



GROUP LEADER DIRECTIONS

Session 1

Welcome participants

If they don't know each other, do a quick ice breaker.

Pray

Introduce the course

Why "Start with the Heart"? Read these verses:

Proverbs 4:20-23 *"My son, pay attention to what I say; turn your ear to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to one's whole body. Above all else, guard your heart, for everything you do flows from it."*

Luke 6:45-46 *"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."*

This training program is the fruit of a prophetic word given to John and Meg in 1990: "You are going to create evangelistic tools that will go outside this body. You'll be bringing the message of the Kingdom to a people who cannot hear it any other way. John, God is going to turn your pen into a sword. People you have never met are going to be set free by the things you write."

If you have experienced the course before, talk about the kinds of things they will be learning. Tell your group that if they give their full heart to the process, they will see amazing results.

What you will need:

- Online students: register & login here to complete lessons, taking quizzes, and make comments.) [Start with the Heart](#).
- Offline students: purchase the workbook: [Start with the Heart](#)
- Bible & pen

Expectations:

Complete each lesson assigned before the next group meeting. Each key will include:

- A heart talk (with Bible references that will open up in separate tabs.)
- A meditation with five steps. (“Meditate on it”)
- Discussion questions (to be used for group discussion)
- Application activities. Select one or more for each lesson. (“Live it”)
- Quiz (5 true/false)
- Comment (At the bottom of each lesson, please write your thoughts about the lesson.)

Introduce the “keys” to be completed before session 2.

Here’s a guide to help you decide how many keys to assign:

- 40 - 60 minute group meetings: 2 keys per week
- 2-hour meetings: 3-4 keys per week
- If you plan to assign the additional resources for a deep dive into a topic), schedule in more time. (You’ll need to look ahead, order the recommended books, then decide how much time you will dedicate to that topic.)

Special Note:

It is more important that everyone can share their thoughts and pray than it is to cover every item in every lesson. Let the Holy Spirit guide you as you lead the group. If someone requests prayer, take some time for that.

MEETING FORMAT

(after session 1)

Welcome participants and pray.

Part I: Review prior week's lessons

- Give a brief recap of an assigned heart talk. (This helps call to mind what was previously learned.)
- “Meditate on it”: Participants read their meditations out loud. As needed, teach students how to create a personal prayer based on a scripture. (See example given in each lesson.)
- “Live it”: Invite participants to share how they applied the lesson during the week (or how they plan to apply it in the coming week.)
- “Comment”: Remind participants to leave share their personal responses at the end of each lesson.

Part II: For each new key:

- Assign new keys according to the schedule you have chosen.
- Read the quotes, then continue to build anticipation by making general comments about the kinds of things they will be learning in each new key.
- “Discuss it”: Invite participants to talk about the lesson. To encourage more discussion, use the discussion questions listed.
- Introduce “Live it” activities. (Participants will share how they applied the teaching in the next session.)
- Closing Prayer (choose a participant)

GROUP LEADER RESPONSIBILITIES

1. Keep a list of group members with their contact information (especially email.)
2. One day after each meeting, email or text the assignment. (You may be able to do this from your church's online planning center.)
3. Three days before each meeting, send out an email reminder. (If you are using your church's planning center, this will take care of that for you automatically.)
4. Pray for each group member by name every day.
5. Three weeks before the end of the course, ask participants to email John Hart a testimonial—one short paragraph sharing how they benefited from the Start with the Heart: john@stewardshipandromance.com
6. Two weeks before the end of the course, send participants a link they can use to share the course with friends and family: [Start with the Hart - Course introduction](#)
7. One week before the end of the course, call attention to the donation button at the end of the final key. (Though donations are not tax-deductible, they do help build the ministry.)
8. Remind participants to download their "Certificate of Completion" after completing the final lesson. (At the end of the course, you might consider having a live party to celebrate the completion of the course.)
9. Locate another willing group leader. Get their name, email, and phone number, and keep in touch with them over the next couple of weeks. Ask them to pray about leading a group.
10. Once the new leader commits, send the intro link again [Start with the Hart - Course introduction](#) and encourage them to download the Group Leader Directions.

Thank you for all your efforts to help spread this message to more hungry people!