

# UNLEASHING YOUR HEART

A SIX WEEK STUDY FOR A  
BAND OF BROTHERS

PROMISE  KEEPERS  
**UNLEASHED**

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Men,

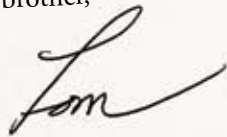
By God's grace, you are part of a great movement of men who are moving toward God, not away from Him.

Promise Keepers wants to help you release the raw power of your heart. God has already started to work in your heart. We want to help you sustain the power He is unleashing!

We designed this follow-up study to use with a band of brothers to augment the concepts you learned at the conference. Over the next six sessions, you will discover the power of living an unleashed life.

We pray this study will bring you closer to God and to your brothers, and that God will use it to unleash fully the power of your heart!

Your brother,



Tom Fortson  
*President / CEO, Promise Keepers*



1 A Promise Keeper is committed to honoring Jesus Christ through worship, prayer and obedience to God's Word in the power of the Holy Spirit.

2 A Promise Keeper is committed to pursuing vital relationships with a few other men, understanding that he needs brothers to help him keep his promises.

3 A Promise Keeper is committed to practicing spiritual, moral, ethical, and sexual purity.

4 A Promise Keeper is committed to building strong marriages and families through love, protection and biblical values.

5 A Promise Keeper is committed to supporting the mission of his church by honoring and praying for his pastor, and by actively giving his time and resources.

6 A Promise Keeper is committed to reaching beyond any racial and denominational barriers to demonstrate the power of biblical unity.

7 A Promise Keeper is committed to influencing his world, being obedient to the Great Commandment (see Mark 12:30-31) and the Great Commission (see Matthew 28:19-20).

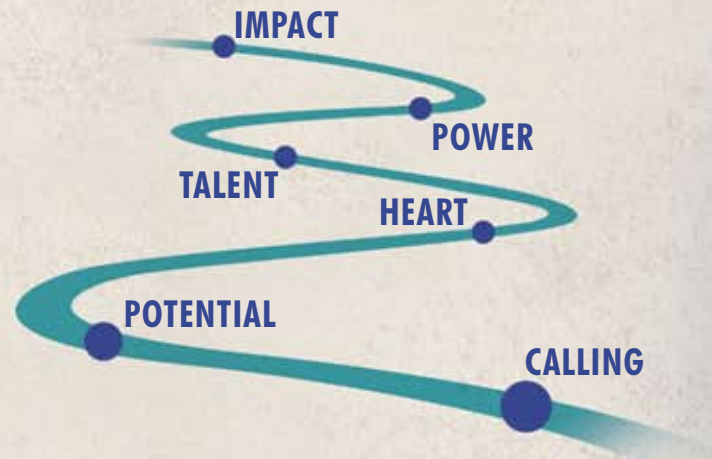
## SEVEN PROMISES OF A PROMISE KEEPER

## WHAT IS UNLEASHING YOUR HEART?

What would your life be like if your heart was unleashed? What if you could unlock your potential? What would happen if all of your talents were brought to bear – talents you didn't even know you had? Where do you find the power to overcome obstacles like sin, mediocrity, distraction, insignificance, weakness and self-centeredness? All of this is possible when God unleashes your heart.

*Unleashing Your Heart* will take you on a journey. As you walk down this path with a band of brothers, you will discover the power Christ has to draw you closer to Him and to each other.

This pathway is the first part of a longer journey – an incredible adventure to join God in redeeming the world. Yes, God is really this powerful!



## DISCUSSION LEADER'S GUIDE

Any man interested in starting a group to discuss *Unleashing Your Heart* can successfully do so and lead a lively discussion. Consider the following guidelines for a six session discussion group.

**Starting a Group:** Give a copy of this booklet to the men with whom you want to meet. Ask them if they would like to be in a discussion group that would read and discuss the material. This can be a group from your work, church, neighborhood, recreation or a combination. Invite anyone you would like. This study stands on its own – it will still make sense even if you did not attend the *Unleashed* conference. The optimum size for the group would be four to six men.

**Format:** There are six two-page sections in *Unleashing Your Heart*. Complete one section during each week of your discussion group. At your meetings, read and talk about the Discussion Questions found in each section. Here is a good schedule for a one hour meeting:

- 10 Minutes Fellowship
- 40 Minutes Discussion Questions
- 10 Minutes Group Prayer
- End Promptly at the Scheduled Time

**Leading the Discussion:** The best groups are facilitated by *shepherds*, not teachers. Don't feel like you have to have all the answers. Rather, your role is to encourage each man to share his thoughts. Try and make sure everyone in the group gets some "air time." If someone dominates the time, privately ask them to help you draw out the more reserved members of the group. And remember, it's more important to talk about "real" things than it is to answer every single question.

**Experience:** You don't have to be an experienced Bible teacher to lead a discussion using *Unleashing Your Heart*. If someone asks a question beyond your scope, simply say, so and move on.

**Next Step:** In session four, you may want to begin talking about what you will do when you finish this booklet. Connect with the leaders of your church's ministry to see what next steps they suggest. By the end of session six, have a plan for what you will do next.

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# YOUR CALLING FROM GOD

**JESUS IS THE ONLY PERSON IN THE WORLD WHO CAN UNLEASH YOUR HEART TO BECOME THE MAN YOU WERE CREATED TO BE.**

God has called you to a unique purpose. He has made you to accomplish amazing things for the Kingdom. He has set circumstances in motion that will give you the opportunity to make an impact. But every man knows that often something holds him back. It keeps you from seeing His plan, from achieving your potential, from fully utilizing the great talents God has given you, and from achieving your heart's desires.

## THE OBSTACLE: SIN

Sin. That word makes a lot of people uncomfortable. It sounds so negative, so judgmental. But if we don't face the reality of sin, we are living in a fantasy world. It's all around us – war, poverty, crime, hunger...

Sin doesn't just affect the world, it affects each one of us individually. Others sin against us – the bully who beat you up as a kid, the friend who betrayed you, the business partner who lied to you – and, unfortunately, we sin against others. Think about when you've done something you knew was wrong and swore to yourself you'd never do it again. Or when you hurt someone out of anger or resentment. Or when you made a careless comment that tore deeply into the soul of a friend, or your wife, or your child.

The Bible says we can never be who God made us to be while we are under the curse and guilt of sin. Sin taints our actions and our thoughts, convincing us to settle for something less than God's best.

### ROMANS 6:23

For the wages of sin is death, but the free gift of God is eternal life through Christ Jesus our Lord. (NLT)

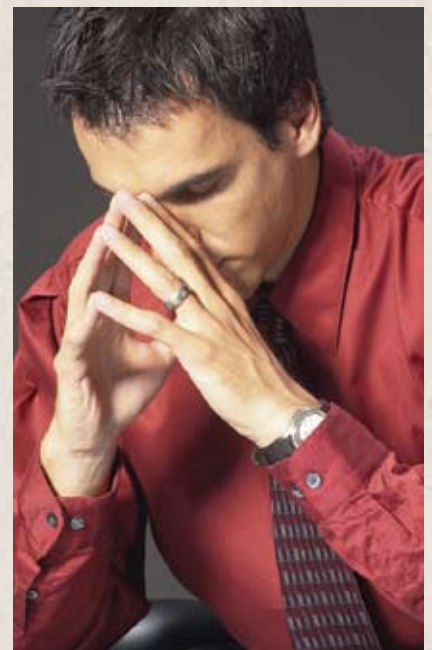
### ROMANS 7:21-24

It seems to be a fact of life that when I want to do what is right, I inevitably do what is wrong. I love God's law with all my heart. But there is another law at work within me that is at war with my mind. This law wins the fight and makes me a slave to the sin that is still within me. Oh, what a miserable person I am! Who will free me from this life that is dominated by sin? (NLT)

Consider this list of issues men face. Rank the top three that the men you know are struggling with.

- |         |             |            |
|---------|-------------|------------|
| Honesty | Marriage    | Money      |
| Lust    | Purity      | Friendship |
| Work    | Children    | Loneliness |
| Stress  | Poor Eating | Balance    |
| Fitness | Gambling    | Pride      |

If you feel comfortable, put a mark beside the three that cause you the most trouble.

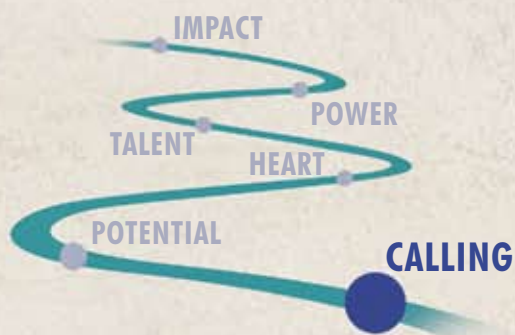


## THE SOLUTION: GOD'S CALLING

Sin is not just about what you do, or even what you know. It's about who you are. It's a heart issue. Until God changes us from the inside out, we are leashed to sin – like a prisoner in a chain gang, we drag our sin around, a constant reminder that we are not truly free.

God calls us to a better way. If we ask for forgiveness from our sins, Jesus can give it. He paid the penalty for our sin when He died on the cross. When He rose from the dead, Jesus proved He is the only person in the world who can unleash your heart to become the man you were created to be.

No matter how long you have been a follower of Christ, or if you are considering it now, God calls you to a life of freedom. By confessing your sins to Him and accepting His forgiveness, you are answering that call. He will walk with you daily. He will fill your heart with contentment, meaning and joy. And He will show you the way to join Him in changing the world.



### DISCUSS WITH YOUR BROTHERS

1. What forces in our culture influence men to continue in sin? How do you see this in the lives of men you know? What about in your own life?
2. What is one area in your life you would like to change? How have you and the ones closest to you been affected by your sin in this area?
3. Has there been a time in your life when you experienced forgiveness of your sins through Jesus Christ? What was that like? What difference did it make?
4. How have other men been an encouragement to you in your efforts to be unleashed from sin? How do you think being in this group might help?

### ROMANS 7:24-8:4

Oh, what a miserable person I am! Who will free me from this life that is dominated by sin? Thank God! The answer is in Jesus Christ our Lord... So now there is no condemnation for those who belong to Christ Jesus. For the power of the life-giving Spirit has freed you through Christ Jesus from the power of sin that leads to death. The law of Moses could not save us, because of our sinful nature. But God put into effect a different plan to save us. He sent his own Son in a human body like ours, except that ours are sinful. God destroyed sin's control over us by giving his Son as a sacrifice for our sins. He did this so that the requirement of the law would be fully accomplished for us... (NLT)

### PRAY FOR YOUR BROTHERS

List the name and prayer request for each guy in your group. Make sure to check back each week to see how God is working.

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