

Discipleship

24/7

Session 5

I. Heart – THE S.H.A.P.E. OF A DISCIPLE

SHAPE = **S**piritual gifts, **H**eart, **A**bilities, **P**ersonality, and **E**xperiences

Definition of Heart

It's the organ that pumps your blood

It's your emotional constitution or your disposition (character or nature)

It's the vital or driving impulse. People like to say "The heart of the ministry is..." or "The heart of the organization is..."

Your heart determines three things:

It determines why I _____ the things I do.

Luke 6:45 For out of the overflow of his heart his mouth speaks.

It determines why I _____ the way I do.

I Chronicles 28:9 ... for the LORD searches every heart and understands every motive behind the thoughts. ...

It determines why I _____ the way I do.

Proverbs 4:23 Above all else, guard your heart, for it is the wellspring of life.

Another word for heart could be passion. Webster defines it as a powerful emotion, enthusiasm, zeal. The word enthusiasm comes from the Greek phrase en theos, "with God". Thus if you are enthusiastically pursuing a passion that God has put in your heart, you are doing it with God!

This God given Heart or Passion motivates you to pursue certain _____,

_____ and, _____.

Revelation 17:17 "God has put it into their hearts to accomplish his purpose."



Step 1) Take a Spiritual EKG

LIST AND DESCRIBE YOUR ACCOMPLISHMENTS SINCE CHILDHOOD

Think through your life starting back with the earliest things you remember doing. The more you can list the better. Get another sheet of paper if you need to!

List:

- Accomplishments at home, school, work, etc.
- Things you **enjoyed** doing.
- Things you believe you **did well**.
- Give specific details about what you did.
- Forget what other people thought about it.

1. Remember, you're recalling things you *enjoyed doing* and *did well* (accomplishments), not simply pleasant experiences

BAD EXAMPLE: Had a great vacation in Canada

GOOD: Took some stunning photos during my vacation

2. You do not have to cover every year of your life. Just focus on what **you feel** are the highlights of things you've done. It could be things at school, in your marriage, at home, at work, honors, awards and how you got them.

Some examples:

- * "I put on plays for the neighborhood kids with costumes, props, etc. We transformed the shed in the back of our house into a fairyland with lighting effects, decorations and princesses."
- * "I started a kool-aid stand in the fourth grade and expanded it into three different stands. It was fun and I made money!"
- * "I had a job as a printer's assistant and developed a method of cutting stereotypes which was faster and more accurate."
- * "I ran for president and won sometimes when I was in school."
- * "I have always liked to build things. Before I got married, I completely rebuilt the little apartment I was living in."
- * "I successfully led protest marches against toxic wastes in my hometown and got local TV coverage."
- * "I set a goal to read fifteen books over the summer and I did."

**MY HIGHLIGHTS OF THINGS I DID WELL AND ENJOYED
DOING DURING MY GRADE SCHOOL YEARS**

- 1.
- 2.

AS A TEENAGER

- 1.
- 2.

IN COLLEGE OR EARLY 20'S

- 1.
- 2.
- 3.

IN MY "THIRTYSOMETHING" YEARS

- 1.
- 2.
- 3.

COMPLETE UP TO YOUR PRESENT:

- 1.
- 2.
- 3.

Step 2)

Discover the Motivated Direction of Your Heart

15 Examples of Heart Motivation (you may think of some others)

DESIGN AND DEVELOP – I love to make something out of nothing. I enjoy getting something started from scratch.

PIONEER – I love to test out and try new concepts. I am not afraid to risk failure.

ORGANIZE – I love to bring order of chaos. I enjoy organizing something that is already started.

OPERATE AND MAINTAIN – Some of you love to efficiently maintain something that is already organized.

SERVE OR HELP – I love to assist others in their responsibility. I enjoy helping others succeed. You say, “I don’t have a big need for me to get the credit but I like helping others succeed.”

ACQUIRE AND POSSESS – I love to shop, collect, or obtain things. I enjoy getting the highest quality for the best price.

EXCEL – I love to be the best and make my team the best. I enjoy setting and attaining the highest standard.

INFLUENCE – I love to convert people to my way of thinking. I enjoy shaping the attitude and behaviors of others.

PERFORM -- I love to be on stage and receive the attention of others. I enjoy being in the limelight. This can be used for the Lord in terms of drama, music, and speaking – all different ways.

IMPROVE – I love to make things better. I enjoy taking something that someone else has designed or started and improve it.

REPAIR – I love to fix what is broken or change what is out of date.

LEAD AND BE IN CHARGE – I love to lead the way, oversee and supervise. I enjoy determining how things will be done.

PERSEVERE – I love to see things to completion. I enjoy persisting at something until it is finished

FOLLOW THE RULES – I love to operate by policies and procedures. They operate well with parameters. They enjoy meeting the expectations of an organization or boss.

PREVAIL – I love to fight for what is right and oppose what is wrong. I enjoy overcoming injustice.

The Final Four

1) I love to... _____ and _____.
Put your top two motivators from your spiritual EKG.

2) Who do you love to work with the most? What age group or types of people you have a heart for.

3) My heart type is; People Things Information. (circle one).

4) What church ministries or possible needs excite you and concern you the most? Think about it and write it down.

Use these Final Four to complete your S.H.A.P.E. form