

TABLE OF CONTENTS

INTRODUCTION

Welcome to Walking with Purpose	3
The Structure of <i>Opening Your Heart</i> Series	3
Study Guide Format and Reference Materials	3
Walking with Purpose™ Young Adult Bible Studies.....	5
Walking with Purpose™ Website.....	7
Walking with Purpose™ Mission Statement	8
About the Author.....	8

LESSONS

1 Worthy ~ Owning Your Identity.....	11
2 Lionhearted ~ Conquering Your Fears.....	35
3 Unshackled ~ Experiencing Real Transformation	49
4 Valiant ~ Suffering with Purpose	65
5 Welcomed Home ~ Receiving Forgiveness	81
6 Empowered ~ Reading the Bible.....	95

APPENDICES

1 Saint Thérèse of Lisieux	113
----------------------------------	-----

ANSWER KEY	115
------------------	-----

PRAYER PAGES.....	123
-------------------	-----