



Monday, June 8, 2026 | Week 2 Reflection Questions (F,G,H,I,J)

A. FLAVA / Personality Awareness

1. Discovering Your FLAVA

- What were your **top two flavas**, and in what ways did the description feel accurate or surprising?
- Can you share a recent situation where your FLAVA showed up clearly (spicy, salty, mild, or tangy) in how you responded?

2. Strengths & Blind Spots

- How does your FLAVA **help** you serve others well (family, ministry, workplace)?
- Where might your FLAVA create **challenges** or misunderstandings with others?
- What's one way you can lean into the **strength** of your FLAVA this week?

3. Seeing Others with New Eyes

- Think of someone close to you (spouse, child, coworker, sister in Christ). What do you **guess** their FLAVA might be?
- How does that guess help you **better understand** their behavior?
- What is **one thing** you will do differently in how you talk to or respond to them this week?

B. Communication & Conflict

4. Platinum Rule in Action

- Where in your life do you most need to practice the **Platinum Rule**:
"Communicate unto others as *they* would have you communicate unto *them*"?
- What practical change would that look like for:
 - A **spicy** person in your life?
 - A **salty** person?
 - A **mild** person?
 - A **tangy** person?



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5. Reframing Past Situations

- Think of a recent conflict or tension.
How might FLAVA differences have contributed to that moment?
- If you could **redo** that conversation with this new understanding, what would you say or do differently?

6. Building Stronger Teams

- In your church, job, or ministry team, where do you see **too much of one flavor** and not enough of another?
- What might change if you **intentionally included** other flavors in planning, decision-making, or hosting duties?

C. Identity, Worth, and Sisterhood

7. Daughter of the King

- When you say, “I am a **daughter of the King**,” what part of that truth is hardest for you to really believe?
- How would your **self-talk** change this week if you truly lived from that identity?

8. Loving Yourself, Loving Others

- Which part of the affirmation spoke to you most:
 - “My Daddy loves me,”
 - “I love me,” or
 - “I’m free to love you”?
- How does loving yourself well **equip** you to love your sisters better?

9. “Best Version” of You

- In what area of your life do you feel God calling you to become a **“first-rate you,”** not a second-rate someone else?
- What is one **small but concrete** step you can take this month toward that version?



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D. ABCs: F–J (This Session’s Letters)

10. Feel Good About Yourself

- What is one **God-given strength** or quality about yourself that you rarely celebrate?
- How can you intentionally **affirm** that strength this week (in prayer, journaling, or conversation)?

11. Get Going

- Where have you been **waiting** instead of moving (a dream, ministry idea, wellness goal, relationship step)?
- What is one **next step** you can take in the next 7 days to “get going”?

12. Have a Helping Hand

- Where do you most feel like you are **doing life alone**?
- If you were to ask for help in that area, what would you ask for and **who** might you ask?

13. Inspire Somebody

- What’s a part of your story that could **encourage another woman**, even if it still feels tender?
- Who is one woman you can intentionally **encourage** this week, and how (call, text, card, prayer, invitation)?

14. Join the Team

- In what ways do you feel **connected** to sisterhood right now? In what ways do you feel **isolated**?
- What would “joining the team” look like for you in this season—more presence, more vulnerability, more service, or something else?

E. Self-Care, Health, and Calling

15. Stewarding Your Temple

- Hearing Roxy’s health story, where did you feel the **Holy Spirit nudge** you about your own health (physical, emotional, or spiritual)?



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- What boundary or change is God inviting you to make so you can **sustain your calling**?

16. Givers Who Don't Refill

- Are you currently pouring from your **cup** or from your **saucer** (overflow)?
 - What are two practical ways you can refill yourself this week—**without** guilt?
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F. Grief, Prayer, and Community Care

17. Holding Space for Grief

- How did it impact you to hear about the losses shared (George, Knowledge, and others)?
- What does it look like, in your world, to **support someone who is grieving** without trying to “fix” it?

18. Interceding as Sisters

- When sisters share heavy news, what is your natural response—pull back, get overwhelmed, step in, or pray?
 - How can this community grow in being **consistent intercessors** for one another?
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G. Retreat & Next Steps

19. Retreat Readiness

- What part of the retreat description (Shake Your Soul, Generational Exchange, Bonfire Release, etc.) resonated most with where you are right now?
- What might be **standing between you and saying yes** to this type of dedicated time away with God and your sisters?

20. Carrying It Forward

- What is **one key insight** from this Power Hour you don't want to forget?
 - What is one **action step** you will take before the next Power Hour (conversation, journal entry, health step, prayer commitment, or registration)?
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You can use these:

- In small breakout rooms during Power Hour
- As follow-up questions in an email or group chat
- At the retreat in circles or table discussions

Would you like me to turn a subset of these (for example, 5–7 questions) into a printable one-page handout you can reuse with your Bible class or Power Hour groups?