

# going deeper



## A GUIDE FOR PERSONAL REFLECTION AND SMALL GROUP DISCUSSION

Most of the questions in this guide can be processed on your own; however, you'll get even more out of it if you join with others who desire to grow in their understanding of what it means to be a "true woman" of God.

### Tips for Group Leaders

#### *Format and Structure*

This resource consists of nine sessions, corresponding to the nine chapters of this book, and can be used in a variety of contexts—from small groups to Sunday school classes. A weekly schedule is recommended, but be sensitive to what would best meet the needs of your group. Encourage each member to complete the suggestions in "*Looking Ahead*" each week, including reading the chapter to be discussed in the next gathering. It would also be helpful to preview and be prepared to discuss the questions found in this guide.

Sections called "*Getting Started*" and "*Talking It Over*" are particularly designed for group interaction. If the women in your group are ready to go a little deeper, you may also want to include questions and activities

from “*Making It Personal*” and “*Living It Out*” as part of your group discussion. Otherwise, encourage the women to do those on their own.

### ***Be Prepared***

Your goal for this study should be to introduce a biblical way of thinking about womanhood and allow the women freedom to share, discuss, and discover God’s pattern as presented in Scripture. Ask God for grace to lead with wisdom and kindness. Ask Him to meet with each member of the group as they process what they are learning through this study and for Him to effectively work in opening their eyes to His calling on their lives as true women.

As women discuss the struggles they face, be a wise and sensitive listener. Be patient with members who may never have been exposed to some of the concepts this study presents in relation to biblical womanhood. Allow the Holy Spirit room to work—don’t jump in to defend every argument or try to answer every question. Be sure to point women to God’s Word for the answers, rather than personal opinions or human ideas.

Some of the content of this book may spark disagreement. Women will be faced with statements that may challenge their thinking or their lifestyle choices on multiple levels. Don’t be afraid of grappling with ideas that go against the flow of modern culture. Ask God to help you lead women to the truth with a gracious, loving spirit.

### ***Guidelines for Group Discussion***

Establish some basic guidelines in your first meeting:

- Explain that your role is to facilitate dialogue related to the topics addressed in this book. Encourage the women to read the assigned chapters, to participate in the discussions, and to be willing to share how the Lord is at work in their own heart and life.

- Communicate the importance of confidentiality. Topics of discussion may range from infertility to marital struggles, or even gender confusion. Assure the women that all personal information will be held in confidence. (An exception would be if there are issues that require the knowledge and intervention of church or legal authorities.)
- Remind members that you are not a trained counselor and this is not to be considered a “therapy session” but is merely a format for discussion and sharing information. Women should be encouraged to seek help from their pastor or a mature, godly woman, if personal ministry is needed.

Enjoy this journey together! Encourage your sisters to answer the call to biblical womanhood and to embrace the purposes and plans of God for their lives. Feel free to direct the discussion based on the size of your group and the allotted time. Try to avoid unproductive or unnecessary rabbit trails, without micromanaging the discussion.

You may not be able to cover all the questions each week—that’s okay! Depending on the amount of time you have available, you may want to select specific questions to discuss. This material may take time for some women to process, so don’t feel you must rush through in order to complete every activity. The goal is not to answer every question, but for each woman to discover what it means to glorify God by fulfilling His calling as a True Woman in this season of her life!