



walking with purpose

SO MUCH MORE THAN A BIBLE STUDY

# ***Steadfast* Leader's Guide**

Welcome to the *Steadfast* Bible study Leader's Guide! Thank you for your decision to lead *Steadfast* 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 or give yourself more time where it is needed by spending a bit less time on Day Five: Saint’s Story.

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 - Worthy - Owning Your Identity

### Introduction (5 minutes)

**Leader Say:** "In this study, we will look at how to conquer fear, rest in the unknown instead of being paralyzed by confusion, and gain some needed perspective on suffering."

**Leader Note:** Highlight the key points of the Introduction. For example, many of us are hustling for our worth in all aspects of our lives including our spiritual lives. There is an alternative in which freedom can be found. It starts with acknowledging the lies we have received about where our true worth lies.

**Leader Read:** Archbishop Fulton Sheen quote in the last paragraph of the Introduction.

**Volunteer Read:** John 8:32 from the last paragraph of the Introduction.

**Leader Say:** "Let's begin to look at some of the lies that we are receiving from our secular culture and the truths that combat them."

### Day One: The Lie: My Worth is Determined by What I Look Like and What I Do, The Truth: My Worth is Rooted in My Identity as a Cherished Daughter of God (10 minutes)

**Group Share:** Q1A, Q1B

**Leader Ask:** Q2A

**Partner Share:** Have each woman turn to the woman sitting beside her and share responses to Q2B

**Volunteer Read:** Paragraph before Q3 beginning with, "But our worth isn't measured in the mirror..."

**Leader Ask:** Q3A, Q3B, Q3C

**Leader Read:** Last sentence of the paragraph above Q4 beginning with, "God loves us..."

**Leader Ask:** Q4A, Q4B, Q4C

### Day Two: The Lie: I Need a Significant Other to Validate My Worth, The Truth: I Am Complete in Christ (10 minutes)

**Partner Share:** Q1A

**Leader Ask:** Q1B

**Volunteer Read:** Paragraph after Q1B

**Leader Ask:** "What stood out to you in the text following Q1B?"

**Leader Ask:** Q2

**Group Share:** Invite the women to share their favorite "Love Note from God" from Q3

### Day Three: The Lie: I Need People's Approval to Be Happy, The Truth: I Can Live For an Audience of One (10 minutes)

**Leader Say:** "This lie is especially tricky because there is truth in it. It is easier to be happy when people approve of us but when we allow ourselves to need the validation of others, we're tempted to compromise who we really are and become people-pleasers."

**Leader Ask:** Q1A

**Group Share:** Q1B

**Volunteer Read:** Quote from Maya Angelou from Q2

**Leader Say:** "What does this quote mean? It means to live our lives for an audience of One. However, we're not asked to perform for God but instead to allow God's pleasure to be our deepest motivator and to fulfill the unique purpose he has for each of us."

**Group Share:** Q2

**Leader Ask:** Q3A, Q3B, Q3C

**Group Share:** Q3D

**Volunteer Read:** Last two paragraphs of the Quiet Your Heart (QYH) beginning with, "It's scary to step out..."

#### **Day Four: The Lie: My Sense of Worth Will Be Higher If I Put Myself First, The Truth: My Sense of Worth Increases in Proportion to My Self-giving (10 minutes)**

**Leader Say:** "How can we find the balance between living life focused only on ourselves and living a life focused solely on others?"

**Leader Ask:** Q1A

**Group Share:** Ask for reactions to the selection from Henri Nouwen's writings in Q1A

**Volunteer Read:** Matthew 6:21 aloud

**Group Share:** Q1B

**Leader Ask:** Q2

**Group Share:** Which of the quotes from St. Teresa in Q3 resonated with you. Why?

**Group Share:** Q3B

**Volunteer Read:** Last two paragraphs of QYH beginning with, "Take a few moments..."

#### **Day Five: Saint's Story and Conclusion (5 minutes)**

**Group Share:** If time allows, share pieces from the Saint's Story that you enjoyed and ask the group to share the same. Discuss the questions in bold at the end of Saint's Story.

**Group Share:** What is your holy discontent?

#### **Resolutions and Prayer Requests (10 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 - Lionhearted - Conquering Your Fears

### Introduction (5 minutes)

**Leader Say:** "Today we will be discussing ways to conquer our fears."

**Volunteer Read:** First sentence of last paragraph in introduction, "Jesus desires ..."

**Group Share:** Examples of times when they have felt paralyzing fear.

### Day One: Afraid of the Storm (10 minutes)

**Leader Read:** Sentence in first paragraph beginning with "Fear lets us know ..."

**Volunteer Read:** Matthew 14:22-33 aloud

**Leader Ask:** Q1 and Q2

**Leader Note:** Note the connection between Q2 verse and the Quiet Your Heart scripture reference.

**Leader Read:** Last sentence in last paragraph under Q2 "If we replace..."

**Partner Share:** Q3

**Leader Read:** Quiet Your Heart middle line "When panic hits..."

### Day Two: Afraid of Walking Alone at Night (10 minutes)

**Leader Say:** "What does Scripture have to say about the fear of walking through dark times alone? Let's dive in."

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

**Group Share:** Q4

**Leader Note:** If you would like, bring index cards and give the women a few minutes to write out a personalized version of their favorite verse from Q3 as described in the Quiet Your Heart.

### Day Three: Afraid of Rejection (10 minutes)

**Leader Read:** From the intro paragraph, "This fear manifests itself as people-pleasing, approval seeking, a heightened sensitivity to criticism, feelings of worthlessness, and a rejection of others so that we turn away before they do."

**Leader Ask:** Q1, Q2

**Group Share:** Q3

**Leader Read:** Quiet Your Heart last sentences in middle paragraph "For they preferred..."

### Day Four: Afraid to Lean In to Joy (10 minutes)

**Leader Ask:** Q1

**Volunteer Read:** Dr. Brene Brown quote in fourth paragraph under Q1 beginning with "We're afraid to..." and continuing through the end of the next paragraph.

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

**Leader Read:** Sentences in first paragraph at Q3 “So we climb down...” and the verse from Deuteronomy in the second paragraph at Q3 “The eternal God...”

**Group Share:** Q3

### **Day Five: Saint’s Story and Conclusion (5 minutes)**

**Group Share:** If time allows, share pieces from the Saint’s Story that you enjoyed and ask the group to share the same.

**Leader Note:** Review three suggestions for conquering fears in the Conclusion and give women time to write the prayer for God’s help at the end of the Conclusion.

### **Resolutions and Prayer Requests (10 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, each woman’s intention.

## **Lesson 3 - Unshackled - Experiencing Real Transformation**

### **Introduction (5 minutes)**

**Leader Say:** “This week we will be discussing the concept of real transformation.”

**Leader Read:** Paragraphs (toward end of introduction) that begin with “When we feel stuck...” and “This means the Holy Spirit...”

### **Day One: Admit That There’s a Problem (10 minutes)**

**Volunteer Read:** Paragraph above Q1.

**Leader Note:** Q1 is personal reflection, answers will not be shared, but encourage women to take time to consider.

**Leader Ask:** Q2A, Q2B

**Leader Note:** In the paragraph right before Q3 beginning “We talk a lot about...” make sure to note sentences “He paid the price...” and “But the...”

**Leader Ask:** Q3

**Leader Note:** In the sentence under Q3, ask the group to circle the words “power of grace” as it relates to the answer for Q3.

**Volunteer Read:** Sentence from the middle paragraph in the Quiet Your Heart (QYH) which begins “I believe it is easier...”

### **Day Two: Ask for God’s Help (10 minutes)**

**Volunteer Read:** Second paragraph which begins with There’s a big difference...”

**Volunteer Read:** 2 Corinthians 10:3-5 aloud, noted above Q1.

**Leader Ask:** Q1, Q2

**Volunteer Read:** Paragraph at Q3, beginning with “In the original Greek ...” and the next “Do you recognize ...”

**Group Share:** Q3

**Leader Ask:** Q4

**Volunteer Read:** In the QYH, ask three volunteers to read one paragraph each.

### **Day Three: Put On Your Armor and Pick Up Your Weapons (10 minutes)**

**Leader Say:** In Day Three we look at Ephesians 6 and the armor of God.

**Leader Ask:** Q1A

**Group Share:** Q1B

**Leader Ask:** Q2

**Volunteer Read:** Paragraph at Q3 beginning with “The sacraments are essential weapons ...”

**Leader Ask:** Question at end of Q3, rephrased as “Which sacraments would give you grace and strength if practiced more often?”

**Leader Note:** The Sacraments noted in Q’s3A, 3B, and 3C.

**Leader Note:** QYH prayer would make a lovely prayer at the end of the session.

### **Day Four: Walk Away From the Quicksand (10 minutes)**

**Volunteer Read:** First paragraph beginning with “There’s no question ...”

**Volunteer Read:** 1 Corinthians 15:33 (noted in Q1)

**Group Share:** Q1

**Volunteer Read:** Colossians 3:1-10 (noted in Q2)

**Group Share:** Q2

**Volunteer Read:** CCC 2015

**Leader Ask:** Q3

**Leader Note:** Draw attention to the QYH paragraph beginning with “There’s no...”

**Volunteer Read:** QYH prayer, beginning with “Dear Lord ...”

### **Day Five: Saint’s Story and Conclusion (5 minutes)**

**Group Share:** If time allows, share pieces from the Saint’s Story that you enjoyed and ask the group to share the same.

**Leader Read:** Read aloud the fifth paragraph of the Conclusion, beginning with “God has given you...”

### **Resolutions and Prayer Requests (10 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. Consider closing with the Armor of God prayer at the end of Day 3.



## Lesson 4 - Valiant - Suffering with Purpose

### Introduction (5 minutes)

**Leader Say:** Today we will discuss the role of suffering in our lives.

**Leader Note:** Point out the last paragraph of the Introduction, "When we encounter ..."  
You might add ... "Suffering is inevitable, but we can find peace during suffering if we look at some of the things that rob us of peace: our expectations."

### Day One: Expectation 1: We Expect to Understand God (10 minutes)

**Volunteer Read:** First paragraph

**Leader Ask:** Q1, Q2

**Leader Note:** Point out the bold sentences in the commentary under Q3.

**Group Share:** Q3

**Leader Ask:** Q4

**Leader Note:** Point out the last two sentences in the paragraph under Q4 and points from the Quiet Your Heart (God's names, Micah 5). To counter this expectation, we have to rely on His character, to trust Him and not expect to understand.

### Day Two: Expectation 2: We Expect God's Definition of Happiness to Be the Same as Ours (10 minutes)

**Leader Say:** "At times, what would make us happy seems so straightforward. When things go wrong, we wonder if God cares if we are happy or if he is holding out on us. Consider this possibility. Could it be that the real problem is our understanding of what true happiness is?"

**Leader Ask:** Q1

**Leader Note:** Read the sentences in the paragraph at Q2 beginning with "He knows ..."  
Encourage your group members to consider their own struggles and to write them down here.

**Leader Note:** Point out the last sentence at the end of Q2: "The world says happiness..."

**Leader Ask:** Q3

**Volunteer Read:** Quiet Your Heart paragraph two "True happiness ..."

### Day Three: Expectation 3: We Expect God's Love to Always Feel Good (10 minutes)

**Leader Read:** Paragraph above Q1 "What happens when..."

**Leader Ask:** Q1

**Group Share:** Discuss what phrases resonated from C.S. Lewis commentary in Q2 and Q3 and discuss why our loving God would allow suffering in our lives.

### Day Four: Expectation 4: We Expect to See Clear Evidence of God When We Need Him (10 minutes)

**Volunteer Read:** Opening paragraph "The rug is pulled ..."

**Group Share:** Thoughts from the exercise in Q1.

**Partner Share:** Q2

**Volunteer Read:** Paragraph below Q2 "You are not alone..." and bold paragraph.

**Leader Note:** Sentence below bold paragraph noting permission to wrestle.

**Leader Ask:** "What do we already know about God based on the three Scripture verses in Q3?"

**Leader Note:** Point out the Scripture from Isaiah 41:13 at the end of the Quiet Your Heart.

### **Day Five: Saint's Story and Conclusion (5 minutes)**

**Group Share:** Share pieces from the Saint's Story that you enjoyed and ask the group to share the same.

**Leader Note:** Highlight the five truths in the second paragraph of the Conclusion.

### **Resolutions and Prayer Requests (10 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 - Welcomed Home - Receiving Forgiveness

### Introduction (5 minutes)

**Leader Note:** Share that this week we will look at Christ's forgiveness in the Gospel of Luke as well as the parable of the prodigal son.

**Leader Read:** First and fourth paragraphs of the Introduction.

**Leader Note:** Share that we'll spend this lesson looking at parables in a fresh new way.

### Day One: Setting the Stage (10 minutes)

**Volunteer Read:** Luke 15:1-10, encourage everyone to follow along in their Bibles.

**Volunteer Read:** Paragraph below Q2, beginning with "To sit down..."

**Leader Ask:** Q3, Q4

**Leader Note:** Looking at the Quiet Your Heart (QYH), encourage the women to circle key phrases: "Pharisees on our faith journey," "All of us are equal," "awareness," "our need for forgiveness," "remove any blindness..."

### Day Two: The Younger Son (10 minutes)

**Volunteer Read:** Luke 15:11-32

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

**Group Share:** Q4

**Leader Note:** Many of the actual questions are embedded in paragraphs, be sure to underline the question.

**Leader Note:** Read the QYH, starting with "Can you picture..." through the end. Encourage the women to circle the piece about God being a gentleman.

### Day Three: The Older Son (10 minutes)

**Volunteer Read:** First two paragraphs above Q1.

**Volunteer Read:** Luke 15:23-32

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

**Leader Note:** Point out the paragraph under Q3, circle and discuss the words: "rebellion" and "pride."

**Leader Read:** QYH, starting with "Jesus is pleading..." (middle of first paragraph) to end.

**Partner Share:** Share responses to questions in the last paragraph, "How can you tell..."

### Day Four: Sheer Gratuitous Love (10 minutes)

**Leader Ask:** Q1 and Q2

**Volunteer Read:** Paragraph at Q3.

**Leader Note:** Review the first four questions at the end of this paragraph aloud. Stop at the last question to discuss.

**Volunteer Read:** Paragraph in the Quiet Your Heart.

### **Day Five: Saint's Story and Conclusion (5 minutes)**

**Group Share:** Share pieces from the Saint's Story that you enjoyed and ask the group to share the same.

**Leader Note:** Highlight the first, third and fourth paragraphs of the Conclusion.

### **Resolutions and Prayer Requests (10 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 6 - Empowered - Reading the Bible

### Introduction (5 minutes)

**Leader Note:** Share that this week we will be looking at how we might read the Bible on our own now that this study is coming to an end.

**Leader Read:** Highlight the two paragraphs of the Introduction beginning with "As we read the Bible..." and "But we don't just approach..."

### Day One: Getting Started (10 minutes)

**Leader Ask:** Q1

**Leader Note:** Point out the sentence at the end of the first paragraph under Q1. The sentence begins with "Could you give up..."

**Partner Share:** Share response to the three parts of Q2.

**Volunteer Read:** All of the Quiet Your Heart

### Day Two: Preparing Your Heart (10 minutes)

**Group Share:** Q1 and Q2

**Leader Note:** Q3, Q4, Q5, Q6, Q7 are very personal. Women are free to share their thoughts, but it is not mandatory. This is intended to be an individual exercise.

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

**Leader Note:** This paragraph would also make a nice closing prayer for the group to read together at the end of the lesson.

### Day Three: The Devotional Method of Bible Study Explained (10 minutes)

**Leader Note:** Highlight the tools listed at 1, 2, 3 and 4. The Leader can also add the [Lectio Divina](#) method as an option to consider.

**Leader Note:** Point out the paragraph above 4A "To reflect on why ..."

**Group Share:** Look at the three verses in 4A, 4B and 4C and discuss what the verses reveal regarding devotional scripture reading.

**Volunteer Read:** All of the Quiet Your Heart.

### Day Four: Give It a Try (10 minutes)

**Leader Note:** Pick one verse to work through as a group (or in partners).

**Leader Note:** Highlight the second paragraph of the Quiet Your Heart which begins "When we open the Bible..."

### Day Five: Saint's Story and Conclusion (5 minutes)

**Group Share:** Share pieces of the Saint's Story you were struck by and ask the group to share the same.

**Volunteer Read:** "Aroma of Christ" by Amanda Williams in the Conclusion

**Leader Read:** Last paragraph of the Conclusion beginning with "This is my prayer for..."

### Resolutions and Prayer Requests (10 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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