

Tips for Facilitators – Lesson 1

These tips are suggestions based on some ideas and approaches that proved useful and effective for the authors. Each Bible Study group is different. Feel free to use your own approaches as the Lord lays them on your heart.

**** Be sure to open and close all your Bible Studies with a word of prayer! ****

As this is the first lesson, it may be a tad longer than the other lessons. You might want to communicate and plan for this. 1 hour is OK; 1.5 worked better.

Make sure you listen to the lesson's AUDIO on your own. Be familiar with the scenarios it describes in getting into Eve's shoes. This can help in facilitating the study after the AUDIO.

This lesson has two very important Biblical concepts when it comes to studying our "doership" in trials. These are key areas to emphasize as you go through the lesson.

1. God created us in the midst of a spiritual war. This is why Satan is permitted to be present in the Garden of Eden.
2. The key way God ensured we could know when we are under attack in a spiritual battle is that our heart will be disturbed. When we don't recognize heart disturbances, Satan's deceptions can cause us to overlook trials.

As discussion in the lesson unfolds, look for opportunities to help people to understand the relationship between a heart disturbance and Satan's deception/temptation. You can also draw on the reference information about heart disturbances that we suggested in the "Tips for Facilitators" PDF for the 1st Official Session (see the F102 Supplemental Info page).

HELPFUL QUESTIONS TO PROMPT DISCUSSION ABOUT THE READ AHEAD

- Ask people to share any insights or observations they had from the read-ahead.
- When did the spiritual war between God and Satan begin?
 - o Before God created mankind.
- Are heart disturbances a result of the fall of mankind into sin?
 - o No, Eve's own heart disturbances rose before she sinned. This shows us that we experience heart disturbances when Satan initiates his attack and deception on us. While Eve's heart disturbances "felt good," they masked uncomfortable heart disturbances she could have been aware of, had she considered denying herself according to her knowledge of what God said not to do. God designed our hearts to be able to alert us to Satan's attacks.
- When our hearts are disturbed, what must we do?
 - o Do our part to transform our hearts back to peace in God (for believers this means centering our hearts in the peace of Christ – Colossians 3:15). Eve's example indicates we must change something within us in order for our hearts to transform to peace and to do God's will (in Eve's case it was a desire she'd have to change). Eve did not seek out God in her trial – this demonstrates that we cannot change or transform our hearts to peace in a trial without seeking out God!

- Why must we transform our hearts in trials as opposed to simply thinking more?
 - o Proverbs 27:19 says the heart reflects the person, not the mind. Peter knew (with his mind) that Jesus was the Christ, yet he denied Him 3 times in spite of his knowledge of the Lord. This shows that the heart determines what the mind justifies and acts on.

REVIEW THE READ AHEAD

- You can use the questions/discussion above to zero in on the CONTEXT part of the lesson during the review. It will be profitable to also touch on...
 - o The 3 key words and concepts in the CONTEXT section.
 - o Are Satan's deceptions easy to catch when they are against us personally? Answer: Satan is not called the Deceiver because his deceptions are easy to catch. A good way to help people see this is to ask them if they ever have a "knee-jerk" reaction in a trial that was sinful. Knee-jerk reactions happen because our hearts are disturbed and we get caught up in Satan's deception so fast that we act before transforming our hearts. Lesson: practice recognizing heart disturbances in real-life.

KNOWLEDGE SECTION OF THE TEMPLATE

- Eve had lots of knowledge of what God expected of her. Will we always act on our knowledge of God, His will, or of the Bible just because we know it?
 - o No. Eve's trial shows that Satan's deceptions are often quite deceitful. Several other trials studied in F102 show this also.

ASSISTING PARTICIPANTS TO "GET INTO EVE'S SHOES"

- While everyone is listening to the AUDIO, write the format for expressing heart disturbances (HD) on a butcher paper or dry erase board..., "I feel ___ because ___." While the AUDIO is playing, write some HD you'd feel by filling in the blanks. Underneath that, write the first initial of each person going around the room in a circle. When the AUDIO is over, talk to the HD you wrote down for yourself. Then continue with the first person in the circle and have them share one of their HD as you write the emotion/desire and then the "because" part on the board.
- Some believers will struggle to identify their HD during the AUDIO section no matter how well they understand the Biblical basis for focusing on doing so.
- If someone is has a hard time expressing their HD, move on to the next person and come back to them. If they still struggle when it is again their turn, ask them specific questions based on scenarios described in the AUDIO. Again, be familiar with the AUDIO.
- Sometimes believers experience so many HD at once, it is hard to express just one or two. In this case, focus them on the list on page 8 to name a few. After they call out a few, ask them why they'd feel like that (this is the "because" part of expressing the HD).

OBSERVATIONS PART OF THE LESSON

- When you get to the 2nd OBSERVATION (the “what do you think God would you have to change in you to be at peace” observation), continue writing on the list you used for HD on the butcher paper or dry erase board. Start again with yourself, then go around the room in a circle writing the change each person identifies.
- You can point out how many people experience different HD, as well as differences in the changes they’d have to make in themselves. This reflects some of the unique guidance and counsel God’s Spirit offers us through our hearts!
- Point out how each person was able to discern the HD and the change God would have them make in them. This is possible, and essential, in each trial we face.
- Remind that transforming the HD to peace is fulfilling Colossians 3:15; Philippians 4:7.
- Remind that transforming the HD to peace is the key in Ephesians 4:26-27.

OTHER Q&A ON HOW GOD DESIGNED US. You can use this as additional info to help bring out the Bible’s emphasis on recognizing and transforming heart disturbances.

- What relationships within us did God design when He created us?
 - o God designed our hearts and minds to be intertwined with our biological functions.
- What happens within our bodies when our hearts are disturbed?
 - o The body begins to shut down certain functions and putting other functions into overdrive.
 - o When our hearts are disturbed, the breathing and heart rate change.
 - o When our hearts are disturbed, the blood flow to the front part of the brain (associated with reasoning and logic) is reduced. The blood shifts more to the back part of the brain and reflex responses are increased.
- How does Satan seek to use these relationships against us in trials?
 - o Satan’s deception and temptation work to try to capitalize on mental reflex responses that can happen when we aren’t training ourselves to pay attention to and transform the heart right away in trials.
- God gave us free will. Exercising that free will in trials involves what?
 - o It involves choosing to pay attention to the heart and to do our part with the Lord to transform it before acting in sin. This is especially true in trials where we are stuck or aren’t sure what God wants of us.
- Lesson: When our hearts are disturbed, our thinking is impaired. When we transform the heart disturbances into the peace of Christ, the ability to think clearly is restored. This enables us to discern how God would have us properly respond to the trial.

PRACTICAL APPLICATION TO WORK ON AFTER THE LESSON

- Challenge participants to try to keep track of how many HD they have between this lesson and the next.
- Challenge participants to try to pause and seek out what God would have them change in themselves to be at peace in the trial.