

# BOLD ♀ BEAUTIFUL



BECOMING THE FEMALE ATHLETE GOD CREATED YOU TO BE

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This resource would not be possible without a great, Spirit-led team. Thank you Amy Richards and Scott Richards for creating great design and graphic elements; to Shea Vailes for sharing her editing skills and to Donna Noonan for guiding the process from start to finish. Most importantly, we thank the Lord Jesus Christ for His Word, grace and mercy. Without His sacrifice on the cross for our sins, there is no redemption. We pray that through this resource, you will understand true beauty, and how a strong and competitive spirit can be godly and feminine.

*Scripture unless otherwise noted, is taken from the HOLY BIBLE, HOLMAN CHRISTIAN STANDARD  
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# INTRODUCTION

## LEADER'S GUIDE

**We're so excited you're doing this. For years, FCA has hoped to develop resources specifically for female athletes like you to help them uncover their potential as strong, godly women competitors who are walking in freedom from the enemy's lies. Lies that deal with performance, perfectionism, body image, identity, idolatry and even the most basic of all God-given characteristics: femininity.**

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But the Truth is out there in the Bible, and it can break the chains of these lies in your and your teammates' minds and hearts to release you into the freedom of Christ.

That's why we're doing this study series—to help you step into your identity as

daughters of God who are both strong and soft, fierce and tender, bold and beautiful.

The world can tell you many things about your identity, but only Jesus Christ can tell you the absolute, unshakeable Truth. It's time to receive it, believe it and live it.

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## HOW IT WORKS:

Each study is designed for teams to do in a group setting, meeting together (ideally) for one hour once a week to explore the lessons. As the leader, you will be in charge of the basics such as assembling the group, communicating the times and locations, and making sure the necessary materials are available. But your role goes far beyond that of event planner.

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**As the leader, you'll be the woman who sets the tone for the discussion, takes the lead when there's confusion or silence, works with the Holy Spirit to ensure that His Word and message are communicated, and rallies the team after the study to help them live out the Truth. Because if it's one thing we're after through Bold and Beautiful, it's transformation**



## STUDY BREAKDOWN:

To make the most of this study, we've included the following sections in each lesson:

- **Key Verse** — Gives focus or direction for the topic.
- **Intro** — The topic warm-up, which includes questions to get your group going.
- **Think It Through** — Explains the message.
- **The Word** — Provides verses to study what God has to say on the topic and helps the group understand that the Bible is relevant in our culture and to our most personal situations. This section should be done individually, rather than as a group.
- **Takeaway Point** — The message we want everyone to understand and remember.
- **Team Time** — Provides activities and questions to do as a group. Depending on the amount of time you have, you may choose to only do a couple of these.
- **Work It Out** — Activities to do as a team to help you apply what you are learning.
- **Rally Cry** — Your go-to phrase for the next week, which you can use to encourage one another.

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To help you get a feel for this study, let's take a look at a few things this study IS NOT ...

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1

This will NOT be a small group that meets together to share sad stories, offer hugs and then plans to meet again next week to share the same problems. There WILL be hard work and obedience to God's Word, and members WILL be asked and expected to cooperate with the Holy Spirit to carry out what He reveals to them.

2

This will NOT be a one-night-a-week study. This WILL involve incorporating Truth into daily life.

3

This will NOT be a place in which lies from the enemy are allowed to continue. Truth WILL go forward, and all group members must understand that there will be uncomfortable moments when the Holy Spirit stirs up long-held areas of bondage. Most of the time that hurts. But when this is orchestrated by the Lord, it is done for the sake of freedom.

4

This will NOT be a place in which teammates try to solve each other's problems through their own personal ideas and opinions, which aren't always reliable. This WILL be a study that places full emphasis on the Word of God and what He has to say about lies and sin. This takes the burden off the leader and study members to come up with a solution to every issue and places it in God's capable hands.



## THE AGREEMENT

This study is unique in that there will be an established agreement among the participants. With the goal of the study being life-change, teammates must have permission to speak hard Truth into one another's lives. If one teammate needs to hear a challenging Scripture to combat a lie she believes, others must have the freedom to share God's Word with her as a way of helping her move forward, and she must know that they are doing so to help her grow in Christ. If she has signed an agreement allowing teammates to speak Truth to her, there will be no room for hurt feelings, only the conviction of the Holy Spirit through His Word.

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## YOUR RESPONSIBILITIES:

As the leader, you will have several responsibilities during group meetings.

1

**Make sure the group stays on topic** and doesn't deviate into superficial discussions that derail the Truth as it is going forward. This can be challenging in a group of women, but if teammates have read the agreement, they'll know it's your role.

This point does have an exception. If you see that the Holy Spirit is clearly moving a teammate's heart in another direction and trying to break into her life, follow Him. For instance, if you find that during the study on body image, a teammate discovers that events from her childhood have caused her to despise her body, help her as she works with the Lord to understand her wounds. Show her Truth that applies to her situation instead of trying to pull the group back to the text.

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**Guiding a study is an art form, and the more you do it, the more comfortable you'll become at hearing His voice as He directs your time.**

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2

**Keep the focus on God's Truth.** As women, you will naturally want to share your opinions about each other's issues and offer others advice for solving their problems. But that's not the goal here. The goal is to help each other HEAR what God is saying and DO what He says. When you only share your opinion, you don't help them hear God's Word; you help them hear yours. The goal is to stick to Scripture and personal testimony (Hebrews 4:12, Revelation 12:11) when addressing each other and refrain from making opinion-based suggestions regarding how to solve a problem.



How do you do this? By using specific language that points either to the Word or what God has done in your life. When a teammate shares an area of struggle or a question, pay attention to what God is speaking to you in regard to her story. What verses come to your mind? What stories from the Bible are similar to her situation? When you latch onto one, respond with, “This is what I’m reminded of in Scripture...” By keeping the emphasis on God’s Word, you do two things: 1. Help her hear what God is saying, and 2. Protect yourself from giving bad advice and worsening her situation.

By sticking to God’s Word, you let God shoulder the blame if her feelings are hurt by the Truth, and He is well-equipped to handle that. Imagine, however, that you share your

opinion regarding how you would handle her situation and she takes her advice only to get hurt worse. Who will she blame? If you stick to sharing God’s Word with each other, you won’t be able to lead each other astray through well-meaning opinions.

The other option is to share your personal experience in response to a teammate’s situation. If another participant brings up a story that is similar to something you experienced in your past, it can be very helpful and powerful if you share what God did in your life as an example. While her situation may turn out differently, it’s still going to help her understand the character of God and how He can work in similar situations.

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**What happens if you can’t think of any Scripture that relates to her situation? That may happen, and that’s OK. That’s why there’s a group of other women around you who can chime in when you’re drawing a blank. Pray before you start and ask that God would quicken Scripture to your and your teammates’ minds.**

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*“But what if my teammate genuinely shares a problem that needs an immediate solution?”* This is always a possibility. There could be major revelations of traumatic events or deeply rooted sins. If you find yourself in territory you believe is out of your capability to handle, do your best to reassure your teammate of God’s promises to love and care for her, and then work with her after the group to secure a time to meet with a pastor, counselor, coach or campus ministry rep.

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**3**

**Go first.** If no one else wants to share, you can set the tone by opening up. Be real. Be vulnerable. Be transparent. If you are courageous enough to do this with your teammates, they’ll be more likely to do the same with you and the group.



# 4

**Seek God for yourself.** As the leader, you'll find that you depend on God to see you through each study, especially if you want His Word to go forward and your teammates to encounter Him. To usher in this kind of Spirit-filled atmosphere, pray for the study, your teammates and yourself. Ask God daily to give you wisdom and understanding and to bring Scripture to your mind when you need it.

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**Also, stay grounded in His Word. When you find yourself in a challenging situation at study, you'll depend on your knowledge of the Word to help guide your teammates. The best thing you can do for your study group is to stay close to the Father yourself.**

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# 5

**Follow up.** As part of working the truth into daily life, you and your teammates will have weekly assignments that correspond with the lessons. Each assignment is outlined at the bottom of the study and comes complete with a Bold and Beautiful Rally Cry, which will be your go-to phrase for the next seven days. To get this started, you will send out a follow-up email (or text) within the next 24 hours for each study encouraging your teammates and rallying them around what you discovered. This follow-up message, which is provided for you, can be easily customized for your specific group, and you can expand on it however you wish. The point is to "rally the troops" and generate excitement about living out the Truth and obeying the Lord.

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## IT'S GO TIME:

There you have it. That's the leader introduction. Don't worry. You CAN do this. Keep in mind the words Moses spoke to Joshua in Deuteronomy 31:8: *"The Lord is the One who will go before you. He will be with you; He will not leave you or forsake you. Do not be afraid or discouraged."*

It won't be easy, but you're not alone. You have the Creator working in and through you to bring Truth to His daughters. And He will make Himself known as you press into Scripture. *"You will seek Me and find Me when you search for Me with all your heart"* (Jeremiah 29:13).







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# TEAM STUDY AGREEMENT

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**“Now I urge you, brothers, in the name of our Lord Jesus Christ, that all of you agree in what you say, that there be no divisions among you, and that you be united with the same understanding and the same conviction.”**

**1 Corinthians 1:10**

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## STUDY AGREEMENT

As part of this study, I agree to the following terms to help ensure the best possible environment for the team and work of the Holy Spirit:

- I will be honest with the group to the extent that I am aware of the Truth.
- I will participate in the discussions.
- I will lay down my right to be offended when a teammate shares Scripture that convicts me.
- I will consider the Lord's Truth to be of utmost importance to the fruitfulness of this study.
- I will come with a heart that is open to the Lord and to receiving what He has for me.
- If I disagree with another member of the group, I will speak to her directly and lay down my desire to gossip.
- I will seek only the good of my teammates.
- I will be present physically and mentally.
- I will keep group discussions confidential unless there is danger in doing so.
- I will seek to hear what the Lord is saying and to respond in obedience.

**SIGNED:** \_\_\_\_\_

**DATE:** \_\_\_\_\_





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# IDENTITY

## LEADER'S GUIDE

### STUDY GOALS:

1. Discover what it means to “find your identity in Christ.”
2. Highlight the importance of knowing who you are in Christ and the danger of misplaced or self-generated identity.
3. Start to uncover who you are as God's daughters.
4. Begin to help each other know and believe Truth about your identity.

### MAIN POINTS:

1. Trying to find ourselves without looking to God is pointless.
2. No one knows us like God does, because He created us and designed us by hand.
3. God's Word tells us who we are.
4. Knowing what Scripture says about us will help us avoid looking to outside things for identity.

### HELPFUL VERSES:

- Genesis 1:27
- John 1:12
- Galatians 3:27-28
- 1 John 3:1
- Galatians 2:20

### FOLLOW UP:

Within 24 hours of the study, send out a group follow-up message. Use this one, or adapt your own.

**Verse:** “See what great love the Father has lavished on us that we should be called children of God! And that is what we are!” – 1 John 3:1 (NIV)

**Message:** Who are we? We are God's daughters. We can try to find our identity in sports or a million other things, but none of them will reach the core of our being like the Truth about who God made us. Only our identity is in being created, loved, forgiven, saved and redeemed by the Lord, and that's all we need to know. Everything else flows out of us in response to the One who calls us His.

**Social:** #IamHis – We are God's beautiful daughters, and we don't have to do anything to earn or gain that identity. It's just who we are when we have surrendered to Jesus as Lord! So let's encourage each other by sharing our thoughts on Twitter, Instagram, Facebook or SnapChat using the hashtag #IamHis. Together we can show the world what it means to be God's children!







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# IDOLATRY

## LEADER'S GUIDE

### STUDY GOALS:

1. Discuss the dangers of sports idolatry (and idolatry in general).
2. Expose idols hidden in the hearts of group members, especially as they relate to sports.
3. Communicate the importance of allowing God to be our only object of worship.
4. Work together to help each other move forward out of idolatry and into complete worship of God alone.

### MAIN POINTS:

1. Sports can easily become idols when we prioritize them above all else and turn to them for what only God can give us.
2. Idols aren't safe; they're dangerous and destructive.
3. God alone is the only One who will fulfill us and give us what we truly long for.
4. God removes idols from our lives, not to punish us, but to protect us from being crushed when they fail us (which they will).

### HELPFUL VERSES:

- Exodus 20:3-6
- Isaiah 46
- Psalm 96:4-6
- Matthew 4:8-10
- 1 Corinthians 10:14
- 1 John 5:21

### FOLLOW UP:

Within 24 hours of the study, send out a group follow-up message. Use this one, or adapt your own.

**Verse:** *"For all the gods of the peoples are idols, but the LORD made the heavens."* – 1 Chronicles 16:26

**Message:** It's so easy to let things of this world rule in our hearts—especially our sport. But it won't and can't save us or meet our needs, and it will eventually fail us. Instead of idols, let's worship God, who is the only One who has ever loved us enough to die for our sins. He's the only One worthy of our affection and praise, so let's give our lives to Him instead of a worthless idol.

**Social:** #oneGod – God alone is God. Not sports, not our bodies, not our boyfriends or anything else. He is it! So let's encourage each other by sharing our thoughts on Twitter, Instagram, Facebook or SnapChat using the hashtag #oneGod. Together we can show the world what God is doing in our hearts and what it means to live for Him!





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# FEMININITY

## LEADER'S GUIDE

### STUDY GOALS:

1. Highlight the pressures the world puts on female athletes to be masculine.
2. Uncover our own personal stereotypes about women and evaluate whether or not they're true.
3. Discover God's design for a strong woman.
4. Free ourselves from the need to be like men to be competitors.
5. Renew our minds regarding how to be a strong woman of the Lord on and off the field or court.

### MAIN POINTS:

1. God designed women to be strong and courageous while being entirely feminine.
2. As female athletes, we face pressures to deny our femininity and embrace masculinity.
3. By discovering God's design for strong women, we can release ourselves from the pressure to be masculine and embrace true, godly femininity.
4. Traits of godly women, such as having a gentle and quiet spirit, can be applied in the athletic arena.
5. Scripture gives us many good examples of strong, godly women that we can follow.

### HELPFUL VERSES:

- Genesis 1:27
- 1 Peter 3:3-6
- Psalm 96:4-6
- Proverbs 31
- Romans 1:26-27 (Addressing the fact that homosexuality is a sin.)
- All of Esther

### FOLLOW UP:

Within 24 hours of the study, send out a group follow-up message. Use this one, or adapt your own.

**Verse:** *"Strength and honor are her clothing, and she can laugh at the time to come."* – Proverbs 31:25

**Message:** The world may not know what a strong, godly woman looks like, but we can show them. Women can be bold, powerful and competitive, while being gentle, soft and feminine. By learning how God made us, we can be bold and beautiful through Him and bring Him glory on and off the field or court.

**Social:** #StrengthandHonor – In God's design, we can be strong competitors and amazing, faith-filled women at the same time. So let's encourage each other by sharing our thoughts on Twitter, Instagram, Facebook or SnapChat using the hashtag #StrengthandHonor. Together we can show the world what it means to be bold and beautiful women of God!





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# BODY IMAGE

## LEADER'S GUIDE

### STUDY GOALS:

1. Expose lies that the study participants believe about their bodies.
2. Name those lies and why they are false.
3. Apply God's Word to the lies and replace them with Truth.
4. Hear what God is saying and respond with action.

### MAIN POINTS:

1. Female athletes were wonderfully created by God and knit together by His hands.
2. Their athletic bodies have purpose and value.
3. There are consequences to having a poor body image including decreased joy and peace, depression and self-loathing, decreased athletic performance, less fruitful relationships with teammates, and a stunted relationship with God.
4. The lies they believe can be replaced with God's Truth, which will bring freedom to their lives and peace to their hearts.
5. They are free to believe they are beautiful just as they are.

### HELPFUL VERSES:

- Galatians 1:10
- Proverbs 31:30
- 1 Peter 3:3-4

### FOLLOW UP:

Within 24 hours of the study, send out a group follow-up message. Use this one, or adapt your own.

**Verse:** *"For it was You who created my inward parts; You knit me together in my mother's womb. I will praise You because I have been remarkably and wonderfully made. Your works are wonderful, and I know this very well."* – Psalm 139:13-14

**Message:** We all struggle with accepting our bodies in some way or another, but because we were created by the hand of God, we don't have to be enslaved to that way of thinking anymore. His love and our worth don't depend on the size and shape of our bodies. We are "fearfully and wonderfully made" and are beautiful as we are.

**Social:** #wonderfullymade – We are handcrafted by God Himself who creates wonderful works. Let's encourage each other by sharing thoughts and stories on Twitter, Instagram, SnapChat and Facebook using the hashtag #wonderfullymade. Together we can show the world what God is doing in our hearts and what it means to be #wonderfullymade!







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# COMPARISON

## LEADER'S GUIDE

### STUDY GOALS:

1. Learn the difference between healthy and destructive comparison in sports.
2. Examine our hearts regarding how and when we compare ourselves to others and why.
3. Discover God's Truth regarding comparison and why He warns against it.
4. Understand our worth in Christ regardless of how we compare to others.
5. Begin to let our identity as God's daughters set us free from unhealthy comparisons.

### MAIN POINTS:

1. While some comparison is necessary in sports, most of it is detrimental to our spiritual health.
2. To use comparisons to berate or inflate ourselves is to put more weight on what the stats, the world or the enemy says about us than what God does.
3. Comparisons can force us to lose touch with Jesus and His call to love and serve others in humility.
4. Knowing who we are in Christ and finding our total worth and value in Him will help us win the battle with comparison.

### HELPFUL VERSES:

- 1 Samuel 16:7
- Galatians 1:10
- Galatians 6:3-5
- Philippians 2:3
- Romans 12:3
- 1 John 2:15

### FOLLOW UP:

Within 24 hours of the study, send out a group follow-up message. Use this one, or adapt your own.

**Verse:** *"For we don't dare classify or compare ourselves with some who commend themselves. But in measuring themselves by themselves and comparing themselves to themselves, they lack understanding."* – 2 Corinthians 10:12

**Message:** In sports, we have to make some comparisons, but in order to keep them from leading us away from God, we have to be able to make them in a healthy manner. The only way to do that is to know beyond a shadow of a doubt who we are in Christ and to let Him—not the stat sheet—define our worth.

**Social:** #NoComparison – In Christ, we're free to let comparisons come and go without taking them personally and letting them steer us off track. So let's encourage each other by sharing our thoughts on Twitter, Instagram, Facebook or SnapChat using the hashtag #NoComparison. Together we can show the world how Christ can free us from the trap of comparison!





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# SUCCESS

## LEADER'S GUIDE

### STUDY GOALS:

1. Evaluate how much weight athletic success carries in our lives and why.
2. Discuss how worldly failures can be spiritual successes.
3. Examine the life of the Apostle Paul and what it can teach us about true success.
4. Define what true success looks like for you as individuals and as a team according to God's Truth.

### MAIN POINTS:

1. Success according to the world is starkly different than success to God.
2. Wanting to succeed in sports isn't bad; it's how we view it and what we believe about it that makes it either positive or negative.
3. What looks like failure can actually be success in God's eyes. We can lose a game and still win for Him.
4. Athletic success is subjective and fleeting, whereas God's success is easily defined by our obedience to and love for Him and carries eternal value.
5. God's love for us isn't based on success or on anything we do or don't do; it's based on His choice to love us regardless of our performance.

### HELPFUL VERSES:

- 1 Samuel 15:22
- 1 Samuel 16:7
- Matthew 6:19-21
- Matthew 20:25-28
- Mark 8: 34-38
- Mark 12:30-31
- Ephesians 2:8-9

### FOLLOW UP:

Within 24 hours of the study, send out a group follow-up message. Use this one, or adapt your own.

**Verse:** *"More than that, I also consider everything to be a loss in view of the surpassing value of knowing Christ Jesus my Lord. Because of Him I have suffered the loss of all things and consider them filth, so that I may gain Christ."* – Philippians 3:8

**Message:** The world defines success by wins, titles, stats, money and fame, but those things have little—if anything—to do with true success. In God's eyes, we're really winning if we're following Him by loving, serving and glorifying Him and developing our relationship with Him daily. That kind of success is the kind that lasts into eternity.

**Social:** #HeWins — When we're following God, we're winning—regardless of the stats or score. So let's encourage each other by sharing our thoughts on Twitter, Instagram, Facebook or SnapChat using the hashtag #HeWins. Together we can show the world the meaning of true, eternal success!







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# PURITY

## LEADER'S GUIDE

### STUDY GOALS:

1. Understand what purity is and where we get our personal standards for it.
2. Examine the world's view of purity vs. God's view.
3. Discuss why God wants us to remain pure.
4. Note any changes we need to make in our lives to align ourselves with God's best for us regarding sexual purity.

### MAIN POINTS:

1. God's plan for purity wasn't established to keep us from having fun. It was designed to protect us from a variety of difficulties and to keep sex and marriage sacred as He intended it.
2. Sex was created by God and is a good thing when experienced within His boundaries.
3. The world's message on sex and purity is dangerous, cheap and in direct contrast to God's message.
4. When we fully understand the value of sex and the divine nature of it, we see it as a gift from God that is to be prized and protected.

### HELPFUL VERSES:

- Matthew 19:5-6
- 1 Corinthians 10:13
- 1 John 1:9
- Ephesians 5:3
- Here also is a helpful link to an article from Focus on the Family regarding pre-marital sex:

[http://family.custhelp.com/app/answers/detail/a\\_id/26204/-/where-does-the-bible-say-that-pre-marital-sex-is-wrong%3F](http://family.custhelp.com/app/answers/detail/a_id/26204/-/where-does-the-bible-say-that-pre-marital-sex-is-wrong%3F)

### FOLLOW UP:

Within 24 hours of the study, send out a group follow-up message. Use this one, or adapt your own.

**Verse:** *"Let no one despise your youth; instead, you should be an example to the believers in speech, in conduct, in love, in faith, in purity."* – 1 Timothy 4:12

**Message:** Sex is a unique and powerful thing created by God for us to experience inside of marriage. Everything around us, however, wants us to forget God's design for it and just live it up whenever and with whomever we want. Ladies, let's not cheapen one of God's most powerful gifts. Let's commit to purity and wait for His highest and best!

**Social:** #StayPure – We are called to purity both as a way of glorifying God and protecting ourselves. Let's help each other walk this out and encourage each other by sharing our thoughts on Twitter, Instagram, Facebook or SnapChat using the hashtag #StayPure. Together we can live our 1 Timothy 4:12 and set an example for purity!





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# SHAME

## LEADER'S GUIDE

### STUDY GOALS:

1. Discover the difference between guilt and shame.
2. Identify areas of shame in our hearts.
3. See how shame separates us from God's love.
4. Release our shame to God and begin walking in His forgiveness and freedom.

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### MAIN POINTS:

1. Guilt deals with the sin, but shame attacks the sinner herself.
2. Shame has no place in the heart of a Christ-follower who has been redeemed by His blood.
3. Shame puts an unnecessary wall between us and God, making us feel unworthy.
4. Nothing we've done or that has been done to us can make God love us any less than perfectly, which means all we have to do with our sin is repent, receive His forgiveness, let it go and move forward. No shame attached.

### HELPFUL VERSES:

- 1 John 1:9
- 1 John 2:1
- Romans 3:23-26
- Psalm 103:8-12
- Romans 8:1-3

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### FOLLOW UP:

Within 24 hours of the study, send out a group follow-up message. Use this one, or adapt your own.

**Verse:** *"Those who look to Him are radiant with joy; their faces will never be ashamed."* – Psalm 34:5

**Message:** Shame is a soul killer—a major tool of the enemy to keep us from God. But because of Jesus, we have nothing to be ashamed of. God loves us perfectly and sees us through the filter of His Son, who wiped away all of our sins and shortcomings. He made us beautifully and sees that way, and we are free to live as His dearly loved daughters!

**Social:** #NotAshamed – We have nothing to be ashamed of! Christ did away with anything that could make us hang our heads. So let's encourage each other by sharing our thoughts on Twitter, Instagram, Facebook or SnapChat using the hashtag #NotAshamed. Together we can show the world what it means to live free from shame and redeemed by God!





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# PEOPLE PLEASING

## LEADER'S GUIDE

### STUDY GOALS:

1. Identify whose approval we seek after the most and why.
2. Highlight the difference between healthy and unhealthy approval seeking.
3. Examine how the influential people of our past shaped our approval-seeking patterns today.
4. Outline God's pleasure with us, regardless of our performance or ability.
5. Begin to move away from people-pleasing tendencies and move toward resting in His love, grace and approval.

### MAIN POINTS:

1. Most of us battle the desire to win the approval of other people, but how much we let that affect us can have a negative impact on our lives and our relationships with God.
2. The desire to please others can drive us into the obsessive pursuit of perfection and performance.
3. How we received approval in the past can impact how we think we receive approval from God.
4. We don't have to do or achieve anything to earn God's love. He gives us His love first and then lets us obey Him freely out of the overflow of that love.
5. Living under God's grace and approval brings freedom.

### HELPFUL VERSES:

- 2 Timothy 2:15
- Matthew 6:33
- Romans 5:8
- Ephesians 2:4-10
- 1 John 4:9-11
- Psalm 136:26

### FOLLOW UP:

Within 24 hours of the study, send out a group follow-up message. Use this one, or adapt your own.

**Verse:** *"For am I now trying to win the favor of people, or God? Or am I striving to please people? If I were still trying to please people, I would not be a slave of Christ."* – Galatians 1:10

**Message:** There is nothing we have to do today to earn the approval we desire. We already have it from the God who created and loves us. Our role is to accept this love and live in response to it. Whatever anyone else thinks doesn't have to matter in light of the fact that we're already approved and considered amazing by our Father.

**Social:** #AudienceofOne – With God's approval, what others think doesn't have to affect our peace and joy. So let's encourage each other by sharing our thoughts on Twitter, Instagram, Facebook or SnapChat using the hashtag #AudienceofOne. Together we can show the world what it means to live free from the need to please anyone but our awesome God!







# BOLD ♀ BEAUTIFUL

# CONTROL

## LEADER'S GUIDE

### STUDY GOALS:

1. Determine to what degree we battle for control in sports and in life and understand the underlying reasons why we feel like we have to be in control.
2. Recognize the danger of trying to control things ourselves instead of trusting God.
3. Highlight the difference between self-discipline and rigid control.
4. Release our areas of control to God and move forward by trusting Him with our lives and sports rather than trusting ourselves.

### MAIN POINTS:

1. Control is an illusion. Even if we think we're in control, we're not.
2. Thinking we must stay in control can lead us into dangerous and destructive behaviors and habits, and can take away from our free, full life in Christ.
3. God is faithful and trustworthy, and we can surrender our control to Him without fear.
4. Letting God have control is the only way to experience the life He has for us here on Earth.

### HELPFUL VERSES:

- James 4:13-15
- Romans 8:28
- Matthew 6:33-34
- Matthew 10:29-31
- John 16:33
- Psalm 46:10
- Job 12:10

### FOLLOW UP:

Within 24 hours of the study, send out a group follow-up message. Use this one, or adapt your own.

**Verse:** *"Trust in the Lord with all your heart, and do not rely on your own understanding; think about Him in all your ways, and He will guide you on the right paths."* – Proverbs 3:5-6

**Message:** We don't have to control our lives. God is a good God, and He loves us enough to take care of us and handle any and all of our situations. We just need to be willing to surrender to Him and follow. It may not be easy at times to give up our desire to rule, but it's always for our best.

**Social:** #LetItGo – God has it all under control, and we don't have to do anything but trust and obey. So let's encourage each other by sharing our thoughts on Twitter, Instagram, Facebook or SnapChat using the hashtag #notashamed. Together we can show the world what it means to live full lives filled with the peace of surrendering to a good and loving God!

