

## Abingdon Women's DVD studies

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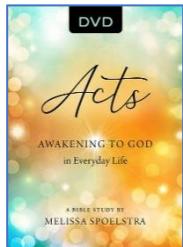
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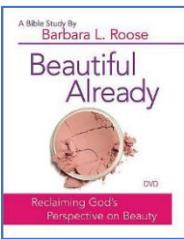
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### Abingdon Women

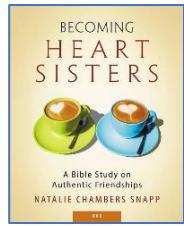
**"Our studies and books are designed for Christian women of all ages and stages of life who are looking for inspiration and encouragement as they navigate the ups and downs of life. From personal faith topics to devotionals and more, our studies and books help women live in the Word as they live in the world."**



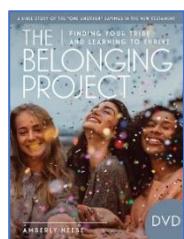
**ACTS: AWAKENING TO GOD IN EVERYDAY LIFE (101110)** Author: Spoelstra, Melissa. Whether it's because of distractions, busyness, or a case of the blahs, we can experience a drift toward indifference in our spiritual lives. We have a need for an ongoing spiritual awakening if we want to become more aware of God's presence and activity in our everyday lives. In this six- or seven-session DVD study with Melissa Spoelstra, you will journey with the first followers of Jesus and witness the birth and growth of the early church through spiritual awakening to the power of God's Spirit, message, freedom, grace, mission, and direction. Sessions: Introduction/optional session (11 min.); 1) Awakening to God's power (32 min.); 2) Awakening to God's message (27 min.); 3) Awakening to freedom (24 min.); 4) Awakening to grace (25 min.); 5) Awakening to God's mission (28 min.); 6) Awakening to God's direction (23 min.). Includes leader guide and sample participant book. CLOSED CAPTIONED. 170 Minutes.



**BEAUTIFUL ALREADY: RECLAIMING GOD'S PERSPECTIVE ON BEAUTY (102157)** Author: Roose, Barbara. In this six-session DVD study, Barbara Roose guides women in exploring God's truth about beauty throughout the Scriptures and helps us move away from unrealistic expectations and perceived flaws and toward God's view of our hearts, minds, bodies, and souls. Sessions: 1) All aboard the struggle bus (29 min.); 2) Defining divine beauty (24 min.); 3) Celebrating what we see (23 min.); 4) Gentle and quiet beauty (28 min.); 5) Winning our ugly struggle (20 min.); 6) Discovering your beauty balance (27 min.). Includes leader's guide and sample participant book. 150 Minutes.

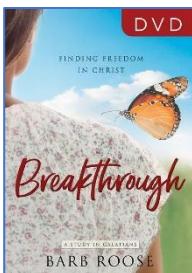


**BECOMING HEART SISTERS: A BIBLE STUDY ON AUTHENTIC FRIENDSHIPS (102167)** Author: Snapp, Natalie Chambers. In this six-session DVD study, Natalie Chambers Snapp guides us through the process of finding and nurturing healthy, authentic friendships that enrich our lives, honor God, and build up the body of Christ. Sessions: 1) Why do we need girlfriends and where do we find them? (16 min.); 2) Getting right with God (18 min.); 3) Clash of the Titans (21 min.); 4) The forgiveness business (18 min.); 5) Blurred lines (17 min.); 6) Heart sisters do's and don'ts (21 min.). Includes leader's guide and sample participant book. CLOSED CAPTIONED. 115 Minutes.

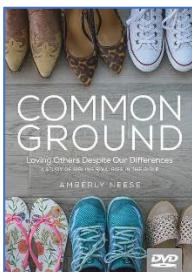


**BELONGING PROJECT: FINDING YOUR TRIBE AND LEARNING TO THRIVE (102181)** Author: Neese, Amberly. In this four-session DVD study for women, Amberly Neese provides a practical blueprint for true community through an exploration of the 'one another' sayings in the New Testament. Sessions: 1) Find one another (23 min.); 2) Fellowship with one another (24 min.); 3) Forgive one another (20 min.); 4) Fortify

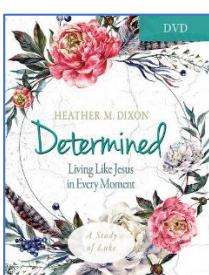
one another (24 min.). Includes sample participant workbook (which includes notes for the leader). CLOSED CAPTIONED. 91 Minutes.



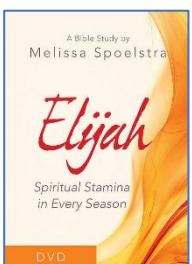
**BREAKTHROUGH: FINDING FREEDOM IN CHRIST (102185)** Author: Roose, Barbara. Many women feel they must be the perfect wife, the perfect mother, the perfect sister, daughter, employ, the perfect Christian. Why do we feel we must constantly measure up to be good enough for God? In this six-session DVD study of Galatians, Barb Roose shows us that even the believers in the early church struggled to let go of rule-keeping in order to embrace God's free gift of grace. We'll learn that the Galatians had the same performance issues as we do. Learn to stop trying to measure up in God's eyes and instead accept God's grace, distinguish between lies and truth, and embrace God's promise of freedom. Sessions: 1) Untwisting the truth (22 min.); 2) Freedom fighters (20 min.); 3) Shutting down performance-based faith (21 min.); 4) Finding freedom (14 min.); 5) Live free! (17 min.); 6) Forever freedom (17 min.). Includes leader's guide and sample participant workbook. CLOSED CAPTIONED. 111 Minutes.



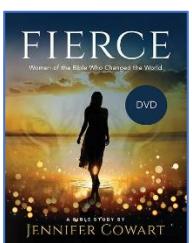
**COMMON GROUND: LOVING OTHERS DESPITE OUR DIFFERENCES (103158)** Author: Neese, Amberly. In this four-session DVD study for women, author Amberly Neese shows us that the Scriptures hold the key to living at peace despite our differences. She combines stories of sibling rivalries from the Bible with personal experience, humor, hope, and her love of God's Word to illustrate how we can have peace and reconciliation in all of our relationships—all while reassuring us that it's possible to find common ground with everyone—despite our differences. Sessions: 1) Joseph and his brothers (25 min.); 2) Moses, Miriam, and Aaron (23 min.); 3) Mary, Martha, and Lazarus (23 min.); 4) Rachel and Leah (24 min.). Includes sample participant workbook (which includes notes for the leader). CLOSED CAPTIONED. 95 Minutes.



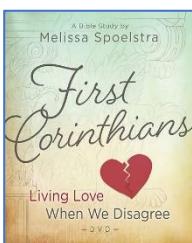
**DETERMINED: LIVING LIKE JESUS IN EVERY MOMENT - A STUDY OF LUKE (104103)** Author: Dixon, Heather. In this six-session DVD study of Luke for women, Heather Dixon walks us through the life and ministry of Jesus and considers the choices He made on His way to the cross and we learn how to live intentionally and experience abundant life every day, making the most of every moment. Sessions: 1) The Son - determined to choose life (11 min.); 2) The Teacher - determined to demonstrate a new way (7 min.); 3) The Rescuer - determined to save humankind (7 min.); 4) The Healer - determined to love the world (7 min.); 5) The Friend - determined to persevere (8 min.); 6) The Victor - determined to live with courage (7 min.). Note: an optional 2-minute centering segment is provided for each session. Includes leader's guide and sample participant workbook. CLOSED CAPTIONED. 47 Minutes.



**ELIJAH: SPIRITUAL STAMINA IN EVERY SEASON (105090)** Author: Spoelstra, Melissa. In this six- or seven-session DVD study, Melissa Spoelstra explores the life of the prophet Elijah from 1 and 2 Kings. Learning some of the spiritual stamina secrets that helped him to hold on and persevere in faith, we will be inspired to grow in faith and develop spiritual stamina that will enable us not only to survive but to thrive in every season. Sessions: Introduction/optional session (12 min.); 1) Prayer (29 min.); 2) Choices (23 min.); 3) Soul care (26 min.); 4) Surrender (26 min.); 5) Mentoring (26 min.); 6) Legacy (29 min.). Includes leader guide and sample participant book. CLOSED CAPTIONED. 171 Minutes.



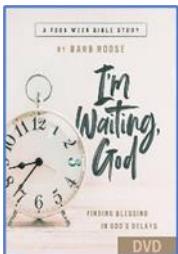
**FIERCE: WOMEN OF THE BIBLE WHO CHANGED THE WORLD (106094)** Author: Cowart, Jennifer. In this six-session DVD study, Jennifer Cowart explores lesser-known female characters in the Bible and the ways they changed the world by living into God's calling. Sessions: 1) Shiphrah and Puah - Ex. 1 (16 min.); 2) Deborah - Judg. 4-5 (12 min.); 3) Naaman's slave girl - 2 Kings 5 (13 min.); 4) The Samaritan Woman (John 4); Dorcas - Acts 9 (13 min.); 6) Lois and Eunice - Acts 16 and 2 Tim. 1 (16 min.). Note: an optional 3-minute centering segment is provided for each session. Includes leader's guide and sample participant workbook. CLOSED CAPTIONED. 81 Minutes.



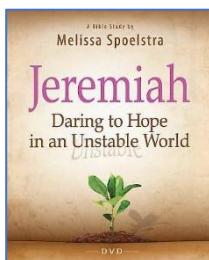
**FIRST CORINTHIANS: LIVING LOVE WHEN WE DISAGREE (106076)** Author: Spoelstra, Melissa. In this six-session DVD study for women, Melissa Spoelstra leads us through Paul's first letter to the Corinthians to discover how we as Christians are to deal with conflict and divisions. Sessions: 1) In Christ alone (26 min.); 2) Growing up (25 min.); 3) Everybody's doing it (30 min.); 4) Beyond ourselves (27 min.); 5) Living love (30 min.); 6) Real life (27 min.). Includes leader guide and sample participant book. CLOSED CAPTIONED. 174 Minutes.



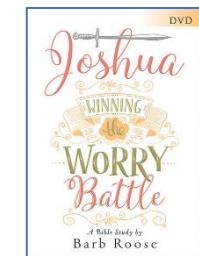
**FOR HIS GLORY: LIVING AS GOD'S MASTERPIECE (106098)** Author: Ellis, Marian Jordan. In this seven-session DVD study, Marian Jordan Ellis leads women in an in-depth study of Ephesians to help us dismantle the lies we've believed about ourselves and replace them with a new identity built on God's Word. Sessions: 1) Prepping the canvas (23 min.); 2) The glorious Gospel (23 min.); 3) God's masterpiece (28 min.); 4) Walk worthy (28 min.); 5) The Spirit-filled life (26 min.); 6) Victorious saints (29 min.). Includes leader guide and sample participant book. CLOSED CAPTIONED. 157 Minutes.



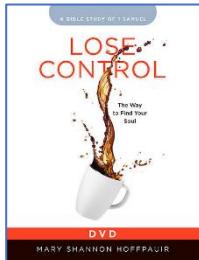
**I'M WAITING, GOD: FINDING BLESSING IN GOD'S DELAYS (109067)** Author: Roose, Barbara. You know you're supposed to "let go and let God," and you've tried. But what's taking so long? Why isn't God answering your prayers? No wonder you feel like taking matters into your own hands. In this four-session DVD study for women, Barb Roose invites us to explore the stories of women in the Bible who had to wait for God. Sessions: 1) Hannah – from waiting to worshiping (19 min.); 2) Ruth – God, now what? (17 min.); 3) The unnamed bleeding woman – healing from the inside out (15 min.); 4) Martha – embracing the better blessing (16 min.). Note: an optional 3-minute centering segment is provided for each session. Includes sample participant workbook with leader helps. CLOSED CAPTIONED. 67 Minutes.



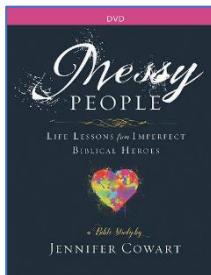
**JEREMIAH: DARING TO HOPE IN AN UNSTABLE WORLD (110044)** Author: Spoelstra, Melissa. In this six-session DVD study, Melissa Spoelstra offers us encouragement and help for navigating the uncertainties and challenges of life. By examining God's words of instruction to His wayward people through the prophet Jeremiah, we will discover guidelines for living. Sessions: 1) Raising the white flag -- surrender (26 min.); 2) Recognizing counterfeits and the real deal (26 min.); 3) Opening our ears -- listening (23 min.); 4) Staying spiritually sensitive -- heart issues (27 min.); 5) Quitting the blame game -- personal responsibility (28 min.); 6) Finding the source of our hope -- The promised Messiah (22 min.). Includes leader guide and sample participant book. CLOSED CAPTIONED. 152 Minutes.



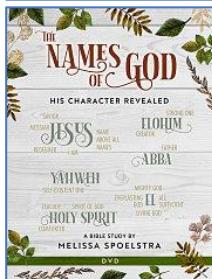
**JOSHUA: WINNING THE WORRY BATTLE (110056)** Author: Roose, Barbara. In this six-session DVD study for women, Barbara Roose explores the Book of Joshua and shares biblical wisdom, encouragement, and practical tools that will enable us to overcome our daily worry struggles as well as the bigger battles of fear that we face. Sessions: 1) On the edge of uncertainty - facing our fears (23 min.); 2) God, knock down my worry walls - letting God fight for us (25 min.); 3) Fighting friends to help us - getting into position (25 min.); 4) Defeating the kings of worry - attacking the roots of our worries (26 min.); 5) Claiming our inheritance - receiving our victory (23 min.); 6) Amen! - living in victory (21 min.). Includes leader's guide and sample participant book. CLOSED CAPTIONED. 143 Minutes.



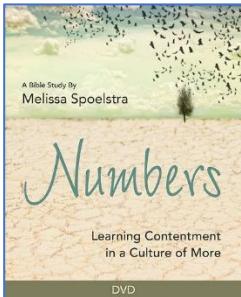
**LOSE CONTROL: THE WAY TO FIND YOUR SOUL (112126)** Author: Hoffpauir, Mary Shannon. In this six-session DVD study, Mary Shannon Hoffpauir takes women on a journey through the Book of First Samuel. Sessions: 1) Believe God is in control – giving lip service without heart commitment (24 min.); 2) I've got this under control – maintaining the façade (22 min.); 3) Oh, no! Now I'm losing control – recognizing our helplessness (19 min.); 4) Crud, I'm completely out of control – admitting our need (27 min.); 5) Control? Over what? – acknowledging we can't control anything but ourselves (24 min.); 6) God really is in control – coming full circle to true belief and surrender (21 min.). Includes leader's guide and sample participant workbook. CLOSED CAPTIONED. 137 Minutes.



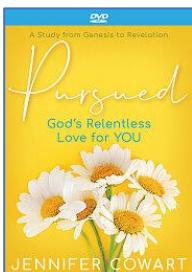
**MESSY PEOPLE: LIFE LESSONS FROM IMPERFECT BIBLICAL HEROES (113086)** Author: Cowart, Jennifer. In this seven session DVD study for women, Jennifer Cowart helps us dig into the lives of biblical heroes who were messy people just like us but who were used by God in powerful ways. Sessions: 1) Introduction (3 min.); 2) Rahab - changing your messy story (14 min.); 3) The prodigal son - restoring messy relationships (15 min.); 4) Josiah - breaking messy family cycles (13 min.); 5) Mary - surviving life's messy plot twists (13 min.); 6) David - overcoming the mess of criticism (11 min.); 7) Daniel - thriving in messy circumstances (13 min.). Includes leader's guide and sample participant book. CLOSED CAPTIONED. 82 Minutes.



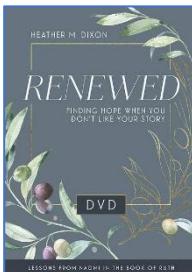
**NAMES OF GOD: HIS CHARACTER REVEALED (114057)** Author: Spoelstra, Melissa. In this six- or seven-session DVD study, Melissa Spoelstra explores many of the names of God found in the Bible: Elohim, El Elyon, Yahweh, Abba, Jesus, Messiah, Holy Spirit, and so many more. The more we become grounded in God's many names, the more personally we'll understand God's character, and so through the discovery of God's names, we will discover Him! Sessions: Introduction/optional session (11 min.); 1) El – part 1 (26 min.); 2) El – part 2 (28 min.); 3) Yahweh – part 1 (28 min.); 4) Yahweh – part 2 (29 min.); 5) Adonai, Abba, Holy Spirit (24 min.); 6) Jesus (30 min.). Includes leader guide and sample participant book. CLOSED CAPTIONED. 176 Minutes.



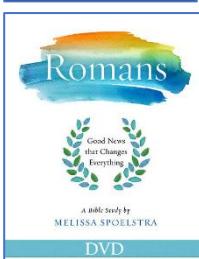
**NUMBERS: LEARNING CONTENTMENT IN A CULTURE OF MORE (114049)** Author: Spoelstra, Melissa. In this six- or seven-session DVD study, Melissa Spoelstra helps us see ourselves in the story of the Israelites as they wandered in the wilderness, grumbling and choosing to go their own way instead of following God's instructions. As we dig into their story, we will learn how to be content while still being authentic about the difficulties of life, accept short-term hardship in light of God's ultimate deliverance, and change our perspective from a posture of fear to a posture of faith. Sessions: Introduction/optional session (16 min.); 1) Content in deliverance (28 min.); 2) Content in preparation (24 min.); 3) Content in uncertainty (27 min.); 4) Content in obedience (28 min.); 5) Content in opposition (27 min.); 6) Content in blessings (27 min.). Includes leader guide and sample participant book. CLOSED CAPTIONED. 177 Minutes.



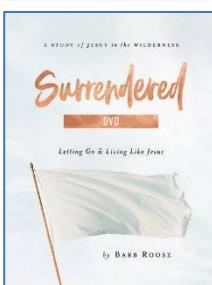
**PURSUED: GOD'S RELENTLESS LOVE FOR YOU (116114)** Author: Cowart, Jennifer. In this six-session DVD study, Jennifer Cowart explores the main theme that runs throughout the stories in the Bible, from Genesis to Revelation: God's relentless love for us. Like Cain, Abraham, Sarah, Rebekah, David, the adulterous woman, Peter, and many others, we have broken relationship with God. Yet God runs after us anyway to bring us home. Together we will explore God's love as evidenced in the stories of creation, the patriarchs, the judges and prophets, Jesus, and the early church. We will see the big picture of God's love for us, discover that God wants a personal relationship with each one of us, and realize that God will never stop pursuing us. Sessions: 1) Pursued from the very beginning (14 min.); 2) Pursued through growing pains (15 min.); 3) Pursued in a cycle of obedience (14 min.); 4) Pursued and rescued (14 min.); 5) Pursued in our unsavory moments (13 min.); 6) Pursued for the sake of others (14 min.). Includes leader's guide and sample participant workbook. CLOSED CAPTIONED. 84 Minutes.



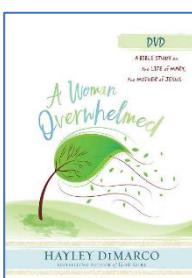
**RENEWED: FINDING HOPE WHEN YOU DON'T LIKE YOUR STORY (118084)** Author: Dixon, Heather. In this four-session DVD study for women, Heather Dixon explores the life of Naomi as told in the Book of Ruth, and we learn to flourish as we live out our hard stories and trust that God can transform them. Sessions: 1) The story you don't want – Ruth 1 (19 min.); 2) The movement you can't see – Ruth 2 (21 min.); 3) The intersection of our action and God's plan – Ruth 3 (21 min.); 4) The God who rescues, redeems, and renews – Ruth 4 (18 min.). Includes sample participant workbook (which includes notes for the leader). CLOSED CAPTIONED. 79 Minutes.



**ROMANS: GOOD NEWS THAT CHANGES EVERYTHING (118081)** Author: Spoelstra, Melissa. In this six- or seven-session DVD study, Melissa Spoelstra explores messages in the book of Romans. Sessions: Introduction/optional session (14 min.); 1) Good news about faith (26 min.); 2) Good news about hope (26 min.); 3) Good news about daily life (28 min.); 4) Good news about God's plan (26 min.); 5) Good news about relationships (24 min.); 6) Good news about eternity (23 min.). Includes leader guide and sample participant book. CLOSED CAPTIONED. 167 Minutes.



**SURRENDERED: LETTING GO AND LIVING LIKE JESUS (119178)** Author: Roose, Barbara. You've heard the phrase, "Let go and let God," but it's easier said than done, especially when you're determined to change something that is out of your control. Is it possible that giving up on what you can't change is God's path to peace for your life? This six-session DVD study especially for women explores Jesus in the wilderness and gives six practical principals that will equip you to let God lead you to victory and peace, despite your unchanging and challenging circumstances. Learn how to surrender like Jesus and experience God's power and peace in your life as never before. Sessions: 1) Waking up in the wilderness (28 min.); 2) What are you hungry for? (24 min.); 3) Letting go of circumstances (23 min.); 4) Letting go of expectations (25 min.); 5) Living like Jesus (28 min.); 6) Blessings of the surrendered life (24 min.). Includes leader's guide and sample participant workbook. CLOSED CAPTIONED. 152 Minutes.



**WOMAN OVERWHELMED (123099)** Author: DiMarco, Hayley. A Bible Study on the Life of Mary, the Mother of Jesus. In this six-session DVD study, Hayley DiMarco shares lessons from the life of Mary. Sessions: 1) Overwhelmed with impossibility (25 min.); 2) Overwhelmed with isolation (21 min.); 3) Overwhelmed with worry (20 min.); 4) Overwhelmed with challenges (24 min.); 5) Overwhelmed with control (24 min.); 6) Overwhelmed with sin (26 min.). Includes leader guide and sample participant book. CLOSED CAPTIONED. 140 Minutes.