

# GETTING TO THE HEART

When you are discipling someone or pointing out sin with anyone, to help someone go deeper than just modifying their behavior, you must help them uncover their heart. Here is one way to get to the heart. Start with their HANDS (what happened), then move to their HEAD (their thinking), and then get to their HEART (the underlying attitude).

## **HANDS** [Behavior and Setting]

**Joshua 7, Proverbs 18:17, 2 Samuel 11**

- What happened? Get ALL the facts!
- Anything Else? What was happening before that?
- How had you been feeling the last few days?
- How was your relationship with God going?
- Was there anything going on in your life that was affecting your mood?

## **Head** [Logic, Reasoning, Excuses]

**2 Corinthians 10:5, Romans 12:1-2, Ephesians 4:17-23**

- What was going through your head?
- What convinced you that that was a good idea?
- Do you think what you did was sin?
- What did you think you were accomplishing?
- What problem were you trying to solve?
- What relief did you get from it?

## **Heart** [Treasure, Emotion, Attitude, Character]

**Matthew 6:21, Proverbs 20:5, Jeremiah 19:9**

- That problem/relief—Why is it so important?
- What would it say about you if [insert fear/insecurity/problem] was true/went unchecked?
- Why did that problem need to get solved?
- Synthesis: So if [insert problem] is true/happens, then [insert sinful behavior] solves it?
- So you've learned that when [problem] happens [sin] fixes it.
- SCRIPTURE TIME!