

# *Keeping in Balance*

Leaders' Guide



(Refer to WWP small group workbook for icebreaker suggestions and review honor code before opening in prayer)

**INTRODUCTION**

- Leader NOTE In this lesson we'll look at what it means to be authentic with God, with self & with others, how to embrace vulnerability, be free from shame and live out our true identity.
- Leader ASK Can you relate to what Lisa describes as trying to live "show ready?" How does this manifest itself in your life? (Note: start with prayer to welcome Holy Spirit to be present with group as they face the fear of loneliness and embrace authenticity during this discussion. Can be as simple as, "Come, Holy Spirit").
- Volunteer READ Last paragraph of intro: "But what are we missing..." Leader ASK group to underline: "Is our real life passing us by?"
- Leader NOTE Describe the Catechism Clips referenced throughout the lesson to help us understand church teaching. Show where clips can be found at the end of each lesson.

**DAY ONE WHERE DID THIS HIDING BEGIN?**

- Leader SHARE Let's take a trip to Genesis, the beginning, to see where this hiding began.
- Bible LOOK UP Volunteer read Genesis 2:25
- Leader ASK Q1: Do we understand the difference between guilt and shame? Q2, Q3: Have you ever felt like hiding from God because of something you've done? Do you see God as a loving Father or a cruel punisher?  
Q4 There was a consequence from sin but God introduced His plan to restore and reconcile. Describe God's plan as stated in Genesis 3:13-23. Does this give you hope? Leader READ last two lines of paragraph following Q4: "If we stop hiding from God..."
- Leader NOTE: From QYH, What does authenticity with God look like? Have women turn to Lesson One Q2 THE TRUTH IS FOUND IN: If you struggle with these lies, focus on these truths:  
LIE: My sin(s) and mistake(s) are too great for God to love to me → TRUTH: Romans 8: 38-39  
LIE: I need to hide from God because I'm sinful, dirty and unworthy → TRUTH: 1 John 1:9  
LIE: God will never forgive me; I'm stuck in my sinfulness → TRUTH: Psalm 103:12  
LIE: I'll never be able to change or break my sinful tendencies → TRUTH: 2 Corinthians 5:17
- Volunteer READ Last paragraph of QYH that starts with, "Settle yourself in God's presence..."

**DAY TWO WHAT KEEPS US STUCK IN SHAME?**

- Leader NOTE Remind participants that the Holy Spirit convicts while the devil condemns. If we feel we've done something wrong, that's a call to Confession. Let's take a closer look at how we can differentiate between God's voice and that of the devil.
- Group SHARE Q1, Q2, Q3 and Q4. (Leader NOTE: don't rush through these Q's: they are important ones!) Have women open their Bibles & underline the verses referred to as you reach them: John 8: 31-32, Hebrews 4:12 and 2 Corinthians 10: 3-5
- Volunteer READ QYH aloud.

**DAY THREE WHERE SHOULD OUR SENSE OF WORTH COME FROM?**

- Leader NOTE Our sense of worth is the key element to living a life of authenticity, yet it is the very thing that is under constant attack. Look at the lies listed about your worth. Which ones shout the loudest at you? Are other lies on your list? Let's counter these lies with truth by looking at Q's 1-4 and the Scripture verses they point us to. (Leader can pray: *Lord, we invite you into this sacred space Come, Lord Jesus. Help us to saturate our minds with Truth.*)
- Group SHARE Q1, Q2, Q3 & Q4 Leader NOTE: allow the Holy Spirit to guide the conversation, revealing areas where women most need healing. Allow the Truth of God's word to penetrate into the hearts of the women.
- Leader NOTE Invite the women to share the parts in QYH that most speak to them.. Be prepared to share what's speaking to you too.

**DAY FOUR BEING AUTHENTIC WITH YOURSELF**

- Leader NOTE We need to learn to be authentic with ourselves before we can be authentic with others.
- Partner UP Have each woman turn to the woman next to her to discuss the two paragraphs at the beginning of Day Four, Q1 & Q2.
- Leader SHARE After about 5 minutes bring the group back together and read paragraph after Q2, starting "God didn't create us to be..."
- Group SHARE Q3, Q4
- Leader NOTE Choose sentences following Q4 through Peter Scazzero quote and ask women to underline:  
"Women often worry that thinking about what brings them joy, what they dream of, and what they hope for is self-centered behavior." "But being aware of these desires in our hearts will help us to be on the lookout for the times when God delights us by bringing these things to pass."

"God plants desires in our hearts so we will nurture and water them. Often these desires and passions are invitations from God, gifts from him. Yet somehow we feel guilty unwrapping those presents." "God intends our deeper, truer self, which

he

created, to blossom freely as we follow him."

Volunteer READ last line in QYH: "So talk to Him..."

#### **DAY FIVE BEING AUTHENTIC WITH OTHERS**

Leader ASK What's at stake? Quality of our relationships and opportunities to show people what a difference Christ makes in our lives.

Volunteer READ Last line of first paragraph: "Might they have stayed if they saw..."

Leader NOTE Authenticity requires personal integrity (doing the right thing, in the right way, for the right reason).

Group SHARE Q1, Q2, Q3 & Q4

Leader NOTE Turn the QYH from DAY FIVE into a prayer at the end of the meeting

**CONCLUSION** Note the top five regrets of the dying and how much of their life had been spent pretending to be content. Volunteer  
READ the last paragraph of the conclusion.

**VERSE STUDY** Explain how the study works and how participants can use the study to delve deeper into the Word. Direct them to Appendix to review directions on how to do a verse study.

#### **RESOLUTIONS & PRAYER REQUESTS**

Leader ASK Look at the resolutions to make into 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 with forming QYH from Day Five into a prayer.

*Leader NOTE: next lesson will touch on Spiritual Gifts. In preparation, you could ask your Dir. Religious Ed or Adult Faith Formation for any parish resources available to identify spiritual gifts, such as the Catholic Spiritual Gifts Inventory.*

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



(Refer to WWP small group workbook for icebreaker suggestions and review honor code before opening in prayer)

**INTRODUCTION** Summarize key points: In the beginning there was perfect balance and freedom. It was lost when the serpent lied and persuaded a woman to believe God was holding out on her. The right relationship between God and man had been broken: Life would feel messy, stressful, imbalanced. God's love promised a Rescuer (Christ Jesus). A woman trusted God and succeeded where the first had failed. *This supreme act of faith released the Lover of our souls into the mess of our existence. He came to help us find a way back to God, back to the life we were created for.*

**DAY ONE PUT GOD FIRST**

- Leader NOTE If we want to live balanced lives, we must put things in the right order: that means putting God first. Why?
- LeaderASK Q1
- Leader NOTE God has delivered us from our slavery to sin by sending Jesus. Our freedom is a gift.
- Leader ASK Q2 at the end of paragraph. Have women look up Galatians 4:8-9 and 5:1 and underline in their Bibles.
- Partner UP Q3 Have each woman turn to the woman next to her and discuss. Allow 3 minutes.
- Leader NOTE From QYH: Encourage women not to be discouraged if they haven't been putting God first in their lives. Press on.

**DAY TWO PUT PEOPLE NEXT**

- Leader READ The Greatest Commandment: Matthew 22: 34-40
- Leader ASK Q1, Q2
- Group SHARE Q3
- Leader ASK Q4- what's one practical change you could make this week to love your neighbor?
- Volunteer READ Both paragraphs in QYH

**DAY THREE CREATE ORDER**

- Volunteer READ Proverbs 31: 10-31
- Group SHARE Q1, Q2, Q3
- Partner UP Have each woman turn to the woman next to her & discuss all of Q4. Allow 5 minutes.
- Leader NOTE Recap: we adopt systems not so we can feel proud of ourselves but to free us up for what matters most (how we love- God first, then others).
- Leader READ First line of QYH: "If we could only..." and last two lines of QYH: "In our quest for order..."

**DAY FOUR MAKE TIME FOR YOUR GOD-GIVEN PASSION**

- Leader NOTE God calls and equips us to fulfill a divine purpose. We are wise to identify our spiritual gifts, seek God's will and respond.
- Group SHARE Q1 A & B, Q2, and Q3
- Leader NOTE There are free resources available online to identify one's spiritual gifts. Search "Catholic Spiritual Gifts Inventory." You can also ask your parish Dir. of Rel. Ed or Adult Faith Formation for resources.

**DAY FIVE JESUS, OUR EXAMPLE**

- Group SHARE Q1
- Look at Q2 and Q3 together, asking the group to share top priorities and reflections on time spent this week.
- Q4**
- Volunteer READ QYH section

**CONCLUSION** Ask the participants what they have learned through this lesson about finding BALANCE THROUGH PRIORITIES

**RESOLUTIONS & PRAYER REQUESTS**

- Leader ASK Look at the resolutions to make into a prayer request or create a personal prayer request. Share that this is our time to commit to growing our personal relationship with Christ.

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



(Refer to WWP small group workbook for icebreaker suggestions and review honor code before opening in prayer)

**INTRODUCTION**

Leader NOTE Can you relate to Lisa's experience with the leaf project and do you desire peace regardless of your circumstances? In this lesson we'll look at whose expectations we seek to meet and what expectations we can adjust or let go.

**DAY ONE OTHERS' EXPECTATIONS OF ME**

Group SHARE Q1 and Q2 together

Q3: Read paragraph and then discuss question at the bottom

Leader NOTE Read Matthew 6:33 at top of QYH and remind women of what we learned in Lesson 3: BALANCE THROUGH PRIORITIES. Read the first paragraph of QYH starting in the middle with, "In order to draw our hearts to Him..."

Volunteer READ Last paragraph of QYH starting with "Ask God to reveal to you..."

**DAY TWO MY EXPECTATIONS OF MYSELF**

Leader ASK For reflections on Q1 and Q2

Leader NOTE Two paragraphs at the end of Q2, then ask, "How do we react when we fail in the areas that God does care about?"

Group SHARE Q3 Ask participants how they typically respond? Is that how God responds? Look quickly at the first two Scripture verses then rest for a bit on the last one: Matthew 11:28-30.

Volunteer READ Paragraph at the end of Q3 that starts with, "The word *yoke* (found in Matthew 11:29) comes from the Greek word *zugos*..."

Leader ASK Q4

Leader NOTE Main point from QYH: If our worth is tied to what we achieve, we need to throw out our faulty scales. Our worth is tied to whose we are, not what we accomplish. Read the last two QYH sentences, starting with, "Let grace do its healing work..." (a beautiful opportunity to invite women to attend Adoration, especially if they never have participated).

**DAY THREE MY EXPECTATIONS OF GOD**

Group SHARE Q1

Leader NOTE Q2 ask for VOLUNTEERS to read each of the Scripture verses aloud as you come to them, paragraph at end of Q2: God promises Himself and His presence, and God is enough.

Leader ASK Q3

Leader READ Starting with the second paragraph in the QYH section, "God is not far off. His love never fails..." through the end.

**DAY FOUR HOW MY EXPECTATIONS AFFECT OTHERS**

Leader NOTE We'll look at how our reactions can harm others when our expectations go unmet

Group SHARE Q1, Q2, Q3, & Q4

Leader ASK Which of these common responses in Q4 can you relate to most? Can we challenge ourselves to respond based on the corresponding Scripture passages? What might change if we choose to draw upon the power of the Holy Spirit to respond differently?

Leader NOTE Main points for reflection in the QYH section.

**DAY FIVE HOW JESUS DEALT WITH EXPECTATIONS**

Leader ASK Q1, Q2, Q3 moving quickly

Group SHARE Q4 Last question in paragraph

Leader READ paragraph in QYH section that starts, "Has your life turned out as you expected?"

**CONCLUSION**

Leader ASK What are the main points from the Conclusion, or what can we glean from this lesson on BALANCING EXPECTATIONS?

**VERSE STUDY**

**RESOLUTIONS & PRAYER REQUESTS**

Tell participants that after your next session, you will have a Connect Coffee; a perfect opportunity to invite a friend to meet new women over coffee, watch an inspiring video and join in an inviting discussion! After the session, send an email invite.

*Review self-assessment found in your WWP small group leader workbook*



(Refer to WWP small group workbook for icebreaker suggestions and review honor code before opening in prayer)

**INTRODUCTION**

Leader NOTE Can you relate to the husband who would likely say, "I am not the problem?" In this lesson we'll acknowledge that the care and keeping of ANY relationship isn't easy AND we'll invite God to step into the mess and make things better.

**DAY ONE A GENUINE NEED**

Leader ASK Q1 and READ paragraph following Q1

Bible LOOKUP have a volunteer read each of the following scripture verses aloud when met in Q2 & Q3: Proverbs 27:6 and 17, Galatians 6:1, Ecclesiastes 4:9-12 and Galatians 6:2.

Group SHARE Q2, including paragraph following Q2, and Q3 (skip Q4: for personal reflection only)

Volunteer READ Last line in the QYH section starting with, "Ask the Holy Spirit to shed light on..."

**DAY TWO CREATE BOUNDARIES**

Leader NOTE Healthy relationships require boundaries.

Leader ASK Q1 A

Leader READ paragraph following Q1, noting the distinction between a burden and a load.

Group SHARE Q1 B, Q2 and paragraph following Q2

Leader READ Line near the end of paragraph at Q3 starting with, "We need to know in the depth of our being..."

Leader ASK for insights from Romans 8:35-39 and/or Ephesians 3:17-19

Leader ASK Last two Q's at bottom of paragraph at Q4 starting with, "What attitude does God want ..."

Volunteer READ QYH section

**DAY THREE CONFLICT RESOLUTION**

Group SHARE Q1, Q2, Q3, & Q4 moving quickly but noting the steps (Matthew 18: 15-16) & methods (James 3:17) the Bible gives us

Leader READ third and fourth sentences in QYH section, starting with, "But when He (Jesus) spoke the truth, " and, "His desire was..."

**DAY FOUR WATCH YOUR WORDS**

Leader NOTE Our words matter and *where* our words come from -- the heart -- matters.

Leader ASK Q1, Q2 & Q3

Volunteer READ Luke 6:45

Group SHARE Q4

Leader NOTE The Lord gives us a new heart and a new spirit (Ezekiel 36:26) to help His children experience victory with their words

Leader ASK for reflections on the QYH section and be prepared to share when your parish offers the Sacrament of Reconciliation

**DAY FIVE OUR ONLY HOPE**

Leader ASK Q1

Leader READ first five sentences in paragraph following Q1 starting with "Hope."

Leader ASK Q2

Volunteer READ paragraph following Q2 that begins with "Riches."

Leader ASK Q3 and have participants note or underline starting with sentence, "No *human being* can tame the tongue, " to end of paragraph

Group SHARE Q4

Leader NOTE point out highlights from QYH section, encouraging participants to talk to God about the relationships they find most challenging. Have them underline the last line of the paragraph for a practical way to draw upon the riches God supplies.

**CONCLUSION**

Leader ASK What are the main points from the Conclusion?

Volunteer READ last paragraph beginning with "He has not left us to manage our relationships alone..."

**VERSE STUDY** remind participants to go to Appendix 3 and revisit how to do verse study on their own

**RESOLUTIONS & PRAYER REQUESTS**

*Review self-assessment found in your WWP small group leader workbook*



(Refer to WWP small group workbook for icebreaker suggestions and review honor code before opening in prayer)

**INTRODUCTION**

Leader SHARE In this lesson we'll examine the balance we find when we assume a posture of worship, the joy of intimacy we're invited into as we worship God, and how we're transformed when we keep our focus on Him and worship continuously.  
 Leader READ last two lines of Introduction beginning with, "The truth is, we need God's help to love Him well..."

**DAY ONE REALITY CHECK**

Leader ASK for reflections on how the verses in Q1 helped participants contemplate the greatness of God. Have participants note sentence at end of Q1: "When we worship, we are focusing on *who God is*, not *what He gives*." Q2, Q3 (rather quickly)  
 Volunteer READ paragraph after Q3 beginning with, "Worship gets us in a posture..."  
 Leader ASK Q4  
 Leader NOTE key points from last paragraph in QYH section

**DAY TWO INVITED IN**

Leader NOTE where the presence of God resided during the Old Testament and who was allowed in  
 Leader ASK Q1 & Q2, relatively quick  
 Group SHARE Q3  
 Volunteer READ paragraph following Q3 and have participants underline sentence beginning, "Because of Jesus, we can now enter..."  
 Leader NOTE Q4 is personal. Point participants to Appendix 4 and encourage them to read on own if haven't already done so  
 Leader OFFER invitation to spend time in Eucharistic Adoration today. Read last sentence of QYH section: "If you can't get to..."

**DAY THREE TRANSFORMED**

Bible LookUp Ask women to open their Bibles to 2 Corinthians 3: 12-18 and ask a volunteer to READ passage aloud  
 Group SHARE Q1-Q4 (although Q3 is personal, some women may want to share how they want to be transformed by God)  
 Leader ASK participants what they underlined from the QYH section and be prepared to share main points

**DAY FOUR GLORY TO YOU, OH LORD**

Leader NOTE Revelation 4:8-11 gives us a glimpse of what worship is like in heaven  
 Leader ASK Question at end of Q1, Q2  
 Volunteer READ paragraph after Q2  
 Leader ASK Q3  
 Leader READ Three sentences at Q4 but skip question at end of Q4  
 Volunteer READ QYH section, starting with Psalm 115:1

**DAY FIVE HOLY EXPECTANCY**

Leader NOTE From first two paragraphs: *How and Why we should* live every moment of the day as an act of worship  
 Group SHARE Q1 and paragraph following Q1 (What does "praying constantly" mean)?, Q2  
 Volunteer READ paragraph following Q2 starting with, "God wants to speak to us; we just can't hear Him."  
 Leader NOTE read aloud Q3 and allow 2 min for silent reflection  
 Leader ASK Q4  
 Volunteer READ sentence following Q4, "When we offer God ourselves..."  
 Leader READ final sentences in QYH section beginning with: "God longs to open the..."

**CONCLUSION**

Leader ASK "Have you ever thought that offering praise in the midst of sorrows is a time when faith is perfectly tested?"  
 Leader READ Psalm 134:1 and ask what stood out to participants from the George Matheson passage.

**VERSE STUDY**

**RESOLUTIONS & PRAYER REQUESTS**

*Review self-assessment found in your WWP small group leader workbook*



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## INTRODUCTION

Leader NOTE Main point from Introduction: God is calling us to refreshment. Leader READ the last two paragraphs of the Introduction

## DAY ONE STEWARDS, NOT OWNERS

Leader ASK Q1, Q2

Leader READ Last three lines of paragraph following Q2, starting with, "Everything we have is an undeserved gift..."

Partner SHARE Ask each woman to turn to the woman sitting next to her and discuss Q3, Q4 and the QYH section (allow 4 minutes)

Leader NOTE key points from QYH section, noting God wants us to spend time in prayer with Him & the best time is at the start of the day

## DAY TWO THE BIG ROCKS

Leader ASK How can we make more time, ideally at the start of the day, to spend with God?

Volunteer READ starting with third sentence of fourth paragraph that begins, "A life well lived..." to end of paragraph

Leader NOTE note Q1 and allow few minutes for individual contemplation

Group SHARE Q2 & Q3

Partner SHARE Turn to a different woman and discuss paragraph following Q3, & Q4. Allow 4 minutes

Volunteer READ first paragraph of QYH section

## DAY THREE MINUTE BY MINUTE

Group SHARE Q1: What methods of time management do you find most helpful?

Leader NOTE Appendix 5: "Time Management Tips"

Leader ASK from Q2: What was the secret to the concert violinist's mastery of the instrument? (A: "Planned neglect"). Ask two Q's at end of Q2.

Group SHARE Q3: Ask for any insights gleaned from reflection on *why* we do certain activities.

Leader READ paragraph in QYH that starts with, "When we start our day with a period of focused prayer..."

## DAY FOUR THE HOLY SPIRIT'S HELP

Leader READ from paragraph above Q1, starting with, "He's placed the game-changing Holy Spirit..." to the end of paragraph

Leader ASK Q1, reading the entire paragraph and first question. Q2 A, B & C

Leader READ last line from St. John Paul II passage beginning, "The Spirit enables the Christian..."

Group SHARE Q3 and discuss paragraphs following Q3

Leader NOTE main points of QYH section: Who the Holy Spirit is and how He helps us

## DAY FIVE MARGIN

Leader NOTE Have participants flip to the QYH section at end of DAY FIVE

Volunteer READ QYH section aloud

Leader READ from paragraph before Q1 starting with, "He wants us to treat ourselves gently..." to end of paragraph

Group SHARE Q1 & Q2

Leader ASK Do we understand what margin is and why God wants us to have it?

Leader READ sentence after Q2: "If we're going to treat ourselves gently, we'll need to learn to live with margin."

Leader ASK what stood out to participants from paragraphs following the above sentence.

Group SHARE Q3 & Q4

## CONCLUSION

Leader ASK what stood out to you from the Conclusion and what can we glean from this lesson on BALANCE IN YOUR SCHEDULE?

## VERSE STUDY

## RESOLUTIONS & PRAYER REQUESTS

Remind participants that Connect Coffee will be held AFTER next lesson; encourage them to think of and invite 2 women.

*Review self-assessment found in your WWP small group leader workbook*



(Review honor code before opening in prayer)

**INTRODUCTION**

Leader NOTE Share lighthearted humor about sounding like a religious freak if you say, "I'm celebrating the Sabbath tomorrow." Point out truths starting with "You have permission to rest..." through the end of introduction.

**DAY ONE THE FREEDOM OF REST**

Leader NOTE God gave the Commandments to the Israelites to teach them how to walk in freedom

Group SHARE Q1, paragraph following Q1, Q2 ... As you move into Q3 and Q4, approach these two questions together as you wrap up Day One.

Volunteer READ Last paragraph of QYH section

Leader NOTE Suggest turning this paragraph into a beautiful resolution

**DAY TWO LETTING GOD SET THE PACE**

Leader ASK Do we desire to become more like Christ? Let's look at how he followed a healthy inner rhythm. It's possible for us too

Leader ASK Q1 & Q2, moving through quickly

Group DISCUSS Two paragraphs following Q2

Partner SHARE Ask each woman to turn to the participant at her right and discuss all three parts of Q3. Allow three minutes.

Leader ASK Q4

Leader ASK What stood out to you from the QYH section? Point out parts about "menuha."

**DAY THREE TIME TO "BECOME"**

Leader NOTE last line of quote from S. Rowland beginning with, "In order to become who we are..."

Group SHARE Q1, Q2 & Q3 together, allowing participants to share what the Lord is opening their eyes to in regards to rest, joy, & delight Q4 (quickly)

Bible LOOKUP 2 Corinthians 3:18

Leader NOTE summarize Saint Augustine sermon for group

Leader READ last line of QYH section beginning with, "Let your love of God draw you..."

**DAY FOUR TIME TO APPRECIATE WHAT YOU ALREADY HAVE**

Group SHARE Q1 (quick), Q2, Q3 (personal but invite women to share if they so choose)

Leader ASK If anyone wants to share some of the things they listed in Q4 that they have but often fail to appreciate. If not, move on.

Volunteer READ last paragraph of QYH section that begins, "Seek the grace in the moment..."

Leader NOTE Suggest that participants consider turning the last question of QYH into a resolution.

**DAY FIVE TIME TO THINK**

Leader ASK Q1 and be prepared to share an experience if no one else does

Group SHARE Q2

Leader READ Sentence at Q3 that begins, "When we stop and rest..."

Bible LOOKUP Ask for three volunteers to lookup and read aloud Jeremiah 33:3, Proverbs 3:5-6 and James 1:5; Answer Q3

Ask for a volunteer to lookup Proverbs 15:22, read aloud, and ask participants to consider question at end of Q4

Leader READ First paragraph in QYH section

**CONCLUSION**

Leader ASK What main points did you take from the Conclusion?

Leader READ last paragraph of Conclusion and Matthew 11:28

**VERSE STUDY** Please remind women of the verse study ... If you have time, the group could review together

**RESOLUTIONS & PRAYER REQUESTS**

Share that the next session is a Connect Coffee; a perfect opportunity to invite a friend to meet new women over coffee, watch an inspiring video and join in an inviting discussion!



(review honor code before opening in prayer)

**INTRODUCTION**

Leader NOTE God designed us to live in a rhythm. Ask what stood out in the introduction. Point out the third and fourth lines of the third paragraph beginning with, "God calls us to be "other-focused..." and have participants underline the first question in the fourth paragraph ("What do you see...?") and the second one in the fifth paragraph ("Don't let the size of the mess...").

**DAY ONE DON'T HOLD BACK**

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

Leader ASK Q1 (quickly)

Leader ASK question at end of Q2 (quickly)

Group SHARE Q3 & 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 QYH section, which begins, "Take a few moments to talk to Jesus..."

Leader NOTE 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**

Leader ASK (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?

Q1 & Q2 (quickly)

Volunteer READ Q3 aloud

Group SHARE Q3

Volunteer READ Q4 aloud

Group SHARE Q4

Leader ASK What stood out to you in the QYH section?

**DAY THREE TRYING TO "GO IT ALONE"**

Leader ASK Q1, Q2 & Q3 (quickly)

Bible LOOKUP Philippians 4:13

Group SHARE Q4

Volunteer SHARE Invite a volunteer to share her opinion of the main points from the QYH section

**DAY FOUR FEELING OVERWHELMED AT THE SIZE OF THE MOUNTAIN**

Leader SUM UP paragraph at start of Day four and paragraph at Q1A

Group SHARE Q1 A (quickly) and paragraph following Q1A, & Q1 B

Leader ASK Q2 Put yourself in Gideon's shoes. What do you make of God's response in Judges 7:2?

Q3 (quickly) and have women underline "but God continued to strip Gideon of resources." & Q4

Volunteer SHARE Key points from QYH

**DAY FIVE PEOPLE CAN DRIVE YOU CRAZY**

Leader SUM UP paragraph at start of Day Five. Remind participants of Honor Code: refrain from using anyone's name when sharing.

Group SHARE Q1

Leader ASK Q2 (move through quickly)

Group SHARE Q3, paragraph following Q3, & Q4. (If time, ask volunteer to find Hebrews 12: 1-4 in her Bible and read aloud)

Leader ASK Read aloud QYH and ask women to contemplate, in context of experiencing frustration with someone.

**CONCLUSION**

Volunteer SHARE what she's learned through this lesson and discussion on BALANCE THROUGH SERVICE

VERSE STUDY If time, ask for any insights from the Verse Study

**RESOLUTIONS & PRAYER REQUESTS**

*Review self-assessment found in your WWP small group leader workbook*



(Review WWP honor code before opening in prayer)

**INTRODUCTION**

Leader NOTE Main points from introduction, specifically focusing on the last two paragraphs: contentment can be learned, five barriers to contentment, and how to break free from those barriers

**DAY ONE BARRIER #1: AN OVERWHELMING DESIRE FOR MORE**

Leader ASK Q1 & Q2 (quickly)  
Group SHARE insights from all of Q3, including excerpt on Mammon, and Q4

**DAY TWO BARRIER #2: LACK OF PURPOSE**

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 Ask a volunteer to share answers to Q1 (quickly)  
Group SHARE Q2, flip to Appendix 6 and discuss what was most impactful from Rick Warren interview, and paragraph following Q2  
Leader ASK Q3 (quickly)  
Volunteer READ Q4  
Group SHARE Q4  
Leader SUM UP main points from QYH

**DAY THREE BARRIER #3: ANXIETY**

Bible LOOKUP Ask for a volunteer read 1 Peter 5:6-7 aloud, then discuss questions that follow  
Group SHARE Q1, Q2, Q3 and highlights from paragraphs/quotes within  
Leader ASK Q4. Discuss the meaning of 2 Corinthians 10:5  
ACTIVITY Pass out index cards and have women write down a verse or quote from Day Three (see Q4)  
Leader ASK Ask the group to comment, "What writing in the QYH stood out to you?"

**DAY FOUR BARRIER #4: FEELING STUCK**

Leader SUM UP First paragraph highlights  
Group SHARE Q1, Q2 and paragraphs following Q2  
Leader ASK Q3 (quickly)  
Group SHARE Q4  
Leader NOTE from QYH: a practical tip when feeling discontent: meditate on Psalm 103: 1-5

**DAY FIVE BARRIER #5: SETTLING FOR MUD PIES**

Leader ASK Do you agree with C.S. Lewis' commentary about how we settle for mudpies? Why or why not? ; Q1 (quickly)  
Group SHARE Q2  
Leader ASK Q3 & Q4 (quick)  
Group SHARE Discuss main points of paragraph following Q4  
Leader ASK Which verse in the QYH section is speaking to you most powerfully today?

**CONCLUSION**

Volunteer SHARE What stood out to her from the Conclusion

**VERSE STUDY** Remind women of Verse Study. If have time, review verse or do it together

**RESOLUTIONS & PRAYER REQUESTS**

Leader NOTE Psalm 63 from QYH DAY ONE could be used as closing prayer

*Remind participants that a Connect Coffee will take place in two weeks. This is a great opportunity to invite a woman who needs this in her life. Ask participants, "Who can you ask to come?"*



**INTRODUCTION**

- Leader ASK What stood out to you from the Introduction?
- Volunteer READ Quote from Richard Swenson near the end of Introduction that starts, "All external manifestations of the Christian life..."
- Leader READ Last paragraph of introduction that begins, "Day One..."

**DAY ONE THE SIMPLICITY OF LETTING GOD SATISFY OUR HUNGER**

- Leader ASK Q1 & Q2
- Group SHARE Q3
- Leader ASK Q4, then, "How did the Lord reveal himself to Moses," (see paragraphs following Q4)?
- Volunteer READ All of QYH section

**DAY TWO THE SIMPLICITY OF LESS SELF-FOCUS**

- Leader ASK Q1 and note main points from paragraph following. Read the last line beginning, "Anytime we are aware of our..."
- Group SHARE Q2 (answer key helpful here) and discuss two paragraphs following Q2
- Leader ASK Q3, then "What does it mean to deny ourselves?" Discuss this and then read the two paragraphs that follow Q3
- Group SHARE Parts of QYH that speak to you, challenge you, excite or encourage you (allow extra time for this)
- Leader NOTE Sharing the Litany of Humility would be a nice addition to this lesson.

**DAY THREE LESS STUFF**

- Leader ASK What statistics jump out at you from the opening paragraphs? (quickly move on to Q1)
- Bible LOOKUP Have everyone open up their Bibles to Luke 12:13-21
- Volunteer ASK Q1
- Group DISCUSS paragraph following Q1 and CCC1723, referencing Luke 12:13-21 as needed
- Group SHARE Look at Q2, Q3 & Q4 together, asking participants to volunteer insights
- Leader ASK For thoughts and reflections on QYH and its call to action

**DAY FOUR LESS WASTE**

- Leader ASK Q1, Q2 (quickly)
- Group SHARE Q3
- Leader READ quote from Michelle Walker about the mosquito in Q4 then ask if anyone wants to share ideas to Q at end of Q4
- Leader NOTE Jesus is our example of living simply and we should follow his lead. (Idea: turn the last paragraph of QYH into a prayer)

**DAY FIVE LESS NOISE**

- Leader ASK Can you relate to what DeYoung writes about "the power of the screen?" Can you hear God in the midst of the noise?
- Leader SUM UP Two paragraphs before Q1, then ask Q1
- Volunteer READ Paragraph following Q1, then ASK Q2
- Leader READ Paragraph following Q2, then ask Q3
- Volunteer READ Two paragraphs following Q3
- Group SHARE Q4
- Leader READ All of QYH section, suggest women highlight Isaiah 30:15 verse in their study guides

**CONCLUSION**

- Volunteer READ Last two paragraphs of conclusion

**VERSE STUDY** Remind women of the Verse Study and encourage them to complete it

**RESOLUTIONS & PRAYER REQUESTS**

**NOTES FOR NEXT SESSION:** The next session is a Connect Coffee Talk, Lesson 14: GETTING A GRIP THROUGH SIMPLICITY. This is a timely topic that many women struggle with. Encourage participants to invite a friend or two. Share with her the invite copy that she can text or email, found under promotional tools under the small group leader login on the WWP website: [www.walkingwithpurpose.com](http://www.walkingwithpurpose.com).

*Review self-assessment found in your WWP small group leader workbook*



**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.

## INTRODUCTION

**Leader SHARE** Discuss Matthew Kelly's "picture of the world" by asking what stood out to them and then read sentences from 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

**Leader ASK** have participants look over Q1, Q2 & Q3 and share any insights (relatively quick)

Q4 *What are our souls truly longing for?*

**Volunteer READ** last two paragraphs from QYH section

## DAY TWO IRRESISTIBLE

**Group SHARE** Q1, Q2 and points from paragraphs following Q2

**Volunteer READ** Q3

**Group SHARE** Q3 & Q4

**Volunteer READ** All of QYH section

## DAY THREE JESUS' FAVORITE FOOD

**Leader ASK** Q1 & Q2 (quickly)

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

**Volunteer READ** Q3 and quickly answer

**ACTIVITY** Pass out index cards and ask women to write a scripture verse from Q4 that would be most inspirational to them

**Volunteer READ** First paragraph of QYH section

**Leader ASK** What else stands out to you from QYH ?

## DAY FOUR FREEDOM THROUGH FASTING

**Volunteer READ** First paragraph before Q1

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

**Leader ASK** For insights on Richard Foster passage

**Volunteer READ** Q2

**Group SHARE** Q2

**Leader ASK** Q3 & Q4 (moving quickly)

**Group DISCUSS** QYH section, specifically fasting as "therapy for the soul," and fasting to experience freedom

## DAY FIVE TRULY HUNGRY

**Leader ASK** Looking at Q1, Q2, & Q3 together, what stood out to you (quickly)

**Group SHARE** Q4

**Leader READ** Third paragraph in QYH section beginning with, "When we seek to be more self-controlled..."

## CONCLUSION

**Leader SUM UP** Second paragraph in QYH and how fasting allowed for Christian giving.

**Leader ASK** Last two questions in the third paragraph, beginning with "What is the very next choice...?"

**Volunteer READ** Last paragraph in Conclusion

**VERSE STUDY** If have time, discuss personal application from Galatians 5:1

## RESOLUTIONS & PRAYER REQUESTS

*Review self-assessment found in your WWP small group leader workbook*

**INTRODUCTION**

Leader NOTE Important message to highlight: : 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; 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**

Leader ASK Q1, Q2: what additional insights did you gain from looking at this verse in multiple versions (using biblehub.com)?

Group SHARE Q3 and paragraph following Q3

Volunteer READ 2 Timothy 1:7 aloud, reminding everyone that where "I can't," God can

**DAY TWO THE MOTIVATION FOR GROWING IN SELF-DISCIPLINE**

Leader ASK Question: "What is the motivation for self-discipline?" Answer: 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 (leader, be prepared to share)

Volunteer READ Last few lines of the QYH section, beginning with, "Picture a young girl standing ..." through the end of QYH.

**DAY THREE HOW TO GROW IN SELF-DISCIPLINE**

Bible LOOKUP Ask a volunteer to read 1 Corinthians: 24-27 aloud, then move into answering following questions

Leader ASK Q1, Q2 & Q3 spending more time on Q3

Leader ASK Which of the following little decisions following Q3 will you focus on? and Q4

Leader SHARE Turn the QYH section 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**

Leader SUM UP First paragraph before Q1

Leader ASK Q1, Q2, Q3 (moving through quickly)

Group SHARE Q4

Volunteer READ Paragraph at QYH section

**DAY FIVE THE COST OF SELF-DISCIPLINE**

Leader SUM UP 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 (leader, be prepared to share your "yes-but": that area where God is calling you to action but you know it's going to cost you something) and Q4

Volunteer SHARE What stood out to her from the QYH section

**CONCLUSION**

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

VERSE STUDY If have time, review the Verse Study together

**RESOLUTIONS & PRAYER REQUESTS**

Connect Coffee will be held AFTER next lesson; remind them of timely topic and encourage them to invite two women.

*Review self-assessment found in your WWP small group leader workbook*

## INTRODUCTION

- Leader ASK Can anyone relate to the story of the strong-willed child?
- Leader READ From paragraph seven, starting, "...we *all* struggle to surrender what we want..." through end of paragraph; and from paragraph eight, starting, "We don't need to be afraid to surrender..." through end of paragraph
- Leader NOTE In this lesson we'll look at to Whom, Why, What and How we surrender

## DAY ONE WHOM ARE WE SURRENDERING TO?

- Leader ASK Is God trustworthy? What do we know about God?  
Ask for volunteers to read each of the scripture verses listed in Q1 then have another volunteer fill in the blank. Do the same for the next scripture verse and fill in the blank.
- Leader SUM UP *We can trust God because He is good and because He loves us.*
- Leader ASK Q2
- Volunteer READ Q3 and ask Q at end  
The paragraph following Q3 and the first two sentences in the second paragraph following Q3.
- Group SHARE Q4
- Volunteer READ all of QYH following CCC 2086

## DAY TWO WHY DO WE SURRENDER?

- Leader ASK Q1 (quickly)
- Group SHARE What stood out to you from the paragraphs following Q1 and the quote from Kyle Idleman?
- Volunteer READ Last paragraph before Q2 beginning with, "God is neither a celebrity we admire nor the captain..."
- Leader ASK Q2 (see answer key for helpful description)
- Bible LOOK UP 1 Thessalonians 5:16-18
- Group SHARE Q3 & Q4
- Leader ASK What main points do you take from the QYH section?

## DAY THREE WHAT ARE WE SURRENDERING?

- Leader ASK Q1 & Q2, noting the Answer Key, and Q3 (quickly)
- Leader READ The first part of the paragraph following Q3 starting with, "What is at the heart?" and ending before the Yohannan quote
- Leader ASK Question at the end of Q4: "What is the hardest thing for you to surrender to Christ?"
- Group DISCUSS Put yourself in Job's shoes. Would you be able to say "Blessed be the name of the Lord?"
- Leader NOTE At the end of today's lesson,, turn the last sentence in QYH into your closing prayer: "Father, help us to have hearts like the Blessed Mother..."

## DAY FOUR HOW DO WE SURRENDER A SITUATION WE'RE DESPERATE TO CHANGE?

- Leader NOTE Passage from book *Interior Freedom* by Fr. Jacques Phillippe ; Ask how do you typically respond to these undesirable situations (rebel, resign, consent)? Be sure to point out the paradox of surrender; read the last sentence of Q1: "When we are struggling..."
- Group SHARE Q1, Q2, Q3 & Q4
- Leader READ First paragraph in QYH
- Volunteer READ Last three paragraphs of QYH

## DAY FIVE HOW DO WE SURRENDER WHAT WE DEEPLY LOVE?

- Leader ASK Q1, Q2 and allow women to discuss: "Does it still count as surrender if you can't do anything to change the situation?"
- Group SHARE Q3 & Q4
- Leader READ Last four lines of QYH

## **CONCLUSION**

**Leader READ** First two sentences following Elliot quote, beginning: "Surrendering is a lifelong process..."

**Leader ASK** For thoughts and reflections from Conclusion

**VERSE STUDY** If time permits, review verse study together.

## **RESOLUTIONS & PRAYER REQUESTS**

**Leader ASK** Look at the resolutions to make into a prayer request or create a personal prayer request. Share that this is our time to commit to growing our personal relationship with Christ.

**Leader NOTE** The Prayer of Saint Ignatius may be used as a closing prayer (see Resolution #3)

**NOTES FOR NEXT SESSION:** Next session is a Connect Coffee Talk, GETTING A GRIP WHEN IT ALL FALLS APART. This is a timely topic that many women struggle with. Encourage participants to invite a friend or two.

*Review self-assessment found in your WWP small group leader workbook*



## INTRODUCTION

Leader ASK What stood out to you? Can you relate to the "defeated perfectionist?" Where do you fall on the spectrum?  
Leader NOTE In this lesson we'll look at how we can find balance between settling for mediocrity and striving for perfection

## DAY ONE DON'T SETTLE FOR MEDIOCRITY

Volunteer READ Last three lines of the opening paragraph, beginning with "When we settle for mediocrity..."  
Leader ASK For thoughts on the definition of "mediocre", making note of being "halfway up the mountain."  
Leader ASK Q1, Q2 & Q3  
Group SHARE Q4  
Volunteer READ Second paragraph in QYH which begins, "For your sake, as well as for those..."  
Leader NOTE In days two -five in this lesson, we'll look at the other end of the spectrum: perfectionism and what it's rooted in.

## DAY TWO THE MEASURE OF SELF WORTH

Leader READ First two lines then skip to last three lines before Q1  
Group SHARE Q1 A & B together, Q2, Q3  
Leader ASK Q4 (quickly)  
Leader NOTE Allow a few moments of silence for women to read and underline key scripture in QYH.

## DAY THREE THE INFLUENCE OF EXPECTATIONS

Leader ASK Q1 A (quickly)  
Group SHARE Q1 B, Q2  
Leader ASK For thoughts on the conscience of a perfectionist and insights from Q3  
Bible LOOK UP Psalm 103: 8-14 and have a volunteer read aloud.  
Leader ASK Q4 A & B (relatively quickly)  
Leader NOTE Allow women to meditate on words in QYH and share what stood out to them.

## DAY FOUR THE PIT OF PRIDE

Leader ASK How is pride defined in opening paragraph?  
Leader ASK Q1 (quickly)  
Volunteer READ Q2 and ask Q2 (quickly)  
Group SHARE Insights from Q3  
Leader ASK Q4, then read the paragraph before QYH that begins, "In the Bible, a person's name reveals..."  
From QYH, "Which name reveals something about God that helps you trust Him?"

## DAY FIVE THE GRIP OF FEAR

Leader NOTE Beneath a perfectionist's behavior is often a fear of failure.  
Leader ASK Q at end of Q1, Q2  
Volunteer READ Paragraph following Q2  
Leader ASK Q3  
Group SHARE Q4  
Leader NOTE From paragraph following Q4 that one of God's favorite ways to teach us is through our mistakes; note prayer after QYH and have women mark their study guides or take a screenshot of this prayer to reference later as needed.

## CONCLUSION

DISCUSS What women think of Matthew 5:48 and the word perfect (*teleios* in the original Greek); other highlights from conclusion

VERSE STUDY If time, ask for insights on the Verse Study

## RESOLUTIONS & PRAYER REQUESTS

*Leader Note: consider printing off Philippians 4: 8 from <https://walkingwithpurpose.com/free-printables/> to hand out at the next meeting.  
Review self-assessment found in your WWP small group leader workbook*



## INTRODUCTION

- Leader SHARE Today we're going to talk about balance in our thought life, which is critical if we desire to have peace in our hearts. Do the thoughts that race through our minds matter? Does what we do with our thoughts matter? Can we help what we think & feel?
- Volunteer READ Last paragraph of Introduction

## DAY ONE THE BATTLE IS IN THE MIND

- Leader READ Paragraph before Q1 (NOTE this is important message to share, impacts the entire lesson)
- Leader ASK Q1 & Q2
- Group SHARE Q3
- Leader ASK How do we determine whether a thought is the truth or a lie?
- Leader NOTE Allow discussion around this question, using the two paragraphs following Q3 as a guide
- Group SHARE Would anyone like to share any insights from the activity at Q4? (Leader: share if you feel comfortable doing so)..
- Leader READ The paragraph at the beginning of QYH

## DAY TWO REJECT AND REPLACE

- Leader ASK If we *feel*/something, does that make it true?
- Leader READ Paragraph before Q1 which begins, "Instead of seeking to determine..."
- Leader ASK Q1, Q2
- Volunteer READ Paragraph at Q3 which begins, "As you filter your thoughts..."
- Volunteer READ Ask for volunteers to read each lie and follow up with the corresponding truth (Scripture) with which to replace it
- Leader READ First paragraph at QYH, then ask, "what else stood out from the QYH section?"

## DAY THREE CHECK THE ENTRY POINTS

- Leader READ First sentence that begins "We'll save ourselves a lot of trouble if we take care..."
- Leader ASK Q1, Q2, Q3
- Group SHARE Q4
- Volunteer READ QYH paragraph

## DAY FOUR REFUSE TO WORRY

- Leader ASK Q1
- Bible LOOK UP Isaiah 43:1-2
- Group SHARE Q2
- Leader ASK Q3 & Q4
- Leader NOTE Great practical & prayerful advice is found in QYH: Psalms 23, 46 & 121 as well as finding encouragement from a friend

## DAY FIVE GOING DEEP

- Leader READ Last sentence of paragraph before Q1 that begins, "There is a big difference between dwelling on negative..."
- Group SHARE Q1, Q2 & Q3 (Leader NOTE: be sure to point out main points of paragraphs at Q2 & Q3)
- Leader ASK Q4
- Leader ASK What stood out to you from QYH?

## CONCLUSION

- Group SHARE The parts of the Conclusion which participants found most powerful, beautiful and/or encouraging
- Leader NOTE A key verse for this study is Philippians 4:8. Consider printing the color verse card from <https://walkingwithpurpose.com/free-printables/> for each of the women. It corresponds well with this lesson.

- VERSE STUDY If time, discuss the verse study. If not, move on to Resolutions and Prayer Requests

## RESOLUTIONS & PRAYER REQUESTS

*Review self-assessment found in your WWP small group leader workbook*



**INTRODUCTION**

Leader ASK What stood out to you from the Introduction?  
Volunteer READ Last two paragraphs of Introduction

**DAY ONE THE PROBLEM OF "US" VERSUS "THEM"**

Leader ASK Q1 A  
Group SHARE Q1B, Q2  
Leader ASK Q3  
Volunteer READ Q4 and ask Q4  
Leader NOTE Main points in paragraphs following Q4, and in QYH  
Leader READ Second to last paragraph of QYH, starting "How much time do we spend praying for..."

**DAY TWO PUT THE STONES DOWN**

Leader ASK Q1, Q2 & Q3  
Group SHARE Insights from story at Q4 and question at end of Q4  
Leader READ From the middle of QYH that begins, "We don't have to worry that if we stop shouting ..." through the end  
Leader NOTE The last two lines of QYH can be used as part of closing prayer

**DAY THREE EARNING THE RIGHT TO BE HEARD**

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 DISCUSS Pope Francis quote at Q2 and Group SHARE Q2; Chuck Colson quote at end of Q2  
Group SHARE Q3 & Q4  
Leader ASK What stood out to you in QYH?

**DAY FOUR IN THE WORLD BUT DISTINCT**

Leader ASK Q1, then point out Pope Francis quote and the need to avoid becoming a sick church  
Leader ASK Q2  
Group SHARE Q3, Q4  
Leader ASK For any additional insights on John 17:14-19 from Tchividjian quote or QYH

**DAY FIVE FEARLESSLY POSITIVE**

Leader ASK Q1  
Group SHARE Q2  
Leader ASK For insights on Ivereigh quote and ask question at end of Q3; Q4 A, B, & C  
Leader ASK How do you make sense of Romans 8:31-39 as written in QYH? What does this mean to you at this time?

**CONCLUSION**

Leader READ And have participants underline from the second paragraph starting, "It means we engage in a positive way that invites dialogue..." to end of paragraph.  
Leader NOTE The practical dialogue points in the next paragraph and how to form connection, building a bridge by loving and listening.  
Leader ASK What other ideas did you take away from this lesson?

**VERSE STUDY** Point out that the verse study is a key verse for the *Keeping In Balance* study and can be downloaded from the scripture printables on WWP website.

**RESOLUTIONS & PRAYER REQUESTS**

**NOTES FOR NEXT SESSION:** Our last lesson is a Connect Coffee Talk: GETTING A GRIP IN CULTURE. Challenge the women to invite two friends to come to watch the video and participate in a timely discussion.

*Review self-assessment found in your WWP small group leader workbook*