

Reclaiming Friendship

Leader's Guide



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These leader guides are tools to help you guide your small group and identify important topics for deeper discussion. The answer key located in the appendix offers additional insights; you may find it to be an excellent resource throughout this study. Be sure to access and view the Connect Coffee talks (for lessons 1 and 6) as well as the short supplemental videos in advance of the coming week's lesson.

Refer to the WWP building blocks for leading a small group, including training videos, small group leader workbook for WWP honor code, guidance on leading a group and icebreaker suggestions to start your first session. The workbook, leadership training videos and many other leadership resources can be found online at walkingwithpurpose.com; click on the Leadership Resources button to access.

WELCOME (10 MIN)

Welcome each participant by name and host a brief icebreaker (from Small Group Leader Workbook) to introduce women to each other.

REVIEW THE WWP HONOR CODE

Leader READ aloud the WWP Honor Code, distribute a copy to each participant

Group PRAY aloud together the Prayer for Reclaiming Friendship from the back of the study guide

***RECLAIMING FRIENDSHIP* STUDY GUIDE OVERVIEW**

- Table of contents:
 - Connect coffee Talks: Lessons 1 & 6, video and discussion for these lessons
 - Lessons 2, 3, 4, & 5, explain how days marked out for lesson work
- Catechism clips at end of each lesson show us the corresponding Church teaching
- Conclusion - includes supplemental video with additional learning on lesson topic
- Resolution - our opportunity to apply what we have learned to our daily lives
- Appendices - referenced within the study
- Answer Key - direct women to be sure to complete the questions and then review the answer key for additional insights
- Prayer for Reclaiming Friendship - start each session with this group prayer
- Prayer Requests - explain how prayers are shared (see below)

WATCH CONNECT COFFEE TALK 1: TRUE FRIENDSHIP AND ITS FRUITS (20 MINUTES)

Talks may be streamed at no cost from the Walking with Purpose [website](#), or a DVD may be purchased from the [WWP store](#) or a digital download may be purchased from the [WWP store](#). Talks may also be accessed from the Walking with Purpose channel on [YouTube](#).

Leader DIRECT Women to Lesson 1 in their study guides, where they can follow the talk outline and jot down any comments or commentary that speak to them personally.

Group VIEW Connect Coffee Talk 1: True Friendship and Its Fruits

DISCUSSION TIME (30 MINUTES)

Leader ASK Q1 (10 MIN)
 Q2 (10 MIN)
 Q3 (10 MIN)

AT-HOME WORK FOR NEXT SESSION (1 MIN)

Leader ASK Participants to complete Lesson 2: *What Is Friendship?* Encourage them to dedicate 15 minutes each day (5 days of the week) to work on the lesson.

Leader REMIND Day and time of the next session. Encourage them to bring a friend with them to next week's session as new participants can be added to the group throughout the study.

PRAYER INTENTIONS (5 MIN)

Leader EXPLAIN "Part of the small group experience is praying specifically for one another throughout the week. We'll experience Christ in a personal way when we ask Him for help with our specific needs. While we often think first of the needs of the world and people we care about, WWP encourages the use of this time to specifically ask for prayers for ourselves. For example, you may ask for prayers for patience, for a relationship that needs mending, self-discipline to manage time, etc."

Leader SHARE that prayer intentions are treated with respect and confidentiality. The time is not intended for delving into details that may lead to gossip. When sharing an intention about a struggle with another person, all efforts should be made to keep it general and anonymous. The Resolutions at the end of each lesson (lessons 2-5) may be turned into personal prayer intentions. Also encourage participants to write out any special intentions that they identify in their week so they can share at the next session.

Leader LEAD by example with your prayer intention, for the first session only,

Leader PRAY aloud for each woman by name, trying to include what was shared by each woman. Close with a personal prayer or a Hail Mary.

Review self-assessment found in your WWP small group leader workbook (accessible free online at walkingwithpurpose.com, click on leadership resources).

INTRODUCTION (5 MIN.)

- Leader SHARE "This week, we are looking at friendships of this world in contrast to the virtuous and life-affirming friendships that the Lord enables us to find and foster."
- Leader NOTE Icebreaker suggestions are found in the small group leader guide; allow 5 minutes for icebreaker.
- Leader ASK Volunteer to read paragraph 5, beginning with, "Have you ever spent years..." to the end.

DAY ONE FROM THE BEGINNING (10 MIN.)

- Leader SHARE Context of why our study starts in the Book of Genesis and how the Catholic Church interprets the Bible.
 Paraphrase text from last two paragraphs above Q1
- Volunteer READ Genesis 1:1-3 aloud
- Leader ASK Q1 (quickly)
- Leader ASK Q2A and Q2B
- Leader ASK Q3A, then read Q3B and read aloud CCC 1 and CCC 221 to respond to Q3C
- Leader ASK Q4A and 4B
- Partner UP Ask group members to pair up, review the Conversion of Heart from the Appendix together and encourage them to share with each other if they have experienced this personally.
- Leader NOTE ("QYH"= Quiet Your Heart section) From QYH: Invite women to pray over Psalm 139:1 as noted in the last paragraph.

DAY TWO WE BELONG TO EACH OTHER (10 MIN.)

- Volunteer READ Genesis 2:7-9, 15-23 aloud
- Leader ASK Q1A (quickly)
- Leader ASK Q2A (quickly), READ CCC1878 aloud
- Volunteer READ CCC 1879 aloud and ANSWER Q2B
- Volunteer READ Genesis 3:12-14, then ANSWER Q3
- Leader NOTE God's intent for our relationships in contrast to Adam and Eve and our own experiences. Read aloud Paragraph above Q4
- Group SHARE Encourage women to share responses to Q4. To open up the group, may need to speak first to get Conversation started. Be ready to share brief example and then look to another participant to speak.
- Leader ASK Volunteer to answer Q5A, reading John 3:16-18, John 13:1-12 and John 13:34-35 and respond
- Leader POINT OUT QYH, encouraging women to highlight text that spoke to them personally.

DAY THREE DEFINING FRIENDSHIP (10 MIN.)

- Volunteer READ introduction to Day 3, then Sirach 6:14-16
- Group SHARE Invite participants to call out attributes used to describe a faithful friend (Q1A)
- Leader ASK Q1B & Q2A
- Leader READ Description of acquaintance in paragraph following Q2A
- Group SHARE Responses to Q2B
- Leader ASK Q2C
- Leader ASK Volunteers around table to take turns reading paragraphs following Q2C
- Leader ASK Q3, then READ John 15:13 aloud
- Leader ASK Q4, reading 1 Thessalonians 2:8 aloud and paragraph that follows
- Leader NOTE Group to read and reflect upon their responses to Q5, not to share

Group SHARE Invite women to turn to partner and discuss Q6, encouraging each other to work on bringing their discussed friendships to the next level

Leader NOTE Encourage women to highlight parts of QYH that speak to them personally and reflect on the message

DAY FOUR TRUE FRIENDS ENABLE US TO LIVE A HAPPY LIFE (10 MIN.)

Leader SAY "Now we will discuss how God enables us to love more deeply in our friendships and how that type of love affects our lives."

Volunteer READ John 15:4-13 aloud

Leader ASK Volunteer to share her rewrite of John 15:4-8

Leader ASK Q2A, Q2B, Q2C

Leader ASK Q2D, then READ paragraphs that follow

Volunteer READ Ecclesiastes 4:9-12, then answer Q3A

Leader ASK Q3B (quickly)

Leader ASK Q3C (quickly)

Group SHARE Responses to Q4

Leader NOTE QYH prayer would be a beautiful closing prayer for this session.

DAY FIVE FRIENDSHIP TEACHES US TO LOVE (10 MIN.)

Leader SAY "Let's look now at how God uses friendship as a tool to help us become people who love like He loves."

Volunteer READ Ephesians 4:1-2 aloud and then ANSWER Q1

Leader READ Introduction to Q2

Volunteer READ Romans 12:9-13 aloud and then ANSWER Q2A

Volunteer READ Philippians 2:1-3 aloud and then ANSWER Q2B

Leader ASK Volunteer to share text from paragraphs following Q2B that spoke to her

Group SHARE Invite women to share their experience as noted in Q3

Leader ASK Volunteer to share her retelling of Mark 2:1-12 (Q4)

Group SHARE Encourage women to share if they struggle more with giving or receiving love. Be prepared to share your own experience first to model the response.

Volunteer READ Paragraph above the conclusion

CONCLUSION (5 MIN.)

Volunteer READ The second-to-last paragraph that starts with "God knows..."
If time permits, view the short video on Lesson 2 as a group; otherwise, encourage women to access on their own.

RESOLUTIONS & PRAYER REQUESTS (10 MIN.)

Leader POINT OUT Description of resolutions in study guide. Remind participants that prayer request time is an opportunity for women to share personal intentions with each other and commit to praying for each other throughout the week.

Leader PRAY Aloud for each woman by name, trying to include what was shared.

After lesson: review self-assessment found in your WWP small group leader workbook.



INTRODUCTION (5 MIN.)

Leader SHARE "This week, we are going to unpack some of the barriers to true friendship and how we can move forward into healthy, life-giving friendships."

Leader ASK Volunteers to share if any of the quotes shared in the introduction spoke to her own experience.

DAY ONE TIME (10 MIN.)

Volunteer READ Paragraph above Q1 and Q1

Volunteer READ Psalm 103:15-16

Volunteer READ Psalm 90:5-6

Volunteer READ Psalm 144:3-5

Volunteer READ Psalm 39:5

Leader ASK Q2 (quickly)

Volunteer READ Paragraph that begins with Psalm 90

Leader ASK Q3

Partner UP Ask women to partner up with a woman they haven't partnered up with yet , and discuss Q4

Leader ASK Q5

Group SHARE Q6A

Leader NOTE Q6B response is personal; invite women to share creative ideas on making time.

Leader NOTE From QYH: Invite women to consider incorporating this prayer into their personal prayer time

DAY TWO BROKEN TRUST (10 MIN.)

Volunteer READ Psalm 55:12-14

Leader ASK Q1 (2 questions), quickly

Group SHARE Q2

Leader READ Paragraph following Q2

Volunteer READ Matthew 5:43-45

Leader ASK Q3, 2 parts (quickly)

Volunteer READ Paragraph following Q3

Volunteer READ Psalm 55:16-19 aloud

Leader ASK Q4, read aloud paragraph that follows

Leader POINT OUT QYH, encouraging women to highlight text that spoke to them personally.

DAY THREE GHOSTING (10 MIN.)

Volunteer SHARE What stood out to her from Introduction

Leader ASK Q1A and Q1B (quickly)

Volunteer READ Paragraph following Q1 and then Mark 14:43-50

Leader ASK Q2

Leader SUM UP Paragraphs following Q2

Volunteer READ John 13:36-38

Leader ASK Q3 (2 parts), quickly

Volunteer SHARE Key learnings that stood out to her from paragraphs following Q3

Group SHARE Q4 reflections written about the experience of disappearing from a friend or having a friend disappear. Encourage women to share their feelings and any regrets about how it played out.

Leader NOTE May need to share own experience first to encourage women to share their own responses.

Volunteer READ	Text at Q5, then read aloud Ephesians 4:15
Leader ASK	Q5 (2 parts)
Volunteer SHARE	Key points from paragraphs following Q5
Partner UP	Have women turn to a new partner and respond to Q6A encouraging each other to share candidly with each other
Leader NOTE	Group to reflect upon their responses to Q6B and commit to working on changing any behaviors that keep us from maturing in our friendships to be more like Christ.
Leader NOTE	Encourage women to highlight parts of QYH that speak to them personally and reflect on the message

DAY FOUR

GOSSIP (10 MIN.)

Leader READ	Introduction to Day Four
Volunteer READ	James 3:3-10 aloud
Leader ASK	Q1A (2 parts)
Leader ASK	Q1B (2 parts)
Leader ASK	“How we speak affects our character development and the caliber of the friendships we will pursue. What do the following Bible verses teach us about the power of our words?”
Volunteer READ	Proverbs 18:21, then answer Q2A
Volunteer READ	James 1:26, then answer Q2B
Volunteer READ	Proverbs 10:18-19, then answer Q2C
Volunteer READ	Proverbs 16:28, then answer Q2D
Volunteer READ	Proverbs 18:8, then answer Q2E
Leader NOTE	Q2F is for personal reflection, not sharing. Pause for a few moments to give women opportunity for silent prayers, asking for forgiveness when we have used words destructively.
Leader ASK	Volunteers to share text which spoke to them in paragraph following Q2F
Leader ASK	Group to share response to Q3, focusing on the resulting emotions rather than the circumstance/topic of the gossip
Volunteer READ	Luke 6:45, then answer Q4
Leader READ	Two paragraphs following Q4, then ASK women to share statements that had special meaning to them. This is a key learning from the lesson, so devote extra time to it.
Leader NOTE	Encourage women to revisit Q5 on their own, not to share responses.
Volunteer READ	James 1:19, then answer Q6 about what three pieces of advice that we can apply from this passage about how to speak only what is edifying and imparts grace.
Leader READ	Paragraph that follows Q6, noting the straightforward advice on how to avoid gossip immediately
Leader NOTE	Encourage women to reflect on QYH during their personal prayer time this week.

DAY FIVE

JEALOUSY (10 MIN.)

Leader SAY	“Let’s look now at how jealousy robs us of joy and how Christ calls us to live in joy, with no place for jealousy or comparison.”
Volunteer READ	Introduction to Day Five
Leader ASK	Volunteer to read Proverbs 14:3, then answer Q1A
Leader ASK	Volunteer to read James 3:14-16, then answer Q1B
Group SHARE	Response to text in paragraph following Q1B
Leader ASK	Group to share how they deal with their own feelings of comparison and jealousy (Q2)
Leader ASK	Volunteer to READ Luke 15:25-32, then answer Q3A
Leader ASK	Q3B
Partner UP	Ask women to share responses to Q3C with someone with whom she hasn’t yet partnered
Leader READ	Second paragraph following Q3

Volunteer READ Ephesians 2:8-10, then answer Q4
Leader ASK Q5, READ Galatians 3:26-29
Leader NOTE Q6A and Q6B are personal, allow a few minutes for women to reflect on their responses
Leader NOTE QYH focus on gratitude would make a beautiful prayer for the closing of this lesson

CONCLUSION (5 MIN.)

Volunteer READ Last three paragraphs of the conclusion
Leader NOTE If time permits, view the short video on Lesson 3 as a group; otherwise, encourage women to access on their own after your session.

**RESOLUTIONS
& PRAYER REQUESTS (10 MIN.)**

Leader POINT OUT Weekly resolutions allow us to apply what we have learned in order to mature spiritually and grow closer to Christ. Encourage women to commit to one of the three resolutions provided or to create their own.
Leader NOTE Remind participants that prayer request time is an opportunity for women to share personal intentions with each other and commit to praying for each other throughout the week.
Leader PRAY Close the session in prayer, incorporating shared intentions as possible. Consider incorporating QYH from Day 5 into personal prayer of gratitude for the group and their commitment to growing in faith and friendship together.

After lesson: review self-assessment found in your WWP small group leader workbook.



INTRODUCTION (5 MIN.)

- Leader NOTE This lesson will require additional preparation to summarize text to ensure ample time for fruitful discussions. Please keep in mind when working through lesson before session.
- Leader SHARE "This week, we are going to discuss how we can restore our own hearts and minds with God at our side to enter friendships with healed spirits and open hearts."
- Leader SHARE Summary of story of Nehemiah

DAY ONE UNDERSTANDING LONELINESS (10 MIN.)

- Volunteer READ Introduction to Day 1, Romans 1:21-25 and ANSWER Q1A
- Leader ASK Q1B (two parts)
- Leader READ Paragraph following Q1B
- Leader ASK Q2
- Volunteer READ Paragraph following Q2
- Group SHARE Response to Q3, "Have you ever counted on someone to bring you total fulfillment and learned that couldn't do it?"
- Leader SUM UP Paragraphs following Q3
- Volunteer READ Matthew 26:36-44 and ANSWER Q4A
- Leader ASK Q4B (quickly)
- Leader ASK Q4C (quickly)
- Leader ASK Group to share insights gained from reading paragraphs that follow Q4C
- Group SHARE Responses to Q5
- Leader NOTE From QYH: Invite women to pray over Psalm 16:8-11 during their personal prayer time this week

DAY TWO IT MAY NOT BE ABOUT YOU (10 MIN.)

- Volunteer READ Introduction to Day 2
- Leader READ Genesis 11:1-4, then ASK Q1A
- Leader READ Genesis 12:1-2, then ASK Q1B
- Leader ASK Q1C
- Leader SUM UP Paragraphs following Q1C
- Group SHARE Responses to Q2
- Leader READ Romans 12:3, then ASK Q3A (quickly)
- Leader READ Philippians 2:3-4, then ASK Q3B
- Volunteer READ 1 Peter 3:8-12, then ANSWER Q4
- Leader ASK Q5 (quickly)
- Partner UP Ask women to pair up with someone new; share insights from paragraphs following Q5 and discuss Q6 (allow 3 MIN)
- Leader NOTE Encourage women to revisit QYH during times of discouragement in friendships.

DAY THREE RECOGNIZING TOXIC FRIENDSHIPS (10 MIN.)

- Volunteer READ Introduction to Day 3
- Leader ASK Q1A
- Leader ASK Q1B

Leader ASK Q1C
 Volunteer READ Q2, then READ 1 Thessalonians 4:11-12, and ANSWER Q2A
 Volunteer READ Paragraph following Q2A, then READ Galatians 6:4-5, and ANSWER Q2B
 Volunteer READ Paragraph following Q2B, then READ Ephesians 5:21, and ANSWER Q2C
 Leader SUM UP Paragraphs following Q2C
 Leader ASK Q2D
 Group SHARE response to Q3, focusing on naming the behavior, its affect and resolution, if any.
 Leader NOTE Be prepared to share your response to Q3 to encourage others to contribute to discussion.
 Leader READ Matthew 18:15-17, then ASK Q4A
 Leader ASK Volunteer to share insights from paragraph that follows Q4A
 Leader ASK Q4B
 Leader ASK Volunteer to summarize paragraph that follows Q4B (be prepared to share)
 Leader NOTE Q5 is personal, if time allows, invite women to share any insights they gained from the exercise.
 Leader NOTE Encourage women to highlight parts of QYH that were personally meaningful

DAY FOUR SETTING BOUNDARIES (10 MIN.)

Leader READ Intro to Q1, 2 Corinthains 5:17 and ASK Q1A
 Leader ASK Q2B (quickly)
 Leader ASK Q2C (quickly)
 Partner UP Pair up women with a new partner and ask them to READ text above Q2 together and then SHARE their responses with each other
 Leader READ Text at Q3, then ASK Q3A
 Volunteer READ Text above Q3B, then ANSWER Q3B
 Leader ASK Q3C, then READ text that follows
 Group SHARE Response to Q4, focusing on sharing specific steps that can be taken to implement necessary boundaries in their specific friendships
 Leader NOTE Prayer asking for grace and courage to establish healthy boundaries in QYH and consider incorporating it into the closing prayer.

DAY FIVE FINDING FREEDOM IN FORGIVENESS (10 MIN.)

Leader SAY "Let's look now at why the Lord commands us to forgive and the freedom that we find in it."
 Volunteer READ Matthew 18:23-27 and ANSWER Q1A
 Leader ASK Q1B
 Leader ASK Q1C
 Volunteer READ Description of the parable above Q2
 Volunteer READ Following verses in Q2:
 Psalm 103:1-12
 Romans 6:23
 Psalm 130:3-4
 Partner UP Pair up women with new partners to review text above Q3 and then share their response to Q3 and Q4 with each other. (allow 5 MIN)
 Leader NOTE Allow extra time for discussion of Q3 and Q4
 Leader ASK Volunteer to READ Matthew 18:28-35 and ANSWER Q5
 Leader ASK Volunteer to summarize paragraphs that follow, highlighting any insights
 Leader NOTE Q6 is a very personal question; offer women the opportunity to reflect silently on their response. Encourage them to return to QYH when they struggle with forgiveness.

CONCLUSION**(5 MIN.)**Volunteer READ
Leader NOTE

The last two paragraphs of the conclusion.
If time permits, view the short video on Lesson 4 as a group; otherwise, encourage women to access on their own.

RESOLUTIONS**& PRAYER REQUESTS (10 MIN.)**

Leader POINT OUT

Resolutions provide the opportunity to apply what we have learned to our daily lives. Encourage participants to commit to one of the posted resolutions or create their own. Remind participants that prayer request time is an opportunity for women to share personal intentions with each other and commit to praying for each other throughout the week.

Leader PRAY

Aloud for each woman by name, trying to include what was shared. Consider incorporating Prayer from Day 4 QYH into closing prayer.

After lesson: review self-assessment found in your WWP small group leader workbook.



INTRODUCTION (5 MIN.)

- Leader NOTE The supplemental video in this lesson is 15 minutes long. If you plan to view it as a group, please plan ahead to accommodate this extra time.
- Leader SHARE "This week, we are going to explore how to become women whose lives resemble Christ and learn how to become capable of enjoying blessed and joy-filled friendships."
- Leader ASK Volunteer to share any insights she drew from the introduction.

DAY ONE FALLING IN LOVE WITH GOD (10 MIN.)

- Leader SUM UP Introduction to Day 1
- Volunteer READ Mark 5:25-34 and ANSWER Q1A
- Leader ASK Q1B (quickly)
- Leader ASK Q1C (quickly)
- Leader ASK Q2
- Group SHARE Q3
- Leader NOTE Q3 responses may elicit powerful testimony from women. Allow up to 5 min. , focusing on the transformational experience and its effect
- Leader ASK Q4
- Leader ASK Q5A
- Leader READ Text above Q5B, READ Galatians 5:22-23, then ASK Q5B
- Leader ASK Q5C
- Leader ASK Volunteers to READ alternate paragraphs following Q5C
- Leader NOTE Q6 is personal, encourage women to reflect silently on their responses to first two questions
- Group SHARE Last part of Q6, share response to "What step do you think that you could take to genuinely become a lover of the good?"
- Leader READ Last paragraph of QYH

DAY TWO BECOMING A WOMAN OF WISDOM (10 MIN.)

- Volunteer READ Proverbs 3:13-18 and then ANSWER Q1
- Leader READ Paragraph above Q2
- Leader ASK Q2
- Volunteer READ Q2B
- Group SHARE Encourage women to share responses to the last two questions in Q3.
- Leader NOTE Model sharing response to Q3 by answering first, then invite others to respond.
- Leader ASK Q4A
- Leader ASK Q4B
- Leader ASK Q4C
- Volunteer READ Paragraph above Q5, then ANSWER Q5
- Group SHARE Q6, be prepared to share own response if women are reluctant to respond
- Leader POINT OUT QYH, encouraging women to highlight text that spoke to them personally.

DAY THREE BECOMING A WOMAN OF VIRTUE (10 MIN.)

- Leader SUM UP Introduction to Day 3
- Leader ASK Q1A
- Leader ASK Q1B
- Leader ASK Q1D
- Partner UP Pair up to READ Q2, then share responses., focusing on "Can you see how relativism can dampen the desire to seek and know the truth?"

DAY THREE

Leader ASK
 Leader ASK
 Leader ASK
 Leader ASK
 Leader NOTE
 Leader NOTE

BECOMING A WOMAN OF VIRTUE (CONTINUED)

Q3
 Volunteers to share insights from text following Q3
 Q4A (quickly)
 Q4B
 Q5 is personal prayer, not to be shared
 Encourage women to complete exercise of entering their own name into text as directed

DAY FOUR

Leader READ
 Leader ASK
 Leader ASK
 Leader ASK
 Leader ASK
 Leader ASK
 Group SHARE
 Leader ASK
 Leader ASK
 Leader NOTE
 Leader NOTE

LOVING WITH THE LOVE OF CHRIST (10 MIN.)

Introduction to Day 4
 Q1
 Q1B
 Q1C
 Volunteer to SUM UP text following Q1C
 Q2
 Responses to Q3
 Q4
 Volunteers to READ alternating paragraphs following Q4
 Q5 is personal and responses should not be shared
 Encourage women to highlight parts of QYH that spoke to them. Prayer of St. Francis would be a beautiful closing prayer for this lesson.

DAY FIVE

Leader SAY

 Leader ASK
 Leader ASK
 Group SHARE
 Leader ASK
 Leader ASK
 Leader ASK
 Leader NOTE
 Volunteer READ

BE WILLING TO GO FIRST (10 MIN.)

"Let's look now at how the example of God as the initiator of relationship with us is the divine model of how we should act in our friendships."
 Q1A
 Q1B
 Q2, be prepared to share your own response as women may be reluctant to answer
 Q3
 Volunteer to share her insights from text following Q3
 Q4
 Encourage women to reflect upon Q5 during their personal prayer time this week.
 Paragraph above the conclusion

CONCLUSION

Volunteer READ

(5 MIN.)

The second-to-last paragraph of the conclusion
 If time permits, view the short video on Lesson 5 as a group (15 minutes); otherwise, encourage women to access on their own.

RESOLUTIONS**& PRAYER REQUESTS (10 MIN.)**

Leader POINT OUT

Resolutions provide the opportunity to apply what we have learned to our daily lives. Encourage participants to select a resolution or create their own. Remind participants that prayer request time is an opportunity for women to share personal intentions with each other and commit to praying for each other throughout the week.

After lesson: review self-assessment found in your WWP small group leader workbook.

