



# ***Harmony* Leader's Guide**

Welcome to the *Harmony* Bible study Leader's Guide! Thank you for your decision to lead *Harmony* 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” section 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 Authenticity

### Introduction (5 minutes)

**Leader Note:** Consider beginning with a prayer to welcome the Holy Spirit to be present with the group as they face the fear of loneliness and embrace authenticity during this discussion. This prayer can be as simple as, "Come, Holy Spirit."

**Leader Say:** "In this lesson, we'll look at what it means to be authentic with God, with ourselves and with others, how to embrace vulnerability, how to be free from shame, and how to live out our true identity."

**Leader Say:** "Can you relate to what Lisa describes in the Introduction? How does this "image is everything" way of living manifest itself in your life?"

**Volunteer Read:** Last paragraph of the Introduction beginning with, "But what are we missing..."

**Leader Note:** Ask the group to underline: "Is our real life passing us by?"

**Leader Note:** Describe the Catechism Clips referenced throughout the lesson to help us understand church teaching. Show where the clips can be found at the end of each lesson.

### Day One: Where Did This Hiding Begin? (10 minutes)

**Leader Say:** "Let's take a look at Genesis, the beginning, to see where this hiding began."

**Volunteer Read:** Ask a volunteer to look up and read aloud Genesis 2:25.

**Leader Ask:** Q1 and "Do we understand the difference between guilt and shame?"

**Leader Ask:** Q2

**Leader Ask:** Q3 and "Have you ever felt like hiding from God because of something you've done? Do you see God as a loving Father or a cruel punisher?"

**Leader Ask:** Q4 and "Does this give you hope?"

**Leader Read:** Last two lines of paragraph following Q4: "If we stop hiding from God..."

**Volunteer Read:** Last paragraph of Quiet Your Heart that starts with, "Settle yourself in God's presence..."

### Day Two: What Keeps Us Stuck in Shame? (10 minutes)

**Leader Note:** Remind participants that the Holy Spirit convicts while the devil condemns. If we feel we've done something wrong, that's a call to confession. In the lesson you take a closer look at how we can differentiate between God's voice and that of the devil.

**Leader Ask:** Q1, Q2, Q3, and Q4

**Leader Note:** Don't rush through these questions as they are important ones! Have women open their Bibles and underline the verses referred to as you read them: John 8:44, John 8: 31–32, Hebrews 4:12 and 2 Corinthians 10: 3–5.

**Volunteer Read:** Last paragraph of Quiet Your Heart

### **Day Three: Where Should Our Sense of Worth Come From? (10 minutes)**

**Leader Say:** "Our sense of worth is the key element to living a life of authenticity, yet it is the very thing that is under constant attack. Look at the lies listed about your worth. Which ones shout the loudest at you? Are other lies on your list? Let's counter these lies with truth by looking at Questions 1 through 4 and the Scripture verses they point us to."

**Leader Note:** Consider praying, "Lord, we invite you into this sacred space. Come, Lord Jesus. Help us to saturate our minds with truth."

**Leader Ask:** Q1, Q2, Q3, and Q4

**Leader Note:** Allow the Holy Spirit to guide the conversation, revealing areas where women most need healing. Allow the truth of God's word to penetrate into the hearts of the women.

**Leader Note:** Invite the women to share the parts in Quiet Your Heart that most speak to them. Be prepared to share what's speaking to you too.

### **Day Four: Being Authentic With Yourself (10 minutes)**

**Leader Say:** "We need to learn to be authentic with ourselves before we can be authentic with others."

**Partner Share:** Have each woman turn to the woman next to her to discuss the two paragraphs at the beginning of Day Four. Allow one to two minutes, then move on to Q1.

**Group Share:** Q1

**Leader Ask:** Q2

**Group Share:** Q3 and Q4

**Leader Note:** Point out the paragraphs after Q4, and invite discussion on the quote from Peter Scazzero.

**Volunteer Read:** Last line in Quiet Your Heart beginning with, "So talk to Him..."

### **Day Five: Being Authentic With Others, Conclusion, and Verse Study (10 minutes)**

**Leader Say:** "What's at stake if we are not authentic with others? Consider that it could be the quality of our relationships and the opportunities to show people what a difference Christ makes in our lives."

**Volunteer Read:** Last line of first paragraph: "Might they have stayed if they saw..."

**Leader Say:** "Authenticity requires personal integrity (doing the right thing, in the right way, for the right reason)."

**Leader Ask:** Q1, Q2, and Q3

**Group Share:** Q4 (Q4 is personal. Consider sharing your response first to make participants more comfortable).

**Leader Note:** Consider using this Quiet Your Heart as a prayer at the end of the meeting.

**Leader Note:** Note the top five regrets of the dying listed in the Conclusion and how much of their life had been spent pretending to be content.

**Volunteer Read:** Last paragraph of 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 Through Priorities

### Introduction (5 minutes)

**Leader Say:** "In the beginning there was perfect balance and freedom. It was lost when the serpent lied and persuaded a woman to believe God was holding out on her. The right relationship between God and man had been broken: Life would feel messy, stressful, imbalanced. God's love promised a Rescuer (Christ Jesus). A woman (Mary) trusted God and succeeded where the first had failed. This supreme act of faith released the Lover of our souls into the mess of our existence. He came to help us find a way back to God, back to the life we were created for. How do we do that?"

### Day One: Put God First (10 minutes)

**Leader Say:** "If we want to live balanced lives, we must put things in the right order. That means putting God first. Why?"

**Leader Ask:** Q1

**Leader Say:** "God has delivered us from our slavery to sin by sending Jesus. Our freedom is a gift."

**Leader Ask:** Q2 at the end of paragraph. Have the women look up Galatians 4:8–9 and 5:1 and underline in their Bibles.

**Partner Share:** Have each woman turn to the woman next to her and discuss Q3.

**Leader Note:** Point out the section in Quiet Your Heart that encourages women not to be discouraged if they haven't been putting God first in their lives. Press on.

### Day Two: Put People Next (10 minutes)

**Leader Read:** Open your Bible and read Matthew 22:34–40 (The Greatest Commandment)

**Leader Ask:** Q1

**Group Share:** Q2 and Q3

**Leader Ask:** Q4, and discuss one practical change you could make this week to love your neighbor.

**Volunteer Read:** Both paragraphs in Quiet Your Heart

### Day Three: Make Time for Your God-Given Passions (10 minutes)

**Leader Say:** "God calls and equips us to fulfill a divine purpose. We are wise to identify our spiritual gifts, seek God's will, and respond."

**Leader Ask:** Q1A, Q1B, Q2, and Q3

**Leader Note:** Point out that there are free resources available online at [www.siena.org](http://www.siena.org) to identify one's spiritual gifts. Suggest that you can also ask your parish Director of Religious Education or Adult Faith Formation for resources.

#### **Day Four: Value the Unseen (10 minutes)**

**Leader Read:** Read introductory paragraph

**Leader Ask:** Q1A, Q1B, Q2, Q3, and Q4

**Volunteer Read:** Paragraph after Q4

**Group Share:** Q5

**Leader Read:** Final paragraph of Quiet Your Heart

#### **Day Five: Jesus Our Example and Conclusion (10 minutes)**

**Leader Ask:** Q1

**Group Share:** Look at Q2, Q3, and Q4 together, asking the group to share top priorities, reflections on time spent this week, and things that they would make time for.

**Leader Note:** Point out the section of Quiet Your Heart that talks about bringing your calendar to God in prayer to let Him determine the things that are most important. Interruptions can be divine appointments!

**Volunteer Read:** Second and third 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, mentioning each woman's intention.



## Lesson 3 - Balancing Expectations

### Introduction (5 minutes)

**Leader Say:** "What expectations do you have for how your life is supposed to be at this age? What do you think of the idea that the more expectations are met, the more powerful they can become? Or the idea that the fear of failure can increase with success? In this lesson, we'll look at whose expectations we seek to meet and what expectations we can adjust or let go of."

**Volunteer Read:** Last paragraph of the Introduction

### Day One: Others' Expectations of Me (10 minutes)

**Group Share:** Q1 and Q2

**Leader Note:** Read Q3 aloud, and then discuss as a group

**Leader Note:** Read Matthew 6:33 at top of Quiet Your Heart and remind women of what we learned in Lesson 3: Balance Through Priorities. Read the first paragraph of Quiet Your Heart starting in the middle with, "In order to draw our hearts to Him..."

**Volunteer Read:** Last paragraph of Quiet Your Heart starting with "Ask God to reveal to you..."

### Day Two: My Expectations of Myself (10 minutes)

**Group Share:** Q1 and Q2

**Leader Read:** Paragraph before Q3 beginning with, "Sometimes we have expectations..."

**Leader Ask:** Q3

**Partner Share:** Ask the women to turn to the person next to her and discuss the paragraph following Q3 about the word *yoke*, and Q4. Allow two minutes.

**Volunteer Read:** Second and third paragraphs of Quiet Your Heart beginning with, "It's very hard to let go..."

### Day Three: My Expectations of God (10 minutes)

**Group Share:** Q1

**Leader Note:** For Q2, ask for volunteers to read each of the Scripture verses aloud as you come to them. Point out the paragraph at the end of Q2 that states that God promises Himself and His presence, and God is enough.

**Leader Ask:** Q3

**Leader Read:** Starting with the second paragraph in the Quiet Your Heart section, "God is not far off. His love never fails..." through the end.

#### **Day Four: How My Expectations Affect Others (10 minutes)**

**Leader Say:** "In this section, we'll look at how our reactions can harm others when our expectations go unmet."

**Leader Ask:** Q1

**Group Share:** Q2 and Q3

**Leader Ask:** Q4 and Q5

**Leader Say:** "Which of these common responses in Q5 can you relate to most? Can we challenge ourselves to respond based on the corresponding Scripture passages? What might change if we choose to draw upon the power of the Holy Spirit to respond differently?"

**Group Share:** Allow time to discuss the reactions to Q5

#### **Day Five: How Jesus Dealt With Expectations and Conclusion (10 minutes)**

**Leader Ask:** Q1, Q2, and Q3 moving quickly

**Group Share:** Q4

**Leader Read:** Paragraph in the Quiet Your Heart section that starts, "Has your life turned out as you expected?"

**Leader Ask:** "What are the main points from the Conclusion?" or "What can we take away from this lesson on Balancing Expectations?"

#### **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 in Relationships

### Introduction (5 minutes)

**Leader Note:** Can you relate to the husband who would likely say, “I am not the problem?” In this lesson, we’ll acknowledge that the care and keeping of any relationship isn’t easy, and we’ll invite God to step into the mess and make things better.

### Day One: A Genuine Need (10 minutes)

**Leader Ask:** Q1, and read the paragraph following Q1

**Leader Note:** Have a volunteer read each of the following Scripture verses aloud when you get to Q2 and Q3: Proverbs 27:6 and 17, Galatians 6:1, Ecclesiastes 4:9–12 and Galatians 6:2.

**Group Share:** Q2, including paragraph following Q2, and Q3.

**Leader Note:** Skip Q4. It is for personal reflection only.

**Volunteer Read:** Last line in the Quiet Your Heart section starting with, “Ask the Holy Spirit to shed light on...”

### Day Two: Create Boundaries (10 minutes)

**Leader Say:** “Healthy relationships require boundaries. Let’s dig into what that might mean for us as Christians.”

**Leader Ask:** Q1A

**Leader Read:** Paragraph following Q1A, noting the distinction between a burden and a load.

**Group Share:** Q1B

**Leader Ask:** Q2

**Volunteer Read:** Paragraph after Q2

**Leader Read:** Sentence near the end of paragraph at Q3 starting with, “We need to know in the depth of our being...”

**Leader Ask:** Invite the women to share insights on God’s personal love from Romans 8:35–39 and/or Ephesians 3:17–19.

**Leader Ask:** Last two questions at the bottom of the paragraph at Q4 starting with, “What attitude does God want ...”

**Volunteer Read:** Quiet Your Heart section

### Day Three: Conflict Resolution (10 minutes)

**Group Share:** Q1

**Leader Ask:** Q2, Q3, and Q4 moving quickly but noting the steps (Matthew 18: 15–16) and methods (James 3:17) the Bible gives us.

**Leader Read:** Third and fourth sentences in the Quiet Your Heart section, beginning with, “But when He spoke the truth...” and “His desire was...”

#### **Day Four: Watch Your Words (10 minutes)**

**Leader Say:** "Our words matter and where our words come from—the heart—matters."

**Group Share:** Q1

**Leader Ask:** Q2

**Group Share:** Q3

**Volunteer Read:** Luke 6:45

**Group Share:** Q4

**Leader Say:** "The Lord gives us a new heart and a new spirit (Ezekiel 36:26) to help His children experience victory with their words."

**Leader Note:** Ask for reflections on the Quiet Your Heart section and be prepared to share when your parish offers the sacrament of Reconciliation.

#### **Day Five: Our Only Hope and Conclusion (10 minutes)**

**Leader Ask:** Q1

**Leader Read:** First few sentences of the paragraph after Q1, ending with the sentence, "Because of Him, we can believe that our old patterns can change."

**Leader Note:** The paragraph includes examples for hope in marriage and in raising children. Consider sharing some additional examples where Jesus offers hope that could be relevant to the women in your group. For example, a strained friendship, estranged parent or sibling relationship, discerning a vocation, lack of opportunities for further education or career. Nothing is beyond Christ's redemptive power.

**Leader Ask:** Q2

**Volunteer Read:** Paragraph following Q2 that begins with "Riches"

**Leader Ask:** Q3

**Leader Note:** In the paragraph following Q3, have participants underline beginning with the sentence, "No human being can tame the tongue" to the end of the paragraph.

**Group Share:** Q4

**Leader Note:** Point out highlights from the Quiet Your Heart section, encouraging participants to talk to God about the relationships they find most challenging. Have them underline the last line of the paragraph for a practical way to draw upon the riches God supplies.

**Leader Ask:** What are the main points from the Conclusion?

**Volunteer Read:** Last paragraph beginning with "He has not left us to manage our relationships alone..."

#### **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.

## Lesson 5 - Balance Between Mediocrity and Perfectionism

### Introduction (5 minutes)

**Leader Ask:** What stood out to you from the Introduction? Can you relate to the “defeated perfectionist?” Where do you fall on the spectrum?

**Leader Say:** “In this lesson we’ll look at how we can find balance between settling for mediocrity and striving for perfection.”

### Day One: Don’t Settle for Mediocrity (10 minutes)

**Volunteer Read:** Last three lines of the opening paragraph, beginning with “When we settle for mediocrity...”

**Group Share:** Ask the group to share thoughts on the definition of “mediocre,” making note of being “halfway up the mountain.”

**Leader Ask:** Q1, Q2, and Q3

**Group Share:** Q4

**Volunteer Read:** Third paragraph in Quiet Your Heart, which begins, “For your sake, as well as for those...”

**Leader Say:** “In Days Two through Five in this lesson, we’ll look at the other end of the spectrum—perfectionism—and what it’s rooted in.”

### Day Two: The Measure of Self Worth (10 minutes)

**Leader Read:** First two lines, then skip to last three lines before Q1

**Leader Ask:** Q1A and Q1B

**Group Share:** Q2 and Q3

**Leader Ask:** Q4

**Leader Note:** Allow a few moments of silence for women to read and underline key Scripture in Quiet Your Heart.

### Day Three: Circling Back to Expectations (10 minutes)

**Leader Ask:** Q1A

**Group Share:** Q1B and Q2

**Leader Ask:** For thoughts on the conscience of a perfectionist and insights from Q3

**Volunteer Read:** Look up and read aloud Psalm 103: 8–14

**Leader Ask:** Q4 A and B

**Leader Note:** Invite women to meditate on the words in Quiet Your Heart and share what stood out to them.

### Day Four: The Pit of Pride (10 minutes)

**Leader Ask:** How is pride defined in the opening paragraph?

**Leader Ask:** Q1

**Leader Read:** Q2

**Leader Ask:** Q2

**Group Share:** Insights from Q3

**Leader Ask:** Q4

**Leader Read:** Read the paragraph before Quiet Your Heart that begins, "In the Bible, a person's name reveals..." From Quiet Your Heart, read, "Which name reveals something about God that helps you trust Him?"

### **Day Five: The Grip of Fear and Conclusion (10 minutes)**

**Leader Say:** "Beneath a perfectionist's behavior is often a fear of failure."

**Leader Ask:** Q1 and Q2

**Volunteer Read:** Paragraph following Q2

**Leader Ask:** Q3 and Q4

**Leader Note:** From the paragraph following Q4 mention that one of God's favorite ways to teach us is through our mistakes. Also note the prayer at the end of Quiet Your Heart and have women mark their study guides or take a picture of this prayer to reference later as needed.

**Group Share:** What do women think of Matthew 5:48 and the word perfect (*teleios* in the original Greek) as discussed in the Conclusion? Ask if there are any other insights 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.



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