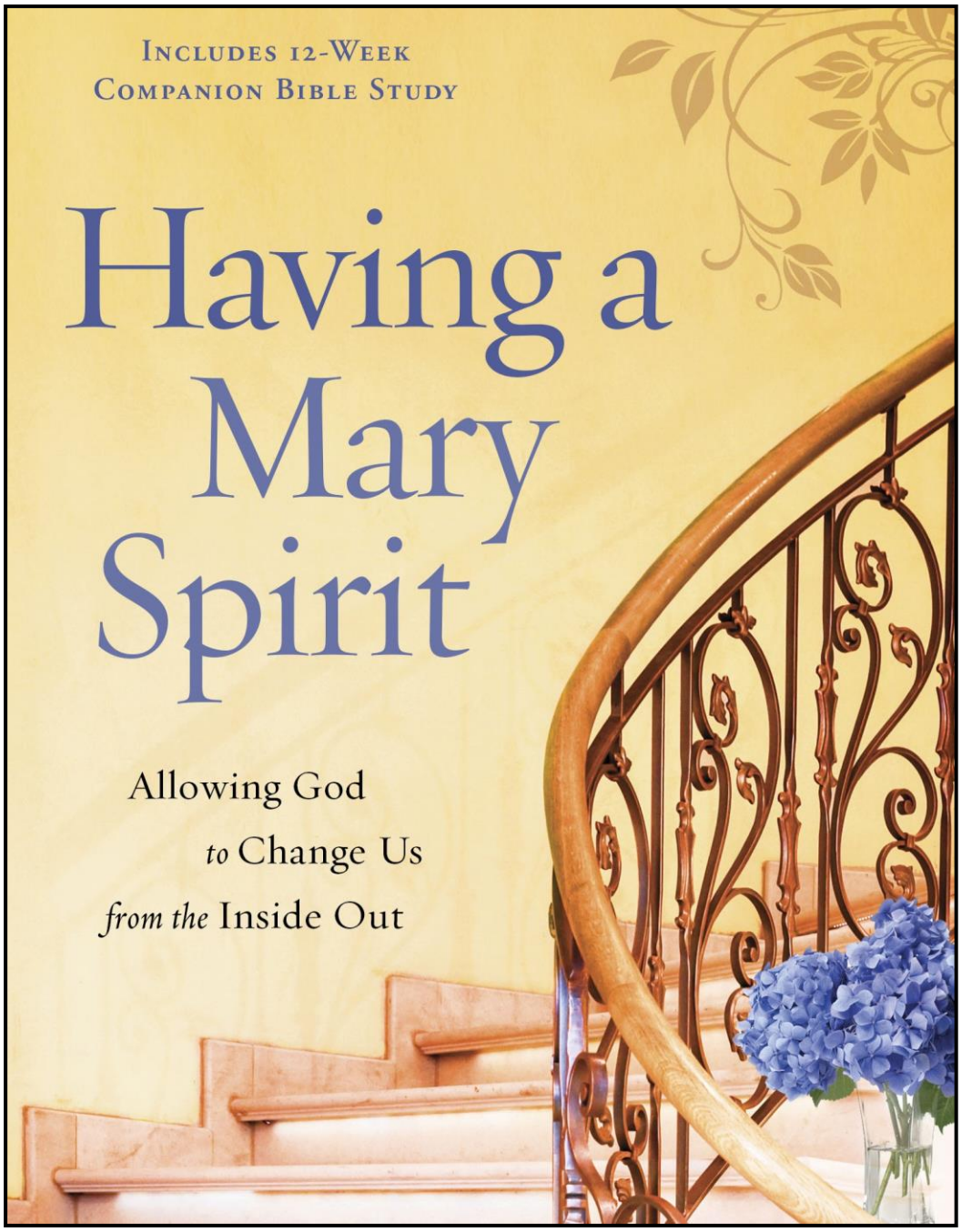
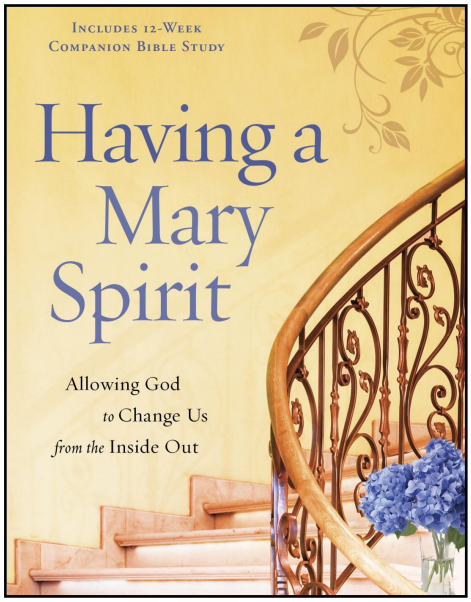


DVD Study

Leader's Guide



DVD Study

Leader's Guide

By Joanna Weaver

There is nothing more fulfilling and life-changing than coming together as the people of God around the Word of God! With so many excellent Bible studies available, I'm honored you decided to use my book, *Having a Mary Spirit: Allowing God to Change Us from the Inside Out*, as the focus of your twelve-week study.

While the Bible is the centerpiece of our time together, *Having a Mary Spirit* will provide the structure. Every participant should have a copy of the book and the companion study guide. Each week, the DVD teaching session will enhance the topic they've just studied. I'm so excited to share the fresh truths the Lord has given me!

The *DVD Study Pack* includes:

- Twelve video teaching sessions.
- Three short "Tool Time" videos featuring tips for living transformed. (The remaining "Tool Time" videos are available at HavingaMarySpirit.com)
- An interactive study guide designed to help participants engage with Scripture and each other in meaningful ways.
- Optional weekly memory verses.
- Downloadable Leader's Guide with outlines and suggestions for leading weekly meetings.

- An optional Retreat Guide that turns DVD sessions into a special weekend event filled with engaging features and fun activities. Retreat handouts are available as well.
- Promotional material for both the study and retreat.

Though in this Leader's Guide I've provided suggestions for directing your weekly meetings, be open to the leading of the Lord. He will equip you far better than any guide, giving you both the creativity and the wisdom you need to mentor people in their walk of faith.

You don't have to have any special qualifications to lead this Bible study—just a heart that's hungry to know God, a desire to see His people grow in grace, and a willingness to step out and discover what God might want to do through you.

I'm praying that this will be as meaningful a time in your life as it is in the lives of the women you lead.

So let's begin!

Getting Ready

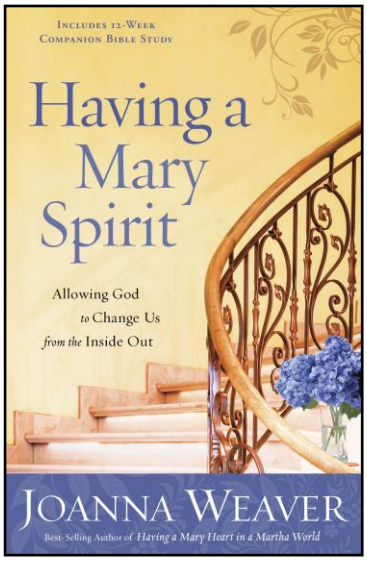
Decide on a time and a place to hold the Bible study and then start getting the word out. If your study is held in a church, get permission and ask that your meetings be put on the church calendar.

Be sure to reserve a meeting room with enough space to divide into small groups as needed. Keep in mind that this study tends to draw people of all ages, so try to provide childcare and consider handicap accessibility needs. I've heard of groups ranging in age from 15 to 80—isn't that great?

While the book and study are designed and worded toward women, many churches have used them in mixed settings such as Sunday school classes and small groups with great success. For simplicity, I will refer to just women in this guide.

If you are unsure how many people might attend class, encourage them to register ahead of time. This will help determine how many books you need to purchase. Plan to have the study materials available to hand out at your introductory meeting.

Promotion



Start promoting the study at least a month before you plan to start. On the *Study Pack* DVD-3, you'll find a promotional video and graphic pieces to personalize with your study information, such as bulletin flyers, posters, invite cards, and a presentation slide. Use them all to build anticipation. (They are also available to download at www.HavingaMarySpirit.com.)

In the "Leader Resource" section at the back of this guide, you'll find sample bulletin announcements, a sign-up sheet, and a press release.

Many local newspapers and radio stations offer free public service announcements, so personalize the press release with your information. Remember to include the what, when, and where aspects of the study as well as any pertinent information such as cost, babysitting availability, contact number, and website.

For those hosting the study in your home, a personal phone call or letter is a great way to invite people to attend. If you have room and feel comfortable expanding your study, encourage women to bring a friend. This is a wonderful opportunity to minister to non-believers or those uncomfortable in a church setting.

Organizing Your Bible Study

The lessons are designed to fill an hour and a half to two hours, but many groups only have an hour. With that in mind, I've marked the questions and activities I feel are most pertinent with a gray highlight in the weekly script. In the hour format, you won't have time to include all of the Tool Time videos. So preview them in advance in case you want to insert a few into your study schedule. (Due to space limitations on the discs, only the first three Tool Time videos are included in the DVD set. You can access the others at www.HavingaMarySpirit.com)

If your class is larger than thirty people, you may want to divide into discussion groups of twelve or less. This creates an intimate atmosphere and ensures that everyone who wants to share has a chance. Each small group needs a facilitator—someone to

direct the flow of the discussion as well as draw quieter individuals into the conversation. Having two co-leaders is ideal—if one is absent the other can take her place. But it also ensures that at least two people in the group are prepared to discuss that week's lesson.

Provide each leader a three-ring binder with an attendance sheet to take roll and another sheet listing attendees' names, phone numbers, and addresses. Include a copy of this guide and tuck a few stamped postcards or notecards in the pocket so they can send a quick note of encouragement to absent or ill members. Name tags, especially in the early weeks, help the entire group to connect and get to know each other by name.

You may have a teaching situation such as a Sunday school class where dividing into small groups isn't an option. I'd still encourage you to shape the class around discussion using the techniques described in "Tips for Leading Small Groups" on page 7 of this guide. Involve as many people as possible. Consider breaking up into small circles occasionally so members can get to know one another better.

Using This Study

Each week students are assigned to read a chapter (or chapters) in the book *Having a Mary Spirit*. Please emphasize this, as there is so much important material they will miss if they skip the reading. But encourage them to do the homework assigned in their study guide as well.

Designed to take participants deeper into the Word, the study guide uses light-hearted discussion questions as well as more personal queries to help class members open their lives to God, to one another, and to build community. Best of all, it provides opportunities for everyone to participate, even those who were unable to complete that week's study.

My primary purpose is to get students into the Word of God for themselves. While I'm glad they are reading my book, I want them to fall in love with "The Book"!

In-depth Bible study may be new to some women. Though I've tried to make it accessible for everyone, they may feel a bit overwhelmed. I know I did when I first began to use formal Bible studies. I wanted so badly to answer the questions just right, and I felt silly when I didn't understand what the writer was getting at.

It is often at this point people stop coming to studies. Train your small group leaders to always be gentle and encouraging at moments when students don't answer the questions as expected. Encourage them to follow up with a phone call when someone misses a week. If a student is feeling overwhelmed by the study questions, consider pairing her with a more experienced person who is willing to walk through the questions together for a few weeks.

My deepest desire is that no one is left behind! Remind your group that we are all learners and that they have a Teacher who promises to help them—the Holy Spirit. As they sit down to their personal study time each week, encourage them to pray and ask for the wisdom and revelation that comes from the Spirit (Ephesians 1:17).

They don't need to worry about answering the questions perfectly. As they get into the Word of God on a consistent basis, the Word of God will get into them! And that's what all of us need. Not a sheet of neatly written, carefully worded answers, but the gentle work of God bringing soul-deep life-change.

Facilitating Small Groups

Many leaders tell me that the study questions teach themselves. As people begin to share what the Lord has taught them during the week, they learn from each other. The conversation simply needs guiding. Though I tend to be a lecturer by nature, I'm discovering that lives are more often changed in the context of relationship.

On the next page, you'll find a sidebar of tips I've found helpful in leading small groups. But there will still be times when the conversation feels stilted. Especially when only a few students have done their lesson. At times like these, you as a facilitator need to be prepared. As I do the study, I often mark questions that I feel are most pertinent.

On those tough, nobody's-prepared days, I point the group to these questions and read the scripture portion aloud, asking them to respond. While they may not have done the study at home, this gives them a taste of it in class.

Beyond the weekly script I've provided to guide your discussion time, you may also want to ask: "What spoke most to you from this week's chapter(s)?" This question nearly always spurs great conversation, but feel free to share your high point or direct them to a story or illustration in the chapter to encourage discussion as well.

Tips for Leading Small Groups

- Ask God to give you a genuine love for each person.
- Pray for them faithfully that they will make time for the study and that the Holy Spirit will enlighten their minds as they read and study the Word.
- Guide the conversation but don't monopolize it.
- Don't be threatened by silence. People often need time to formulate their response. If you jump in with the answers, quieter members will sit back and not interact.
- Sometimes one member is more vocal than the others, to a point of hi-jacking the conversation. In those instances, be kind but don't be afraid to take back the helm. Ways to do this include thanking the person for his or her input but then asking if anyone else has a thought or interjecting a short insight of your own. When asking the next question, suggest that someone who hasn't had a chance to share speak up.
- To draw out quieter members, you may want to make gentle eye contact to invite their involvement. After someone has answered a question, address the quiet person by name and ask what he or she thinks. Don't push or demand, but provide an opportunity for everyone to be heard.
- When an answer is given that doesn't quite fit the question or the scriptural context, thank the participant and then ask if someone else has an answer.
- Sometimes opinions or answers will be given that are unscriptural, and at other times conversations may devolve into gossip or gripe sessions. At moments like these, I whisper a prayer for wisdom and then gently steer the conversation back on track. It isn't always necessary to correct the issue at that moment, but look for opportunities to bring truth to these situations – even if it is the following week.
- You can gently address a sidetracked topic in closing prayer or share a scripture. But above all, avoid arguing or making anyone look foolish. Present truth and let the Holy Spirit do the rest.

Be Creative

Throughout the study, I've included optional activities to liven up your time together. While they are not necessary, please remember that you serve a variety of people. Not everyone learns well from a printed page. So change up the pace now and then. Do some of the activities I've suggested and check out the Retreat Guide for more. But don't be afraid to come up with creative ideas of your own.

Some of you might say, "Joanna, I don't have a creative bone in my body." Well, that might be, dear friend, but remember, you serve an incredibly creative God! Don't be surprised when He starts dropping ideas in your heart, but look around you as well. I'm fairly certain you have creative people in your group who'd love to use their gifts to come up with ways to make the study come alive.

Whether you stage an actual makeover or hand out mirrors to remind participants that they are created in the image of God, have fun with your time together.

Be an Encourager

No one wants to fail. Especially not your small group leaders. As study coordinator, provide support for your facilitators by making sure that rooms are clean and ready for class and that extra Bibles and pens or pencils are available. Little touches can mean a lot. If possible, try to meet with your leaders each week before the study.

While prayer is the primary purpose, it also gives your team a chance to share the trials and triumphs they are experiencing in their particular group.

Be sure to dismiss early enough to allow the leaders to greet the arriving students or consider creating a separate welcome committee. I'm sure you have ladies who would love to take care of set-up, refreshments, and welcoming the class.

As coordinator, your group leaders are the small group you minister to. Pray for them daily, follow up with phone calls to see how they are doing. When you come across materials that will help them lead their groups, pass the information on. These are the people you get to love! Be sure you make time at the end of the study to appreciate all they have done with a small gift and/or a potluck in their honor. Ask the members of each group to write notes of appreciation to their facilitators as well.

In closing, I want to exhort both you and your small group leaders not to be disappointed by attrition. What is that? It is the normal drop in attendance that often happens in Bible studies. While I'm glad many churches report low attrition with this study, the reality is that some of the people who start the book may not finish.

There will be many reasons. Some we can address and try to change—their fear of failure, interpersonal conflicts, or frustration with lack of structure. But other reasons will be beyond our control, including family issues and schedule changes. Some attendees may not be ready for the sustained commitment a twelve-week study requires.

Mother Teresa once said, "God has not called me to be successful. He has called me to be faithful."1 Our job is to create a community in which people can come to be spiritually fed. A place that is safe, where they feel loved and accepted. That kind of intimacy doesn't happen overnight. It happens over months and years.

As a leader, just keep opening up your heart. Keep putting out spiritual food and keep praying down the presence of the Lord. God will do the rest. Because He loves to change His children as they gaze intently into the Word that brings freedom and life (James 1:25).

Bless you, my dear friend. You will be in my prayers. Don't shrink back. Step forward. Don't lead in your own strength. Go in the strength of the Lord. I believe God is going to meet your ladies in a special way. But I also believe He is going to grow you and use you in ways you never imagined. All because you said *yes* to His call.

Using this Leader's Guide

While many of you won't need a detailed guide, you may want to glance over each week's script to get a feel for the format I suggest. Please don't feel like you have to cover all the material. There may be weeks when the discussion becomes so rich you aren't able to get through all the questions. That's wonderful! The prompts are only suggestions, not requirements. Let the Holy Spirit be your guide.

However, with that said, I do want to encourage you not to habitually stray from or ignore the study completely. That can be very frustrating for those who have worked

1 Kathryn Spink, *Mother Teresa: A Complete Authorized Biography* (San Francisco: HarperSanFrancisco, 1997), 245.

hard on their homework throughout the week.

There may be weeks when the majority of the women haven't done their homework. I've designed this guide to help you bring the Bible study into the classroom, encouraging you to actually read the verses at times so that everyone can see what scripture has to say rather than just hearing someone's response to it.

As I mentioned before, the study material is designed to fill an hour and a half to two hours of class time. If you only have an hour, cover the suggested questions and study elements shaded in gray. Unfortunately, with time constraints an hour format, you'll miss most of the "Tool Time" videos. If so, point members to the website where they are available for viewing— www.HavingaMarySpirit.com. I've also suggested using a whiteboard at times for brainstorming answers as a group, so you may want to have one readily available.

If you have used the *Having a Mary Heart* video curriculum, you may note that there are less questions in this study. That is because the reading schedule is more intense, with two chapters often assigned to be read in order to cover all sixteen chapters in twelve weeks.

As in my other DVD curriculum, I've included an optional bonus session at the end of this guide. This "Half-Day of Prayer" is a wonderful way to close out the study, as it gives women an opportunity to spend an extended time alone with God. Consider using it to expand your study to 13-weeks or as a special, separate day event.

Study Elements Include:

- "Tool Time" videos—these 3–5 minute videos are played near the beginning of the class and follow sidebars that appear in the study guide. [**NOTE**: Access first three "Tool Times" on **DVD-1**. The remaining pieces can be found at www.HavingaMarySpirit.com.]
- Group Discussion—goes over questions studied through the week.
- Video Session—with a corresponding viewer's guide to take notes, each 17- to 23-minute teaching is related to, but doesn't repeat, that week's chapter.
- Closing Response—space for reflection and personal response to the Lord at the end of each week's study.

- Weekly Assignment—previews homework for the upcoming week.
- Memory Verses—eleven meaningful verses are assigned over the course of the study. Though this feature is optional, I would encourage you to assign at least one or two verses to memorize as a group throughout the study.

  NOTE: Verses are available in a business card template that you can access on the third DVD or for download at the website. Consider printing and laminating a set for each woman.

The DVD Pack Includes Three Discs:

Disc One — Sessions 1–3
Corresponding Tool Time videos

Disc Two — Sessions 4–8

Disc Three — Sessions 9–12
Promo Material—Promo video, study and retreat posters, flyers, and presentation slide
Leadership Resources—Downloadable guide, memory verses, etc.
Retreat Guide—Details for using material in a weekend setting, etc.
Retreat Handouts – Viewer guides and sidebars

Accessing Promo Material on DVD-3

Insert DVD into computer. On a PC, open "Window Explorer" by right-clicking on the start button. Click on the DVD drive where you'll see a root menu of the graphic and resource items. On a Mac, open "Finder" and click on the DVD drive for root menu.

If the DVD automatically starts playing, stop the player and close the window. You should then see an icon on your desktop. Double-click to see the root menu. Open and use the pieces as needed.

Insert your event information in the boxes found on the posters and flyers. Personalize the presentation slides with your information as well. We've also provided

graphic pieces such as book cover, backgrounds, title, scrolls and author photo so that you can create your own promo material.

Tool Time Download Instructions:

To view the remaining Tool Times, go to www.HavingaMarySpirit.com to download or stream the content. Check out the website for download instructions as well as other helpful resources.

Stay Connected

I will be praying for you and your group! I know God is going to do something special in your midst as you set your hearts on following Him. I'd love to hear from you and your ladies!

Email: joannaweaver@hotmail.com

Facebook: www.facebook.com/BecomingHis

Website: www.HavingaMarySpirit.com

HAVING A MARY SPIRIT –WEEK ONE

PREPARATION:

- Plan for small group leaders to arrive early for prayer and setup.
- Make sure the meeting room is set up and ready to go. Whiteboard and marker.
- Brew coffee, set out refreshments, and make atmosphere inviting.
- Print "Get to Know You" Bingo cards and "Commitment to Change" sheets. Provide envelope for each woman. [See "Additional Tools" in back of guide.]
- Optional Handouts: "Memory Verses" and "Prayer for Transformation" card. [See **DVD-3** and "Additional Tools."**]**
- Gather items needed for "Makeover Madness" game.
- Test video projection equipment and become familiar with DVD menu.
- Have name tags available so women can learn each other's names.
- As ladies arrive, distribute *Having a Mary Spirit* book and study guide.

WELCOME: (10 MINUTES)

- Welcome ladies and open in prayer—If your group regularly takes prayer requests, there is space to record them on the last page of this week's study
- Announcements.

GROUP ACTIVITY: "GET TO KNOW YOU" BINGO (15 MINUTES)

NEED: "Get to Know You" Bingo Cards and pens or pencils.

INSTRUCTIONS: Give women 10 minutes to find people who fit the boxed descriptions. When they do, the person signs the box pertaining to them. Suggest women try to get as many different signatures as possible. No one should sign more than three boxes, and not all at one time. Other signatures must be gathered in between.

When a row is filled, have them shout "Bingo," but the game continues until time is called. Give prizes for: the most row "Bingos"; the highest number of different signatures; anyone with a "Blackout" – which is all boxes filled.

TABLE ACTIVITY: (12 MINUTES)

From Joanna: "So often as women, we tend to settle for stereotypes…labeling others as well as ourselves. As a result, we often don't believe it is possible to change. But I want you to consider the story of Mary and Martha and the Holy Makeover transformation I believe they each experienced when they met Jesus."

- **QUESTION 1:** On a whiteboard, make two columns with the name "Mary" on one side, and "Martha" on the other. Then, after reading each of the following portions, ask women to identify qualities they see in each woman:

  LUKE 10:38-42 / JOHN 11:1-3, 17-44 / JOHN 12:1-8

- **QUESTION 2:** What changes do you see in each woman?

- **QUESTION 3:** What do you think holds most of us back from experiencing a holy makeover of our own?

Tool Time: Memorizing God's Word (10 minutes)

- Turn to the "Memorizing God's Word" sidebar in week 1 of study guide.
- **DVD-1**: View corresponding Tool Time video.
- Work together on next week's memory verse (**PSALM 51:10 KJV**) using the system I suggest on the video, repeating each line three times:

  "Psalm 51:10 / Create in me a clean heart, O God…"

  "Psalm 51:10 / Create in me a clean heart, O God; and renew a right spirit within me.

  "Psalm 51:10 / Create in me a clean heart, O God; and renew a right spirit within me./ Psalm 51:10"

- The women will be surprised how well they know the verse. Encourage them to continue reviewing so they are ready to say the verse next week.
- **NOTE:** Emphasizing scripture memorization is optional. If you do make it a priority, plan on using the time at the beginning of each class for review.
- **HANDOUT:** Downloadable memory verses available online and on **DVD-3**.

Discussion: (12 minutes)

- **INTRO:** Have someone read opening paragraphs in study guide.
- **QUESTION 1**: Ask several women to share their responses.
- **QUESTION 2**: Read **GALATIANS 5:22-23.** Have women share which fruit of the Spirit they would like to have more of in their life and why?
- **NOTE:** The sidebar prayer will be referred to at the end of video.

OPTIONAL Game: "Makeover Madness" (10 minutes)

NEEDED: You will need a stool, a man's large button-up shirt, and a small table filled with needed makeup items. (Have makeup remover cloths available for afterwards.)

INSTRUCTIONS: Ask for two volunteers, one to sit on the stool, and the other to stand behind her. As you hold the shirt open, have the person in back reach around the seated person putting their arms in the sleeves, so it appear their arms belong to the seated person.

With the beauty products within reach, ask the person behind to apply makeup to the person seated. This will be difficult because they can't see what they are doing and the seated person is pretty much captive. Instruct them as to the order of the products you wish applied. Have fun with this – it's pretty hilarious!

DVD-1 Video: (23 minutes) Session 1—"A Holy Makeover"

- Point women to the session 1 viewer guide page for taking notes.

Response: (7–10 minutes)

- Immediately after video, ask the women to turn to the next page in their study guide and write their response to: "I sense the Lord saying…"
- If there is time, ask if anyone would like to share what spoke most to them.

Make a Plan: (10 minutes)

- Ask the women to use the "Make a Plan" sheet to prayerfully consider the areas they would like God to change during the course of this study.
- When finished, ask them to put the sheet of paper in an envelope, seal it and write their name on the front. It will be returned during the final session.

Closing: (5 minutes)

- Go over the assignment instructions on the last page of this week's study.
- **NOTE**: This is one of five weeks when participants are assigned two chapters to read in *Having a Mary Spirit.* Encourage them to start right away so that the assignment is not overwhelming.
- Close in prayer.

HAVING A MARY SPIRIT–WEEK TWO

PREPARATION:

- Provide 3 or 4 containers of Play-Doh on each table for women to share.
- Optional Handout: "Books of the Bible Bookmark." [See **DVD-3** and "Additional Tools."**]**
- Optional: Provide a small rock and piece of Play-Doh for each lady. Place in a small box or bag that they can open at end of video.
- This video ends with salvation prayer. You may want to have someone available to follow-up with anyone who responds.

WELCOME: (10 MINUTES)

- Welcome ladies and open in prayer—If your group regularly takes prayer requests, there is space to record them on the last page of this week's study.
- Announcements.
- **MEMORY VERSE REVIEW**—Before class, have ladies review verses. Then, during class, go over the assigned verse as a group.

> *Create in me a clean heart, O God; and renew a right spirit within me.*
> PSALM 51:10, KJV

OPTIONAL: TABLE ACTIVITY: (12 MINUTES)

Have the women use the Play-Doh on the table to shape something that depicts any kind of change they'd like to experience. Doesn't have to be spiritual – can be anything. Give time for them to go around the table explaining what their Play-Doh means.

TOOL TIME: JOURNALING TRANSFORMATION (10 MINUTES)

- Turn to "Journaling Transformation" sidebar in week 2 of study guide.
- **DVD-1 VIDEO**: View corresponding Tool Time video.
- After video, have women share other tips for journaling.

SEARCH ME JOURNAL PROMPTS (5 MINUTES)

- Read "Search Me, O God" sidebar in week 2 of study guide.
- Explain that this exercise is located at the end of each chapter after the "Make a Plan" homework. While sharing responses in class won't be required (unless someone wants to), this may be one of the most valuable parts of the study.

From Joanna: True transformation requires honesty before God – and with ourselves! These questions are probing and at times difficult to answer, but I hope you'll wrestle with them before God. Please don't try to come up with the right answer – just give an honest answer, as messy as it may be. This conversation is meant for you and God alone. Repent if you need to and ask Him to bring the healing and help you need to change in that specific area.

DISCUSSION: (25 MINUTES)

- **INTRO:** Have someone read opening paragraphs in study guide.
- **QUESTION 1:** Read opening part of chapter on pages 1-2 in book. Ask women to share areas in which they'd like to be "much more."
- **QUESTION 2:** Have someone read **LUKE 10:38-42.** Brainstorm things that tend to distract us from intimacy with God.
- **QUESTION 3:** Consider the list of Pharisees on pages 11-12 in the book. Ask: Which type do you relate to and why?
- **QUESTION 4:** Assign the verses to be read by different women. After reading the verses, have women describe the Pharisee tendency they see in each verse.
- **QUESTION 5:** Ask if anyone would be willing to share the prayer they wrote in response to **PSALM 139:23-24**

  NOTE: If no one volunteers, consider sharing your own rewrite to foster openness and sharing among the women.
- **QUESTION 6:** Ask two women to be ready to read **PSALM 32:5** and **1 JOHN 1:9**. After the verse is read, ask for responses to the part we play and God's part.
- **QUESTION 7**: Assign someone to read Brother Lawrence's story found on page 16 in the book, then present the question and ask for a couple of responses.
- **QUESTION 8:** Read **PHILIPPIANS 3:12-14** aloud. Ask: What parts stood out most to you and why?
- **QUESTION 9:** Ask a few women to share their responses to the questions.

  NOTE: If women hesitate during these more personal questions, you may need to generalize the question. For instance: What are some things we as Christians can do to "take hold" of everything God has for us? What things might we need to leave "behind"?
- **QUESTION 10:** Have someone read the prayer found on page 3 of the study guide. Ask women to respond to the questions.
- **PRAYER:** Ask someone to close the discussion time with prayer.

MAKE A PLAN: (10 MINUTES)

Have a couple of women share the "Developing a Quiet Time" ideas they'd like to implement or tips that they've found helpful in deepening their personal time alone with God.

DVD-1 VIDEO: (23 MINUTES) Session 2—"A Heart Made New"

- Optional: Before starting the video, handout rock and piece of clay.
- Point women to the session 2 viewer guide page for taking notes.

RESPONSE: (7–15 MINUTES)

- Immediately after video, ask the women to turn ahead in their study guide and write their response to: "I sense the Lord saying…"
- If there is time, ask if anyone would like to share what spoke most to them.

CLOSING: (5 MINUTES)

- After the response time, invite anyone who would like more prayer to meet with you (or a member of your team) at the end of study.
- Go over the assignment instructions on the last page of this week's study.
- Close in prayer.

HAVING A MARY SPIRIT–WEEK THREE

PREPARATION:

- Print off "Table Talk" questions below– one sheet cut into strips for each table.
- Provide each woman a copy of the **PSALM 139** page [see "Additional Tools."] Have extra pens and Bibles on hand.
- Optional: Whiteboard and dry erase markers for "Make a Plan."

WELCOME: (10 MINUTES)

- Welcome ladies and open in prayer—If your group regularly takes prayer requests, there is space to record them on the last page of this week's study.
- Announcements.
- **MEMORY VERSE REVIEW**—Before class, have ladies review their verses. Then, during class, go over assigned verse as a group. (Point new members to the "Memorizing God's Word" sidebar in week 1.)

> *Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!* 2 CORINTHIANS 5:17

TABLE TALK: (15 MINUTES)

Place envelope on each table filled with fun questions printed on strips of paper. Have the ladies take turns drawing a question and answering:

- What was the worst fashion/style decision you ever made? (hair, clothes, makeup, etc.)
- Which room in your house would you like to renovate? What would it look like?
- Tell us about your favorite outfit from junior high.
- What one thing about you has changed most in the last 5 years?
- Share every shade of hair color you've had.
- What kind of activity do you find the most rejuvenating?
- What did you want to be when you were growing up? What would you like to be now?

TOOL TIME: MEDITATING ON SCRIPTURE (15 MINUTES)

- Turn to "Meditating on Scripture" sidebar in week 3 of study guide.
- **DVD-1 VIDEO**: View corresponding Tool Time video.
- **TOOL TIME EXERCISE:** Using the tips they've just learned, have women prayerfully read over **PSALM 139** [see "Additional Tools"]. Allow about 4–5 minutes for this, then ask a few women to share what spoke most to them.

DISCUSSION: (25 MINUTES)

NOTE TO LEADERS: This week's questions may feel a little personal. Sharing your honest struggle may help others open up as well. Generalizing the questions can help start the conversation.

- **INTRO:** Have someone read opening paragraphs in study guide.
- **QUESTION 1**: Ask if anyone would be willing to share their picture of Flesh Woman. Consider having someone act as a sketch artist, taking the descriptions provided by the group to come up with a picture of Flesh Woman and labels. If no one is artistic, brainstorm characteristics.
- **QUESTION 2**: Read over the "Profiling Flesh Woman" sidebar then ask: Which of these traits show up in your life? Have several women give their answers.
- **QUESTION 3**: Give a brief overview of **I SAMUEL 15:7-31** and ask what "Traits of a Carnal Mind" they see in Saul's life.
- **QUESTION 4**: Have someone read **ROMANS 7:15-25.** Have several women share what words or phrases stand out to them and why?
- **QUESTION 5**: Read the A.W. Tozer quote and discuss why we need to extract the "root of fallen life" in us. Optional lead-in or follow-up question: Why do you think it is so hard?
- **QUESTION 6**: Have someone read **ROMANS 8:1-3,** then ask: With **ROMANS 7** and the Tozer quote in mind, what do these verses mean to you?
- **QUESTION 7:** Assign the **VERSES** to be read aloud. Then one by one, have someone share what instruction the verse contains.
- **QUESTION 8**: Ask someone to share how these verses could help overcome Flesh Woman in their lives.
- **QUESTION 9:** Point out the differences I note between conviction and condemnation. Then explore the questions that follow together.
- **QUESTION 10:** To close out the session, ask for three volunteers to read one of the scripture portions and then respond in prayer to what they've read.
- **PRAYER:** End with a short prayer of your own.

MAKE A PLAN: (10 MINUTES)

As women share their "Make a Plan" homework, write down their ideas on a whiteboard split into two columns labelled "Starve Flesh" and "Feed Spirit."

OPTIONAL: "SEARCH ME, O GOD" JOURNAL PROMPTS

This segment is designed to cultivate an honest, private dialogue with God. If someone wants to share what they've discovered, that's great, but it shouldn't be expected.

DVD-1 VIDEO: (20 MINUTES) Session 3—"Whose Side Are You On?"

- Point women to the session 3 viewer guide page for taking notes.

RESPONSE: (7–15 MINUTES)

- Immediately after video, ask the women to turn to the next page in their study guide and write their response to: "I sense the Lord saying…"

- If there is time, ask if anyone would like to share what spoke most to them.

CLOSING: (5 MINUTES)

- Go over the assignment instructions on the last page of this week's study.
- **NOTE**: The upcoming week involves reading two chapters in *Having a Mary Spirit.* Encourage your ladies to start right away so that the assignment is not overwhelming.
- Close in prayer.

HAVING A MARY SPIRIT–WEEK FOUR

PREPARATION:

- Gather rolls of toilet paper needed for group activity.

WELCOME: (10 MINUTES)

- Welcome ladies and open in prayer—If your group regularly takes prayer requests, there is space to record them on the last page of this week's study.
- Announcements.
- **MEMORY VERSE REVIEW**—Before class, have ladies review their verses. Then, during class, go over the assigned verse as a group. (Point new members to the "Memorizing God's Word" sidebar in week 1.)

> *Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.* PSALM 139:23–24

GROUP ACTIVITY: TOILET PAPER DESIGNERS (12 MINUTES)

Divide into groups of five or six people. Provide each team four rolls of toilet paper, then using a team member as a model, instruct the teams they have seven minutes to create the best outfit possible using only the toilet paper. Have the group vote on the "best-dressed."

TOOL TIME: RECEIVING CORRECTION (10 MINUTES)

- Turn to "Receiving Correction" sidebar in week 4 of study guide.
- **ONLINE VIDEO**: View corresponding Tool Time video.
- Ask a few women to share how receiving correction from the Lord has helped them change.

> **LEADER**: Consider sharing something from your life to encourage honesty and openness among the women.

DISCUSSION: (25 MINUTES)

- **INTRO:** Have someone read opening paragraphs in study guide.
- **QUESTION 1**: Read question and have women share around their table what their personal seismograph looks like.
- **QUESTION 2**: Have someone read the opening of chapter 4 on page 41-42 in the book. Have several women respond to the question.

> **NOTE**: Be careful not to let this become a gossip/gripe session. Keep the focus on our wrong responses.

- **QUESTION 3:** Referring to **ROMANS 8:5-9,** ask women to share what byproducts they connected to the "sinful nature" and to the "Spirit-led nature." Follow-up question: Did you discover anything new in this exercise?
- **QUESTION 4**: Read **ROMANS 8:10-11** and discuss question.

- **QUESTION 5**: Assign the four verses to be read aloud, then identify the way the Holy Spirit helps us. Ask several women to share which type of help they currently need or have found invaluable in the past.
- **QUESTION 6:** Refer to the "Four False Beliefs" sidebar. As you read them one-by-one, ask if anyone would be willing to share how that belief has influenced them, and how replacing it with God's truth would change their lives.
- **QUESTION 7**: Have someone read **HEBREWS 12:4-11.** Ask: Which phrases mean the most to you and why? Which ones make you uncomfortable?
- **QUESTION 8:** Discuss the "harvest of righteousness and peace" that comes from receiving God's discipline.
- **QUESTION 9:** Read **2 CORINTHIANS 12:7-10** and discuss the questions that follow. Ask: How can we develop the kind of perspective Paul had toward difficulties and trials? How would that perspective change the way you live?
- **PRAYER:** Have the women break into groups of two or three and pray for one another, asking God for a new perspective on the challenges they face.

Make a Plan: (10 minutes)

Read over the "Being Led" sidebar from study guide (page 36). Ask women to share how they've sensed God's leading them in their lives and ways they could better cooperate with His leading.

Optional: "Search Me, O God" Journal Prompts

This segment is designed to cultivate an honest, private dialogue with God. If someone wants to share what they've discovered, that's great, but it shouldn't be expected.

DVD-1 Video: (20 minutes) Session 4—"Fault Lines of the Soul"

- Point women to the session 4 viewer guide page for taking notes.

Response: (7–15 minutes)

- Immediately after video, ask the women to turn to the next page in their study guide and write their response to: "I sense the Lord saying…"
- If there is time, ask if anyone would like to share what spoke most to them.

Closing: (5 minutes)

- Go over the assignment instructions on the last page of this week's study.
- Close in prayer.

HAVING A MARY SPIRIT–WEEK FIVE

WELCOME: (10 MINUTES)

- Welcome ladies and open in prayer—If your group regularly takes prayer requests, there is space to record them on the last page of this week's study.
- Announcements.
- **MEMORY VERSE REVIEW**—Before class, have ladies review their verses. Then, during class, go over the assigned verse as a group. If the verse is too long for some, encourage them to memorize the first sentence. (Point new members to the "Memorizing God's Word" sidebar in week 1.)

> *I have been crucified with Christ and I no longer live, but Christ lives in me. The life I live in the body, I live by faith in the Son of God, who loved me and gave himself for me.* GALATIANS 2:20

TABLE ACTIVITY: DREAM HOME MAKEOVER (12 MINUTES)

Assign each table a room in an imaginary "Dream Home" you'll create as a class. Such as: living room, kitchen, master bedroom, master bath, family room, guest room, etc. Encourage them to be creative (even far out and wacky!) as they write down their ideas of a perfect room. Have a spokesperson from each table share their descriptions – but allow other people to add their ideas as well. Have fun dream-decorating!

TOOL TIME: CHOOSING HUMILITY (10 MINUTES)

- Turn to "Choosing Humility" sidebar in week 5 of study guide.
- **ONLINE**: View corresponding Tool Time video.
- After video, discuss the importance of humility. If time, read and discuss: **MATTHEW 11:29; EPHESIANS 4:1-3; 1 PETER 5:5**

DISCUSSION: (25 MINUTES)

- **INTRO:** Have someone read opening paragraphs in study guide.
- **QUESTION 1**: Brainstorm the different types of motion pictures that could describe people's lives. Have the women go around their table and share which type best depict their personal story.
- **QUESTION 2:** Discuss question of their personal kind of "muscle memory." Ask: Where do you think it came from?
- **QUESTION 3**: Assign **VERSES** to be read. Afterwards, ask: According to these verses, how does sin work in us?
- **QUESTION 4**: Assign **VERSES** to be read. Afterwards, ask: According to these verses, what has Jesus worked for us? Follow-up question: What spoke most to you from comparing the two – sin's work vs. Christ's work?
- **QUESTION 5**: Read **ROMANS 6:11-13.** Ask women to share the "Do" and "Don't Do" things they discovered in these verses.

- **QUESTION 6:** Have two people read **ROMANS 6:14** and **8:12.** Discuss how our lives would be different if we really understood we are no longer under obligation to our sinful nature.
- **QUESTION 7:** Read the "Dangers of Self-Examination" sidebar. Ask women what spoke most to them. Then ask someone to read and share what **1 JOHN 3:19-20** meant to them personally.
- **QUESTION 8:** Read the question and then the verse, pausing at the blanks to allow the women to fill them in. Discuss questions.
- **QUESTION 9:** Have someone read **REVELATION 12:11.** Ask: According to this verse, what three ways can we "overcome" the devil? Which of these mean the most to you, and why?
- **QUESTION 10:** Read the verse as worded, then discuss the question. Point them to the third point they listed in question #9 and discuss the last question.
- **PRAYER:** Ask the ladies to quiet their hearts and ask God to reveal anything He would like to change in them. Conclude with a prayer that God would have His way in each one.

Make a Plan: (10 minutes)

Ask women to share how it would affect their lives if they believed the five declarations from Beth Moore's *Believing God*. Ask: why is it important to declare God's truth out loud?

Optional: "Search Me, O God" Journal Prompts

This segment is designed to cultivate an honest, private dialogue with God. If someone wants to share what they've discovered, that's great, but it shouldn't be expected.

DVD-2 Video: (20 minutes) Session 5—"From Death to Life"

- Point women to the session 5 viewer guide page for taking notes.

Response: (7–15 minutes)

- Immediately after video, ask the women to turn to the next page in their study guide and write their response to: "I sense the Lord saying…"
- If there is time, ask if anyone would like to share what spoke most to them.

Closing: (5 minutes)

- Go over the assignment instructions on the last page of this week's study.
- **NOTE**: The upcoming week involves reading two chapters in *Having a Mary Spirit.* Encourage your ladies to start right away so that the assignment is not overwhelming.
- Close in prayer.

HAVING A MARY SPIRIT–WEEK SIX

PREPARATION:

- Make copies of the "30-Second Rule." [See "Additional Tools."]

WELCOME: (10 MINUTES)

- Welcome ladies and open in prayer—If your group regularly takes prayer requests, there is space to record them on the last page of this week's study.
- Announcements.
- **MEMORY VERSE REVIEW**—Before class, have ladies review their verses. Then, during class, go over the assigned verse as a group. (Point new members to the "Memorizing God's Word" sidebar in week 1.)

> *Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.* PHILIPPIANS 4:8

TABLE TALK: 30-SECOND RULE (10 MINUTES)

Handout the "30-Second Rule" flyer to each woman. After reading it together, have the tables discuss the implications this idea has for their lives. Some questions to consider:

- Why do you think the "emotions" which grow out of our thoughts are harder to overcome than the actual thought?
- How would your life be different if you put this rule into practice?

TOOL TIME: RENEWING YOUR MIND (10 MINUTES)

- Turn to "Renewing Your Mind" sidebar in week 6 of study guide.
- **ONLINE VIDEO**: View corresponding Tool Time video.
- After video, have women share Bible verses that have been powerful in their lives. Consider compiling and printing the verses mentioned to hand out next week.

DISCUSSION: (25 MINUTES)

- **INTRO:** Have someone read opening paragraphs in study guide.
- **QUESTION 1**: Read the question, then have women share their responses.
- **QUESTION 2**: Referring to the story of Mary's angelic encounter in **LUKE 1:26-38,** discuss the questions.
- **QUESTION 3:** After reading each verse and its corresponding statement, ask if anyone chose that response as one they needed to imitate most right now. Ask if they'd be willing to share why they chose it?
- **QUESTION 4**: Give a brief overview of the story involved in each character's life, then ask women to identify God's "request" and the "result" of obedience in each man's life. Follow-up question: Can you think of other Bible characters whose obedience to God's request resulted in something good?

- **QUESTION 5:** Have someone read **ISAIAH 6:8.** This exercise may be a little personal. You may want to open it up to stories of past obedience, share a story from your own life or discuss the difficulties of saying yes to God's call as well as the blessings.
- **QUESTION 6**: Have someone read **EPHESIANS 4:25-43**, then say: "In chapter 8, we discussed the importance of our thought life. According to these verses, what is the result of being "made new in the attitude of [our] minds? Which one of these do you need the Holy Spirit's help with most?
- **QUESTION 7:** Read the Joyce Meyer quote and ask several women to share their responses to the questions.
- **QUESTION 8:** Ask several women to share how these verses spoke to them.
- **QUESTION 9:** Point the women to the "What I Know, Not What I Feel" sidebar. Ask if anyone would be willing to share what they wrote down. Discuss with group: How would our lives be different if we lived by what we know to be God's truth rather than by what we feel?
- **PRAYER:** Ask if a couple of ladies would respond to the Lord in prayer to one of the verses. Finish with a short prayer of your own.

MAKE A PLAN: (10 MINUTES)

This week we were asked to "take captive" our negative thoughts. Have women share what they did, how it felt, and what they learned.

From Joanna: Listen, girls! The battle for our minds isn't a one-time skirmish we're facing. It is a long-term, hard-fought war. But I'm learning that small victories add up to great triumphs! So don't get weary in well-doing – keep exercising your God-given authority over your thought life and Satan will have to flee!

OPTIONAL: "SEARCH ME, O GOD" JOURNAL PROMPTS

This segment is designed to cultivate an honest, private dialogue with God. If someone wants to share what they've discovered, that's great, but it shouldn't be expected.

DVD-2 VIDEO: (17 MINUTES)

Session 6—"A Disciplined Mind"

- Point women to the session 6 viewer guide page for taking notes.

RESPONSE: (7–15 MINUTES)

- Immediately after video, ask the women to turn to the next page in their study guide and write their response to: "I sense the Lord saying…"
- If there is time, ask if anyone would like to share what spoke most to them.

CLOSING: (5 MINUTES)

- Go over the assignment instructions on the last page of this week's study.
- Close in prayer.

HAVING A MARY SPIRIT–WEEK SEVEN

WELCOME: (10 MINUTES)

- Welcome ladies and open in prayer—If your group regularly takes prayer requests, there is space to record them on the last page of this week's study.
- Announcements.
- **MEMORY VERSE REVIEW**—Before class, have ladies review their verses. Then, during class, go over the assigned verse as a group. (Point new members to the "Memorizing God's Word" sidebar in week 1.)

> *Above all else, guard your heart, for it is the wellspring of life.*
> PROVERBS 4:23

TABLE TALK: (10 MINUTES)

Discuss the following questions around the table:

- If you had enough resources, money or time, what specific thing in your life would you like to change? How would you change it?
- What tends to sidetrack people from lasting change – especially on a personal level? What things have sidetracked you?

TOOL TIME: REFUSING GOSSIP (10 MINUTES)

- Turn to "Refusing Gossip" sidebar in week 7 of study guide.
- **ONLINE VIDEO**: View corresponding Tool Time video.
- After video, ask women to share how they avoid gossip. If time, read and discuss **PROVERBS 20:19** and **1 TIMOTHY 5:13.**

DISCUSSION: (25 MINUTES)

- **INTRO:** Have someone read opening paragraphs in study guide.
- **QUESTION 1**: Go through the different categories of housekeeping styles and ask who, by raised hand, falls into that category. Then give people a chance to share what they'd rather be and what keeps them from getting there.
- **QUESTION 2**: Read the "Keeper of the Spring" story on page 123-24 in the book. Ask women to share the obstacles that block the flow of living water in their lives.
- **QUESTION 3:** Have women open their Bibles to **PROVERBS 4:23-27** as someone reads it out loud. Ask: Which phrases or words stood out to you in this portion, and why?
- **QUESTION 4:** Now have them turn to **EPHESIANS 5:1-7** and discuss the question.
- **QUESTION 5:** From **EPHESIANS 5:2, 8-21**, ask women to identify the things we should do instead. Have a couple of women share what they want to work on right now.
- **QUESTION 6**: Briefly share Lauraine's story on pages 128-29 and read **GALATIANS 6:7.** Ask: What do you think of this idea of "sowing" something

different today so that we can "harvest" something different tomorrow?

- **QUESTION 7:** Assign **VERSES** to be read one at a time. After each verse, ask: What was the "instruction" in this verse and what was the "benefit" of following that instruction? Follow-up: Which of these verses speak most to you?
- **QUESTION 8:** Read the "Others May – You Cannot" sidebar. Ask several women to share the personal convictions that have proved valuable in their lives.
- **QUESTION 9:** As a follow-up, present this question for discussion.
- **QUESTION 10:** Have a few women share the different versions they found for **1 JOHN 1:9.** Ask: According to this verse, what is our part? What is God's part? Follow-up: How would your life be different if you really accepted the forgiveness of the Lord?

  NOTE: You may want to share with women how they can access different versions of the Bible – online, phone apps, library, etc.

- **PRAYER:** Ask several women to lead out in prayer, thanking God for the incredible gift of forgiveness.

MAKE A PLAN: (10 MINUTES)

Ask if anyone is willing to share the covenant and guidelines they came up with concerning their weak places. If no one feels comfortable, brainstorm covenants and guidelines that could be made concerning one or more of the following areas: jealousy, lust, unhealthy friendships, financial responsibility, integrity, etc.

OPTIONAL: "SEARCH ME, O GOD" JOURNAL PROMPTS

This segment is designed to cultivate an honest, private dialogue with God. If someone wants to share what they've discovered, that's great, but it shouldn't be expected.

DVD-2 VIDEO: (20 MINUTES) Session 7—"Matters of the Heart"

- Point women to the session 7 viewer guide page for taking notes.

RESPONSE: (7–15 MINUTES)

- Immediately after video, ask the women to turn to the next page in their study guide and write their response to: "I sense the Lord saying…"
- If there is time, ask if anyone would like to share what spoke most to them.

CLOSING: (5 MINUTES)

- Go over the assignment instructions on the last page of this week's study.
- Close in prayer.

HAVING A MARY SPIRIT–WEEK EIGHT

PREPARATION:

- Gather prescription bottles and print off "RX for Worry" labels and verses. Provide plenty of scissors and tape for each table. [See "Additional Tools"].
- Optional: Have a large mirror on stand and dry erase markers available for use at end of video.

WELCOME: (10 MINUTES)

- Welcome ladies and open in prayer—If your group regularly takes prayer requests, there is space to record them on the last page of this week's study.
- Announcements.
- **MEMORY VERSE REVIEW**—Before class, have ladies practice their verses in pairs. Then, during class, go over the assigned verse as a group. (Point new members to the "Memorizing God's Word" sidebar in week 1.)

> *For God has not given us a spirit of fear, but of power and of love and of a sound mind.* 2 TIMOTHY 1:7, NKJV

TOOL TIME: OVERCOMING WORRY (10 MINUTES)

- Turn to "Overcoming Worry" sidebar in week 8 of study guide.
- **ONLINE VIDEO**: View corresponding Tool Time video.
- After video, have women share what helps them overcome worry.

OPTIONAL GROUP ACTIVITY: RX FOR FEAR (15 MINUTES)

NEED: Prescription bottles. Print sheet of verses for each woman [see "Additional Tools"] as well as the label available online. Provide plenty of scissors and tape.

INSTRUCTION: Have women place the label on their bottle then cut the verses into long strips. Rolling them up into a tight bundle, have them secure the "verse pills" with tape and place them into the bottle. "Take as needed" – that's the prescription for the Word of God!

DISCUSSION: (25 MINUTES)

- **INTRO:** Have someone read opening paragraphs in study guide.
- **QUESTION 1**: Have women share where they fell on the "worrier scale." Brainstorm this question: What is the main thing women tend to worry about?
- **QUESTION 2**: When it comes to being quiet and gentle, ask women to share where they charted themselves on the scale and why.
- **QUESTION 3:** Have the women open to **1 PETER 3:3-6.** Assign six women to read the remaining **VERSES**. Discuss what the corresponding scriptures teach us about each quality listed in 1 Peter.
- **QUESTION 4**: Now ask them to turn to **PROVERBS 31:10-31.** Discuss the evidences of a fearless beauty you see in this virtuous woman.
- **QUESTION 5:** Have several women share their responses to this question.

- **QUESTION 6:** Assign **VERSES** to be read aloud. Ask: What spoke most to you from this exercise?
- **QUESTION 7:** Read **ROMANS 8:38-39** slowly, asking the women to really listen to what is being said. Discuss the questions.
- **QUESTION 8:** Have someone read The Message paraphrase of **ROMANS 8:1-2.** Ask if anyone would be willing to share the prayer they wrote in response.
- **QUESTION 9:** Invite several women to share a verse they found on "fear" and what it means to them.
- **PRAYER:** Encourage women to turn their fears over to the Lord as you lead them in prayer.

Make a Plan: (10 minutes)

Ask the women to share which "Fear Buster" tip they found most helpful. Ask if anyone had trouble finding a verse that applies to their situation, then as a group brainstorm verses that might help.

Optional: "Search Me, O God" Journal Prompts

This segment is designed to cultivate an honest, private dialogue with God. If someone wants to share what they've discovered, that's great, but it shouldn't be expected.

DVD-2 Video: (20 minutes) Session 8—"Beauty Secrets"

- Point women to the session 8 viewer guide page for taking notes.
- Optional: Place a large mirror on stand with dry erase markers to be available after the video. It will be used as it is in the video - See script below…

Response: (7–15 minutes)

- Optional SCRIPT: "We all have things that have scarred our understanding of who we are in Christ. During the response time, I want to invite you to come up and write what you need to release to the Lord today. This time is between you and the Lord…
- Invite women to turn to the next page in their study guide and write their response to: "I sense the Lord saying…"
- If there is time, ask if anyone would like to share what spoke most to them.
- Offer to be available after the study if anyone would like more prayer.

Closing: (5 minutes)

- Go over the assignment instructions on the last page of this week's study.
- **NOTE**: Because participants will be asked to look for ways to fulfill their "Make a Plan" homework this week, encourage them to look at that portion as soon as possible.
- Close in prayer.

HAVING A MARY SPIRIT–WEEK NINE

PREPARATION:

- Print off sets of large scale memory verses [see "Additional Tools"].

WELCOME: (10 MINUTES)

- Welcome ladies and open in prayer—If your group regularly takes prayer requests, there is space to record them on the last page of this week's study
- Announcements.
- **MEMORY VERSE REVIEW**—Before class, have ladies review their verses. Then, during class, go over the assigned verse as a group. (Point new members to the "Memorizing God's Word" sidebar in week 1.)

> *Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.* EPHESIANS 4:32

TOOL TIME: DECIDING TO FORGIVE (10 MINUTES)

- Turn to "Deciding to Forgive" sidebar in week 9 of study guide.
- **ONLINE VIDEO:** View corresponding Tool Time video.
- After video, ask a few follow-up questions: What hinders our ability to forgive? Why is it so important that we do? Take a moment to pray for God's help.

TABLE ACTIVITY: MEMORY VERSE SCRAMBLE (12 MINUTES)

Enlarge and print copies of each memory verse on cardstock, then cut into puzzle shapes. After each table has received an envelope containing all the puzzle pieces, give the signal to unscramble and put together the verses as quickly as possible. First team to put all the puzzle verses together wins.

DISCUSSION: (25 MINUTES)

- **INTRO:** Have someone read opening paragraphs in study guide.
- **QUESTION 1:** Read the quote on bitterness and discuss the questions. Follow-up: How could you better manage both the big things and the little irritants of life?
- **QUESTION 2**: Have someone read the story from page 164 in the book. Ask: How has keeping a record of wrongs affected your relationships? How would your life be different if you surrendered that record to God?
- **QUESTION 3:** With everyone's Bible opened to **GENESIS 4:1-12,** work through the questions. Ask several women to share the lessons they gleaned from the story.
- **QUESTION 4**: Read each statement and have women identify the verse it came from. Ask: Which one of these statements have you found the hardest, yet most important in your life when it comes to forgiveness?
- **QUESTION 5:** Have someone read **2 CORINTHIANS 2:5-11.** Ask: Why is verse 11 so important?

- **QUESTION 6:** Give an overview of R.T. Kendall's struggle to forgive found on pages 154-55 in the book, then share his "daily commitment to forgive" on page 160. Discuss the question.
- **QUESTION 7:** Ask women to turn to **ROMANS 12:14-21** as you read it aloud. Brainstorm responses from the passage and ask women which one they find easiest and hardest.
- **QUESTION 8:** Point women to "The Shriveled Soul Syndrome" sidebar. Have several women share which strategy spoke most to them and why.
- **QUESTION 9:** Briefly describe Booker T. Washington's story found on page 167 in the book. Then have someone read **PROVERBS 19:11** and any other translations they came across. Follow-up: Why is being offended so dangerous?
- **QUESTION 10:** Have everyone turn in Bibles to **1 PETER 2:21-23.** Brainstorm the things we can learn from Jesus's response to injustice.
- **PRAYER:** Ask a couple of women to lead out in prayer concerning our need for Christ-like responses during difficult times in our lives.

MAKE A PLAN: (10 MINUTES)

Say: "This past week we were asked to look at a situation that caused us pain from the other person's point of view. Would anyone be willing to share what that process was like for you?"

From Joanna: I realize that this week's "Make a Plan" may have been difficult. In fact, you may not have been able to see through the pain in order to view the situation from the other person's side. But I want to encourage you to continue to ask God for perspective. Though it may not change your heart completely, developing empathy for those involved, can go a long way to healing the wound. So keep choosing to love.

OPTIONAL: "SEARCH ME, O GOD" JOURNAL PROMPTS

This segment is designed to cultivate an honest, private dialogue with God. If someone wants to share what they've discovered, that's great, but it shouldn't be expected.

DVD-3 VIDEO: (20 MINUTES)

Session 9—"Beware the Bitter Root"

- Point women to the session 9 viewer guide page for taking notes.

RESPONSE: (7–15 MINUTES)

- Immediately after video, ask the women to turn to the next page in their study guide and write their response to: "I sense the Lord saying…"
- If there is time, ask if anyone would like to share what spoke most to them.

CLOSING: (5 MINUTES)

- Go over the assignment instructions on the last page of this week's study.
- **NOTE**: This week involves reading two chapters in *Having a Mary Spirit.* Encourage your ladies to start right away so that the assignment is not overwhelming.
- Close in prayer.

HAVING A MARY SPIRIT–WEEK TEN

PREPARATION:

- Gather items needed for the "Quick Change Relay" as described below.

WELCOME: (10 MINUTES)

- Welcome ladies and open in prayer—If your group regularly takes prayer requests, there is space to record them on the last page of this week's study.
- Announcements.
- **MEMORY VERSE REVIEW**—Before class, have ladies practice their verses in pairs. Then, during class, go over the assigned verse as a group. (Point new members to the "Memorizing God's Word" sidebar in week 1.)

> *He has showed you, O man, what is good. And what does the LORD require of you? To act justly and to love mercy and to walk humbly with your God.* MICAH 6:8

TOOL TIME: ACCESSING GOD'S GRACE (10 MINUTES)

- Turn to "Accessing God's Grace" sidebar in week 10 of study guide.
- **ONLINE VIDEO**: View corresponding Tool Time video.
- After video, have a few women share the "space of grace" they've experienced in their lives.

OPTIONAL ACTIVITY: "QUICK CHANGE" RELAY (15 MINUTES)

NEEDED: Gather two piles of items (one for each team) that include things that can be put on over clothes: oversized clothing and undergarments, swimwear, coats, hats, scarves, sunglasses, boots, high heels, etc.

INSTRUCTIONS: Teams must race, one person at a time, to the pile and put on an item of clothing. Returning to the team, they must take the item off before the next person can go. First team finished, wins. OPTION: Rather than dividing into teams, ask for two volunteers to race against each other to put all the items on, then race back to take them off. First one finished, wins.

DISCUSSION: (25 MINUTES)

- **INTRO:** Have someone read opening paragraphs in study guide.
- **QUESTION 1:** Since we're talking about humility, ask women to share an embarrassing moment or silly thing they've done.
- **QUESTION 2**: Ask how many women had a chance to do the "Pride Test" in their study guide. If the majority haven't, give them time to do it. Discuss their findings.
- **QUESTION 3:** One by one, give an overview of Uzziah and Haman's stories, then ask: What part did pride play in his downfall? What was the result?

- **QUESTION 4**: Ask someone to give a brief synopsis of King Nebuchadnezzar's story found in **DANIEL 28-37.** Ask if anyone would be willing to share a time God humbled them and what they learned. Have someone read their version of **DANIEL 4:37.**
- **QUESTION 5:** Assign women to read the six **VERSES** and identify which blessing of humility corresponds with their verse. Follow-up: Which one of these verses speak most to you, and why?
- **QUESTION 6:** Turn in Bibles to **2 PETER 1:5-7** and discuss the qualities that we are to add to our faith. Ask: Which one are you experiencing progress in? Which one do you need the Lord's help to cultivate? What does the phrase "make every effort" mean to you? Have someone read **Verse 8.**
- **QUESTION 7:** Have someone read **1 CORINTHIANS 10:13** out loud. Discuss what key words or phrases stand out and why.
- **QUESTION 8:** Give an overview of the story I tell about my friend Cheryl (found on pages 188-89 in the book). Ask a couple of people to describe a time God provided a way out for them.
- **QUESTION 9:** Read the story of the "Yo-Yo Prayer" on pages 192-93 in the book. Discuss the questions that follow.
- **QUESTION 10:** Have someone read **GALATIANS 6:9.**
- **PRAYER:** Ask someone to pray over the things that you've discussed.

MAKE A PLAN: (10 MINUTES)

This exercise may feel too personal to share, but ask the women which questions helped them pinpoint areas that need to be surrendered to God. Ask: How could "baby steps" and an accountability partner be helpful in dealing with these kinds of areas?

NOTE: This is a great opportunity for you as a teacher to model transparency and teachability.

OPTIONAL: "SEARCH ME, O GOD" JOURNAL PROMPTS

This segment is designed to cultivate an honest, private dialogue with God. If someone wants to share what they've discovered, that's great, but it shouldn't be expected.

DVD-3 VIDEO: (21 MINUTES) Session 10—"Spiritual Fitness 101"

- Point women to the session 10 viewer guide page for taking notes.

RESPONSE: (7–15 MINUTES)

- Immediately after video, ask the women to turn to the next page in their study guide and write their response to: "I sense the Lord saying…"
- If there is time, ask if anyone would like to share what spoke most to them.

CLOSING: (5 MINUTES)

- Go over the assignment instructions on the last page of this week's study.
- Close in prayer.

HAVING A MARY SPIRIT–WEEK ELEVEN

PREPARATION:

- Optional: Whiteboard and dry erase markers for discussion time.

WELCOME: (10 MINUTES)

- Welcome ladies and open in prayer—If your group regularly takes prayer requests, there is space to record them on the last page of this week's study.
- Announcements.
- **MEMORY VERSE REVIEW**—Before class, have ladies practice their verses in pairs. Then, during class, go over the assigned verse as a group. (Point new members to the "Memorizing God's Word" sidebar in week 1.)

> *May the words of my mouth and the meditation of my heart be pleasing in your sight, O LORD, my Rock and my Redeemer.*
> PSALM 19:14

TABLE TALK: (10 MINUTES)

Go around the table, asking women to share words that have impacted their lives. Things like:

- Best advice
- Most powerful quote
- Affirmations or encouragement
- Life-changing book
- Poems or stories
- Other

Follow-up with this question: Why do you think words are so powerful?

TOOL TIME: BEING ACCOUNTABLE (10 MINUTES)

- Turn to "Being Accountable" sidebar in week 11 of study guide.
- **ONLINE VIDEO**: View corresponding Tool Time video.
- After video, read **JAMES 5:16.** Ask: Why is it so hard to be honest about our weak places? In what kind of situations could a godly accountability partner be helpful?

DISCUSSION: (25 MINUTES)

- **INTRO:** Have someone read opening paragraphs in study guide.
- **QUESTION 1:** Ask the ladies to discuss these questions around their table. Or brainstorm the qualities of an encouraging person on a whiteboard.
- **QUESTION 2**: Point to thermometer and ask the women to consider where the health of their speech falls. Ask: What kind of situations make you run hot? What kind makes you turn cold?
- **QUESTION 3:** Have women turn in their Bibles to **JAMES 3:2-12** and work through the questions together.
- **QUESTION 4**: Now have them turn to **2 TIMOTHY 2** and work through the "instructions" and "reasons" found in the verses listed. Follow-up: Which one of these verses do you currently need most in your life?

- **QUESTION 5:** On a whiteboard, make two columns: "Wise/Righteous Tongue" and "Foolish/Evil Tongue." Ask the women to speak out the contrasting characteristics they see in **PROVERBS 12:13-19.** Ask: What stood out to you from these verses?
- **QUESTION 6:** Ask someone to read **JAMES 1:19.** List the three-fold advice then discuss the questions. Ask if anyone would be willing to share their prayer.
- **QUESTION 7:** Read the "Keep Still!" sidebar, then work through the questions together. Follow-up: How do you determine when you are or are not to speak?
- **QUESTION 8:** Have someone read **MATTHEW 12:36-37** and discuss why our words are so important.
- **QUESTION 9:** Assign the verses to be read aloud one at a time, then discuss how they relate to the way we speak to ourselves.
- **QUESTION 10:** Ask if someone would share their rewrite of David's prayer in **PSALM 19:14.** Follow-up: Why is this such a valuable prayer?
- **PRAYER:** Ask the women to divide into groups of two or three and humbly ask God to heal the way we talk.

Make a Plan: (10 minutes)

Read **ISAIAH 50:4**. Ask women to share what "encouraging words" have meant to them in the past. Discuss practical ways we could minister encouragement to people in our lives.

Optional: "Search Me, O God" Journal Prompts

This segment is designed to cultivate an honest, private dialogue with God. If someone wants to share what they've discovered, that's great, but it shouldn't be expected.

DVD-3 Video: (19 minutes) Session 11—"Speech Therapy"

- Point women to the session 11 viewer guide page for taking notes.

Response: (7–15 minutes)

- Immediately after video, ask the women to turn to the next page in their study guide and write their response to: "I sense the Lord saying…"
- If there is time, ask if anyone would like to share what spoke most to them.

Closing: (5 minutes)

- Go over the assignment instructions on the last page of this week's study.
- **NOTE**: This week involves reading two chapters in *Having a Mary Spirit.* Encourage your ladies to start right away so that the assignment is not overwhelming.
- Close in prayer.

HAVING A MARY SPIRIT–WEEK TWELVE

PREPARATION:

- Blindfolds for optional activity.
- Be ready to return the envelopes holding responses from Week 1's "Make a Plan" homework.
- Optional: Whiteboard and dry erase markers for discussion time.
- If you plan to have a potluck luncheon today, be sure to have eating utensils and beverages available.
- Plan to say thank you to your small group leaders.
- Be prepared, if possible, to announce the study you've chosen to do next.

WELCOME: (10 MINUTES)

- Welcome ladies and open in prayer—If your group regularly takes prayer requests, there is space to record them on the last page of this week's study.
- Announcements.
- **MEMORY VERSE REVIEW**—Before class, have ladies practice their verses in pairs. Then, during class, go over the assigned verse as a group. (Point new members to the "Memorizing God's Word" sidebar in week 1.)

Now to Him who is able to keep you from stumbling, and to present you faultless before the presence of His glory with exceeding joy.
JUDE 1:24, NKJV

GROUP ACTIVITY: FOLLOWING THE MASTER (12 MINUTES)

Ask for three sets of volunteers who know each other fairly well. Blindfolding one, have the other stand at the opposite end of the room and give instructions as to how to maneuver through the tables (or obstacle course set up in advance.) The goal is to listen to the right voice though it is being drowned out by the other voices giving instructions.

TOOL TIME: MOVING FORWARD (10 MINUTES)

- Turn to "Moving Forward" sidebar in week 12 of study guide.
- **ONLINE VIDEO**: View corresponding Tool Time video.
- After video, ask women to share what spoke most to them from the video. Follow-up question: What other things could we do to keep the moving forward in our pursuit of Christ-likeness?

DISCUSSION: (25 MINUTES)

- **INTRO:** Have someone read opening paragraphs in study guide.
- **QUESTION 1:** Read the "Beggar Story" found on pages 213-14 in the book. Ask if anyone is willing to share their answer to the question. Or generalize it by brainstorming some of the unhealthy things we tend to carry around.

- **QUESTION 2**: Assign **VERSES** to be read. After each one, identify the type of "clothing" God provides. Follow-up: Which of these verses speak the most to you?
- **QUESTION 3:** Read C.S. Lewis's entire two-part quote found on page 221 in the book. Discuss the questions.
- **QUESTION 4**: On a whiteboard, make two columns: "Take Off" and "Put On," then have the women turn to the verses listed and identify the patterns and behaviors that go under each column.
- **QUESTION 5:** Give a brief overview of the "Fly Lady" approach to housekeeping found on page 215 in the book, then read through the points listed in the "Doing the 27 Spiritual Fling Boogie" sidebar in their study guide. Ask women to share what they wrote down as things they need to discard and any additional items. Follow-up: In what specific ways would your life be different if you discarded just one of those things?
- **QUESTION 6:** Ask if anyone would be willing to share what they wrote as the description of what they want to be "in Christ." Consider sharing your own.
- **QUESTION 7:** Assign **VERSES**, then read them aloud one by one. Ask: Which one of these verses speaks the most to you, and why?
- **QUESTION 8:** Have everyone turn to **COLOSSIANS 3:1-17.** Ask several women to share the words or phrases that spoke most to them and how they want to apply them to their lives.
- **QUESTION 9:** Read **REVELATION 21:5** (found in the question). Discuss question.
- **QUESTION 10:** Read **PHILIPPIANS 1:6,** then ask if anyone would be willing to share the prayer they wrote as a response.
- **HANDOUT:** Open the "Make a Plan" envelopes class members filled out in Week One. Ask a few women to share what has changed over course of study.

Make a Plan: (10 minutes)

Ask several people to share which aspects of the study have been most helpful to them. Then ask a few to share what they wrote down as their "Priority #1," and what action step they plan to take.

Optional: "Search Me, O God" Journal Prompts

This segment is designed to cultivate an honest, private dialogue with God. If someone wants to share what they've discovered, that's great, but it shouldn't be expected.

DVD-3 Video: (17 minutes) Session 12—"Gentle Shepherd"

- Point women to the session 12 viewer guide page for taking notes.

Response: (7–15 minutes)

- Immediately after video, ask the women to turn to the next page in their study guide and write their response to: "I sense the Lord saying…"
- If there is time, ask if anyone would like to share what spoke most to them.

Closing: (10 minutes)

- Read my closing note at the end of week 12 in the study guide, including the suggestions I give. Then, as their leader, share your own thoughts and words of encouragement.
- Express your gratitude to your small group leaders and other helpers.
- Ask the women to pray for one another in pairs or around their table.
- Pray a benediction of blessing over this special group of women.
- If you know what study you are doing next, give them a preview to build anticipation.
- **NOTE**: Give them a big hug from me! Oh, how I wish I was there.

Optional Luncheon:

- As you eat and fellowship together, continue sharing what the Lord spoke to your hearts. Celebrate what He has done and what He is going to do!
- Love on each woman and let her know how much it has meant to have her in your class.

HAVING A MARY SPIRIT–Bonus Session

Built around an extended time alone with God and an optional luncheon, this Bonus Session is an excellent way to close out your study. It can be used as a final session with 1–1½ hours dedicated to prayer or an actual four-hour "Half-Day of Prayer" scheduled on a Saturday or Sunday afternoon (which I suggest for studies limited to an hour). Though this may be intimidating for some of your ladies, I can promise that whatever format you choose, it will be a rich day none of you ever forget!

Assignment:

(If used as an extra study week, assign at end of week 12)

- Encourage women to use tips found in both "Meditating on Scripture" sidebar (Week Three).
- Assign the "Bible Reading Highlight" template pages in back of guide as homework for the week. For those unsure where to read in the Bible, point them to the suggestions in opening paragraphs of the template section.
- Encourage the women to wear comfortable clothes and to come prepared for their time with the Lord. Remind them to bring their Bible and a notebook or journal and anything else that would supplement their time with God.
- Give your ladies advance notice of the time they will have alone with God (1–1½ hours on a study day and 3½ –4 hours on a separate half-day of prayer.)
- If doing optional potluck luncheon, ask women to bring a dish.

Preparation:

Before Scheduled Half-Day of Prayer:

- Tour your facility and arrange to have access to as many rooms as possible. Though women won't have a room to themselves, make sure you have enough space to allow some privacy.

On day of session:

- Check preselected rooms to make sure they are clean and marked as designated prayer spaces. In large areas such as a main auditorium, you might want to have worship music playing very softly.
- Provide coffee and water bottles for women to take to rooms. A basket of granola bars and/or fruit is also a nice touch.
- Prepare a table of quiet-time resources: various translations of the Bible, devotionals, commentaries, concordances, "scripture compilation" books, and other Christian books. Have extra pens and paper on hand as well. A few empty journals are nice for women who'd like to use one.
- If having lunch together, make any necessary preparations.

Welcome: (8 minutes)

- Welcome ladies.
- Go over the day's schedule. Let the women know what time and where you will come back together for lunch.

- Explain where prayer spaces are located. Encourage them to find a place where they'll be comfortable and yet give others around them privacy.
- Briefly point to and ask them to consider using the "Bible Reading Highlight" sidebar and template provided in the back of their study guide.
- If you have a resource table available, invite women to use anything they might find useful in their time alone with God.

Blessing: (10 minutes)

From Joanna: To His weary, busy disciples, Jesus gave this invitation –*"Come with me by yourselves to a quiet place and get some rest."* Mark 6:31

In a sense, that's exactly what this extended time alone with God is about. In choosing to exit our busy lives for a while, we have a chance to sit at Jesus' feet like Mary did. To drink in His love and soak up His wisdom. To find rest for our souls. That "calm, inner tranquility" we so desperately need. So that when it is time to leave this place—this oasis of His presence—we are filled with everything we need. For we are filled with Jesus.

Oh, girls, this is going to be wonderful! Just you wait and see!

- Inform ladies what TIME they should gather for lunch.
- Pray over the ladies and your time together. Then dismiss them with these instructions:

> "From this moment on, please refrain from speaking.
> This time is meant to be between you and God alone.
> If you have an emergency, I will be at (LOCATION).
> But until we come back together at (TIME), let's honor
> the Lord and each other by giving reverence to this time."

Quiet Time: (60–90 minutes)

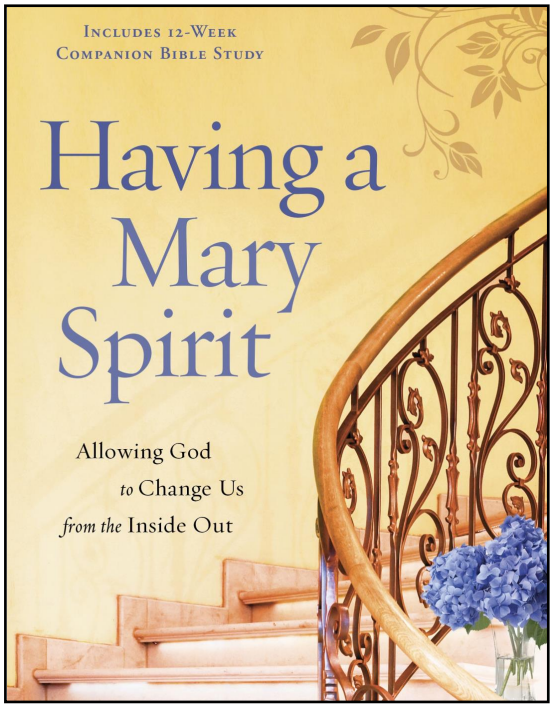
Coming Back Together: (15 minutes)

- As you welcome the women back together, ask them to share what it felt like to spend a dedicated time with the Lord.
- Encourage women to share any breakthroughs or revelations they had. Be sure to share your own.
- Suggest that they make a "Half-Day of Prayer" a yearly or quarterly event in their lives, if not more often. Remember, it "recalibrates" our souls!

Closing: (10 minutes)

- Ask the women to pray for one another in pairs or around their table.
- Pray a benediction of blessing over this special group of women. And please give them my love!

Leader Resources:



Church Bulletin: Bible Study Announcement

Transformation. We want it. We know we need it. But how do we access the new life Jesus came to bring?

Join us as we study Joanna Weaver's best-selling book, *Having a Mary Spirit.* Taught by the author, this DVD-based Bible study explores topics such as guarding our hearts, managing our thought lives, and overcoming the "Flesh Woman" in us all. Joanna takes us to the Word of God and the power of grace to transform our lives.

Beginning:
Day & Time:
Location:
Cost:

You won't want to miss this life changing study!
[OPTIONAL: Childcare is provided.]

NOTE: Visit www.HavingaMarySpirit.com for other promotional graphics and jpegs

Church Bulletin: Retreat Announcement

Do you long to be changed by God – from the inside out? That's the "Holy Makeover" God wants to give to every one of us!

Join us for a life-changing weekend as we encounter God's transforming love and His powerful grace to help us change.

Date:
Time:
Location:
Cost:

Based on the best-selling book, *Having a Mary Spirit,* author and speaker Joanna Weaver shares biblical truth as she points us to a personal transformation of hope, healing and

wholeness. This is the deep and lasting change you've been longing for! [OPTIONAL: add registration details here.]

Leader Resources:

Press Release:

[USE FOR: newspapers, radio spots, or any kind of PSA—public service announcement]

Transformation. We want it. We know we need it. But how do we access the type of "Holy Makeover" each one of us needs?

Beginning [DAY & DATE] at [TIME], the women of [CHURCH NAME] invite you to join them as they begin a DVD study of the best-selling book, *Having a Mary Spirit: Allowing God to Change Us from the Inside Out* taught by author and speaker Joanna Weaver.

Register today by calling [PHONE] or visiting [WEBSITE]. [CHURCH NAME] has been hosting amazing community Bible Studies for [# OF] years. They welcome you to come discover the rich insights and deep truths in God's Word that have the power to change our hearts and lives. [OPTIONAL: Childcare is provided]

Event: Bible study based on *Having a Mary Spirit* DVD Study

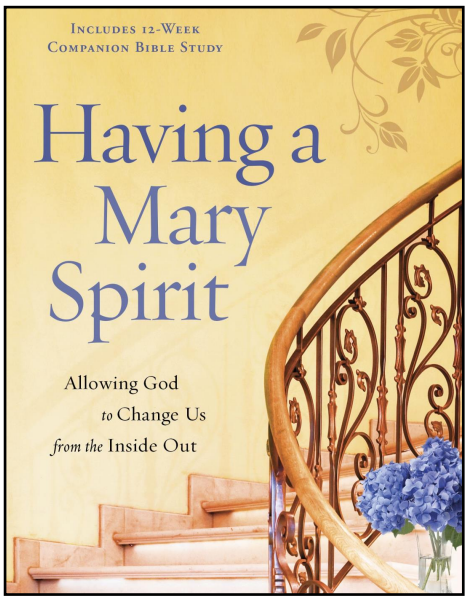
Church:

Date:

Time:

Location:

Cost:



Ladies Bible Study

Do you long for transformation – the kind of "Holy Makeover" only God can bring?

Join us as we study Joanna Weaver's best-selling book *Having a Mary Spirit: Allowing God to Change Us from the Inside Out* and DVD Bible Study.

Day & Time:

Location:

Cost:

[OPTIONAL: Childcare is provided.]

Name	Phone	Email

Additional Tools:

Week One: Handouts & Activities

This week has lots of activities and handouts. While they are optional, I'd suggest choosing at least a few to include in your study.

- "Get to Know You" Bingo cards can be found on page 48 in this guide. Print on cardstock, one per lady.
- "MAKE A PLAN: Commitment to Change" exercise is found on page 47. Print and cut in half, one per lady, providing an envelope as well.

Optional: Memory Verse Set & Prayer

- Available on DVD-3 or for download at www.HavingaMarySpirit.com.

Using card stock or a generic business card template, print off a set of memory verses for each woman in the study. You can print them in color or black and white. Consider laminating them so that they will last longer. (See instructions above.) You can also hole-punch a corner and put them on a binder ring if you'd like.

Optional: Prayer for Transformation

I refer to this "Prayer for Transformation" at the end of Session One. It will be the theme for the study. Print it in color on cardstock and laminate it. It can serve as a card for women's Bibles, or if you add a magnet to the back, it can serve as a refrigerator magnet and a reminder of our commitment to change.

NOTE: Check with your church first to see if they can provide laminating, but if not, it is available at print shops and office supply stores like Staples and Office Max. Shop around for the best price. Though it doesn't provide the best seal, I suggest laminating whole sheets and trimming them yourself to save money.

Week Two: Books of the Bible Bookmark

- Available on DVD-3 or for download at www.HavingaMarySpirit.com.

This optional "Books of the Bible" book mark is helpful for women who struggle to find their way around in the Bible. Print on cardstock, and trim as necessary. I suggest laminating this if possible, as it will be something your ladies may use for years.

Week Eight: Rx for Fear (15 minutes)

Purchase prescription bottles at a local pharmacy or online. Then, for each woman, print a sheet of verses [on page 52-53] and the "Rx for Fear" label found online. Make sure you have plenty of scissors and tape available at each table.

In class, have women place the label on their bottle then cut the verses into long strips. After they roll them up into a tight bundle, have them secure the "verse pills"

with tape and place into the bottle. "Take as needed" – that's the prescription for the Word of God!

Week Nine: Memory Verse Scramble

Enlarge and print a copy of each memory verse on 8 ½ x 11 cardstock, then free-cut into puzzle shapes and place into large manila envelope. Make enough sets for each table. [**NOTE**: In the sample below, the puzzle lines are there to give an idea of how to cut the shapes. I don't suggest using a template with such bold lines.]

After each table has their envelope, give the signal to unscramble and put together the verses as quickly as possible. First team to put all the puzzle verses together wins.

Week One: "Commitment to Change"

Make a Plan:

God desires to transform you by the power of His Holy Spirit. On a separate piece of paper, write down what you would like God to change in you over the course of this study, as well as a short prayer of commitment to His work. Place the paper in an envelope and seal it. Put it in a safe place, and leave it there until the end of the study.

Areas of Change:

Commitment to God's Work:

Week One: "Commitment to Change"

Make a Plan:

God desires to transform you by the power of His Holy Spirit. On a separate piece of paper, write down what you would like God to change in you over the course of this study, as well as a short prayer of commitment to His work. Place the paper in an envelope and seal it. Put it in a safe place, and leave it there until the end of the study.

Areas of Change:

Commitment to God's Work:

Week One: Group Activity

"Get to Know You!" B I N G O

Wore braces	**Had a pedicure in the last week**	**Can juggle – prove it!**	**Cuts her own hair**	**Been a model**
Crafts give you the hives!	**More than 25 pairs of shoes**	**Sewn her own clothes**	**Can name four clothing designers**	**Remodeled home DIY style**
Can name three HGTV shows	**Carries pictures of all her kids**	**FREE!**	**Lost more than 60 pounds**	**Dyed hair crazy color**
Exercises regularly	**Four lipsticks in purse**	**Beauty pageant contestant**	**Doesn't wear makeup**	**Owns one dress – no more!**
Sing "You are so Beautiful!"	**Can do backbend or splits – prove it!**	**Drinks eight glasses of water daily**	**Wardrobe requires two closets**	**"Creative" is your middle name**

Week Three
Tool Time Exercise: Psalm 139

Using the tips offered in "Meditating on Scripture" sidebar, read the following passage slowly and prayerfully, marking what speaks to you. Then use the "Bible Reading Highlights" form to record what God spoke to you. (More forms are available in the back.)

PSALM 139

O Lord, you have searched me
and you know me.
2 You know when I sit and when I rise;
you perceive my thoughts from afar.
3 You discern my going out and my lying down;
you are familiar with all my ways.
4 Before a word is on my tongue
you know it completely, O Lord.

5 You hem me in — behind and before;
you have laid your hand upon me.
6 Such knowledge is too wonderful for me,
too lofty for me to attain.

7 Where can I go from your Spirit?
Where can I flee from your presence?
8 If I go up to the heavens, you are there;
if I make my bed in the depths, you are there.
9 If I rise on the wings of the dawn,
if I settle on the far side of the sea,
10 even there your hand will guide me,
your right hand will hold me fast.

11 If I say, "Surely the darkness will hide me
and the light become night around me,"
12 even the darkness will not be dark to you;
the night will shine like the day,
for darkness is as light to you.

13 For you created my inmost being;
you knit me together in my mother's womb.

14 I praise you because I am fearfully and wonderfully made;
your works are wonderful,
I know that full well.
15 My frame was not hidden from you
when I was made in the secret place.
When I was woven together in the depths of the earth,
16 your eyes saw my unformed body.
All the days ordained for me
were written in your book
before one of them came to be.

17 How precious to me are your thoughts, O God!
How vast is the sum of them!
18 Were I to count them,

they would outnumber the grains of sand.
When I awake,
I am still with you.

19 If only you would slay the wicked, O God!
Away from me, you bloodthirsty men!
20 They speak of you with evil intent;
your adversaries misuse your name.
21 Do I not hate those who hate you, O Lord,
and abhor those who rise up against you?
22 I have nothing but hatred for them;
I count them my enemies.

23 Search me, O God, and know my heart;
test me and know my anxious thoughts.
24 See if there is any offensive way in me,
and lead me in the way everlasting.

Bible Reading Highlights

Date: _____ Portion I read today: _____

Best thing I marked today: Reference: _____

Verse: _____

_____

_____

How it impressed me: _____

_____

_____

_____

_____

_____

Week Six: The 30-Second Rule

It's a proven, scientific fact that when any thought enters your mind, you have approximately 30 seconds to deal with it before your feelings set in. After your 30 seconds are up, your emotions kick in and develop a relationship with the thought. You become emotionally invested, and that's when it starts getting complicated.

If you dwell on the thought too long, you'll no longer be battling the thought but your feelings, and emotions are a lot stronger than we believe. They create a cycle. New thoughts bring more intense feelings.

Soon you find yourself doing and saying things you know you never should. That's why it's so important to learn how to control your thoughts before your emotions get in the way and begin leading you

"Take every thought captive." Confine it in your mind, hold it hostage, and make a verdict before it goes anywhere else.

30 seconds – your thoughts can put in you the worst mood or the best mood.

[Adapted from Ron Carpenter, Relationship Builder: 30 Second Rule]

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30 seconds – your thoughts can put in you the worst mood or the best mood.

[Adapted from Ron Carpenter, Relationship Builder: 30 Second Rule]

Week Eight: RX for Fear

Do not be afraid, little flock, for your Father has been pleased to give you the kingdom. (Luke 12:32 NIV)
The angel of the LORD encamps around those who fear him, and he delivers them. (Psalm 34:7 NIV)
So don't be afraid; you are worth more than many sparrows. (Matthew 10:31 NIV)
Serve only the Lord your God and fear him alone. Obey his commands, listen to his voice, and cling to him. (Deuteronomy 13:4 NLT)
So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. (Isaiah 41:10 NIV)
This is my command—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go. (Joshua 1:9 NLT)
But even if you suffer for doing what is right, God will reward you for it. So don't worry or be afraid of their threats. (1 Peter 3:14 NLT)
When I am afraid, I put my trust in you. (Psalm 56:3 NIV)
In God, whose word I praise— in God I trust and am not afraid. What can mere mortals do to me? (Psalm 56:4 NIV)
They do not fear bad news; they confidently trust the Lord to care for them. (Psalm 112:7 NLT)
He will cover you with his feathers. He will shelter you with his wings. His faithful promises are your armor and protection. (Psalm 91:4 NLT)
Do not tremble; do not be afraid. Did I not proclaim my purposes for you long ago? You are my witnesses—is there any other God? No! There is no other Rock—not one! (Isaiah 44:8 NLT)
I, am the one who comforts you. So why are you afraid of mere humans, who wither like the grass and disappear? Isaiah 51:12 NLT

But Jesus overheard them and said to Jairus, "Don't be afraid. Just have faith." (Mark 5:36 NLT)
Even though I walk through the darkest valley, I will fear no evil, for you are with me (Psalm 23:4 NIV)
Then he placed his right hand on me and said: "Do not be afraid. I am the First and the Last. (Revelation 1:17 NIV)
And my God will meet all your needs according to his glorious riches in Christ Jesus" (Philippians 4:19 NIV)
Do not be afraid of them; the LORD your God himself will fight for you. (Deuteronomy 3:22 NIV)
Don't be afraid of those who want to kill your body; they cannot touch your soul. Fear only God, who can destroy both soul and body in hell. (Matthew 10:28 NLT)
Jesus told him, "Don't be afraid; just believe." (Mark 5:36 NIV)
Say to those with fearful hearts, "Be strong, and do not fear, for your God is coming to destroy your enemies. He is coming to save you.")Isaiah 35:4 NLT)
Fear not; you will no longer live in shame. Don't be afraid; there is no more disgrace for you. You will no longer remember the shame of your youth and the sorrows of widowhood. (Isaiah 54:4 NLT)
Fearing people is a dangerous trap, but trusting the Lord means safety. (Proverbs 29:25 NLT)
Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God" (Psalm 42:5)
For the Lord your God is living among you. He is a mighty savior. He will take delight in you with gladness. With his love, he will calm all your fears. He will rejoice over you with joyful songs. (Zephaniah 3:17 NLT)
I can do everything through him who gives me strength. (Philippians 4:13 NIV)
For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry, "Abba, Father." (Romans 8:15-16 NIV)