

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 Fight like a Girl ~ The Battle Is Real	11
2 Filled to Overflowing ~ We Need the Eucharist	25
3 Embraced by Mercy ~ We Need Reconciliation.....	43
4 Our Refuge ~ We Need a Mother.....	57
5 Saturated in Scripture ~ We Need God's Word.....	71
6 Never Alone ~ We Need Our Church.....	87

APPENDICES

1 Saint Thérèse of Lisieux	105
2 Conversion of Heart	107
3 Confession by the Numbers	111

ANSWER KEY	117
------------------	-----

PRAYER PAGES.....	125
-------------------	-----