



walking with purpose

SO MUCH MORE THAN A BIBLE STUDY

***Exhale* Leader's Guide**

Welcome to the *Exhale* Bible study Leader's Guide! Thank you for your decision to lead *Exhale* and to step out in faith to serve the young women of your community. It is our prayer that this resource will help you to reach the heart of every young woman who experiences this study with you.

Before Your First Group Meeting

1. Communicate with your group

Depending on the size of your group, it may be advantageous to set up a form of communication between meetings. You may consider a group Facebook page, a group chat, etc. At the very least, we encourage you to exchange contact information with everyone so that you can stay in contact about future meetings as needed.

2. Prepare Your Space

Spend some time before each session to make your meeting space comfortable and inviting. The goal is to make your meeting room a welcoming space.

3. Prepare for Your Session

Complete and review the lesson ahead of time so you are familiar with the topic, lesson and Scripture noted. Make sure you have a Bible, and encourage your participants to bring theirs, too!

Running Your Group

Note: The timing below is for a 95-minute meeting. These timing guidelines are just a suggestion as we are aware that the length and context of your group may vary. Feel free to adjust timing accordingly.

1. Introduction and Social Time (10 minutes)

Depending on when and where you lead your group, it may be a good idea to provide some beverages and/or snacks. If you choose to do so, spend the first few moments of your meeting time getting to know each other socially to prepare for the session. After everyone has arrived, you can officially introduce yourself to the group, and share the schedule of the small group meeting. Be respectful of your participants' time by keeping to your meeting schedule; if participants arrive late, greet them warmly but pick up where you were before they came in.

2. **Ice Breaker Activity** (3 minutes)

Beginning the session with an ice breaker activity is one way to transition into the discussion time as well as to build community among the young women. Sample icebreaker activities include:

- Introduce yourself and share a few facts about yourself (i.e. school, major, clubs, hobbies, job, etc.)
- Share a “rose and thorn” (i.e. high and low) from the previous week
- Share one thing that you really like about yourself
- Share the hardest thing you have ever done
- Share a skill you would like to learn
- Share something that relaxes you
- Share the weirdest thing you have ever eaten

3. **Explanation of Small Group Honor Code** (2 minutes)

We recommend printing out the [Walking with Purpose Small Group Honor Code](#) and giving a copy to everyone in the group. They are available to you for download from the WWP leadership website. We encourage you to read through the Honor Code with your group, and assure everyone that they can count on you to follow these guidelines. We suggest posting a copy of the Honor Code as a table sign and display each week to serve as a gentle reminder.

4. **Small Group Discussion** (70 minutes)

Begin each session with a prayer of gratitude for the opportunity to be together. Take a moment to call upon the Holy Spirit to put aside any thoughts or distractions during the session.

- **Lesson Introduction** (5 minutes)

For the start of each new lesson, there is an introduction section. We recommend asking multiple group members to take turns reading part of it as an easy way to get women speaking. At your first meeting, it may also be helpful to share what stood out to you from the introduction and to let young women know that in the future, you will spend time sharing what each highlighted rather than reading through the whole thing.

- **Questions** (10 minutes per day)

Each day of the lesson has two to four questions to discuss as a group. We suggest spending time on each question, but the goal is to get through each of the questions within the lesson. Try to limit yourself to 10 minutes per day.

In your first session, explain to the young women that there is a limited time for the questions and that it will be important to give everyone an opportunity to share at some point.

- **Quiet Your Heart** (3 minutes per day)

Give your small group time to read through the “Quiet Your Heart” on their own. This is a beautiful time to pull the lesson’s discussion together and have some time in community reflection and prayer. After spending some time in silence, we recommend incorporating this into your conclusion and prayer time.

5. **Prayer Intention Time** (10 minutes)

At this point in the small group, encourage each young woman to share a personal prayer intention for themselves that connects to the lesson in some way. If someone is having trouble identifying a prayer intention, the Resolutions at the end of each lesson may be turned into personal prayer intentions. Invite your other participants to make a note of each young woman’s prayer request, so she can pray for them throughout the following week (there is a section in the back of the study specifically for this).

We also encourage you, as the leader, to close the small group time in prayer, praying over the requests that were just shared. Women love to be cared for and praying for their specific intentions aloud is a unique way to do this!

Individual Session Guidance

Lesson 1 - Balance Through Worship

Introduction (5 minutes)

Leader Say: "In this lesson we'll examine the balance we find when we assume a posture of worship, the joy of intimacy we're invited into as we worship God, and how we're transformed when we keep our focus on Him and worship continuously."

Leader Read: Last two lines of the Introduction beginning with, "The truth is, we need God's help to love Him well..."

Day One: Reality Check (10 minutes)

Group Share: Ask for reflections on how the verses in Q1 helped participants contemplate the greatness of God.

Leader Note: Have participants note the sentence at the end of Q1: "When we worship, we are focusing on who God is, not what He gives."

Leader Ask: Q2, Q3

Volunteer Read: Paragraph after Q3 beginning with, "Worship gets us in a posture..."

Leader Ask: Q4

Leader Note: Summarize the key points from the last paragraph in the Quiet Your Heart.

Day Two: Invited In (10 minutes)

Leader Note: Summarize where the presence of God resided during the Old Testament and who was allowed in.

Leader Ask: Q1, Q2, Q3

Volunteer Read: Paragraph following Q3 and have participants underline the sentence beginning, "Because of Jesus, we can now enter..."

Leader Note: Q4 is personal. Point participants to Appendix 3 and encourage them to read on their own if they haven't already done so. Invite women to spend time in Eucharistic Adoration today.

Leader Read: Read the last sentence of the Quiet Your Heart: "If you can't get to..."

Day Three: Transformed (10 minutes)

Volunteer Read: Ask women to open their Bibles to 2 Corinthians 3: 12-18 and ask a volunteer to read the passage aloud.

Leader Ask: Q1, Q2

Group Share: Q3

Leader Ask: Q4

Leader Ask: Ask participants what they underlined from the Quiet Your Heart and be prepared to share main points.

Day Four: Glory to You, Oh Lord (10 minutes)

Leader Say: "Revelation 4:8-11 gives us a glimpse of what worship is like in heaven."

Leader Ask: Q1, Q2

Volunteer Read: Paragraph after Q2

Leader Ask: Q3

Leader Read: Three sentences at Q4 but skip question at end of Q4

Volunteer Read: Quiet Your Heart, starting with Psalm 115:1

Day Five: Holy Expectancy, Conclusion, and Verse Study (10 minutes)

Volunteer Read: Second paragraph before Q1 beginning with, "When we lift our faces..."

Leader Ask: Q1

Leader Read: Paragraph after Q1

Group Share: Q2

Volunteer Read: Paragraph following Q2 starting with, "God wants to speak to us; we just can't hear Him."

Leader Note: Read aloud Q3 and allow 2 min for silent reflection.

Leader Ask: Q4

Volunteer Read: Sentence following Q4, "When we offer God ourselves..."

Leader Ask: "Have you ever thought that offering praise in the midst of sorrows is a time when faith is perfectly tested?"

Leader Ask: Ask what stood out to participants from the George Matheson passage from the Conclusion.

Leader Note: Point out the Verse Study and Appendix 2 for instructions. Share that while there will not be time to review the Verse Study, completing it weekly can help to open oneself up to the movement of the Holy Spirit.

Resolutions and Prayer Requests (5 minutes)

Leader Say: "Look at your resolution and use this to create a personal prayer request. This is our time to commit to growing our personal relationship with Christ."

Leader Note: Close in prayer, making an effort to pray for each woman's intention. Consider closing with a personal prayer, a Hail Mary, or the prayer in the back of the book.

Lesson 2 - Balance in Your Schedule

Introduction (5 minutes)

Leader Say: "God is calling us to refreshment."

Leader Read: Last two paragraphs of the Introduction

Day One: Stewards, Not Owners (10 minutes)

Leader Ask: Q1, Q2

Leader Read: Last three lines of paragraph following Q2, starting with, "Everything we have is an undeserved gift..."

Partner Share: Ask each woman to turn to the woman sitting next to her and discuss Q3, Q4 and the Quiet Your Heart (allow 4 minutes).

Leader Note: Highlight the key points from the Quiet Your Heart, noting God wants us to spend time in prayer with Him and the best time is at the start of the day.

Day Two: The Big Rocks (10 minutes)

Leader Say: "How can we make more time, ideally at the start of the day, to spend with God?"

Volunteer Read: Starting with third sentence of fourth paragraph that begins, "A life well lived..." to end of paragraph

Group Share: Q1

Leader Ask: Q2, Q3

Partner Share: Ask that the women turn to the woman next to them and discuss the paragraphs following Q3 and Q4. Allow 4 minutes.

Volunteer Read: First paragraph of the Quiet Your Heart

Day Three: Minute by Minute (10 minutes)

Group Share: Q1

Leader Say: "What was the secret to the concert violinist's mastery of the instrument? Planned neglect".

Group Share: Q2

Group Share: Q3: Ask for any insights gleaned from reflection on why we do certain activities.

Leader Read: Second and third paragraph in the Quiet Your Heart starting with "Every moment of our day is a gift from God..."

Day Four: The Holy Spirit's Help (10 minutes)

Volunteer Read: From paragraph above Q1, starting with, "He's placed the game-changing Holy Spirit..." to the end of paragraph

Group Share: What does scripture tell us about the Holy Spirit? Q1

Group Share: How did you feel when responding to Q2. Was this easy to do? Difficult? What did you struggle with?

Leader Note: Summarize the main points from paragraphs following Q2.

Group Share: Q3

Leader Note: Summarize the main points from the 2 paragraphs following Q3, specifically the difference between condemnation which does not come from God and conviction, which is the act of the Holy Spirit.

Day Five: Margin and Conclusion (10 minutes)

Leader Note: Have participants turn to the Quiet Your Heart at the end of Day Five

Volunteer Read: Entire Quiet Your Heart

Leader Read: From paragraph before Q1 starting with, "He wants us to treat ourselves gently..." to end of paragraph

Leader Ask: Q1

Group Share: Q2

Leader Ask: Do we understand what margin is and why God wants us to have it?

Leader Read: Sentence after Q2: "If we're going to treat ourselves gently, we'll need to learn to live with margin."

Leader Ask: What stood out to participants from paragraphs following the above sentence.

Group Share: Q3, Q4

Leader Ask: What stood out to you from the Conclusion and what can we glean from this lesson on Balance in Your Schedule?

Resolutions and Prayer Requests (5 minutes)

Leader Note: Look at your resolution and use this to create a prayer request or create a personal prayer request. Share that this is our time to commit to growing our personal relationship with Christ. Close in prayer, mentioning each woman's intention.

Lesson 3 - Balance Through Rest

Introduction (5 minutes)

Leader Say: "This week we will be discussing the idea of rest."

Leader Note: Highlight the idea that the concept of a Sabbath is counter cultural in today's world and then draw attention to the 3 statements at the end of the Introduction beginning with, "You have permission to rest."

Day One: The Freedom of Rest (10 minutes)

Leader Say: God gave the Commandments to the Israelites to teach them how to walk in freedom

Leader Ask: Q1

Group Share: Q2, Q3, and Q4

Volunteer Read: Last paragraph of the Quiet Your Heart

Leader Note: Suggest turning this paragraph into a beautiful resolution.

Day Two: Letting God Set the Pace (10 minutes)

Leader Say: "Do we desire to become more like Christ? Let's look at how he followed a healthy inner rhythm. It's possible for us too."

Leader Ask: Q1, Q2

Partner Share: Ask each woman to turn to the participant at her right and discuss all three parts of Q3. Allow three minutes.

Leader Ask: Q4

Leader Ask: What stood out to you from the Quiet Your Heart?

Leader Note: Point out parts in the Quiet Your Heart about "menuha."

Day Three: Time to "Become" (10 minutes)

Leader Note: Point out the last line of quote from S. Rowland beginning with, "In order to become who we are..."

Group Share: Q1, Q2 and Q3 together, allowing participants to share what the Lord is opening their eyes to in regards to rest, joy, and delight.

Leader Ask: Q4

Volunteer Read: Ask for a volunteer to look up and read aloud 2 Corinthians 3:18.

Leader Note: Summarize the Saint Augustine sermon from the Quiet Your Heart for the group.

Leader Read: The last line of the Quiet Your Heart beginning with, "Let your love of God draw you..."

Day Four: Time to Appreciate What You Already Have (10 minutes)

Leader Ask: Q1

Group Share: Q2 and Q3 (personal but invite women to share if they so choose)

Group Share: Q4

Volunteer Read: Read the last paragraph of the Quiet Your Heart that begins, "Seek the grace in the moment..."

Day Five: Time to Think and Conclusion (10 minutes)

Group Share: Q1 (Be prepared to share an experience if no one else does.)

Group Share: Q2

Leader Read: Sentence at Q3 that begins, "When we stop and rest..."

Leader Note: Ask for three volunteers to look up and read aloud Jeremiah 33:3, Proverbs 3:5-6 and James 1:5. Discuss Q3.

Leader Note: Ask for a volunteer to look up Proverbs 15:22, read aloud, and ask participants to consider Q4.

Leader Read: First paragraph of the Quiet Your Heart

Leader Say: "What main points did you take from the Conclusion?"

Leader Read: Last paragraph of the Conclusion and Matthew 11:28.

Resolutions and Prayer Requests (5 minutes)

Leader Note: Look at your resolution and use this to create a prayer request or create a personal prayer request. Share that this is our time to commit to growing our personal relationship with Christ. Close in prayer, making an effort to pray for each woman's intention.

Lesson 4 - Balance Through Simplicity

Introduction (5 minutes)

Leader Ask: "What stood out to you from the Introduction?"

Volunteer Read: Quote from Richard Swenson near the end of Introduction that starts, "All external manifestations of the Christian life..."

Leader Read: Last paragraph of introduction that begins, "Day One..."

Day One: The Simplicity of Letting God Satisfy Our Hunger (10 minutes)

Leader Ask: Q1, Q2

Group Share: Q3

Leader Ask: Q4, then, "How did the Lord reveal himself to Moses?" (see paragraphs following Q4)

Volunteer Read: All of the Quiet Your Heart

Day Two: The Simplicity of Less Self Focus (10 minutes)

Leader Ask: Q1

Leader Note: Note main points from paragraph following Q1 and read the last line beginning, "Anytime we are aware of our..."

Group Share: Q2 and discuss the two paragraphs following Q2

Leader Ask: Q3

Leader Note: Ask "What does it mean to deny ourselves?" Discuss this and then read the two paragraphs that follow Q3.

Group Share: Parts of the Quiet Your Heart section that speak to you, challenge you, excite or encourage you.

Leader Note: Sharing the [Litany of Humility](#) would be a nice addition to this lesson.

Day Three: Less Stuff (10 minutes)

Leader Ask: "What statistics jump out at you from the opening paragraphs?"

Leader Read: Sentence following Introduction: "Real simplicity will restore us, but it'll require swimming upstream."

Leader Note: Have everyone open up their Bibles to Luke 12:13-21

Leader Ask: Q1

Group Share: Discuss the paragraph following Q1 and CCC1723, referencing Luke 12:13-21 as needed.

Group Share: Look at Q2, Q3 and Q4 together, asking participants to volunteer insights.

Leader Note: Ask for thoughts and reflections on the Quiet Your Heart and its call to action.

Day Four: Less Waste (10 minutes)

Leader Ask: Q1, Q2

Group Share: Q3

Leader Read: Read the quote from Michelle Walker about the mosquito in Q4.

Group Share: Q4

Leader Say: "Jesus is our example of living simply and we should follow his lead."

Leader Note: Consider turning the last paragraph of the Quiet Your Heart into a prayer.

Day Five: Less Noise (10 minutes)

Leader Ask: "Can you relate to what DeYoung writes about "the power of the screen?"
Can you hear God in the midst of the noise?"

Leader Note: Summarize the two paragraphs before Q1.

Leader Ask: Q1

Volunteer Read: Paragraph following Q1

Leader Ask: Q2

Leader Read: Paragraph following Q2

Leader Ask: Q3

Volunteer Read: Two paragraphs following Q3

Group Share: Q4

Leader Note: Suggest women highlight Isaiah 30:15 verse in the Quiet Your Heart.

Volunteer Read: Last two paragraphs of the Conclusion

Resolutions and Prayer Requests (5 minutes)

Leader Note: Look at your resolution and use this to create a prayer request or create a personal prayer request. Share that this is our time to commit to growing our personal relationship with Christ. Close in prayer, making an effort to pray for each woman's intention.

Lesson 5 - Balance Through Surrender

Introduction (5 minutes)

Leader Ask: "Can anyone relate to the story of the strong-willed child?"

Volunteer Read: Final paragraph of the Introduction

Leader Say: "In this lesson we'll look at to Whom, why, what and how we surrender."

Day One: Whom Are We Surrendering To? (10 minutes)

Leader Say: "Is God trustworthy? What do we know about God?"

Leader Note: Ask for volunteers to read each of the scripture verses listed in Q1 then have another volunteer fill in the blank. Do the same for the next scripture verse and fill in the blank.

Leader Say: "We can trust God because He is good and because He loves us."

Leader Ask: Q2

Group Share: Q3

Volunteer Read: The paragraph following Q3 and the first two sentences in the second paragraph following Q3

Group Share: Q4

Volunteer Read: Final paragraph of the Quiet Your Heart

Day Two: Why Do We Surrender? (10 minutes)

Leader Ask: Q1

Group Share: What stood out to you from the paragraphs following Q1 and the quote from Kyle Idleman?

Volunteer Read: Last paragraph before Q2 beginning with, "God is neither a celebrity we admire nor the captain..."

Leader Ask: Q2 (See answer key for helpful description)

Leader Ask: Q3

Group Share: Q4

Leader Ask: What main points do you take from the Quiet Your Heart?

Day Three: What Are We Surrendering? (10 minutes)

Leader Ask: Q1, Q2, Q3 (note the answer key for these questions)

Leader Read: The first part of the paragraph following Q3 starting with, "What is at the heart?" and ending before the Yohannan quote

Group Share: Q4

Group Share: Looking at the story of Job in the Quiet Your Heart, put yourself in Job's shoes. Would you be able to say "Blessed be the name of the Lord?"

Leader Note: At the end of today's lesson, turn the last sentence in the Quiet Your Heart into your closing prayer: "Father, help us to have hearts like the Blessed Mother..."

Day Four: How Do We Surrender a Situation We're Desperate to Change? (10 minutes)

Leader Note: Highlight the passage from book *Interior Freedom* by Fr. Jacques Phillipe. Ask how do you typically respond to these undesirable situations (rebel, resign, consent)? Be sure to point out the paradox of surrender. Read the last sentence of the final paragraph before Q1, "When we are struggling..."

Leader Ask: Q1, Q2, Q3, Q4

Leader Read: First paragraph of the Quiet Your Heart

Volunteer Read: Last three paragraphs of the Quiet Your Heart.

Day Five: How Do We Surrender What We Deeply Love? and Conclusion (10 minutes)

Leader Ask: Q1, Q2 and allow women to discuss: "Does it still count as surrender if you can't do anything to change the situation?"

Group Share: Q3, Q4

Leader Read: Last paragraph of the Quiet Your Heart starting with, "The King of kings..."

Volunteer Read: First two sentences following Elliot quote in the Conclusion, beginning: "Surrendering is a lifelong process..."

Group Share: Thoughts and reflections from the Conclusion

Resolutions and Prayer Requests (5 minutes)

Leader Note: Look at your resolution and use this to create a prayer request or create a personal prayer request. Share that this is our time to commit to growing our personal relationship with Christ. Close in prayer, making an effort to pray for each woman's intention.

Lesson 6 - Balance in Our Thought Life

Introduction (5 minutes)

Leader Say: "Today we're going to talk about balance in our thought life, which is critical if we desire to have peace in our hearts. Do the thoughts that race through our minds matter? Does what we do with our thoughts matter? Can we help what we think and feel?"

Volunteer Read: Last paragraph of Introduction

Day One: The Battle Is in the Mind (10 minutes)

Leader Read: Paragraph before Q1 (This is an important message to share and it impacts the entire lesson.)

Leader Ask: Q1, Q2, Q3

Group Share: How do we determine whether a thought is the truth or a lie? Allow discussion around this question, using the two paragraphs following Q3 as a guide.

Group Share: Would anyone like to share any insights from the activity at Q4? (Leader can share if you feel comfortable doing so.)

Leader Read: The paragraph at the beginning of the Quiet Your Heart

Day Two: Reject and Replace (10 minutes)

Leader Ask: "If we feel something, does that make it true?"

Leader Read: Paragraph before Q1 which begins, "Instead of seeking to determine..."

Leader Ask: Q1, Q2

Volunteer Read: Paragraph at Q3 which begins, "As you filter your thoughts ..."

Volunteer Read: Ask for volunteers to read each lie in Q3 and follow up with the corresponding truth (Scripture) with which to replace it.

Leader Read: First paragraph of the Quiet Your Heart.

Leader Ask: "What else stood out from the Quiet Your Heart?"

Day Three: Check the Entry Points (10 minutes)

Leader Read: First sentence that begins "We'll save ourselves a lot of trouble if we take care..."

Leader Ask: Q1, Q2, Q3

Group Share: Q4

Volunteer Read: All of the Quiet Your Heart

Day Four: Refuse to Worry (10 minutes)

Leader Ask: Q1

Volunteer Read: Ask for a volunteer to look up and read aloud Isaiah 43:1-2.

Leader Ask: Q2, Q3

Group Share: Q4

Leader Note: Great practical and prayerful advice is found in the Quiet Your Heart: Psalms 23, 46 and 121 as well as finding encouragement from a friend.

Day Five: Going Deep and Conclusion (10 minutes)

Leader Read: Last sentence of paragraph before Q1 that begins, "There is a big difference between dwelling on negative..."

Group Share: Q1, Q2, Q3

Leader Note: Be sure to point out the main points of paragraphs in Q2 and Q3.

Leader Ask: Q4

Leader Ask: "What stood out to you from the Quiet Your Heart?"

Group Share: The parts of the Conclusion which participants found most powerful, beautiful and/or encouraging

Leader Note: A key verse for this study is Philippians 4:8. Consider printing the color verse card from <https://walkingwithpurpose.com/free-printables/> for each of the women. It corresponds well with this lesson.

Resolutions and Prayer Requests (5 minutes)

Leader Note: Look at your resolution and use this to create a prayer request or create a personal prayer request. Share that this is our time to commit to growing our personal relationship with Christ. Close in prayer, making an effort to pray for each woman's intention.

