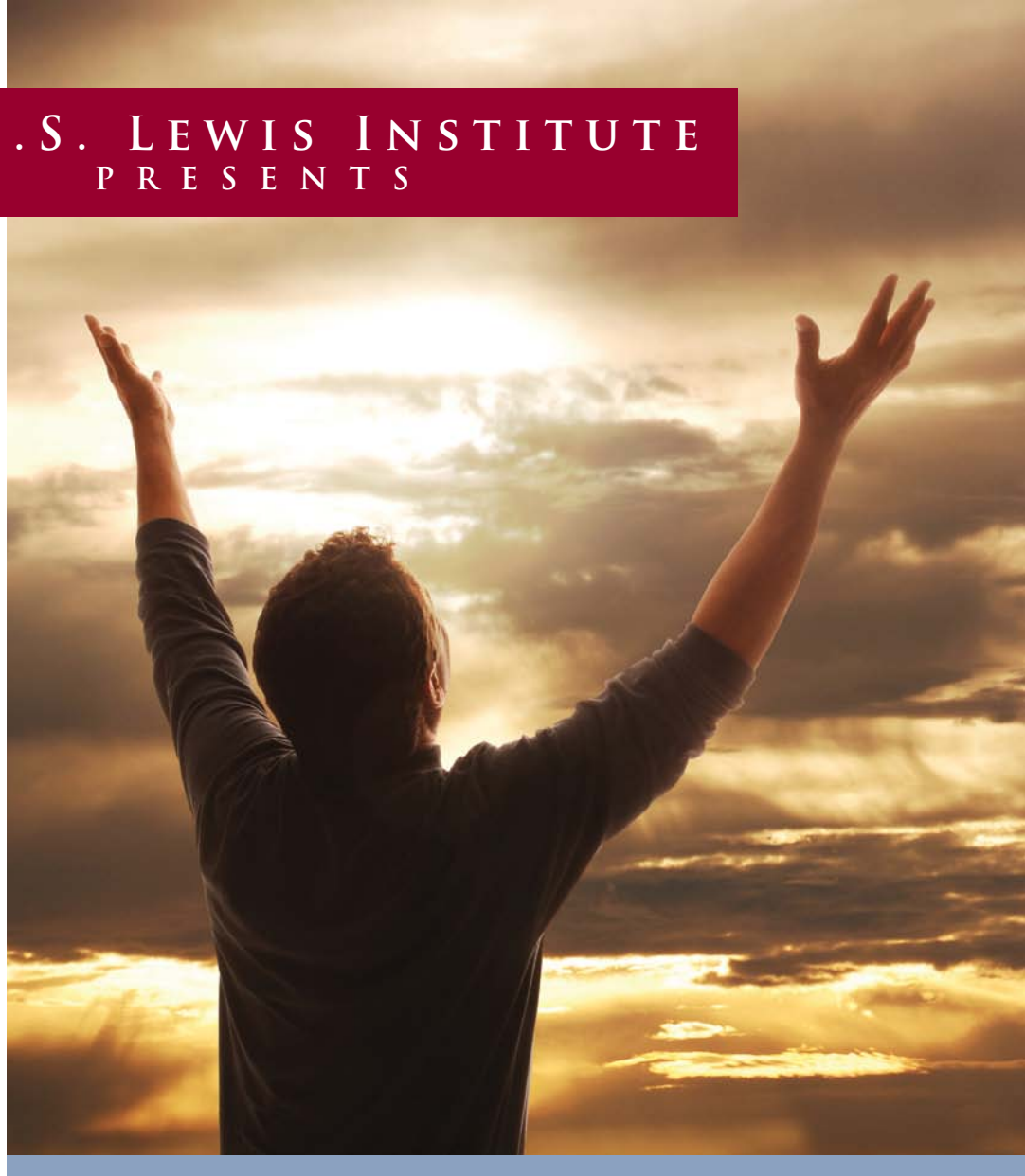




THE C.S. LEWIS INSTITUTE  
PRESENTS



*Heart*  
AND MIND  
DISCIPLESHIP

*A 10-week, small group program providing  
fundamental truth for authentic spiritual growth*

STUDY GUIDE



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# Heart AND MIND DISCIPLESHIP

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## THE PROGRAM APPROACH

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**Heart and Mind Discipleship:** In this era the amount of knowledge we can know doubles every couple of years. And yet humankind doesn't seem to be any wiser; the same problems and sins that abounded thousands of years ago are still with us today. Knowledge is important, but if it's not applied in a wise manner it won't make us better people. In the same way, the disciple of Jesus Christ has to be careful about one of two extremes: living a zealous life for God without taking the time to learn biblical truth or amassing biblical knowledge without applying God's wisdom to one's daily life. This is why the C.S. Lewis Institute emphasizes discipleship of heart *and* mind. As believers grow in their knowledge of God's Word and also mature in their application of it in their personal and public life, they will be more effective and more fulfilled disciples. Many have grown up in the church and yet have never been challenged or taught how to integrate biblical truth into their daily lives. This study seeks to engage the believer at two levels, the heart and mind; more than just another academic exercise, it is designed to help people serve the Lord and their neighbor as they are empowered by the Holy Spirit.

**The Purpose:** The goal of the *Heart and Mind Discipleship* program is to provide the church and home groups with a resource that will enable new converts and those who desire to grow in their faith to take that "next step" toward Christian maturity and discipleship.

**The Program Components:** The following components of the *Heart and Mind Discipleship* program are designed to provide a ten-week high-quality, high-impact curriculum that focuses on that "next step" in Christian discipleship, spiritual formation, and mission.

- **Teaching on DVD:** These thirty-minute presentations are taught by recognized authorities in the area of Christian discipleship. These powerful communicators have pastoral wisdom and sensitivity and are by God's grace trying to live what they teach. Each DVD can be watched together by the small group and should provide engaging material for group discussion following the presentation.

- **Bible Study Questions:** Prior to the showing of the DVD, group members are encouraged to work individually to complete the Bible study based on key biblical passages apropos to the theme of the week. The Bible study is a key component to the program, which foundationally urges believers to spend time in their primary source of learning—the Bible.
- **Scripture Memory Verse:** There is nothing like storing God’s written Word in your heart. By memorizing the theme verse for the week, group participants will be absorbing the teaching in both their hearts and minds. Reciting the verse together as a group or in pairs during the group meeting is a helpful way to do this. Participants are also encouraged to meditate upon these verses throughout the week.
- **Thoughtful Articles on the Weekly Theme:** These short articles that complement the DVD lectures are written by experienced Christian leaders and writers. The intent of the articles is to synthesize the theme of the week and lay out a broader outline of the material. We recommend that individuals read the article before the group study.
- **Discussion Questions for Small Group:** Suggested questions have been provided to facilitate the small group discussion following the group viewing of the DVD. The questions take into account the DVD material, the thematic article, the memory verse, and individual Bible study.
- **Leader’s Agenda for Weekly Small Group:** A suggested format for each week’s small group meeting is provided in the leader’s guide. This will provide the facilitator of the study with practical ideas and questions to help the group tease out the important truths and ideas of each week’s study.

**Program Delivery Methods:** The combination of auditory, kinesthetic, and visual delivery methods enables people to learn the material in multiple ways and serves to reinforce the teachings. What’s more, the insights gained from individual study can be refined and shared in small group study as the Holy Spirit guides the discussion. The hope is that the students will learn and apply these truths of Christian discipleship to their hearts and minds and be better able to live out their faith in both personal and public life. In other words, the goal is to come out of this program speaking and acting more like Jesus in daily life.

**Program Topics by Week:** The program can be completed in ten weeks by covering one topic per week and combining topics 6A & 6B in week 6. Or it can be completed in eleven weeks by studying one topic per week.

1. God’s Character & Personality
2. God’s Story of Redemption
3. Understanding Salvation
4. God’s Plan for Our Growth
5. The Cost of Discipleship
- 6A. Humility & Servanthood and 6B. Loving God & Neighbor
7. Authority of the Bible
8. The Practice of Prayer
9. The Mission of the Church
10. Sharing the Good News

**In Conclusion:** The *Heart and Mind Discipleship* study series is designed to help churches and individuals sharpen their focus on spiritual maturity and discipleship—and to be an easy-to-replicate discipleship program that can reach a wide variety of Christian churches, ministries, and groups. Our prayer at CSLI is that the study’s multisensory educational methods, engaging teachers, and thoughtful materials will be an effective tool in developing mature disciples of Christ.

SAMPLE SMALL GROUP STUDY AGENDA (TOTAL: 90 MINUTES)	
10 Minutes	Social Time
5 Minutes	Introduction of Topic and Prayer
30 Minutes	Play DVD Teaching
35 Minutes	Discussion Questions
10 Minutes	Closing: Recite Memory Verse & Prayer Time

HOME GROUP DINNER AND STUDY MODEL (TOTAL: 120 MINUTES)	
40 Minutes	Simple Dinner and Social Time (Pizza, Salad, Drinks, and Desserts—or a potluck)
5 Minutes	Introduction of Topic and Prayer
30 Minutes	Play DVD Teaching
35 Minutes	Discussion Questions
10 Minutes	Closing: Recite Memory Verse & Prayer Time

SUNDAY SCHOOL CLASS/ WORKPLACE MODEL	
5 Minutes	Introduction of Topic and Prayer
30 Minutes	Play DVD Teaching
25–55 Minutes	Discussion Questions, Memory Verse & Prayer Time

# CHAPTER 1

## **SPEAKER BIO: STUART MCALPINE**

**TEACHING FELLOW, C.S. LEWIS INSTITUTE** – Stuart is the founding pastor of Christ Our Shepherd Church located on Capitol Hill in Washington, D.C. He speaks at churches and conferences around the world and also lectures for the C.S. Lewis Institute Fellows Program. He has a great knowledge of, and love for, the works of C.S. Lewis. He holds a bachelor's degree in English literature and a master's degree in theology from Cambridge University in Great Britain.

## **AUTHOR BIO: STEPHEN EYRE**

**DIRECTOR, C.S. LEWIS INSTITUTE - CINCINNATI** – Stephen Eyre has served both in college campus ministry and pastoral ministry for more than twenty years. He has written numerous books, Bible study guides, and devotional books that have been published nationally and internationally through InterVarsity Press, Zondervan, and Victor Press. Stephen has written several study guides for C.S. Lewis Institute publications including *Mere Christianity*, *Screwtape Letters*, and *Letters to Malcolm; Chiefly on Prayer*, as well as the Bible Study Questions for this publication. He earned a B.A. in history from Clearwater Christian College and a M.Div. from Covenant Theological Seminary.



I AM

# GOD'S CHARACTER AND PERSONALITY

*Who is God? What is God like? Our understanding of God shapes not only our faith, but our entire approach to life, our values and priorities. Unfortunately, many have a distorted view of God and this has led to many of the problems that we have in society, the church, and our personal lives. Rather than getting to know the loving and holy God revealed in the Scriptures, false notions of God have infiltrated our thinking from other religions, philosophy, media, and family traditions. These incorrect views of God hinder us from fully surrendering ourselves to him and being as effective in sharing his love with others. The intent of this study is to help us recover a biblical understanding of the character and personality of God so that we can love, trust and serve him in a more faithful, fruitful, and fulfilling way.*



## CHAPTER 1 – GOD’S CHARACTER AND PERSONALITY

God has revealed himself most completely through Jesus Christ. The first Christians came to the conclusion that Jesus is “the image of the invisible God” (Col. 1:15). That is, Jesus is the “visible God” and reliably embodies the character of God (Heb. 1:3). If you want to know God, pay close attention to Jesus, who he is, what he taught, what he did. Reflecting on God from the Old Testament to the New, the church through the ages discovered a complex being, a triune God, a Trinity of persons comprising one God: Father, Son, and Holy Spirit.

What we take away from our theological reflection is that I have a Creator who provides for me, protects me, has purposes for me, and has a place for me in his world. In God I have a Savior who rescues me from the problems of the corrupted world. In God I have a Holy Spirit who indwells me: he provides insight, inspiration, encouragement, inspiration, and empowerment.

The God revealed in the Bible from the first lines of Genesis 1 is the Maker, the Craftsman, the Workman, the Governor, the Speaker ... How different from the unmoved mover of Greek philosophy or the “higher power” that stands and watches us from a distance. *Your God Is Too Small* is the title of a great little book written in the middle of the twentieth century. No matter who we are and at what stage of our spiritual journey, we can all say that the way we think about God isn’t big enough.

### THE PURSUIT OF GOD

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The desire to know and proclaim the knowledge of God is not only what the Bible is about. It is the subject of innumerable books—filling libraries. The mystery of God draws us. Consider Augustine’s take:

You awake us to delight in your praise; for you made us for yourself, and our heart is restless, until it rests in you.<sup>6</sup>

What, therefore, is my God? ... most secret and most truly present ... unchangeable, yet changing all things; never new, never old; ... always working, ever at rest; gathering, yet needing nothing ... You love, but without passion; jealous, yet free from care; repents without remorse; angry, yet remains serene.<sup>7</sup>

*The Westminster Catechism*, written in the seventeenth century to instruct children in the knowledge of God, succinctly and memorably asks the question and provides the answer.

Question: What is God?

Answer: God is a Spirit, infinite, eternal, and unchangeable, in his being, wisdom, power, holiness, justice, goodness, and truth.

# CHAPTER 1 – GOD’S CHARACTER AND PERSONALITY

## SCRIPTURE MEMORY VERSE

The LORD is compassionate and gracious, slow to anger, abounding in love. (Psalm 103:8, NIV)

## BIBLE STUDY QUESTIONS

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Exodus 34:1–14

“What comes into your mind when you think about God is the most important thing about you.” — A.W. Tozer

A lot came into Moses’ mind when he thought about God. From the first encounter at the burning bush, Moses—the agent of God’s plagues of judgment, the receiver of the Torah, the national leader through the desert to the Promised Land—walked with God as few ever have. Read Exodus 34:1–14.

1. Holy is one of the essential words to describe the God of the Bible. Although the word is not used in this text, the holiness of God is woven through every verse. What do you glean about the holiness of God as you read this passage?

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# CHAPTER 1 – GOD’S CHARACTER AND PERSONALITY

## GROUP DISCUSSION QUESTIONS

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1. What are some of the false notions of God that you have heard expressed in the media, within your family, and in the church? How do these false concepts of God negatively affect the way people live and act?

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2. What are some of the essential character traits of God as revealed in the Bible? Define these traits.

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3. If you had to give an elevator talk (1 minute) about who God is and what God is like, how would you do it?

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4. Where has your view of God perhaps been out of line with how he has revealed himself in Scripture? What changes will you need to make to embrace the biblical view?

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