She’s Still There
Rescuing the Girl in You

COURSE DESCRIPTION

Using the book, *She’s Still There* by Chrystal Evans Hurst, we will explore what it means to find direction, purpose, and beauty in our lives as we live in the today moments as God’s gifts. With refreshing authenticity and fierce encouragement, Chrystal will help each one of us:

- Recognize hard seasons as refining moments, not defining moments.
- Reject the lie that you’ll never move forward.
- Discover practical ways to connect with your God-given next steps.
- Embrace your identity as both a masterpiece and a work in progress.

We will end this course with a fresh and lasting zeal to honor and love the life God has created us to live!

COURSE PROCESS

The author states that this book was designed to be experienced in a group setting such as a Bible Study, Sunday school class, or any small-group gathering. To get the most out of “your” group experience, keep the following in mind. First the real growth in this study will happen during your group time. This is where you will process the content of the author’s message, ask questions, and learn from others as you hear what God is doing in their lives. For this reason, it is important for you to be fully committed to the group and attend each session so that you can build trust and rapport with the other members. If you choose to only “go through the motions,” or if you refrain from participating, there is a lesser chance you will find what you’re looking for during this study. Second, remember that the goal of this small group is to serve as a place where people can share, learn about God, and build intimacy and friendship. For this reason, seek to make your group a “safe place.” This means being honest about your thoughts and feelings and listening carefully to everyone else’s opinion.

The course consists of six sessions and thirty sections. We will endeavor to cover multiple sections each week so that we can complete the book in 11 weeks.

**START: Sunday, April 15, 2018 – END: Sunday, July 15, 2018**

WHAT’S EXPECTED FROM YOU

1. **Participation** – your voice and experience is not only desired but more importantly is needed. Iron sharpens iron.
2. **Responsibility** – do the section assignments as well as your written homework assignments. Homework for each section is due on the following Sunday.
3. **Accountability** – submitting yourself one to another as unto the Lord. Jesus desires that we be one just as the Father, He and Holy Spirit are one… but we/you have to make a decision to be one with others. (John 17:11; 17:22)
4. **Commitment** – to the internal/external work. Be/become an overcomer. Feel/face the fear and do it anyway.
5. **Plan to Succeed** – write down the goal you want to achieve and then create a plan on the steps you’ll take to reach that goal.
6. **Take Action** – just as faith without works is dead, so is identifying a problem, creating a plan and then not doing the work necessary to see it through.
ABOUT YOUR TEACHER

KELLY E. SMITH -- THE MODERN DAY SHUNAMMITE

2 Kings 4:8-37
"Elisha went on to Shunem, where a wealthy woman lived, (one who fears God; well respected person in the community)
Who urged him to eat some food. (ESV)

GIFTS & CALLINGS
A Prophet and Teacher, God has called Kelly to be a builder of the Kingdom to show forth God’s glory through demonstrations of the Honors of the Kingdom, the Virtues of the Kingdom and the Anointing’s of the Kingdom. God has gifted Kelly as a leader, business entrepreneur, social and political advocate for God’s people.

COURSE OUTLINE

Materials Needed:
- Book, She’s Still There, Rescuing the Girl in You by Chrystal Evans Hurst
- Material for note taking and commitment making (one of the following): Notebook or Journal, Book Study Guide (contains additional activities connected to video series), or the Study Guide contained in this document (see pages 4 through 42)

SESSION 1: FIGHT FOR YOUR LIFE - WEEKS 1 & 2 ♦ SUNDAYS, APRIL 15 AND APRIL 22
1) Break a Leg… or Two: You Are a Masterpiece (page 23)
2) Full-Blown Ugly Cry: You Are Okay (page 32)
3) Get out of the Middle of the Road: Own Your Story (page 41)
4) Good Girl…His Girl: A Chapter from My Story (page 51)
5) Hershey and the Highway: The Anatomy of a Drift (page 60)

SESSION 2: LOOK AT YOUR LIFE – WEEKS 3 & 4 ♦ SUNDAYS, APRIL 29 AND MAY 6
6) An Episode from Adolescence: You Are a Soul (page 71)
7) Double Blue Lines: Chronicle of a Collision (page 80)
8) Precious Cargo: Carry Your Contents Carefully (page 89)
9) GAIN Perspective: Look and Listen (page 96)
10) Wake Up and Drive: Participate in the Process (page 104)
11) Follow the Yellow Crumb Road: You Don’t Have to Know It All (page 114)

SESSION 3: EMBRACE YOUR LIFE – WEEKS 4 & 5 ♦ SUNDAYS, MAY 20 AND MAY 27
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12) Sleeping by the Window: Nurturing Your Soul (page 127)
13) A Labor of Love: Finding Purpose in Your Pain (page 139)
14) Rockin’ Hot Chocolate: Do What You Can with What You Have (page 149)
15) An Answer, Not the Answer: The Process of Your Progress (page 158)

SESSION 4: DEVELOP YOUR LIFE – WEEKS 6 & 7 ♦ SUNDAYS, JUNE 3 AND JUNE 10

16) Dig Deep: Focus on the Finish (page 169)
17) Analysis Paralysis: Make a Decision (page 177)
18) Forty and Fat: Maintain Your Direction by Paying Attention (page 186)
19) People, Places, and Things: Use Discernment (page 195)
20) A Gift You Give Yourself: Exercise Discipline (page 207)
21) Five to Seven Yellow Lines: Just Keep Going (page 218)

SESSION 5: ENCOURAGE YOUR LIFE – WEEKS 8 & 9 ♦ SUNDAYS, JUNE 24 AND JULY 1

22) Be Your Own Best Friend: Coach Yourself (page 229)
23) The Monster in Your Mind: Coach Your Head (page 237)
24) Swim against the Current: Coach Your Heart (page 246)
25) Put a Little Sugar on It: Coach Your Hands (page 256)

SESSION 6: CHOOSE YOUR LIFE – WEEKS 10 & 11 ♦ SUNDAYS JULY 8 AND 15

26) Practice an Attitude of Gratitude: Choose Celebration (page 267)
27) Run Your Race: Choose Freedom (page 278)
28) The Great Cover-Up: Choose Honesty (page 285)
29) The Sister Circle: Choose Community (page 292)
30) The Butterfly Effect: Dare to Believe Change Is Possible (page 297)

CLOSING – WEEK 12 ♦ TBA

Closing Thoughts for My Reader (page 305)
Gain a New Perspective: Personal Assessment (page 307)
Notes (page 317)

SESSION 1: FIGHT FOR YOUR LIFE
1) **Break a Leg… or Two: You Are a Masterpiece (pages 23 - 31)**

Have you ever had a “break my legs, God” moment? What did that moment teach you?

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Do you believe in the idea of a masterpiece for your life? Why or why not?

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What made you pick up this book? What is happening in your life that makes you want to hit the reset button?

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You ARE a masterpiece. Write down three uniquely beautiful things about the girl in you.

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**TAKE ACTION:** I am a Masterpiece. I am Fearfully and Wonderfully made by God.

**Key thing to remember:**... You are allowed to be both a masterpiece and a work in progress simultaneously.

**Section Scriptures:** Ephesians 2:10; Psalm 138:8; Psalm 143:5; John 10:10; Jeremiah 29:11; Genesis 1:27-31

**Section Homework:** read Ephesians 2:10 and write a 1 to 2 paragraph reflection on how it relates to the reading.

2) **Full-Blown Ugly Cry: You Are Okay (pages 32 - 40)**

When was the last time you let out an ugly cry? What caused it?
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What difficulties are you facing that you feel buried underneath?

Even if there is some darkness in your life right now, there is always light if you will just look for it. What is one thing in your life that is right?

TAKE ACTION: Mirror therapy – GOD LOVES ME. I AM LOVED BY GOD. I AM HIS AND HE IS MINE.

Key thing to remember... Where you are today is not where you have to be forever.

Section Scriptures: 1 Timothy 6:12; Psalm 30:5; 2 Corinthians 4:17; Romans 8:18; 1 Peter 1:6-7; Lamentations 3:21-24; Psalm 34:17-18; Psalm 40:1-3

Section Homework: read 1 Timothy 6:12 and write a 1 to 2 paragraph reflection on how it relates to the reading.

3) Get out of the Middle of the Road: Own Your Story (pages 41 - 50)

Are you comfortable owning your story? Why or why not?
Is your life measuring up to your expectations? Why or why not?

In what ways have you been hurt or disappointed? Have you healed from those hurts and disappointments? Why or why not?

TAKE ACTION: FORGIVE AND IT SHALL BE FORGIVEN. Forgiveness of an offense releases “YOU” to move forward. When you do not forgive you remain stuck/planted/rooted in the “moment of the offense”. You are bound and locked in a prison.

Key thing to remember… Owning your story is an act of strength.

Section Scriptures: 2 Corinthians 12:9; Psalm 15:1-2; John 8:32; Jeremiah 12:3; Psalm 139:1; Psalm 145:18

Section Homework: read John 8:32 and write a 1 to 2 paragraph reflection on how it relates to the reading.

4) Good Girl…His Girl: A Chapter from My Story (pages 51 - 59)

After hearing some of my story, identify at least one drift in your life. What role did your feelings play in your drifting experience?
When did this drift happen? Why did it occur?

Are you in a drift? If you aren’t sure, ask a friend.

TAKE ACTION: Are you ready to be Vulnerable…Exposure of a thing removes the power of it over you.

Key thing to remember… The trip through your own narrative is a trip worth making.

Section Scriptures: James 1:12-16; Hebrews 2:1; Proverbs 4:23; 1 Peter 2:10-11; 1 John 1:6

Section Homework: read 1 Peter 2:10-11 and write a 1 to 2 paragraph reflection on how it relates to the reading.

5) Hershey and the Highway: The Anatomy of a Drift (pages 60 - 67)

What are some distractions that are preventing you from living fully aware?
How have you rationalized staying in a drift?

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Are you desensitized? What used to bother you that you no longer notice?

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What decisions have you made that have resulted in consequences you are living with now?

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**TAKE ACTION:** Write an affirmation down and place it somewhere you’ll see it often.

*Key thing to remember*... You, my dear, have the ability to choose.


*Section Homework:* read Isaiah 30:15 and write a 1 to 2 paragraph reflection on how it relates to the reading.

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**SESSION 2: LOOK AT YOUR LIFE**

6) **An Episode from Adolescence: You Are a Soul** (pages 71 - 79)

How have you been tempted to devalue the uniqueness of your soul?

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What keeps you from believing in your value?

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Do you struggle with being patient with yourself? Why or why not?

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TAKE ACTION: Speak the affirmation statement together out loud.

Key thing to remember... You don’t have a soul, you are a soul - - a uniquely and divinely created one at that.

Section Scriptures: Genesis 2:7; 1 Thessalonians 5:23; Jeremiah 1:5; Psalm 139:13-14; 2 Corinthians 4:16; Psalm 62:1; Isaiah 43:1

Section Homework: read 1 Thessalonians 5:23 and write a 1 to 2 paragraph reflection on how it relates to the reading.

7) Double Blue Lines: Chronicle of a Collision (pages 80 - 88)

As you were reading, what collision came to mind?

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What consequences are you facing from your past decisions? How have you been impacted by the decisions of others?
No matter how bad things may be, nothing changes the fact that you are loved. Commit to rehearsing that idea until it sinks in.

TAKE ACTION: memorize 1 – 3 scriptures that speak of your value in God’s eyes.

Key thing to remember... You are loved!

Section Scriptures: Genesis 21:17-19; Genesis 50:20; Isaiah 41:10; Jeremiah 31:3; Zephaniah 3:14-17; John 3:16; 2 Corinthians 1:9-11; Revelation 3:9.

Section Homework: read Jeremiah 31:3 and write a 1 to 2 paragraph reflection on how it relates to the reading.

8) Precious Cargo: Carry Your Contents Carefully (pages 89 - 95)

Have you been living alertly, responsibly, and fully aware? If so, how do you know? If not, why do you think that is?

Do you think you have been a good steward of your life thus far? Why or why not?
Do you struggle with loving yourself based on the love that God has for you? Why or why not?

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TAKE ACTION: (1) identify your struggle (2) be intentional

Key thing to remember... You, my friend, are carrying precious cargo.

Section Scriptures: Isaiah 43:4; Isaiah 49:5; Matthew 10:29-31; Luke 12:7; Psalm 8:4-5; 1 Peter 2:9

Section Homework: read 1 Peter 2:9 and write a 1 to 2 paragraph reflection on how it relates to the reading.

9) GAIN Perspective: Look and Listen (pages 96 - 103)

What parts of yourself have you forgotten, walked away from, dismissed, or devalued?

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Are you acting on the gifts, abilities, interests, and nature you are aware of? Why or why not?

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Why do you think we tend to avoid making time to look at our lives? Why is it important to do so?

TAKE ACTION: Make a list of your gifts and talents. Ask friends and family to tell you what they see in you. Key thing to remember... Discover, develop, and deploy the gifts in you.

Section Scriptures: 2 Peter 1:4; Ephesians 3:17; Philippians 1:7; 2 Corinthians 9:15; 1 John 4:19

Section Homework: read 2 Peter 1:4 and write a 1 to 2 paragraph reflection on how it relates to the reading.

10) Wake Up and Drive: Participate in the Process (pages 104 - 113)

On a scale of 1 to 10, how would you rate the care that you give your body?

In what specific ways can you do a better job of caring for yourself?

Is the Spirit of God operating in your life? How do you know?
What do you do to invite God into your life? How do you connect with His perspective and power?

TAKE ACTION: Identify two habits that you would like to be more consistent in and begin to develop them.

Key thing to remember... Staying awake to your life requires your participation.

Section Scriptures: **BODY** – 1 Corinthians 6:19; 1 Corinthians 15:42; Philippians 1:12-13; Matthew 5:16; Ephesians 2:10; Romans 12:1-2; **SPIRIT** – Galatians 5:16; Ephesians 5:18; John 16:13-15; John 14:16-17; Colossians 3:23; 1 Corinthians 3:16; John 14:26; Romans 15:13; 1 Thessalonians 5:6

Section Homework: read Ephesians 2:10 & 1 Thessalonians 5:6 and write 2 to 3 paragraph reflection referencing how both of these scriptures relate to the reading.

11) **Follow the Yellow Crumb Road: You Don’t Have to Know It All** (page 114)
What crumbs has God placed in you based on your design?

What crumbs has God given you in His Word? Are you following them?

What crumbs has God allowed in your experiences? What information do they give you?
**TAKE ACTION:** What small step can you take based upon the crumbs you’ve noticed???

*Key thing to remember...* You may not know everything there is to know, but you don’t have to!

*Section Scriptures:* Hebrews 12:20-21; Proverbs 16:9 Psalm 16:11 Psalm 25:4; Psalm 25:10; Proverbs 3:6; Zechariah 4:10; Psalm 119:133

*Section Homework:* read Proverbs 16:9 and write a 1 to 2 paragraph reflection on how it relates to the reading.
SESSION 3: EMBRACE YOUR LIFE

12) Sleeping by the Window: Nurturing Your Soul (pages 127 - 138)
Simple joys matter. What can you engage in with your sight, smell, touch, taste, and hearing that will make you smile?

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Significant relationships matter. What person should you make time to talk to or be with? Give them a call or send them a text and plan time to hang out.

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The Spirit of God gives joy. When will you make time to read His love letter to you and listen for His direction?

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TAKE ACTION: Make a list of things that nurture your soul and give you energy. Post the list in plain view and refer to it often.

Key thing to remember... Choose to nurture your soul by cultivating joy.

Section Scriptures: Zephaniah 3:17; Psalm 16:11; Jeremiah 31:13; Ecclesiastes 9:7; Romans 15:13; Nehemiah 8:9-10; Proverbs 17:22; Philippians 4:4; Psalm 30:5.

Section Homework: read Philippians 4:4 and write a 1 to 2 paragraph reflection on how it relates to the reading.

13) A Labor of Love: Finding Purpose in Your Pain (pages 139 - 148)
Is there a painful experience from your past that you’ve not dealt with?
How has pain served a purpose in your life? Has it helped you or made it possible for you to help someone else?

If you are in a painful situation, do you need to ask for help? What might help you pay attention to the condition of your soul?

TAKE ACTION: Pray the words from Psalm 143 out loud (if possible).

Key thing to remember... Your pain has a purpose. (SOUNDS crazy but it’s TRUE)

Section Scriptures: James 5:13-16; Psalm 147:3; Malachi 4:2; Matthew 11:28-29; Psalm 107:19-21; Psalm 30:2; Romans 8:28; James 1:3; 2 Corinthians 12:9-10; Romans 8:18; Revelation 21:4; 2 Corinthians 1:9-11.

Section Homework: read 2 Corinthians 12:9-10 and write a 1 to 2 paragraph reflection on how it relates to the reading.

14) Rockin’ Hot Chocolate: Do What You Can with What You Have (pages 149 - 157)

What are you pushing pause on in your life?
Do you feel like God can use you? Why or why not?

What actions or opportunities are in front of you? Are you acting on them? Why or why not?

**TAKE ACTION:** Don’t focus on what you can’t do. Think about what is possible. What does “doing what you can” look like right now? Make a list of actions you can take right now, big or small. Remember, you can always do something!

**Key thing to remember…** You never know what can come tomorrow from doing what you can today.


**Section Homework:** read Colossians 3:23-25 and write a 1 to 2 paragraph reflection on how it relates to the reading.

**15) An Answer, Not the Answer: The Process of Your Progress (pages 158 - 166)**

What can you do to build on the gifts God has given you?
Are you making room to do things that you love? Why or why not?

What is an answer you can take action on today?

What small step can you take to steward the gifts God has given you?

**TAKE ACTION:** Since you are the steward of the gifts, abilities, interest, and nature God has given you, what small step can you take today to build on what you’ve been given? Consider what you can do to develop the gift of you.

**Key thing to remember...** Build on the gifts God gave you. (DO it daily. Be intentional!)

**Section Scriptures:** Philippians 3:13-14; Matthew 25:14-30; Mark 12:41-44; Luke 16:10; Psalm 90:12

**Section Homework:** read Luke 16:10 and write a 1 to 2 paragraph reflection on how it relates to the reading.

**SESSION 4: DEVELOP YOUR LIFE**

16) **Dig Deep: Focus on the Finish** (pages 169 - 176)

What hinders you from staying focused?
What is the hardest part of focus for you? Making the decision picking a direction, using discernment, or exercising discipline? How could you work on that?

In what area of your life is focus most needed?

TAKE ACTION: Identify one thing that you need to say no to so that you can say yes to the things that matter most.

Key thing to remember... Dig deep and focus on the finish. (You have a HIGH calling in Christ Jesus)


Section Homework: read 2 Timothy 4:7 and write a 1 to 2 paragraph reflection on how it relates to the reading.

17) Analysis Paralysis: Make a Decision (pages 177 - 185)

How have you seen analysis paralysis active in your life? What has analysis paralysis prevented you from accomplishing?

Where in your life do you need to make a decision?
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Why do you think that decision has been hard to make?

TAKE ACTION: Challenge yourself to make some small decision today. Solidify that decision by writing it down, putting it in a place where you can see if, and then pick up the phone and share it with someone else for accountability.

Key thing to remember... Sometimes the best decision you can make is simply to make a decision.

Section Scriptures: Philippians 3:13; Habakkuk 2:2; Proverbs 3:4-6; Joshua 24:15; Deuteronomy 30:15; Psalm 119:10-16; Revelation 2:5.

Section Homework: read Habakkuk 2:2 and write a 1 to 2 paragraph reflection on how it relates to the reading.

18) Forty and Fat: Maintain Your Direction by Paying Attention (pages 186 - 194)

In what area of your life do you tend to drift off course?

How do you know when you are drifting?
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How can paying attention to your life help you focus and stay on track?

TAKE ACTION: What tip for paying attention resonates most with you? How will you utilize that tip in your day-to-day life? Think about your answer. The write it down.

Key thing to remember … Practice the art of paying attention.

Section Scriptures: Ephesians 6:18; 1 Corinthians 16:13; Proverbs 4:23; Psalm 32:8; Jeremiah 29:13; Psalm 19:14; 1 Peter 5:8-9.

Section Homework: read Ephesians 6:18 and write a 1 to 2 paragraph reflection on how it relates to the reading.


Who do you have in your life who supports you, joins you, or give you direction? Who are you supporting, joining, or giving direction to?

How is your environment helping you focus? If it’s not helping, what can you do to change that? What place will better position you to head toward your finish line?
What things in your life create distraction? What things do you need in your life to help you be the person you’re trying to be?

TAKE ACTION: Take a piece of paper and make three columns on each side. On one side write “Good Discernment.” List the people, places, and things that represent good discernment on your part. On the other side write “Poor Discernment.” List the people, places, and things that illustrate you need to use more discernment in your life. Now pick something off the “Poor Discernment” side of the paper and decide what you can do to let that person, place, or thing go.

Key thing to remember... Align your environment with your ambitions.


Section Homework: read Proverbs 17:17 and write a 1 to 2 paragraph reflection on how it relates to the reading.

20) A Gift You Give Yourself: Exercise Discipline (pages 207 - 217)

Have you ever had a goal that you gave up on because of how you felt?

Where in your life do you have discipline? Where do you lack discipline?
If discipline is the vehicle through which you accomplish your goals, habits are the tracks on which discipline runs. What habits in your life need to be broken? What habits do you need to build?

TAKE ACTION: Discipline is based on actions you do whether or not you feel like doing them. Think of one small task that you have been avoiding. Get up and do it. Practice makes perfect. Discipline is a muscle that you can build.

Key thing to remember... The discipline with which you live your life is the foundation on which you live a life that you love.


Section Homework: read Proverbs 12:24 and write a 1 to 2 paragraph reflection on how it relates to the reading.

21) Five to Seven Yellow Lines: Just Keep Going (pages 218 - 226)

What yellow lines are on the road of your life? How is your life marked with your gifts, abilities, interests, and nature?

Have you ever tried to follow those lines? Did you stop? Why or why not?
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What have you started that you just needed to keep working to finish? Do you know enough to go? What’s getting in the way?

TAKE ACTION: Sometimes we don’t need new information, we just need to utilize the information we already have. What do you already know about your life that you just need to start acting on? Make the decision. Put a date on your next step in that direction. And DO IT. Talk to God about your desire to keep moving forward in the life He has given you. Commit to Him that you will keep moving down the road of your life starting with your next step.

Key thing to remember… The key to your journey is to start, and then to keep going.

Section Scriptures: Proverbs 3:6; Galatians 6:9; Hebrews 11:1; 10:36; 2 Thessalonians 3:13; 2 Corinthians 5:9; Philippians 2:12-13; Colossians 1:11; Romans 5:3-5.

Section Homework: read Galatians 6:9 and write a 1 to 2 paragraph reflection on how it relates to the reading.

SESSION 5: ENCOURAGE YOUR LIFE

22) Be Your Own Best Friend: Coach Yourself (pages 229 - 236)

When it comes to how you talk about yourself and your life, do you normally lean to the positive or the negative? Why do you think that is?

If you were a good friend to you, what would you say about yourself? How would you encourage yourself?
TAKE ACTION: Think of three encouraging statements a good friend might say about you. Write those things down. Keep that list handy, and when you find yourself being more critical of yourself than you are supportive, use your mouth to coach yourself. Pick one of those statements and say it out loud, right now, to yourself.

Key thing to remember... Silence the negative self-talk.


Section Homework: read James 3:4-5 and write a 1 to 2 paragraph reflection on how it relates to the reading.

23) The Monster in Your Mind: Coach Your Head (pages 237 - 245)

What thoughts do you have that steal your hope, your joy, or your motivation?

Do you typically entertain those thoughts or fight back with truth? Why?

What is one favorite truth from Scripture that gives you hope, stirs up joy, or motivates you to action?
TAKE ACTION: The next time you struggle with entertaining a destructive thought, search for a Scripture on that topic that will shine the light of truth on the monster in your mind. Keep a running list of Scriptures and build your “truth bank” – true thoughts that replace the false ones. Plan a good time and place to regularly get your thoughts out of your head. Write down or share them with a friend, but examine your thoughts regularly.

Key thing to remember... Examine your thoughts in the light of God’s thoughts toward you.

Section Scriptures: Romans 12:2; Philippians 4:8; Ephesians 4:20-24; John 1:5; 8:12; 17:19; 2 Corinthians 10:5.

Section Homework: read John 8:12 and write a 1 to 2 paragraph reflection on how it relates to the reading.

24) Swim against the Current: Coach Your Heart (pages 246 - 255)

Has your heart ever led you astray? Did you know the truth, or did you ignore it?

Are you an emotional “sharer” or an emotional “stuffer”? What could be helpful and hurtful about each?

How best do you process your emotions? Alone or with a friend? Talking it out or writing it down? Slow and easy or fast and furious?
TAKE ACTION: The next time you are experiencing a strong emotion, hold it in the light of truth. Ask yourself the five W’s—who, what, when, why, and where—and evaluate how you feel in light of God’s Word. Then act on truth.

Key thing to remember... You are not the sum total of how you feel. (GLORY TO GOD!!)

Section Scriptures: Psalms 26:2; Jeremiah 17:9; John 8:32; Ephesians 6:14; 1 John 1:5-9.

Section Homework: read Jeremiah 17:9 and write a 1 to 2 paragraph reflection on how it relates to the reading.

25) Put a Little Sugar on It: Coach Your Hands (pages 256 - 264)

Listen to your life. What hopes do you have for it?

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What about your life would you like to change in the next?

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Our thoughts and our feelings can inform us, but they don’t get anything done. What action needs to accompany your hopes and desires?
TAKE ACTION: Walk through the ninety-day exercise presented in this chapter. Identify a goal you would like to work toward. Pick three things you can do to work towards that goal. Make those tasks a priority and decide on a point in the future when you will review your progress.

Key thing to remember... Listen to your life.

Section Scriptures: Hebrews 11:1; Romans 12:2; Philippians 4:8-9; John 8:32; Ephesians 4:20-24; 6:14; John 1:5; 8:12; 1 John 1:5-9.

Section Homework: read Romans 12:2 and write a 1 to 2 paragraph reflection on how it relates to the reading.

SESSION 6: CHOOSE YOUR LIFE

26) Practice an Attitude of Gratitude: Choose Celebration (page 267 - 277)

Does celebration come naturally to you? Why or why not?

When do you take time to celebrate? Do you only celebrate major milestones like birthdays, anniversaries, and special occasions, or do you celebrate the everyday?

What could celebrating your everyday look like?
TAKE ACTION: Spend time today noting what’s right in your life. As a part of your reflection, thank God for what’s right in your life. Practice gratitude.

Key thing to remember... Celebration is the way you mark the moments of your life.

Section Scriptures: Psalm 95:2; 100; Colossians 4:2; 3:17; Luke 15:11-24; Exodus 12:14; Nehemiah 8:9-10; 1 Chronicles 29:20-22.

Section Homework: read Colossians 4:2 and write a 1 to 2 paragraph reflection on how it relates to the reading.

27) Run Your Race: Choose Freedom (pages 278 - 284)

Who do you typically compare yourself with? Name a person or simply a type of person (married, financially secure, driven, thin, etc.)

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Why do you compare yourself? In what areas of your life are you envious of others?

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Take a moment and practice contentment. What’s right in your life? What’s good about your life today?

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TAKE ACTION: Knowing that you are ultimately living for an audience of one, what are your benchmarks? What do you want to achieve? Who do you want to be? What does God require for you?

Key thing to remember... God will not ask you about how you lived your life in comparison with other people.


Section Homework: read Luke 12:15 and write a 1 to 2 paragraph reflection on how it relates to the reading.

28) The Great Cover-Up: Choose Honesty (pages 285 - 291)

Take a moment to think about what you may be hiding. What do you not want people to know? Why are you afraid to be known?

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How is the cover-up working for you? What has happened in your head and in your heart as you hide guilt, shame, embarrassment, or self-consciousness?

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What do you think it will look like for you to live in the light? Who will help you take off the mask? When?

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TAKE ACTION: Name a person and name a date. Be brave and hold yourself to your unmasking.
Key thing to remember... Don’t get comfortable in the cover-up.

Section Scriptures: 1 John 1:6-10; Isaiah 43:18-19; Romans 8:1; 3:23; Hebrews 8:12; Psalm 32:5; James 5:16; Proverbs 28:13; Matthew 7:5; Colossians 1:21-22; Acts 19:18.

Section Homework: read James 5:16 and write a 1 to 2 paragraph reflection on how it relates to the reading.

29) The Sister Circle: Choose Community (pages 292 - 296)

As you read this chapter, what feelings or thoughts came to mind about your own sister circle?

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If you don’t have a sister circle, think about who or where your sister circle might be. What women do you naturally have the opportunity to be around? Where might you share common backgrounds, life season, interest, or location? If you have one, think about who you may need to invite into your circle. Be open if God puts someone on your mind.

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How can you be more intentional about encouraging your sister friends to honor their lives? How can your friends help you to honor your own? When is the last time you talked or got together?

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TAKE ACTION: Take time right now to text one or two of your girls and set a time to talk or meet up. Friendship matters.

Key thing to remember... Believe in the concept of community.

Section Scriptures: Hebrews 10:24-25; Psalm 133:1; 1 Peter 3:8; Matthew 18:20; Colossians 3:14; 1 John 4:11;
She’s Still There
Rescuing the Girl in You

3:16-17.

Section Homework: read Hebrews 10:24-25 and write a 1 to 2 paragraph reflection on how it relates to the reading.

30) The Butterfly Effect: Dare to Believe Change Is Possible (pages 297 - 303)
What is your next step after reading this book? What are you motivated to do?

What thoughts or actions do you need to change today to consistently honor the life of the girl in you?

What is your dream for the girl in you? What are you daring to believe?

TAKE ACTION: Seal the deal. Take time to marinate on the message of this book for you. Journal about your dreams, make a list of your goals, or pray about the next steps. Be motivated enough to take action. Then share your plan of action with a sister friend.

Key thing to remember ... Every struggle you have will help you develop the strength you need.

Section Scriptures: Psalm 51:10; Ezekiel 36:26; 2 Corinthians 3:17-18; 5:17; Ephesians 4:23-24; Titus 3:5; Romans 8:29; 12:2.

Section Homework: read Ephesians 4:23-24 and write a 1 to 2 paragraph reflection on how it relates to the reading.
Gain A New Perspective - Personal Assessment
Worksheet #1
What Are Your Gifts?

What types of activities come easily for you?
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What do you have a natural capacity for that isn’t always natural for others?
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What seems to click for you?
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What do you do effortlessly that doesn’t seem to be so simple for others?
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Gain A New Perspective - Personal Assessment
Worksheet #2

Crystal
What have you learned to do? ______________________________________________________________

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What knowledge do you have? ______________________________________________________________

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What special training have you received? ______________________________________________________

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In what area have you had lots of practice or experience? _________________________________________
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What could you do with your eyes closed because you’ve been doing it so long? _________________
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What can you do because you watched someone else do it? _________________________________
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Gain A New Perspective - Personal Assessment
Worksheet #3
What Are Your Interest or Passions?
Crystal Evans Hurst
What do you enjoy doing? ________________________________________________________________
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What do you want to learn more about? ______________________________________________________
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What sets your soul on fire? ________________________________________________________________
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Without the interruptions of technology or social media, what interest would you give time to developing, practicing or doing if you don’t have to? ____________________________________________________________________________________________________________________________________________
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What interest or passions bubble up whether you cultivate them or not? ____________________________________________________________________________________________________________________________________________
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What **positive** words would you use to describe your personality/character? __________________________
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Take a moment to look over the things that you have uncovered about yourself. Appreciate who you are right now, and thank God for the raw material he’s given you.

What things have you uncovered about yourself? ____________________________________________

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Now let’s take a look at your perspective. If you could sum up your attitude about your life in one or two words, what would those words be?

What words would you use to illustrate your attitude about your life? __________________________

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If you could sum up your attitude about your life in one or two words, what would those words be?
Looking at your life is WORK and it takes time. FINAL challenge… create value statement that contains both honesty and encouragement about your life “right now.” Fill in the blanks.

**Right now, I look at my life and see/feel/think** (insert two to three words from the current assessment of your life):

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**But I am good at** (describe your gifts):

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**And I am capable of** (describe your abilities):

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I enjoy (list your areas of interest or passions):

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And I know that I am (describe your nature, character, or personality):

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Declaration: Regardless of how I feel, I choose today to honor God with my life and use my gifts in my world.

Ask people who care about you to help you complete the assessment.
Who will you get to help you and why?

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Honor who you are by remembering whose you are.

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Pick at least one attribute from your GAIN list and do it, explore it, or use it.

What attribute(s) did you choose and why?

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