

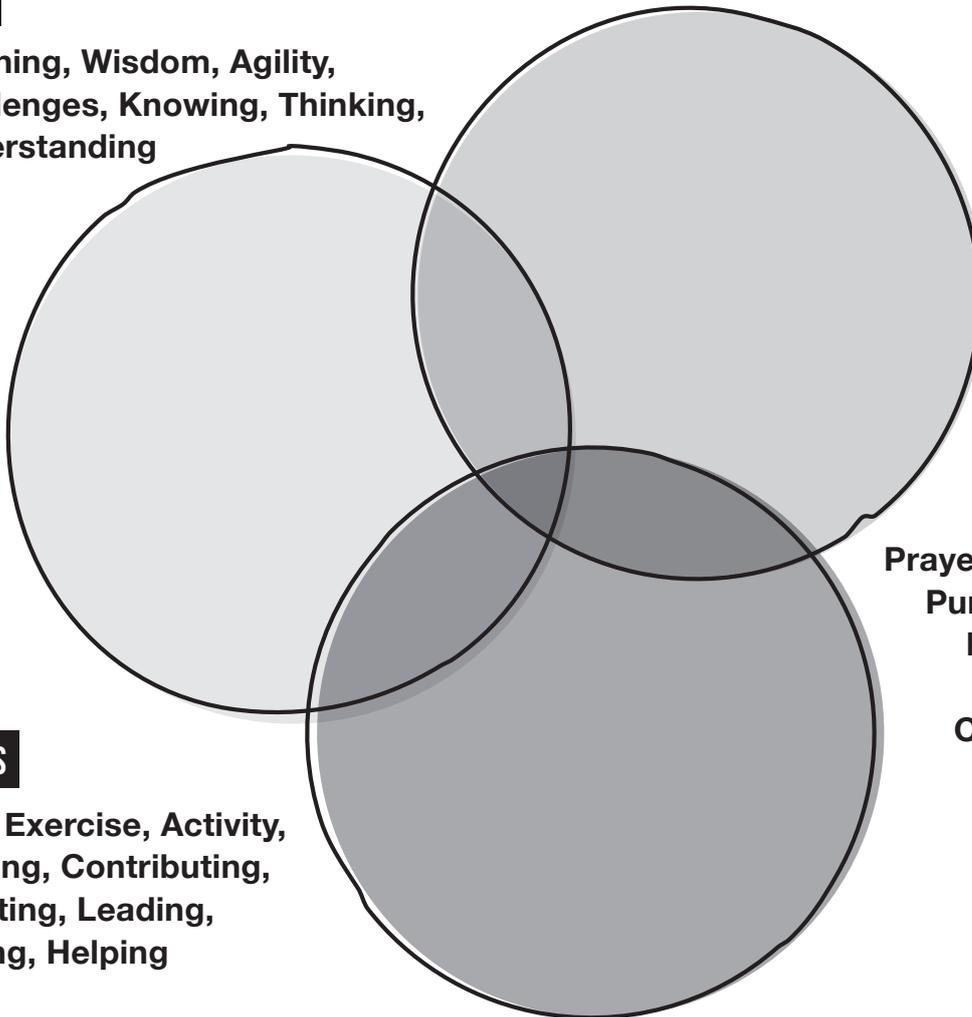
WORKSHEET: HEAD, HEART, AND HANDS

LOVING GOD WITH OUR HEAD [MIND], HEART [SOUL], AND HANDS [STRENGTH].

This sheet reflects progress in the course so far. Using the Discipleship Shape, draw out a question from each section (head, hands, heart) that you have either grown in over the last few weeks or that you feel God has highlighted as a potential growth area. Write each one in the appropriate circle.

HEAD

**Learning, Wisdom, Agility,
Challenges, Knowing, Thinking,
Understanding**



HEART

**Worship,
Prayer, Sabbath,
Purpose, Fun,
Fellowship,
Leisure,
Confidence,
Maturity**

HANDS

**Diet, Exercise, Activity,
Serving, Contributing,
Creating, Leading,
Caring, Helping**

God calls us to be connected beings – how connected are your head, hands, and heart? In each overlap write a percentage to show how connected you feel these areas are in your life. For example, if your heart and the way you act are completely in sync, put 100 percent. If the way you think about God and the way you relate to Him are completely disconnected, put 0 percent there. This is just subjective so don't be overly worried about the numbers.

Where is God calling you to be more connected?

