



LIFE STUDIES

Parenting for Singles



A SMALL GROUP CURRICULUM MADE BY PBC

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L.I.F.E STARTER JOURNALING

The Bible journaling method called LIFE Starter was developed to create an easy, yet effective way for people to study the Bible, remember what they read and allow their hearts to get ignited for Jesus Christ.

L.I.F.E. stands for Listen, Investigate, Focus and Engage

L=LISTEN

In your journal, write the date and the Scripture you're studying. After you've read the passage a few times, listen to the Holy Spirit and focus on a verse or two that stands out to you and then write out those verses in your journal. Writing helps you remember the verses

I = INVESTIGATE

Next, you investigate the context around the Scripture reading. To whom was this written? Why? How does this passage fit with what comes before and after it? What is the Holy Spirit communicating through this text? Feel free to use Bible study tools for commentary: [Bible Study Tools](#), or [Easy English Bible](#).

F = FOCUS

The next step is focusing on the text to make it applicable for your own life. What does the text mean today? What is God saying to you personally through this passage? How can you apply what you've read? Write out a couple sentences detailing what God is saying to you through the text.

E = ENGAGE

The final step in the journaling process is engaging God. This can either be a short prayer or an action that you can take that day after reading the text. Is there a command to follow in the text? How are you different because of what you've learned?

The beautiful thing about this journaling method is that it is short and only takes a few minutes, and it can be done every time you read or study a passage.

SESSION 1: PUT ON YOUR OXYGEN MASK FIRST!

◆ Welcome and Program Overview: 10 minutes Session #1 Teaching: 10 minutes

We all know that when we enter an airplane and take our seats, we put our seatbelts on, make some small talk with our neighbor and start to check our e-mail for the last time. Then we hear the flight attendant's familiar message, "If we lose cabin pressure oxygen masks will fall from the ceiling, it is very important for you to put the oxygen mask on yourself first before you put it on your child." We all know the logic behind this message. If you can't breathe, how will you assist your child?

...and to aspire to live quietly, to attend to your own matters, and to work with your own hands, as we instructed you. Then you will behave properly toward outsiders
1 Thessalonians 4:11-12

The same is true as a parent, if you are not emotionally and spiritually healthy you will have a lot of difficulties managing your children. The role you have as a single parent is not for the weak of heart.

So, this study we will start with...you putting on your oxygen mask and breathing in the truth of your identity, stopping the negative talk from disturbing your peace, and the freedom you can find in forgiveness. Then we will cover helpful tips for discussion with your group.

This first week we will share our stories. Try to stay factual versus emotional for this session. Think of yourselves as a team...you are on the same journey and this is an opportunity to build friendships which will produce a support system that you all need.

◆ Small Group Discussion: 25 minutes

- Are you widowed or divorced?
- How many children are you raising? (Give their ages too)
- If divorced do you share custody and how faithful is your ex-spouse in following through with their commitment to help you with the children?
- What would you say is your biggest struggle right now? Here are some ideas: financial, help with children, home and or car maintenance, consistent discipline, an angry child.
- In an average day, what percentage of your energy and time and worry is devoted to non spiritual things?
- What keeps you busy and commands your attention?
- When you consider experiencing more of the spiritual realm, are you eager, excited, optimistic? OR... Are you anxious, confused, overwhelmed, unsettled and skeptical?
- Discuss how skeptical you are right now about the spiritual realm and your ability to come into contact with it. If you're skeptical, what is the source of doubt? Dig deep and spend some time discussing this as a group. Can you identify a particular experience of influence in your life that may hold you back from getting all God wants you to get out of this class?

Finish this session by writing in your journal about your feelings and your expectations of this next study, and PLEASE be honest!

◆ Small Group Wrap-Up: 10 minutes What did you cover in your small group time? What were the biggest take-aways and action items?

◆ Discuss This Week's Homework on next page: 5 minutes

FIRST: Discuss "Listening Prayer"

Read **John 1:43-51**. Nathanael, one of the disciples, recognized his daily need to seek out God in quiet and reflection. Because he was diligent, Jesus met him in a very personal way. Now, read **Psalms 139**, and view God as a father who wants to spend time to get to know you as His child! This week commit to 60-minutes each morning or evening which ever works for your busy schedule to kick-start this study! Adjust your schedule, so you can experiment with "**listening prayer**" and **journaling EVERY DAY!**

First, find a quiet place that brings you peace, perhaps outside, where you can sit still for fifteen minutes. Pray against distraction and confusion and invite the Holy Spirit to direct your thoughts. After 15 minutes, hopefully, you are fully relaxed. Then, look around and consider what is in front of you right now. Yes, physically in front of you. What do you see? Take it in. Take out your journal and describe what you see in one or two sentences. When you're done, do it again. Take another five minutes and look harder. Consider what's underneath whatever you see. What is going on beneath? Above? Beyond? What is the deeper truth? And again, in one or two sentences, describe what comes to mind. Now, if you're not already uncomfortable, **let's do it AGAIN!** Spend another five minutes looking again. Look even harder. Deeper. Further. It'll surely be uncomfortable, and you may be saying to yourself. "I've done this already!" **Push through anyway.** Stay with it and ask what God is trying to show you here. What is He trying to give you here? What does He want to teach you today? How is He trying to guide you? To love you. When you're done, journal some more.

End the week by watching this video on identity and then journal: <https://www.youtube.com/watch?v=hsDQEb-qlyM> - What does it mean to you that God thinks of you as a masterpiece?

SECOND: Discuss Family Meetings

Without family discussions, many parents don't really have any idea whether or not their teaching is ever absorbed. In order to create this vital shift in your family dynamic, it may be necessary to establish a new direction for your home—one that will ultimately benefit both parents and kids. If it's silent when you start this new strategy, don't feel as though you need to be the one to fill it. Instead, get comfortable with silence, and wait for your kids to speak. By giving them time to formulate their thoughts, you put them in a better position to ask future, vital questions. Give them time to brainstorm and work independently too. Do not put them under pressure to speak all the time. First, give them a chance to ponder and reflect silently so they can focus, and come up with creative, original ideas. In short, do not make them speak or question just for the sake of it. All you have to do is create a spark and give them the encouragement they need!

SESSION 2: **PUT ON YOUR OXYGEN MASK FIRST!**

◆ **Welcome and Discuss Your Experience with “Listening Prayer”:** 20 minutes
Session #2 Teaching: Identity in Christ: 10 minutes

One of the richest passages about identity in the Bible is found in Ephesians 1:1-14. In this passage, Paul addresses the church in Ephesus, explaining the new identity given to a person when they are in Christ. If we are to work on ourselves, we must start with the foundation of what God has to say about us. According to Ephesians 1, we have been blessed with every spiritual blessing; we have been chosen, adopted, re-deemed, forgiven, and unconditionally loved and accepted. We are pure, blameless and forgiven. We have received the hope of spending eternity with God. When we are in Christ, these aspects of our identity can never be altered by what we do.

Often, however, a gap exists between intellectually knowing these truths about who God says we are and living them out. This can be affected by how we see ourselves, life experiences and the ways we allow the world to define us. In order to live out of the fullness of our new identity in Christ, we must determine what hinders us from doing so. That varies from person to person. Over the next several weeks, we will be doing a deep dive into some practical obstacles that hold us back from fully living out our inheritance as children of God. The goal is to live out what Ephesians 1 says and see ourselves as:

- Accepted instead of rejected.
- Free instead of in chains.
- Covered by grace instead of under the law.
- Adopted instead of orphaned.

I pray that this study allows you to see yourself as God sees you. If we live out of an identity based on how God sees us, we no longer feel the need to find our worth in our external circumstances. It frees us up to live confidently and stably instead of changing who we are based on the opinions of others, our professional success, how we see ourselves, and all the other ways we define our significance. It gives us the opportunity to experience God’s unconditional love in new and fresh ways. And it allows us to confidently and boldly share His love with others.

It is certainly a battle as we live in a world that seeks to define us by its own standards. But the battle is worth it because as we fight it, the world around us changes.

◆ **Small Group Discussion: 25 minutes**

- Did this exercise help you see that no matter what, you are secure in Christ?
- Do you see yourself as a sinner or a saint? If this concept is a struggle for you, try to figure out the cause.
- How are you all doing with your listening prayer time?
- Would a countability partner help you all stay on track with your home study material?

◆ **Small Group Discussion: 25 minutes**

- What did you cover in your small group time? What were the biggest take-aways and action items?

◆ **Discuss This Week’s Homework: 5 minutes**

SESSION #2 WK. 2 DEVO 1

Who am I in Christ?

Take a look at the “Who I Am In Christ” Scriptures below. It lists the truths we NEED to believe to have victory in Christ. Pick ONE Scripture that touches you the most and use the LIFE Starter Method to journal about them.

In Christ, I am accepted...

John 1:12 – I am God’s child.

John 15:15 – As a disciple, I am a friend of Jesus Christ.

Romans 5:1 – I have been justified.

1 Corinthians 6:17 – I am united with the Lord.

1 Corinthians 6:19-20 – I belong to God.

L=Listen in your journal by writing the date and the Scripture you’re studying. After you’ve read the passage a few times, focus on a verse or two that stands out to you and then write out those verses in your journal.

I = Investigate the context around today’s Scripture reading. To whom was this written? Why? How does this passage fit with what comes before and after it? What is the Holy Spirit communicating through this text? Feel free to use Bible study tools for commentary: [Bible Study Tools](#), or [Easy English Bible](#).

F=Focus to the text to make it applicable for your own life. What is God saying to you personally through this passage? How can you apply what you’ve read?

E = Engage God. This can either be a short prayer or an action that you can take that day after reading the text. Is there a command to follow in the text? How are you different because of what you've learned?

SESSION #2

WK. 2 DEVO 2

Who am I in Christ?

Take a look at the "Who I Am In Christ" Scriptures below. It lists the truths we NEED to believe to have victory in Christ. Pick ONE Scripture that touches you the most and use the LIFE Starter Method to journal about them.

In Christ, I am secure...

Romans 8:1-2 – I am free from condemnation.

Romans 8:28 – God works for my good in all things.

Romans 8:31-39 – I am free from any condemnation.

2 Corinthians 1:21-22 – I have been anointed by God.

1 John 5:18 – The evil one cannot touch me.

L=Listen in your journal by writing the date and the Scripture you're studying. After you've read the passage a few times, focus on a verse or two that stands out to you and then write out those verses in your journal.

I = Investigate the context around today's Scripture reading. To whom was this written? Why? How does this passage fit with what comes before and after it? What is the Holy Spirit communicating through this text? Feel free to use Bible study tools for commentary: [Bible Study Tools](#), or [Easy English Bible](#).

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SESSION #2

WK. 2 DEVO 3

Who am I in Christ?

Take a look at the "Who I Am In Christ" Scriptures below. It lists the truths we NEED to believe to have victory in Christ. Pick ONE Scripture that touches you the most and use the **LIFE Starter Method** to journal about them.

In Christ, I am significant...

John 15:5 – I am a branch of Jesus Christ, the true vine.

John 15:16 – I have been chosen to bear fruit.

1 Corinthians 3:16 – I am God's temple.

2 Corinthians 5:17-21 – I am a minister of reconciliation.

L=Listen in your journal by writing the date and the Scripture you're studying. After you've read the passage a few times, focus on a verse or two that stands out to you and then write out those verses in your journal.

I = Investigate the context around today's Scripture reading. To whom was this written? Why? How does this passage fit with what comes before and after it? What is the Holy Spirit communicating through this text? Feel free to use Bible study tools for commentary: [Bible Study Tools](#), or [Easy English Bible](#).

F=Focus to the text to make it applicable for your own life. What is God saying to you personally through this passage? How can you apply what you've read?

E = Engage God. This can either be a short prayer or an action that you can take that day after reading the text. Is there a command to follow in the text? How are you different because of what you've learned?

SESSION #2

WK. 2 DEVO 4

Who am I in Christ?

Take a look at the "Who I Am In Christ" Scriptures below. It lists the truths we NEED to believe to have victory in Christ. Pick ONE Scripture that touches you the most and use the **LIFE Starter Method** to journal about them.

In Christ, I am significant...

Ephesians 2:6 – I am with Christ in the heavenly realm.

Ephesians 2:10 – I am God's workmanship.

Ephesians 3:12 – I may approach God with confidence.

Philippians 4:13 – I can do all things through Christ.

Take today and spend time in Listening Prayer to reflect on your HEAR Journalling time this week and to receive all that God wants you to receive about identity in Christ. Make notes to share with your group!

L=Listen in your journal by writing the date and the Scripture you're studying. After you've read the passage a few times, focus on a verse or two that stands out to you and then write out those verses in your journal.

I = Investigate the context around today's Scripture reading. To whom was this written? Why? How does this passage fit with what comes before and after it? What is the Holy Spirit communicating through this text? Feel free to use Bible study tools for commentary: [Bible Study Tools](#), or [Easy English Bible](#).

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SESSION 3: OUT OF EGYPT

◆ **Welcome and Review LIFE Starter Journaling: 10 minutes**
Session #3 Teaching: Out of Your OWN Egypt 10 minutes

The day you walked down the aisle looking lovingly at the man who would become your husband, or stood at the front of the church gazing at your beautiful bride, the thoughts never crossed your mind that some years down the road you would sign on the line that would nullify your marriage. This would now thrust you on the journey of single parenting. Or maybe something else happened in your past that brought this situation into your life. Regardless of your history, today, you work full time and take care of children, buy the groceries, cook the meals and make sure the kids shoes fit and the homework is done on time. One day roles into another and at times you feel like you are drowning. You may feel alone, but know that God understands.

God chose Moses to lead his people out of Egyptian bondage and He worked His plan through Moses' birth and adoption into Pharaoh's own household. God has the same plan for YOU. Like the Israelites who suffered in Egypt and were rescued by God and walked through the wilderness to the promised land. Is the life of a divorcee, what a great parallel! I know for myself the last few years of marriage were miserable, I felt like God was freeing me from a bad situation. It was those years in the wilderness that taught me to trust God completely, I would never trade those years for easier ones. God became my husband and Father during those 8 years I was a single mom.

The Israelites found comfort in their slavery even though it was NOT easy, it was all that they knew, God had a better way for His Children! He hardened Pharaoh's heart so they could be free to worship God! At the end of the day, we all need to believe that God has a bigger calling on our life and often, we need to be willing to get out of our comfort zone to step into our very OWN promised land. Right now, you are on the journey, there is much to learn!

Read Deuteronomy 30 1-10 Returning to the Lord

The chapter of scripture is so rich. In my Bible every verse is underlined. It begins with a promise "and return to the Lord your God, you and your children, and obey his voice in all that I command you today, with all your heart and with all your soul, 3 then the Lord your God will restore your fortunes and have mercy on you, and he will gather you again from all the peoples where the Lord your God has scattered you."

The Lord delights to bless his children, all we need to do is repent, which means turn away from the sin that ensnares us and love the Lord our God with all our hearts.

You all are facing an amazing opportunity-whether you were the one who left the marriage, or your spouse did, it is time to ask for forgiveness and move on.

Your ship has tipped, and you lost a spouse, now it is time to right the ship and make the commitment to live an honorable life and to teach your children the way they should go.

SESSION #3

WK. 3 DEVO 1

Read Jeremiah 29:1-15

Many years ago, a friend penned these verses on a note card and gave them to me. It was a gift that came at just the right time. I was at the point in my life when I needed to decide how to overcome many obstacles. I needed to make the decisions how I was going to handle being a divorcee. Was I going to let this fact define me or was I going to let God define me?

L=Listen in your journal by writing the date and the Scripture you're studying. After you've read the passage a few times, focus on a verse or two that stands out to you and then write out those verses in your journal.

I = Investigate the context around today's Scripture reading. To whom was this written? Why? How does this passage fit with what comes before and after it? What is the Holy Spirit communicating through this text? Feel free to use Bible study tools for commentary: [Bible Study Tools](#), or [Easy English Bible](#).

F=Focus to the text to make it applicable for your own life. What is God saying to you personally through this passage? How can you apply what you've read?

E = Engage God. This can either be a short prayer or an action that you can take that day after reading the text. Is there a command to follow in the text? How are you different because of what you've learned?

◆ **Small Group Discussion: 25 minutes**

It's time to trust God, so stop running. Stop trying. Stop pushing. Start resting and having faith in Him...Your Egypt is not too hard for God. Look back at YOUR LIFE and discuss what might be holding YOU back from your very own PROMISED LAND.

•What is YOUR "Egypt?" In Your group time read Deuteronomy 30: 1-10 as you all are aware this message was for the Israelites who had walked through the desert. We of course can apply all of scripture to our lives. Now read Colossians 1: 9-14 and see what Paul has to say to the Gentiles and discuss what God has qualified all of you for.

Pray together for God to help you identify and remove the "EGYPT" in YOUR life. Each person should take the time to NAME THEIR EGYPT in prayer and command it to be gone in the name of Jesus. Pray for God's protection this week as the enemy will want to make "EGYPT" look so inviting. Hold each other up in prayer ALL week!

◆ **Small Group Discussion: 15 minutes**

•What were the biggest take-aways and action items?

◆ **Discuss This Week's Homework: 5 minutes**

SESSION #3

WK. 3 DEVO 2



Read 1 Corinthians 10:1-22

The apostle Paul outlined the Israelites' miraculous journey out of slavery into the Promised Land. Their journey provides a physical analogy that types the spiritual conversion process.

L=Listen in your journal by writing the date and the Scripture you're studying. After you've read the passage a few times, focus on a verse or two that stands out to you and then write out those verses in your journal.

I = Investigate the context around today's Scripture reading. To whom was this written? Why? How does this passage fit with what comes before and after it? What is the Holy Spirit communicating through this text? Feel free to use Bible study tools for commentary: [Bible Study Tools](#), or [Easy English Bible](#).

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SESSION #3

WK. 3 DEVO 3



Read Isaiah 43:14-21; Proverbs 3:5-6

What is God telling you through these passages? Isaiah 43:18&19 are very important write those down on a 3X5 card and post them on your bathroom mirror!

L=Listen in your journal by writing the date and the Scripture you're studying. After you've read the passage a few times, focus on a verse or two that stands out to you and then write out those verses in your journal.

I = Investigate the context around today's Scripture reading. To whom was this written? Why? How does this passage fit with what comes before and after it? What is the Holy Spirit communicating through this text? Feel free to use Bible study tools for commentary: [Bible Study Tools](#), or [Easy English Bible](#).

F=Focus to the text to make it applicable for your own life. What is God saying to you personally through this passage? How can you apply what you've read?

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SESSION #3

WK. 3 DEVO 4

Read **Deuteronomy 11:26-28 ; Deuteronomy 13:3-4**

The Lord your God is testing you to find out whether you love him with all your heart and with all your soul it is the Lord your God you must follow and him you must Revere keep his commands and obey him serve him and hold fast to him. Take today and spend time in Listening Prayer to reflect on your LIFE

Starter Journaling time this week and to receive all that God wants you to receive about what may hold you back. **Make notes to share with your group!**

L=Listen in your journal by writing the date and the Scripture you're studying. After you've read the passage a few times, focus on a verse or two that stands out to you and then write out those verses in your journal.

I = Investigate the context around today's Scripture reading. To whom was this written? Why? How does this passage fit with what comes before and after it? What is the Holy Spirit communicating through this text? Feel free to use Bible study tools for commentary: [Bible Study Tools](#), or [Easy English Bible](#).

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SESSION 4: NEGATIVE THINKING

◆ **Welcome and Program Overview (Facilitator): 10 minutes**
Session #4 Teaching: Negative Thoughts 10 minutes

Do YOU struggle with negative thinking? We ALL do at times! Chronic negative thinking, depression, anxiety, and similar disorders are on the rise all over the world and these issues keep us from living out of our identity in Christ. According to the Anxiety and Depression Association of America, 40 million adults in the U.S. are affected, which is nearly 20 percent of the population. Of that number, many are professing Christians.

Fear is a root cause of many of these problems. It's no wonder people are fearful in a world where it appears nothing is reliable. It can be quite disturbing for a person to realize almost everything in life is ultimately out of his control—from the weather to his bank account balance. Everything people rely on for their security will sooner or later fail them. But the Christian who confesses the sovereignty of our Father God who works all things for his good (Philippians 4:4-8) have the antidote to negative thinking.

When a Christian's thinking is primarily negative, anxious, or doubtful, it's a sign of a serious lack of faith. According to **Proverbs 29:25**, fear is a trap but trust in the Lord keeps a man safe. Those who struggle with negative thinking should do the same thing they would do with any other sin—**confess it** (agree with God that negative thinking is wrong because it reveals a lack of trust) and make every effort to replace your thinking with God's Truth and how He sees you as HIS precious child!

How do we do this? Prayer is a key part of overcoming negativity. As we pray "with thanksgiving" (**Philippians 4:6**), we focus on the blessings we have received and leave no room for negative thoughts. The Holy Spirit will be faithful to help the repentant believer overcome negative thinking (**see Matthew 7:7-11**). Your LIFE Starter Bible reading is also a great help in overcoming negative thinking. It's helpful to remember that, no matter how dismal the present circumstances, Christians have been promised God's love and victory in Christ (**Romans 8:37-39; 2 Corinthians 2:14**).

◆ **Small Group Discussion: 25 minutes**

The struggle against negative thinking is a battle for the mind. In Philippians 4:8, the apostle Paul tells believers what to think about: **things that are true, noble, right, pure, lovely, admirable, excellent and praiseworthy!** So, Christians must think about what they're thinking about and not allow their minds to have free rein.

•Do you allow negative thinking and speaking to control you? Discuss taking control of who and what you listen to.

As long as Christians live in a fearful, stressful world, negative thoughts will come. We have the option of either stamping out those thoughts or nurturing them. The good news is, negative thoughts can be replaced with positive ones, and the more that Godly substitution takes place, the more peace and joy we can experience.

SESSION #4

WK. 4 DEVO 1

•Discuss any lies that may have been spoken over you in the past. Where did you receive negative input about your identity? What can YOU choose to do to think differently?

Pray with your group about arresting your negative thoughts, to make sure what comes out of your mouth will be positive in the future. Also ask for God to reveal to you who else in your life you need to discuss this with. Now commit to the group about having discussions over the next week with those people.

◆ **Small Group Wrap-Up: 15 minutes**

•What were the biggest take-aways and action items?

◆ **Discuss This Week's Homework: 5 minutes**

Read Romans 12

Are you willing to be transformed by the renewing of your mind? Will you allow God to search your heart over the course of this class to invade your thought life and make you aware of any negative thinking? The same way that what we eat will affect how we feel, what we consume spiritually affects how we see ourselves and our world. To renew something involves refilling what's empty or restarting what's stopped. Filling our minds with the word of God, listening to Christian music and even turning your lights on at home can help to elevate your mind and thoughts.

L=Listen in your journal by writing the date and the Scripture you're studying. After you've read the passage a few times, focus on a verse or two that stands out to you and then write out those verses in your journal.

I = Investigate the context around today's Scripture reading. To whom was this written? Why? How does this passage fit with what comes before and after it? What is the Holy Spirit communicating through this text? Feel free to use Bible study tools for commentary: [Bible Study Tools](#), or [Easy English Bible](#).

F=Focus to the text to make it applicable for your own life. What is God saying to you personally through this passage? How can you apply what you've read?

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SESSION #4

WK. 4 DEVO 2



Remember how you are and how much God Loves you!

Read Ephesians 3:14-21

May these words wash over with fresh insight! I suggest you write all these verses in your journal and read them every day for 1 week! Every time someone delivers you a negative word think on these verses.

L=Listen in your journal by writing the date and the Scripture you're studying. After you've read the passage a few times, focus on a verse or two that stands out to you and then write out those verses in your journal.

I = Investigate the context around today's Scripture reading. To whom was this written? Why? How does this passage fit with what comes before and after it? What is the Holy Spirit communicating through this text? Feel free to use Bible study tools for commentary: [Bible Study Tools](#), or [Easy English Bible](#).

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SESSION #4

WK. 4 DEVO 3



Make sure you don't deliver negative talk to your loved ones. It's time to TAME your TONGUE!

Read Proverbs 15:4, Proverbs 16:24, and Proverbs 18:4

God believes in you and nothing can stand against you. Do you believe that. Journal about that and if there is anything standing in the way, be ready to discuss in your next group.

L=Listen in your journal by writing the date and the Scripture you're studying. After you've read the passage a few times, focus on a verse or two that stands out to you and then write out those verses in your journal.

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SESSION #4

WK. 4 DEVO 4

Read **Ephesians 4:31-32; Matthew 6:14-15; Matthew 18:21-22**

Over the next two sessions, we will be discussing forgiveness. Pray about the people in your life that you need to forgive, starting with YOU!

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SESSION 5: FORGIVENESS

◆ **Welcome and Program Overview (Facilitator): 10 minutes**
Session #5 Teaching: Eight Forgiveness Steps 10 minutes

How many times a day do you think about what they did to you and what you would do if you could do it all over again? How often do you dream up scenarios where they get what they deserve?

Perhaps the greatest area of bondage I see people in is unforgiveness.

It is like taking poison and hoping it hurts that person.

If you're going to walk forward in leading your family, you have to walk through forgiveness.

Here are 8 key points as you consider this:

1. Forgiveness should not be confused with forgetting. God forgets your sin because He simply chooses to "remember it no more." If you wait for the pain to vanish before forgiving, you live a defeated life.

2. Forgiveness is your choice. Sometimes people say that they simply CAN'T forgive, but in reality, they WON'T forgive. God requires you to forgive; it is something you can do, because God wouldn't ask if you couldn't. Forgiveness seems to go against your sense of what is right and fair, so you hold on to your anger, punishing people over and over in your mind for the pain they've caused you, but you are told by God never to take your own revenge!

3. You forgive others so YOU can be FREE.

4. Don't wait for others to ask for forgiveness before forgiving them. They may never give you what you think you need.

5. Forgiveness must come from your heart. Allow God to bring to the surface the painful emotions you feel toward those who have hurt you. Too often we're afraid of the pain associated with this process so we bury them deep down inside us. Let God bring them up so He can heal the hurts.

6. Forgiveness is choosing not to hold sin against the offender. It is common for bitter people to bring up past issues with those who have hurt them. They want the offender to feel bad, but you must cancel the debt you think they owe you and move on free person. Forgiveness Brings Freedom!

7. Forgiveness requires you to have mercy on others. Just as God shows YOU mercy and cancels YOUR debts, He commands YOU to do the same.

8. Focus on forgiving people for what they did and resist judging their character. Remember, how you forgive others is how God will forgive you.

SESSION #5

WK. 5 DEVO 1

Read **Matthew 18:21-35**

In The Parable of the Unmerciful Servant, who do YOU relate to in the passage? What passage jumps out at you and why?

◆ Small Group Wrap-Up: 25 minutes

Each participant share your thoughts and experiences from 4-Day Study Plan from the last week.

- **Do you hold on to the anger, bitterness & resentment from YOUR past?** Discuss in your group.
- **How do your offenses keep you from deeper relationships with Christ and others?** Discuss in your group.
- **Are YOU willing to forgive YOU?** What does that even look like? Discuss in your group.

◆ Group Prayer Time: 15 minutes

Pray with your group about forgiveness. Let God bring people and any frustrations, bitterness or offenses to your mind that you need to get beyond. Write them down in your journal. We also often we hold things against ourselves, punishing ourselves for wrong choices we've made in the past. Write "myself" at the bottom of your list so you can forgive yourself.

For each thing on your list above, pray the following prayer:

Lord, I choose to forgive (name of person) for (say what they did to hurt you) even though it made me feel (share the painful feelings).

When you are finished forgiving that person for all the offenses that come to your mind, and after you have honestly expressed how you felt, conclude with the following:

Lord, I choose not to hold any of these things against (name) any longer. I choose to cancel all debts owed me. I thank You for setting me free from the bondage

of my bitterness toward (name). I now ask You to bless (name), in the name of Jesus, Amen.

At home, review these steps toward forgiveness...

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SESSION #5

WK. 5 DEVO 2

Read Matthew 6:14-15

This is for our benefit unforgiveness develops into bitterness which can have big consequences.



SESSION #5

WK. 5 DEVO 3

Read Mark 11:25, Proverbs 17:9

Forgiveness must come from your heart. Too often we're afraid of the pain associated with this process so we bury them deep down inside us. Let God bring them up so He can heal the hurts.



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SESSION #5

WK. 5 DEVO 4

Read Romans 12:9-21

Review the 8-steps of forgiveness in the next session. Take today and spend time in Listening Prayer to reflect on your LIFE Starter time this week and to receive all that God wants you to receive about forgiveness. **Make notes to share with your group!**

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SESSION 6: PARENTING ALONE

Welcome and Program Overview (Facilitator): 10 minutes Session #6 Teaching: Parenting Alone 10 minutes

"I was 24 years old when I became a single parent to two little boys. My oldest son Ryan was 4 and my youngest son Brent was 14 months old. As shock wore off and the reality sunk in. I recall feeling overwhelmed and scared. How was I, an uneducated girl going to provide for myself and my two children. It was at this time that I recalled how my Father had handled his devastating news about his illness, ALS. How he used this as an opportunity to shine the love of God to all who entered his room, how he never was angry at God for this path the Lord had allowed him to traverse."

So, I think we will first look at what is our testimony is to our children. What is the legacy that we will leave behind? Will our kids see God through us or in spite of us? Are we going to be the angry bitter parent who bad mouths their other parent, and therefor exhibiting bitterness and resentment?

Or are we going to right the ship and become the best person and the best parent we can be?

So much of what you have already studied will help you be great parents: Your identity in Christ will give you confidence in Christ, if you can capture those negative thoughts and throw them into the abyss they will never hurt you again. If you can get to that place of forgiveness toward your ex you will face freedom.

Now let's learn how you can live in peace with that life, trusting in God completely.

Psalms 5:3 speaks to us about asking God for help and then waiting with the expectation, the belief that he will deliver us.

Psalms 18:6 He hears us when we call to him!

Psalms 18: 16-19 God rescues us because he delights in us!

Isaiah 43:2- No matter what happens to you in your lifetime, God will be with you!

1 John 5:14- As we ask for God to guide us, we need to understand that sometimes his answer is yes, sometimes wait, and sometimes no. No matter what his response is though, the answer is God's way of protecting us as much as it is providing for us.

Hebrews 13:6 So, we say with confidence, "The Lord is my helper; I will not be afraid. What can mere mortals do to me?"

SESSION #6

WK. 6 DEVO 1

Read Psalm 145 again.

Focus on verses 1-7 for today.

Today we are going to focus on the goodness of God and learn how to show our children what a great God we serve. This week as you go about your daily lives, I want you to look for God actively working. The check that comes in the mail at just the right time, the good news you heard from your teacher's child. Making it ten more miles in your car when the gas should have run out after 7 miles. This can be little things or big things the point of the exercise is seeing God working in your life. I call these God Stories- I have written many of them, some of which my children are apart of. This is a great tool to use to teach your children about the goodness and faithfulness of God. It makes God very relevant in their lives and produces in them a thankful heart.. Meditate on your past and prayerfully ask God to remind you of previous times when he has shown up and helped you. This week write down what he has done and share these in your next group session.

Psalm 78:4-7 New International Version

4 We will not hide them from their descendants;
we will tell the next generation
the praiseworthy deeds of the Lord,
his power, and the wonders he has done.
5 He decreed statutes for Jacob
and established the law in Israel,
which he commanded our ancestors
to teach their children,
6 so the next generation would know them,
even the children yet to be born,
and they in turn would tell their children.
7 Then they would put their trust in God
and would not forget his deeds
but would keep his commands.

◆ **Small Group Discussion: 25 minutes**

- Read aloud Psalm 145 in its entirety.
- During your time together talk about how faithful God has been to you.
- Share the times you saw him work these past few weeks .

Wrap up praying that God will show up in your lives this week in a powerful way. Commit to pray this for each other by name this week.

◆ **Small Group Wrap-Up: 15 minutes**

What were the biggest take-aways and action items?

◆ **Discuss this week's homework: 5 minutes**

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SESSION #6

WK. 6 DEVO 2

(Re)Read Psalm 145:8-13

Verses 8 and 9 speak of The Lord's goodness to all. Do you agree with this premise?



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SESSION #6

WK. 6 DEVO 3

(Re)Read Psalm 145:13-16

Focus on God's faithfulness.



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SESSION #6

WK. 6 DEVO 4

Finish reading the remaining verse of Psalm 145

How do these verses touch your heart?

Additionally, go to www.biblegateway.com and search other verses on God's Goodness. Write down the ones that mean the most to you and share these with your group.

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SESSION 7: CONSISTENT DISCIPLINE MIXED WITH GRACE

◆ **Welcome and Program Overview (Facilitator): 10 minutes**
Session #7-8 Teaching: YOUR Story 10 minutes

As a single parent you have to juggle your discipline style and house rules with that of your ex. If your children spend equal time with you and their other parent this can be very challenging. Likewise, if you have the children 90% of the time and Disney Dad shows up for a fun weekend once in a while you have that to compete with.

For the 50/50 parents I recommend you have a list of house rules. If possible, discuss with your ex the possibility of having the same house rules. Consistency between the two homes will give your kids comfort.

Establish a family meeting the day they return to you. Sit down in a friendly manner and discuss how their time with their parent was. Ask specific questions such as: what you did for fun, what was your favorite meal. Also, ask to see any notes from school. At the end bring out your list of house rules and review this with your child.

If you are the sole parent 90% of the time you are going to need help. This can be from friends, family and the Church. Don't be so prideful as to not ask for help. This will only lead to burn out and exhaustion. Fortunately, it is the parent who has the children full time that establishes the rules for the home and the discipline too. My best advise is consistency. A chart of expectations and positive feedback at the end of the week is a great way to avoid conflict.

Deuteronomy 21:18-19 A Rebellious Son-

18 "If a man has a stubborn and rebellious son who will not obey the voice of his father or the voice of his mother, and, though they discipline him, will not listen to them, 19 then his father and his mother shall take hold of him and bring him out to the elders of his city at the gate of the place where he lives, This speaks of a counselor. You may need to enlist the help of others if you have a child you can't control. Each child handles divorce or the death of a parent differently. Some take it in stride and are easy to train, others need extra care.

Using word pictures is a great way to communicate with your children

Emotional word pictures have not only been the most powerful communication technique I have ever used, but the single most powerful technique used by the world's greatest communicators throughout the ages. This is a great parenting tool that I used often with my boys. I highly recommend you discover this great communication tool and use it with your children.

An emotional word picture is a word, statement, or story that creates an instant picture in the listener's or reader's mind. It effectively clarifies what you are trying to say and communicates a feeling that you want your audience (children) to experience. It can be as simple as a word or statement; or as complex as a short story or analogy. Creating emotional word pictures is a learned technique. With practice, emotional word pictures will become your greatest ally in persuading others to listen to what you have to say and do what you believe to be in their best interest.

◆ **Small Group Discussion: 25 minutes**

- Discuss during this group time the creative ways you parent your children
- The challenges you are facing
- This is the time to ask for help! God does not want us to handle our problems alone!
- Discuss using word pictures is a great way to communicate with your children

◆ **Small Group Wrap Up: 15 minutes**

◆ **Review for Homework:**

Effective Communication: Emotional Word Pictures Stevan Browning,
Here are some other helpful ideas.

1. Speak slowly and softly. When you feel your anger rising, slow your speech way down and talk quietly. This will help you resist the urge to shout. Don't lecture – it will make you more upset. Simply say to your child, I'm feeling really upset/angry/frustrated right now. I need a few moments to calm down before I deal with this situation. This lets your child know that there's going to be a "pause" in the proceedings. Naming your emotions in front of your child is important too. In effect, you're sending your child the message, watch and learn – this is how to deal with anger.

2. Take 10 deep breaths. Rehearse a verse of Scripture like James 1:5 or Romans 12:2. Then pray, asking the Holy Spirit to help you put self-oriented thoughts aside and respond in a way that lovingly meets your child's needs and nurtures their emotional and spiritual growth.

3. Remove yourself from the situation if needed (provided your children will be safe in your absence). Keep a stash of calming Scripture memory verses in the bathroom (or another calm-down retreat, or in your purse or wallet) and pray through them until you feel more under control.

4. Don't expect too much from your children! Remind yourself that you are the parent, and responsible before God to show your child a better way.

5. Dig for the truth. Anger is a secondary emotion. When you feel yourself getting upset, listen carefully to your thoughts to reveal the primary emotion underlying your reaction. Is it fear? Resentment? Hurt? Grief? Disappointment? Stress? For example, you might be thinking, If my kids don't leave me alone, I'll never meet my deadline. Your children didn't set your work deadline, so be honest about who really owns that problem.

6. Lighten up and channel your inner comic. Learn to laugh with your kids first, before you talk about how they might do better next time.

7. Call an Ignite Purpose friend for two minutes. A brief chat with another parent in this program will help you put the situation in perspective.

8. Count your blessings. Rehearse in your mind all the things you love about your child/children. This moment of frustration will soon pass.

9. Ask your kids to help! Once you've told your kids, I'm feeling very frustrated right now, ask them, What do you think I should do? Their cute answers may just melt your heart. At the very least, you've got them actively engaged in thinking about good ways to manage their own anger.

SESSION #7

WK. 7 DEVO 1

Read Proverbs 1

“For attaining Wisdom”. If you have children that are 12 and above have a family devotion night and read these verses together. Discuss how you can all apply them to your lives.

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SESSION #7

WK. 7 DEVO 2

Read James 5:7-8

Always make sure you are disciplining your children in love.

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SESSION #7

WK. 7 DEVO 3

Read 1 Corinthians 13:4-13

Love is patient and kind and is the most attractive trait of a purpose driven parent.



SESSION #7

WK. 7 DEVO 4

Read Ephesians 4:1-4, 2 Corinthians 13:11,

You have been called and gifted to be a GREAT parent to your children. Are YOU ready to take full responsibility for the UNITY in your house?



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SESSION 8: OK, IT'S TIME FOR ACTION!

◆ **Welcome and Program Overview (Facilitator): 10 minutes**

Discuss being "patient and consistent" in your parenting moving ahead.

◆ **Session #8 Teaching: Punishment vs. Correction: 10 minutes**

After What comes to your mind when you hear the words "correcting" and "punishing"? According to Mirriam Webster: Punishing = "to impose a penalty on for a fault, offense, or violation" • Correcting = "to make or set right."

Our mindset and motivation when guiding our children makes a big difference in how they receive it, and what foundation we are building in their hearts. Having a Gospel focus lends to a perspective that helps us lead our children in righting their wrongs.

Ask yourself this question: what is the goal for your children? Do you want to correct or do you want to punish?

Simply seeking to punish doesn't always teach what we hope it will. Correction could include something you might call punishment but it has a different end goal in mind.

Think about this, if we are to have a Gospel mindset, what is the goal of the Gospel? It is to repair relationship and then grow us through sanctification into Christ-likeness. Jesus took our punishment to bring correction to the wrongs! As adults, our sin usually looks different than our children's (though I have seen adults throw a tantrum!), but the heart issues are often the same. Correcting focuses on setting right the heart, rather than punishing bad behavior. But we can only do that for our kids if we are also constantly trying to set our own hearts right and sharing that journey with them. Talking with your kids about your own struggles, especially when correcting them, gives them hope and shows them humility, creating a relationship where they can see why correction is necessary.

"These commandments that I give you today are to be upon your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the doorframes of your houses and on your gates." —Deuteronomy 6:6-9 (NIV)

Of course, all choices have consequences of some kind. Good choices bring benefits... poor choices bring negative consequences. As a parent, it can be tempting to use a quick punishment and move on rather than to allow a natural consequence that might impact the entire day and the rest of the family- but which one is more likely to promote learning, work at the heart level and help you build your relationship with your child?

Consequences that will get to your child's heart are consequences that are logical or practical; not extreme or meaningless; focused on the behavior and not the child; and go below the surface to evaluate the heart issue, the child's needs and abilities, our own triggers and motivation; and focus on repairing wrongs, not shaming or humiliating your child."

Jesus said, "Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these." Matt. 19:14 NIV

◆ **Small Group Discussion: 25 minutes**

- How were you disciplined or punished, and how does it effect your correction of your children?
- Do you have a plan for correcting your children
- Do you find it hard or easy to be open with your children about your own heart issues and behaviors? •
- What are some examples of natural consequences that you have used as a tool, or allowed your children to experience?

◆ **Small Group Wrap Up: 15 minutes**

◆ **Discuss This Week's Homework: 5 minutes**

• Make sure you write down your family's correction/punishment process. This alone can be a great tool for parenting. If you can make a list of the rules and then after each one list the correction that will take place if this rule is broken this will be very easy to apply to your kids. Review this list with your kids at a family meeting and then hang it in a visible place in your house for all to see! Discuss this in your group time.

• Focus on the LIFE Journaling Method and it will give you more insights on how to better coach your children.

HERE ARE SOME THINGS TO CONSIDER:

1. Is it an effective tool for this child and this situation? If a parenting tool builds a wall between a parent and child rather than opening doors for communication and teaching, it's not an effective tool.
2. Are there other consequences that are better tied to the behavior that needs correcting? Natural/practical consequences help the brain of a child utilize the logic part of their brain, making it easier for the lesson and correlation between the issue and the result to take deeper root.
3. Self-control and anger. Many of our kids' behaviors trigger responses or frustrations in us that aren't really even about our child. When we have our buttons pushed, it's hard to manage our own emotions, making us more susceptible to impulsivity and less able to connect with our child. When we are angry, we are more prone to humiliate or shame our child.
4. The Rod of Discipline: Many people have been taught that the rod of discipline in the Bible is a mandate to spank. But in the Bible, the "rod" was a tool a shepherd used to direct his sheep. If we are going to spank, are we directing?
5. What is your motive? Are you looking for control; a quick change in behavior; or for your children to have a changed heart open to the love of God.

6. Does my child have an unknown history, known trauma or extenuating circumstances, processing or learning delays, or other circumstances that could be impacting their ability to do what I am asking them to do? Make sure you are in tune with your child, you understand their emotional state, motivations, etc.

While spanking gets all the attention as a hot button issue, here are some other ideas to put in your tool belt:

1. Pause fun activities until responsibilities (chores, school, etc...) are met.
2. Consider time out (a good rule of thumb is 1 minute per year old) or a time in (stay close to the parent until able to discuss the issue).
3. Restoration training. If they said an unkind thing, after apologizing, have them tell 3 kind things to that person. If they use their hands to hit, have them use their hands to do something kind to restore.
4. Rewind the conversation. Explain how the words or tone they used were hurtful or not helpful. Then practice the conversation again to model the appropriate behavior. Karyn Purvis has a lot of great little scripts that work with younger kids, like "Try that again with respect please", or "Would you like a re-do?"

You have been called and gifted to be a GREAT parent to your children. Are YOU ready to take full responsibility for the UNITY in your house?

Colossians 3:12-17 Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. 13 Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. 14 And over all these virtues put on love, which binds them all together in perfect unity. 15 Let the peace of Christ rule in your hearts (and homes), since as members of one body you were called to peace. And be thankful. 16 Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. 17 And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

L=Listen in your journal by writing the date and the Scripture you're studying. After you've read the passage a few times, focus on a verse or two that stands out to you and then write out those verses in your journal.

I = Investigate the context around today's Scripture reading. To whom was this written? Why? How does this passage fit with what comes before and after it? What is the Holy Spirit communicating through this text? Feel free to use Bible study tools for commentary: [Bible Study Tools](#), or [Easy English Bible](#).

F=Focus to the text to make it applicable for your own life. What is God saying to you personally through this passage? How can you apply what you've read?

E = Engage God. This can either be a short prayer or an action that you can take that day after reading the text. Is there a command to follow in the text? How are you different because of what you've learned?

SESSION #8

WK. 8 DEVO 2

Read Proverbs 22

Are you (consistently) starting your children off on the right path?



SESSION #8

WK. 8 DEVO 3

Read Hebrews 12:4-17

God disciplines His children, but also encourages.



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SESSION #8

WK. 8 DEVO 4

Read **Proverbs 10**

It's time to choose **YOUR** way to discipline your children!

SESSION 9: THE SUFFERING SAINT

◆ **Welcome and Program Overview (Facilitator): 10 minutes**
Session #9 Teaching: The Suffering Saint: 10 minutes

James the brother of Jesus lived during a time of great Christian persecution. To his brothers and sisters in Christ this is what he said in **James 1:2-4** "Consider it pure joy, my brothers and sisters whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything."

Have you lived a life of trials and hardships? Do you sometimes wonder, why me? I too have suffered through many trials. As a teenager I saw my father's health decline rapidly as he succumbed to the terrible disease of ALS. He died when I was only sixteen. As a young mother my first husband left me, and our two young children to live his life with another woman. In my mid- thirties my eldest son at the age of 16 left home to live a life with the swine, very far from a life with God. I have majored in the pain of rejection, and abandonment was all this for my good? The thought that penetrates my mind is.... the sufferings of Christ. What are they; rejection and betrayal by the very people he came to save? And what was his answer to that rejection, death on a cross. He became the sacrificial lamb for all of mankind including those who had betrayed him.

As I share in the sufferings of Christ, what is the outcome for me...Glory?

Now if we are children, then we are heirs—heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory. Romans 8:17

3 Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, 4 who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. 5 For just as we share abundantly in the sufferings of Christ, so also our comfort abounds through Christ. 2 Corinthians 1:3-5

I have read these verses so many times but this time verse 5 hit me fresh and new. For just as we share abundantly in the sufferings of Christ, so also our comfort abounds through Christ. What a thing to ponder we share abundantly in the sufferings of Christ. What are the sufferings of Christ? Rejection, betrayal, death on a cross. Yes, I have shared abundantly in these sufferings. I am certain you have too.

I want to know Christ and the power of his resurrection and the fellowship of sharing in his sufferings, becoming like him in his death, Philippians 3:10

To have fellowship with God is to be united with him to share in his sufferings is to be entwined. This is a calling, a unique place of true empathy with The One who died for your sins and mine. But rejoice that you participate in the sufferings of Christ, so that you may be overjoyed when his glory is revealed. 1 Peter 4:13

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Being willing to share in the sufferings of Christ requires brokenness, a forgiving heart and a willingness to be that sacrificial lamb to those we love and serve. It requires a death to our agenda and ourselves. The result in all this is the glory of God revealed in our lives. To share in the sufferings of Christ is truly a place of honor. To be so acquainted with the life of Christ, as to share in his sufferings a privilege. This is the life of a victorious Christian!

◆ **Small Group Discussion: 25 minutes**

Each participant share your thoughts and experiences from your week with the kids. How did your week go as it relates to discipline? This is the time to share helpful tips and ask for help! You all are fellow so-journers on this trip, time to be real with each other.

- Discuss how you really see yourself and if it's different than the teaching from today's session.
- How would believing the truth about suffering change the way you handle the trials of losing your spouse?
- Do you want to change your perspective?

Talk about what it really means to you about sharing in the sufferings of Christ? When we accept Christ into our hearts, the person we were before dies, and we are reborn as a "new creation." As a child of God, we have the privilege to share in life with Christ. As trials and struggles come our way, he is creating a beautiful tapestry of our lives. The question now is what's next?

Pray for each other to grow in wisdom and revelation as you all dig deeper into the word of God.

◆ **Final Group Discussion: How can this study be improved?: 15 minutes**

as it relates to discipline? This is the time to share helpful tips and ask for help! You all are fellow so-journers on this trip, time to be real with each other.

- Discuss how you really see yourself and if it's different than the teaching from today's session.
- How would believing the truth about suffering change the way you handle the trials of losing your spouse?
- Do you want to change your perspective?

Talk about what it really means to you about sharing in the sufferings of Christ? When we accept Christ into our hearts, the person we were before dies, and we are reborn as a "new creation." As a child of God, we have the privilege to share in life with Christ. As trials and struggles come our way, he is creating a beautiful tapestry of our lives. The question now is what's next?

Pray for each other to grow in wisdom and revelation as you all dig deeper into the word of God

◆ **Discuss This Week's Homework: 5 minutes**

The Apostle Paul encourages us to continue to work out our salvation with fear and trembling, for it is God who works in us that causes us to act according to His good purpose. Use the LIFE Starter journaling method that this study ignited, to continue to move ahead in Christ!

Read Romans 5:2-4

Read these verses, What does suffering produce? What does hope do for believers?

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SESSION #9

WK. 9 DEVO 2

Read Exodus 3:6-8

Expound on these verses.

SESSION #9

WK. 9 DEVO 3

Read & Study 2 Corinthians 1:1-11

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SESSION #9

WK. 9 DEVO 4

Read & Study 1 Peter 1: 1-9

This a rich chapter. Pick which section means the most to you and expound on this section below.

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