

Woman to Woman



Women helping other women identify practical next steps to walking out their purpose and growing in their relationship with God and others.

THE HEART

Our relationship and walk with the Lord does not just happen by chance, but rather by choice. Regardless of life's never ending ups and downs, God's love remains the same. Yet even though His love is constant, why are most of us challenged to put God first in every facet of our lives?

Woman to Woman was created by women longing for the secret to consistency in their relationship with the Lord. Through the journey, we found five main areas of struggle for women in today's world. What we have found is no secret at all and there is no formula. There is only the invitation to welcome Him into a lasting relationship. Woman to Woman will help you to discover your unique design, remove the barriers that keep you from letting go, unveil the power of your words while creating a love for His, and form godly relationships with others.

We all long to be a part of something greater. The only purpose that is as central to the principles outlined above is to mobilize others to join you in your journey. The Woman to Woman manual is designed for leaders to walk other women through the process of finding tangible results, while encouraging them to take 'next steps' in their spiritual growth. This curriculum is a valuable tool for anyone seeking out a leadership opportunity that gives clear instruction on how to inspire others to live a God-centered life.

Our prayer is that God will use you mightily to encourage, empower, and enlist our sisters in their walk with Christ. The ultimate hope is that through Woman to Woman, the Father will draw your heart even closer to His!

Kristen Bagwell & Rachel Aldridge

INTRODUCTION FOR THE GROUP LEADER

Dear Leader,

The goal of this group is to help each woman identify practical next steps to walking out their purpose and growing in their relationship with God and others using a 5-week curriculum structured around core areas in Christian faith.

The 5-week curriculum is designed around the following core areas of growth:

1. Your Relationship with God
2. Your Identity
3. Your Worship
4. Your Words
5. Your Relationship with Others

Each week the leader and/or co-leader(s) should be encouraging each group member to take their “next step” to move closer to Christ. Next steps could include:

- Water baptism
- Growth Track (Church 101, 201, 301, 401)
- Small Group Leadership Training
- Daily Bible reading
- Prayer
- Daily prayer with spouse/children
- Developing a quiet time with the Lord

Please make your group members aware of dates for next steps that occur at the church, such as growth track events, leadership trainings, and conferences. I highly encourage all leaders to make yourself available to attend growth track events with your members if possible.

The hope of this group is that by the end of the 5-week semester, every group member will know their personal “next step” and be positioned and encouraged to take the action steps to accomplish their goal.

Finally, as the leader it is your job to encourage, pray and cast vision over each group member. Remember, most of all..... **HAVE FUN!!**

LEADER INSTRUCTIONS FOR CURRICULUM:

This is a five week curriculum. Each week the leader/co-leaders will cover the designated topic. You will also provide the corresponding message notes for that week. The group will follow along with their “fill in the blank” style notes. The material is color coded for easy application.

- **BLUE** - Material that is to be read aloud to the group. This includes the weekly topic, thought for the week and any bullet points. The underlined material corresponds with the blanks on the group message notes. The material that comes after the bullet point that is not underlined is called “Leader Applications”. These applications are not provided in the group message notes. They are simply talking points for the leader.
- **BLUE Bold**- Scripture to be read by leader/ co-leader. These verses are also available on the corresponding message notes.
- **GREEN**- Group discussion points or exercises. This can be read by the leader or paraphrased to the group.
- **PINK**- Scripture to be read by members of the group. The Bible says that faith comes by hearing, and hearing comes by the Word (Romans 10:17). This is a valuable tool to help people begin to hear themselves speaking the Word of God...and activate their faith!!

WEEK 1 – RELATIONSHIP WITH GOD

Weekly Group Focus: What does my relationship with God look like?

Group Discussion: Have each group member share their personal testimony in three minutes or less. The Bible says do not cast your pearls before swine. Our testimony is our pearl, and it is up to each member to share what they feel comfortable with. Explain that this group is a safe place to share, and everyone should be respectful of each person's story.

Weekly Scripture Focus:

Luke 19:10 “For the Son of Man came to seek and to save the lost.”

- Regardless of what we have or haven't done, God's love remains the same. The Bible states that God has removed our sin from us as far as the east is from the west. **(Psalm 103:12)** He remembers it no more!
- God has been after you since the beginning of time. He came to seek and set you free! “But God demonstrates his own love for us in this: while we were still sinners, Christ died for us.” **Romans 5:8**
- God committed to you long before you thought about Him. “You did not choose me, but I chose you and appointed you to go and bear fruit, fruit that will last. Then the Father will give you whatever you ask in my name.” **John 15:16**
- Relationship says: I have approved of you already. Religion says: Perform first, and then I might approve of you.

Group Discussion: Discuss how each group member is getting fed daily by the Lord.

Psalm 1:1 – “Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the LORD, and who meditates on his law day and night. That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither— whatever they do prospers.”

- We were made to draw our nourishment from our fellowship with the Lord. Being intimate with God bears fruit and sustains us.

- God is a God of order. God doesn't want to just be on your list, He wants to be on TOP of your list. This is not for His benefit, but for yours (money, time, words, relationships, etc...). – **“Seek first his kingdom of righteousness, and all these things will be given to you as well.” Matthew 6:33**
- Return to your first love. **“I have seen your deeds, your hard work and perseverance.....yet I hold this against you: You have forsaken your first love.” Revelations 2:2-5** (I have seen all you are doing, all the groups you have led....all the bible reading...yet...do you love me?)

Group Closing Discussion:

Have group members pair up and exchange phone numbers to connect and pray before the next meeting.

Close meeting in prayer.

Week 2 - Identity

Weekly Group Focus: Your image comes from Christ.

Weekly Scripture Focus:

Genesis 1:27 - So God created mankind in his own image, in the image of God he created them; male and female he created them.

- You were created to look and be reflective of God. Just because we were created in His image, does not mean we necessarily reflect it.
- We often view ourselves based on a worldly view rather than a godly view. **“The Lord does not look at the things that man looks at. Man looks at the outward appearance, but the Lord looks at the heart.” 1 Samuel 16:17**

Group Discussion: Discuss the importance of aligning how we as women view ourselves with how God views us.

Romans 8:14-17 “For all who are led by the Spirit of God are children of God. So you have not received a spirit that makes you fearful slaves. Instead, you received God’s Spirit when he adopted you as his own children. Now we call him, “Abba, Father.” For his Spirit joins with our spirit to affirm that we are God’s children. And since we are his children, we are his heirs. In fact, together with Christ we are heirs of God’s glory. But if we are to share his glory, we must also share in his suffering.”

- Knowing your position changes your condition! - Knowing your position (identity) as God’s child helps you keep the right perspective, so that you don’t primarily focus on what is happening to you....but rather on what God is doing in you. **(v.17)**
- When you come into alignment with the Father’s Spirit you are continually being affirmed. (Romans 18:16) He is constantly testifying to your spirit that you are loved, approved and of great worth to Him. **“For the sake of His great name the Lord will not reject His people, because the Lord was PLEASED to make you His own.” 1 Samuel 12:22**
- God created you to be His child, and to love you. **“Before I formed you in the womb I knew [and] approved of you, and before you were born I separated and set you apart, consecrating you; I appointed you as a prophet to the nations.” Jeremiah 1:5**

2 Corinthians 3:18 – “And we, who with unveiled faces all reflect the Lord’s glory, are being transformed into his likeness with ever increasing glory, which comes from the Lord, who is the spirit.”

- We are mirrors. You become what you behold. The things that get our attention will be the filter we use to validate our identity (example: God, television shows, books, magazines, celebrities, etc...) **“The eye is the lamp of the body. If your eyes are good, your whole body will be full of light. But if your eyes are bad, your whole body will be full of darkness. If then the light within you is darkness, how great is that darkness!” Mathew 6:22**
- Our outward problems originate and are rooted in the heart. To protect your identity you must guard your heart above all else. **“Above all else guard your heart, for it is the well spring of life.” Proverbs 4:23**
- Our role is to observe our identity through the Word of God. Don’t just read the Bible, Let the Bible read you. **“For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires” Hebrews 4:12**

Group Closing Discussion:

What is one practical step that you can take to gain God’s view of yourself? (scripture, prayer, worship). Have each member identify a personal scripture that they can use when they feel their identity is under attack.

Have the group members pair up to exchange phone numbers to connect and pray before the next week’s meeting.

Encourage group members to attend an up-coming Growth Track event (for example: Church 401).

Close in prayer

Week 3 – WORSHIP

Weekly Group Focus: We are created to worship. We see our worship by what gets our affections (our relationships), attention (what we give our time to) and abilities (what we are gifted to do).

Weekly Scripture Focus:

Mark 12:30 – “Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.”

- You will reflect what you worship. We were created to worship in the vertical, not horizontal (earthly worship). Earthly worship will reflect chaos in your affections, attentions and abilities. Godly worship will reflect peace and give you victory over the enemy in those same areas!

Group Discussion: Discuss different ideas about what worship looks like, and the many benefits to worshipping. Not only is worship a way of ushering us into the Lord’s presence, but it is also a valuable tool for spiritual warfare.

1 Samuel 17: 45-46- David said to Goliath, “You come against me with the sword and spear and javelin, but I come against you in the name of the Lord Almighty, the God of the armies of Israel, who you have defiled. This day the Lord will hand you over to me, and I will strike you down and cut off your head...”

- Worship is the highest form of spiritual warfare. It DESTROYS CHAOS. We prepare for spiritual combat by offering up worship of the Lord’s name. David knew that worshipping the name of the Lord had power above all else. **(v.45) “The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds.” 2 Corinthians 10:4**
- The enemy hates when you worship God. You are embracing what he abandoned.
- Worship gives us the victory that brings peace. When we literally cut off the head of a snake, it does not grow back. The same spiritual truth applies here. Through worship, we are able to have a victory over the enemy that will cause him to flee....bringing peace. **“David ran and stood over him. He took hold of the sword. After he killed him, he cut off his head with the sword. When the Philistines saw that their hero was dead, they turned and ran.” 1 Samuel 17:51**

Philippians 4:4-7 “Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

- Worship is the highest form of spiritual warfare. It brings PEACE. As we offer up worship by rejoicing in the Lord, we can be assured that God is present. He is Immanuel, meaning “God is with us”. His presence brings peace.
- Staying at Peace and in an attitude of rest allows us the opportunity to do that which we have been called to do. Your circumstances may not change. Maintaining an attitude of worship will however give you a peace that allows you to reflect the peace of God within you, rather than the circumstances around you.

Group Discussion: Discuss areas of worship in our lives that may be receiving more attention and time than the Lord (addiction, a person, money, negative thinking etc...). Then discuss what practical steps can be taken to properly align our worship. Have a group member read **Deuteronomy 9:15-22 for practical steps to re-prioritizing our praise to the Lord.**

- Once you identify an area that is keeping you from connecting to your loving Father, remove it! - refer to verse (21). This is the removal process. The things that have taken the Lord’s rightful place of worship must be removed as to not cloud our connection with Him. We must take the steps to crush, grind, and throw the sin so far from us that it will be unable to take form in our lives again! Like David, we must cut the root off at the head. Like the head of a snake....it won’t be able to grow back.

Group Closing Discussion:

Have all group members pair up and exchange numbers to connect and pray before the next small group meeting.

Close in prayer

Week 4 – POWER OF WORDS

Weekly Group Focus: Our Words Matter.

Weekly Scripture Focus:

Proverbs 18:21 – “The tongue has the power of life and death...”

- God created everything with His spoken word. God spoke His kingdom into existence. He also made us in his own image. Therefore we possess the same capability to speak words laced with His power. If we speak to a mountain and tell it to move, it shall move! **(Mark 11:23)**
- There is no neutrality with our words. Our words will bless or curse. We will either line our thoughts up with God’s Word, or agree with the enemy! When we agree with the enemy, we are locking arms with Satan and giving him authority to rule over that area of our lives. We give him the authority when we choose not to speak words of life.

Group Discussion: Do my words reflect that God is living in me?

Matthew 12:34-35 – “For out of the overflow of the heart the mouth speaks, the good man brings good things out of the good stored up in him, and the evil man brings evil. But I tell you that men will give account on the day of judgment for every careless word they have spoken.”

- The words we speak are in direct proportion to what we have stored in our hearts. **“I have hidden your word in my heart so that I may not sin against you.” Psalm 119:11**
- It is not a WORD problem, but a HEART problem. Are you being intentional to feed on God’s word?
- We will be held accountable for the ‘careless’ words we speak. Idle (lazy, empty, no purpose) words bombard us everywhere (TV, phones, text, emails, fiction books, etc...). **“A fool vents all his feelings, but a wise man holds them back.” Proverbs 29:11**
- Just because you think it, doesn’t mean you say it. Take thoughts captive! **“We demolish arguments, and every pretension that sets itself up against the knowledge of God, and we take captive every thought and make it obedient to Christ.” 2 Corinthians 10:5**

Group Discussion: Am I intentional to use my words to advance the Kingdom of God?

Isaiah 55:10-11 “... so is the word that comes from my mouth: It will NOT return to me empty, but will accomplish what I desire and achieve the purpose for which it was sent.”

- Our words are working for us or against us whether we believe they have power or not. It is a spiritual law, much like the law of gravity. We do not have to believe in gravity for our body to comply with its laws. We don't fully understand it, nor do we walk around thinking about it, but we know enough to cooperate with it so that we don't hurt ourselves.
- Gaining control of the words we speak, brings forth the fruit of self-control. “We all make many mistakes. For if we could control our tongues, we would be perfect and could also control ourselves in every other way.” James 3:2

Group Closing Discussion:

Teach the group members how to bless with their words. Take a moment to go around the room and with a few words, speak something life-giving over one another. Start with the person on the leader's right, and then each person going counter-clockwise will BRIEFLY speak something positive about the person to the leader's right. Continue the exercise until everyone has been blessed by all.

Challenge the group to commit to speaking positive words that week. (NO NEGATIVITY!)

Have all of the group members pair up and exchange numbers to connect and pray before the next small group meeting.

Close in prayer

Week 5 – RELATIONSHIPS WITH OTHERS

Weekly Group Focus: Life change happens in the context of relationships. If nothing changes nothing changes. Your relationships will do one of two things: draw you closer to the Lord, or pull you away.

Weekly Scripture Focus:

Proverbs 27:17- “As iron sharpens iron, so one person sharpens another.”

- You were designed to be in fellowship with others.
- Godly relationships should be intentional. Iron sharpening iron is a process that involves heat and friction. This kind of relationship brings accountability. Everyone wants to be sharp, but who wants to be sharpened?

Group Discussion: What relationships do we need to get away from, and what relationships should we strengthen?

Have a group member or leader read Jonah 1:1-15 to the group.

- You must drown out that which will otherwise drown you. - “When conscience is awakened and you become aware that a storm has been raised, nothing will turn it into a calm but parting with the sin that occasioned the disturbance.” Mathew Henrys commentary on v.15
- “If you have a Jonah in your life, throw them overboard! (Figuratively of course!)- “Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us.” Hebrews 12:1
- Choose who you allow to influence your life wisely. -“The righteous should choose his friends carefully, for the way of the wicked leads them astray.” Proverbs 12:26
- Bad company ruins good morals -1 Corinthians 15:33. It is deception to believe that your good morals can withstand bad company.

Hebrews 10:25 “And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.”

- Godly relationships will leave you refreshed. **“He who refreshes others will he himself be refreshed.” Proverbs 11:25**
- Godly relationships keep you accountable. **“For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up!” Ecclesiastes 4:10**
- “You are only as sick as your secrets.” This is a quote from Pastor Chris Hodges- Not everyone needs to know the “ whole” story about you, but in order to remain accountable....someone needs to know the truth.

Group Closing Discussion:

Relationships can be a heavy topic for some. As a leader/co-leader you may want to make yourself available to meet with individuals that want to discuss creating boundaries in a more private manner.

Have all group members pair up and exchange numbers to connect and pray before the next small group meeting.

Close in prayer

Over the following week, the leaders should be in contact to make sure everyone in the group has a grasp on how to tackle their ‘next step’ for an easy WIN!

Following up in this group is IMPERATIVE! People need to know that someone believes in them, and that they can do it!