



***Perspective* Leader's Guide**

Welcome to the *Perspective* Bible study Leader's Guide! Thank you for your decision to lead *Perspective* 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 Service

Introduction (5 minutes)

Leader Say: "In this first lesson we learn that God designed us to live in a rhythm. He did not design us to live as workhorses focused only on productivity. However, he also did not design us to live for comfort, always pursuing the easiest route."

Leader Note: Ask what stood out in the Introduction. Point out the third and fourth lines of the fourth paragraph beginning with, "God calls us to be "other-focused..." and have participants underline the first question in the fifth paragraph ("What do you see...?") and the second sentence in the sixth paragraph ("Don't let the size of the mess...").

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

Day One: Don't Hold Back (10 minutes)

Leader Note: Make sure that Matthew 25:14-30 is marked in your Bible. Begin by reading this passage aloud.

Leader Ask: Q1, Q2 and Q3

Group Share: Q4

Volunteer Read: From middle of Father Bartunek quote, beginning with, "In other words, we have received everything from God..." to end

Leader Read: Second to last paragraph of Quiet Your Heart, which begins, "Take a few moments to talk to Jesus..."

Leader Say: "Now we'll look at some of the barriers that could hold us back from serving Christ in our broken world."

Day Two: Thinking It Has to Be Huge (10 minutes)

Leader Note: Make sure that Luke 10: 25-37 is marked in your Bible. Begin by reading this passage aloud.

Leader Note: Turn the opening paragraph into questions to ask the participants: "Do you sense that to serve the Lord you have to do some far-reaching, noteworthy task? Do you doubt the little bit you can do will make much of a difference?"

Leader Ask: Q1 and Q2

Volunteer Read: Q3 aloud

Group Share: Q3

Volunteer Read: Q4 aloud

Group Share: Q4

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

Day Three: Trying to “Go It Alone”? (10 minutes)

Leader Note: Make sure that John 15:1-17 is marked in your Bible. Begin by reading this passage aloud.

Leader Ask: Q1, Q2, and Q3

Volunteer Read: Philippians 4:13

Group Share: Q4

Volunteer Share: Invite a volunteer to share her opinion of the main points from the Quiet Your Heart.

Day Four: Feeling Overwhelmed at the Size of the Mountain (10 minutes)

Leader Note: Summarize the paragraph at start of Day Four and paragraph at Q1A.

Leader Ask: Q1A

Leader Read: Paragraph after Q1A

Group Share: Q1B

Leader Ask: Q2, Q3, and Q4

Day Five: People Can Drive You Crazy, Conclusion, and Verse Study (10 minutes)

Leader Note: Summarize the paragraph at the start of Day Five. Remind participants of Honor Code. Refrain from using anyone’s name when sharing.

Group Share: Q1

Leader Ask: Q2 and Q3

Volunteer Read: Read the paragraph after Q3.

Group Share: Q4

Leader Read: Read aloud the Quiet Your Heart and ask women to contemplate, in context of experiencing frustration with someone.

Leader Note: Summarize the Conclusion briefly.

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 Contentment

Introduction (5 minutes)

Leader Note: Summarize the main points from the Introduction, specifically focusing on the last two paragraphs and the idea that contentment can be learned, the five barriers to contentment, and how to break free from those barriers.

Day One: Barrier #1: An Overwhelming Desire for More (10 minutes)

Leader Ask: Q1 and Q2

Group Share: Invite the group to share insights from Q3A and Q3B, including excerpt on Mammon, and Q4.

Day Two: Barrier #2: Lack of Purpose (10 minutes)

Leader Note: Turn the opening paragraph into questions to open discussion: "Have you ever sought fulfillment and purpose in the wrong places?" "Have you ever achieved your goals only to discover they were the wrong goals?"

Leader Read: Last two lines of opening paragraph

Leader Ask: Q1

Group Share: Q2. Flip to Appendix 4 and discuss what was most impactful from Rick Warren interview and paragraph following Q2.

Leader Ask: Q3

Group Share: Q4

Day Three: Barrier #3: Anxiety (10 minutes)

Leader Note: Summarize the Note and intro paragraphs to Day Three.

Volunteer Read: Ask for a volunteer read 1 Peter 5:6-7 aloud.

Leader Ask: Q1

Group Share: Q2

Leader Ask: Q3

Group Share: Ask the women to share the verse that they selected for Q4 and what led them to select that verse.

Volunteer Read: The quote from *Jesus Calling* in the Quiet Your Heart.

Day Four: Barrier #4: Feeling Stuck (10 minutes)

Leader Note: Highlight the main points in the first paragraph: We can all feel stuck for a variety of reasons. God wants to meet us in these places and help us break free. Read the last three sentences: "He ushers in hope. He decimates barriers. By His grace, let's break free."

Leader Ask: Q1 and Q2

Volunteer Read: Paragraphs after Q2

Leader Ask: Q3

Group Share: Q4

Day Five: Barrier #5: Settling for Mud Pies and Conclusion (10 minutes)

Group Share: Do you agree with C.S. Lewis' commentary about how we settle for mudpies? Why or why not?

Leader Ask: Q1

Group Share: Q2

Leader Ask: Q3 and Q4

Leader Read: Paragraph after Q4

Group Share: Which verse in the Quiet Your Heart is speaking to you most powerfully today?

Group Share: What stood out to you 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, mentioning each woman's intention.

Lesson 3 - Balancing Our Cravings

Introduction (5 minutes)

Leader Note: This may be a sensitive topic for some women. In prayer, invite the Holy Spirit to be present and guide the discussion. Share that we realize cravings are vastly different from addictions and eating disorders. We pray for and encourage anyone who is struggling with these issues to seek professional counsel.

Leader Note: Discuss Matthew Kelly's "picture of the world" by asking what stood out and then read sentences from the last paragraph, beginning with, "Are we stuck, or can we, with God's help..." through the end of the paragraph.

Day One: Why It Matters (10 minutes)

Leader Note: Have participants look over Q1, Q2 and Q3 and share any insights.

Leader Ask: Q4

Volunteer Read: Last two paragraphs of Quiet Your Heart starting with "Do we know how desperately..."

Day Two: Irresistible (10 minutes)

Group Share: Q1

Leader Ask: Q2

Volunteer Read: Two paragraphs before Q3 beginning with, "Food is not sinful..."

Group Share: Q3 and Q4

Volunteer Read: All of Quiet Your Heart beginning with, "We have access to a power..."

Day Three: Jesus' Favorite Food (10 minutes)

Leader Ask: Q1 and Q2

Leader Read: Fourth and fifth lines in paragraph following Q2, beginning with, "There's something bigger..."

Leader Ask: Q3

Leader Note: Pass out index cards and ask the women to write a scripture verse from Q4 that would be most inspirational to them.

Volunteer Read: First paragraph of Quiet Your Heart beginning with, "As much as we think..."

Day Four: Freedom Through Fasting (10 minutes)

Volunteer Read: First paragraph before Q1

Leader Read: Third and fourth lines of paragraph following Q1, beginning with, "In fasting, as in all things..."

Group Share: Invite the group to share insights from the passage by Richard Foster

that follows Q1.

Group Share: Q2, Q3, Q4

Leader Read: Second and third paragraphs of Quiet Your Heart starting, "Fasting helps us to listen to God..."

Day Five: Truly Hungry and Conclusion (10 minutes)

Leader Ask: "Looking at Q1, Q2, and Q3 together, what stood out to you?"

Group Share: Q4

Leader Read: Third paragraph of the Quiet Your Heart beginning with, "When we seek to be more self-controlled..."

Volunteer Read: Last paragraph 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 4 - Balance Through Self-Discipline

Introduction (5 minutes)

Leader Note: Highlight these ideas from the Introduction: self-discipline is foundational to growing in balance, it is like a muscle and strengthens the intellect to rule over the will, any progress in self-discipline is due to God's work in us, and growing in relationship with Christ and becoming more like Him is the goal, not self-discipline.

Leader Read: Second sentence of the last paragraph that begins, "Self-discipline gets us into a position of ..."

Day One: The Gift of Self-Discipline (10 minutes)

Leader Ask: Q1, Q2, and Q3

Group Share: Invite the group to share insights from the passage by Ken Boa that follows Q3.

Volunteer Read: 2 Timothy 1:7 aloud

Leader Note: Remind everyone that where "I can't," God can.

Day Two: The Motivation for Growing in Self-Discipline (10 minutes)

Leader Say: "The motivation for self-discipline is spiritual maturity."

Volunteer Read: Q1 and answer

Volunteer Read: Q2 and answer

Leader Read: Sentence following Q2: "It takes self-discipline to choose..."

Leader Ask: Q3

Volunteer Read: Paragraph following Q3

Group Share: Q4

Day Three: How to Grow in Self-Discipline (10 minutes)

Volunteer Read: Ask a volunteer to read 1 Corinthians 9:24-27 aloud.

Leader Ask: Q1, Q2 and Q3

Group Share: Q4

Group Share: Which of the following little decisions following Q3 will you focus on?

Leader Note: Turn the Quiet Your Heart into a prayer request to St. Paul, asking for his intercession. St. Paul, pray for us...

- That we fight the good fight, finish the race and keep the faith
- That we have the self-discipline to do what is right even when it doesn't feel good in the moment
- That we live purposefully, knowing that any pain on earth is worth the heavenly reward

Day Four: Self-Discipline and Spiritual Nourishment (10 minutes)

Leader Note: Highlight the main points of the first paragraph before Q1

Leader Ask: Q1, Q2, and Q3

Group Share: Q4

Day Five: The Cost of Self-Discipline and Conclusion (10 minutes)

Leader Note: Summarize the story of the international golfer, then relate it to success in the spiritual life (found in second paragraph).

Group Share: Q1

Leader Ask: Q2

Group Share: Q3 and Q4

Leader Ask: In looking at the Conclusion, what are the main messages that you take away from this lesson on Self-Discipline?

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 Through Engaging Culture

Introduction (5 minutes)

Group Share: What stood out to you from the Introduction?

Volunteer Read: Last two paragraphs of Introduction beginning with, "How do we demonstrate..."

Day One: The Problem of "Us" Versus "Them" (10 minutes)

Group Share: Q1A and Q1B

Group Share: Q2

Leader Ask: Q3 and Q4

Leader Note: Highlight the main points in the paragraphs following Q4 and the Quiet Your Heart

Day Two: Put the Stones Down (10 minutes)

Volunteer Read: Read John 8:1-11 aloud.

Leader Ask: Q1 and Q2

Group Share: Q3

Group Share: Insights from story at Q4 and question at end of Q4

Leader Read: From the middle of the Quiet Your Heart that begins, "We don't have to worry that if we stop shouting ..." through the end

Leader Note: The last two lines of the Quiet Your Heart can be used as part of closing prayer.

Day Three: Earning the Right to Be Heard (10 minutes)

Leader Ask: "Have you ever treated someone as a project in need of improvement rather than building a genuine relationship with her?"

Leader Read: Last paragraph before Q1

Leader Ask: Q1

Group Share: Thoughts on the Pope Francis quote at Q2, Q2 and thoughts on the Chuck Colson quote at the end of Q2

Group Share: Q3 and Q4

Leader Read: Read second paragraph from Quiet Your Heart.

Day Four: In the World But Distinct (10 minutes)

Leader Ask: Q1

Leader Note: Point out the Pope Francis quote and the need to avoid becoming a sick church.

Leader Ask: Q2

Group Share: Q3 and Q4

Leader Note: Invite the women to share any additional insights from the Tchividjian quote after Q4 or the Quiet Your Heart.

Day Five: Fearlessly Positive and Conclusion (10 minutes)

Leader Ask: Q1

Group Share: Q2 and Q3

Leader Ask: Q4A, Q4B, and Q4C

Leader Ask: “How do you make sense of Romans 8:31-39 as written in the Quiet Your Heart? What does this mean to you at this time?”

Leader Read: Read the second paragraph of the Conclusion starting, “It means we engage in a positive way that invites dialogue...” to the end of paragraph. Ask the women to underline as you read.

Leader Note: Draw attention to the practical dialogue points in the next paragraph of the Conclusion and the idea of forming a connection and building a bridge by loving and listening.

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.

