

Part:	Center of:	Frustration:	Solution:
Head	Knowledge/Decision	Too Much, Too Full, Too Difficult	Time & Space with Scripture and Christian Friends
Arm	Gifts/Skills	Can't use	Help them discover, accept, and harness the Gifts God has given
Heart	Love/Passion	Not in sync w/purpose	Show them how important it is for them to live God's purpose for their lives. Encourage them to love their family, to proclaim their love of God and to love their neighbors, & even enemies.
Lungs	Purpose	Not in sync w/passion	Support them as they struggle to find balance between the loves and the purposes in their lives...be compassionate because a man's head might have to get hold of a solution first before his heart and lungs beat the way they should.
Knees	Humility	No time in Prayer and Worship ...he gets arrogant, he gets angry	Protect their time of prayer, find ways for them to worship God
Gut	Energy	Lack of energy or Indigestion	Find the problem, be it a part above or the man's environment/diet - Fix that need and you'll have a happy man once again!