselves” when we feel insecure?
- Give some real life examples of effective and ineffective behaviour (yours or some you’ve seen) – leader to start off with examples
- What happens for me when I use the blue and red quadrant behaviours? How do I impact others?
- What are we trying to achieve by using Self Promoting Behaviours? What purpose do they serve?
- What are we trying to achieve by using Self Protecting Behaviours? What purpose do they serve?

#### **What did I learn? Personal reflection, journaling and action plans, self disclosure**

- Suggest participants spend 5 minutes in personal reflection, writing down any learning/revelations they have had
- Ask participants to state one thing they have learned and one thing they would like to get out of the small group at the end of the 10 weeks
- What would be the benefit/s to achieving that?
- Optional: for a quiet group, ask people to give one word to sum up their night.



## Weeks 2 – 9: Discussion and learning the 16 Styles

### Short introduction to the two styles of the night -

#### Read about the two styles on the 16 Styles summary PDF document

- Using the 16 Styles Summary PDF document, read more about the two Styles of the night
- Provide two Scriptures for each Style (from the HeartLife Scriptures PDF)
- Begin discussions about each Style – leader to provide life examples of both Styles as “thought starters” for the discussion
- Ask: What are the characteristics of each Style?

#### Discussion of each Style (continued)

- What does this behaviour look like in “real life”?
- How does this behaviour impact others?
- Do I use one or both of these Styles? Give examples
- Discuss scriptural examples for each Style (optional).

#### What did I learn? Personal reflection, journaling and action plans, self disclosure

- Suggest participants spend 5 minutes in personal reflection, writing down any learning/ revelations they have had
- Ask participants to state one thing they have learned and one thing they will either STOP, START, or CONTINUE by the next meeting
- Ask: How do people plan to implement the positive learning to their life?
- Optional: for a quiet group: ask people to give one word to sum up their night.

## Week 10: Learning summary and action plans for the future

#### Discussion of areas of strength and development opportunities

Discuss: What have I learned about effective/functional and ineffective/dysfunctional behaviour and the thinking that underlies it?

Discuss: What have I learned about human defensiveness and why are we defensive?

#### Discussion of areas of strength and development opportunities (continued)

Discuss: What have I learned about myself and others?

Discuss: What are some of the ways I can practice thinking differently to change my behaviour from ineffective to effective styles?

Discuss: What part does compassion play in how I see myself, and how I interact with others?

#### Personal reflection, journaling and action plans, self disclosure

What are the things I will STOP doing, START doing and CONTINUE doing in order to become more effective and build my character?



## What's next?

**This is a practical guide on how to continue your journey toward greater effectiveness.**

### Step 1

Buy a journal. It is important to make it a priority to track your development. Journaling is a great way to keep your growth a constant focus.

### Step 2

Identify one effective behaviour and one ineffective behaviour that you can work on over the next 6-8 weeks.

When you have made your choice complete the following sentence: "After doing HeartLife, I would like to increase the effective behaviour of and work on decreasing the ineffective behaviour of...."

### Step 3

Write down two action steps for each of these behaviours.

Helpful hint: Try to keep your steps simple and precise, the bigger they are the more difficult they will be to accomplish.

### Step 4

Even the best athlete on the planet uses a coach to develop and grow. Sign into your online HeartLife account at [www.HeartLifeIndicator.com](http://www.HeartLifeIndicator.com) and click on Development Coach to design your own reminder system for the simple steps you've written above. We suggest weekly reminders for both behaviours.

### Step 5

If you're doing HeartLife as a group, share your Growth Steps with your group. The journey of personal growth is best travelled with other people who are willing and ready to help you.

### Step 6

If you're not doing HeartLife with a group, it is important that you gather people around you who you trust to help you follow through with these steps. Alternatively, contact HeartLife to learn more about starting a small group, attending an event or become a HeartLife Facilitator.

### Step 7

Transfer your action steps into your journal and use it in conjunction with the suggestions in this development guide.