

# **GROW WOMEN**

**FOURMATION OF  
BIBLICAL WOMANHOOD**



# BEFORE YOU GET STARTED

## *A Message from Pastor Jason and Pastor David*

If you're in a FOURmation Group or even just opening this guide, let me begin by saying this: **God is up to something in your life**. We are living in a cultural moment where biblical womanhood is both deeply needed and deeply misunderstood. Confusion about what it means to be a woman does not stay theoretical—it shows up in marriages, families, churches, and communities. God is calling women into the purpose and identity He has given them. A **DISCIPLE**, as Dallas Willard so clearly put it, is “a person who has decided that the most important thing in their life is to learn to live the way Jesus said to live.” Following Jesus is not partial or convenient. It is a surrendered life. At Revolution Church, we often talk about abiding in Jesus because formation is unavoidable. The question is not *if* you are being formed, but *who* is forming you. Biblical womanhood begins with identity in Christ. You cannot rightly love, help, nurture or influence unless you first understand who you are in Him. This is more than studying the Bible. It is a practical game plan for shaping a **Rule of Life**—a way of ordering your life around Jesus in community. You were not created to fight alone. Growth happens best alongside other women. Don’t just read this—let it read you. Let it expose compromise, challenge the lies, and point you back to Jesus. A lasting legacy begins with daily faithfulness.

— **Jason Gerdes, Lead Pastor**

Revolution Church exists to love Jesus and grow people. That’s our mission. We want to give you the tools, like creating a **Rule of Life**, to help you follow Jesus in community for the purpose of loving your neighbors. Discipleship is the lifelong process of learning how to live in the new family of Jesus—becoming more like Him in our thoughts, desires, and actions. A vital part of that process is understanding who God created you to be as a woman. The Bible presents four foundational callings that help describe God’s design for biblical womanhood:

**Lovers** – loving God and others with wholehearted devotion

**Helpers** – offering God-honoring, strength-filled assistance

**Nurturers** – investing spiritually so faith grows and Christ is formed

**Influencers** – living in a way that points others toward Christ

Women grow best in relationships where truth is spoken in love, the lies they believe are exposed, and the gospel is applied to everyday life. This guide is meant to be walked through in community, with humility, honesty, and dependence on the Holy Spirit. My prayer is that through this journey, you will rely on the Holy Spirit for wisdom and strength to live out God’s design with humility and joy. I pray that chains are broken, hearts and minds are renewed, and your lives begin to bear lasting fruit with freedom, purpose, and joy in Christ. Move at a pace that allows for honest conversation and real change. The goal is not completion, but transformation. You cannot change yourself or your family by sheer effort. Only God brings growth through His Spirit and His Word. Sow faithfully, seek Him daily, and trust Him with the results, or as Pastor Jason says: “Trust God and take a nap.” Special thanks to our friends at Crosspoint City Church for their guidance and sharing content with us.

— **David Stein, Discipleship Pastor**

## HOW TO USE THIS GUIDE

This guide is designed for **FOURmation Groups** of women walking together in intentional discipleship. Remember, a **DISCIPLE** is someone who has decided that the most important thing in their life is to learn to live the way Jesus said to live. In the context here at Revolution, it's someone who is:

**Grounded in the Gospel**

**Rooted in Relationships**

**Operating in Obedience**

**Walking in Good Works**

If you are just starting a FOURmation Group or you already have a Fourmation Group use this as your guide in addition to working your Rule of Life. Move at a pace that fits your group - 8 weeks, 16 weeks, or longer. The goal is not speed, but obedience and growth to become women who faithfully live out their identity in Christ.

Each session follows the same rhythm starting with scripture, commentary on the session topic, and followed by the REAP method:

**READ** – What does God say?

**EXAMINE** – What does God mean?

**APPLY** – What does God want us to do?

**PRAY** – Respond to God's Word using scripture to pray

Each session also includes application for your **Rule of Life** you created in the ABIDE Cohort. As you go through this, it's great to be mindful of one of our Family Culture Statements: *We sow. God grows.* (1 Corinthians 3:6)

## TABLE OF CONTENTS

1. Thinking Rightly
2. Loving Deeply
3. Helping Practically
4. Nurturing Spiritually
5. Influencing Positively
6. Being One in Christ
7. Living Boldly

## SESSION 1: THINKING RIGHTLY

*I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.*

**Romans 12:1–2 ESV**

Godly women are called to think rightly. This is not because we're trying to "get it together," but because our minds are shaping our lives whether we realize it or not. Scripture is clear: transformation starts from the inside out. The world is always trying to disciple us with its noise and pressure by telling us who we are, what we need, and what we should fear. But God invites us into a different way of living: surrendering our thought life to Him and letting His Word renew us day by day (Romans 12:1–2).

And let's be honest, some of the hardest battles we fight aren't out loud. They're the ones that happen in our heads. The enemy loves to whisper lies that sound believable: *God is disappointed in you. You're behind. You're too much. You're not enough.* But God hasn't asked us to just think happier thoughts. He's called us to take those thoughts captive—drag them into the light—and submit them to Jesus (2 Corinthians 10:4–6). We stay awake and alert because this matters. Our minds are not playgrounds; they're battlefields (1 Peter 5:8–9).

The good news is we are not defenseless. God doesn't shame us for struggling—He gives us a way forward. When anxiety starts rising, Philippians 4 doesn't tell us to numb it or ignore it. It tells us to pray, to bring it to God, and to let His peace stand guard over our hearts and minds (Philippians 4:4–9). Be encouraged that when Paul wrote that, he wasn't admonishing us or trying to fix us, or telling us that it's wrong to be anxious. He knows we'll be anxious, that's why he gives us a gameplan for when we are. And when we feel fragile or worn down, God arms us with what we actually need: truth, righteousness, faith, salvation, the Word, and prayer (Ephesians 6:10–18). This is how we learn to think rightly—not perfectly, not instantly, but steadily—by rehearsing what's true until it becomes louder than the lies.

### READ

Romans 12:1–2; 2 Corinthians 10:4–6; Philippians 4:4–9; 1 Peter 5:8–9; Ephesians 6:10–18; Psalm 119:105

### EXAMINE

- What is going on in these passages?
- What stuck out to you?
- Where did you see Jesus in these passages?
- Did these verses bring up any questions?

## APPLY

- What thoughts most often shape your view of yourself, God, or others?
- Which lies do you need to confront with Scripture this week?
- **Rule of Life application:** Review the practices in your Rule of Life that shape your thought life (Scripture, prayer, silence, truth-telling). Identify one area where fear, shame, or false narratives have gone unchecked. This week, take one concrete step to rehearse God's truth and bring your thinking back into alignment.
- Does my current Rule of Life actively renew my mind, or am I passively shaped by unexamined thoughts?

## PRAY

Reference back to the scriptures, using God's words. Pray through them. Ask God to renew your mind and help you think in alignment with His truth. Pray for vigilance and discernment in spiritual battle.

## SESSION 2: LOVING DEEPLY

*Beloved, let us love one another, for love is from God, and whoever loves has been born of God and knows God. Anyone who does not love does not know God, because God is love. In this the love of God was made manifest among us, that God sent his only Son into the world, so that we might live through him. In this is love, not that we have loved God but that he loved us and sent his Son to be the propitiation for our sins. Beloved, if God so loved us, we also ought to love one another. No one has ever seen God; if we love one another, God abides in us and his love is perfected in us. By this we know that we abide in him and he in us, because he has given us of his Spirit. And we have seen and testify that the Father has sent his Son to be the Savior of the world. Whoever confesses that Jesus is the Son of God, God abides in him, and he in God. So we have come to know and to believe the love that God has for us. God is love, and whoever abides in love abides in God, and God abides in him.*

**1 John 4:7–16 ESV**

Biblical love doesn't start with us trying harder—it starts with God loving us first. We love because He first loved us (1 John 4:19). Love isn't something we manufacture out of willpower or personality; it's something we receive and then reflect. The gospel makes love possible in the deepest way: while we were still sinners, Christ died for us (Romans 5:8). That means God didn't wait for you to become lovable. He loved you at your worst, chased you down with mercy, and proved His love with sacrifice. So when you're tempted to think love is something you have to earn—or something you can lose if you're not enough—Scripture pulls you back to what's solid: *you are already fully loved, fully seen, fully known and that love is the foundation you stand on.*

Here's where our culture gets it wrong: it tells us love is mostly a feeling—something you fall into and fall out of, something that serves you as long as it's fulfilling, but the Bible defines love as faithful, sacrificial action. Jesus says, "Love one another as I have loved you" (John 13:34–35), which means love looks like *the cross*: steady, costly, committed. Paul makes it painfully practical in 1 Corinthians 13—love is patient, kind, humble, enduring, truthful (1 Corinthians 13:4–7). Love isn't about being impressive; it's about being present. It doesn't demand control, attention, or applause. It keeps showing up with gentleness and grit, even when it would be easier to protect yourself.

This kind of love is only possible when our identity is secure. That's why Scripture doesn't just tell us to love—it tells us who we are as the beloved. When you know you're held by God, you stop needing love from others to prop you up. You're free to love without fear, without manipulation, without keeping score. Colossians describes love like clothing we put on: compassion, kindness, humility, patience and above all...love, which binds everything together (Colossians 3:12–14). Jesus sums it up simply: love God with all your heart, and love your neighbor as yourself (Matthew 22:37–39). That's not a performance—it's a way of life formed by grace. As John Stott writes, "Love is self-giving, costly commitment." When you are rooted in God's love, you don't have to chase worth through relationships, appearance, or achievement. You are free, in Christ, to live loved, and then love like Him.

## READ

1 John 4:7–21; 1 Corinthians 13:1–13; Romans 5:8; John 13:34–35; Colossians 3:12–14; Matthew 22:37–39

## EXAMINE

- What is going on in these passages?
- What stuck out to you?
- Where did you see Jesus in these passages?
- Did these verses bring up any questions?

## APPLY

- How have your experiences shaped your understanding of love?
- Where is God calling you to love more faithfully or sacrificially?
- **Rule of Life application:** Identify one daily or weekly practice in your Rule of Life (prayer, Scripture, presence, hospitality, service). This week, intentionally practice it as an act of love, not duty—toward God and toward others.
- How does my Rule of Life help me move from loving in theory to loving in action?

## PRAY

Reference back to the scriptures, using God's words. Pray through them. Thank God for His steadfast love. Ask Him to grow Christlike love in your heart and relationships.

## SESSION 3: HELPING PRACTICALLY

*Then the Lord God said, "It is not good that the man should be alone; I will make him a helper fit for him." Now out of the ground the Lord God had formed every beast of the field and every bird of the heavens and brought them to the man to see what he would call them. And whatever the man called every living creature, that was its name. The man gave names to all livestock and to the birds of the heavens and to every beast of the field. But for Adam there was not found a helper fit for him.*

*So the Lord God caused a deep sleep to fall upon the man, and while he slept took one of his ribs and closed up its place with flesh. And the rib that the Lord God had taken from the man he made into a woman and brought her to the man.*

**Genesis 2:18–22 ESV**

God didn't create women as an afterthought or a side character—He created us on purpose, with dignity and strength. From the very beginning, Scripture says men and women are made equally in His image (Genesis 1:26–27), which means you have immeasurable worth before you ever prove yourself. And when God says it's not good for man to be alone, He doesn't respond with someone "less than." He creates an *ezer*, a strong, wise help (Genesis 2:18–25). That word doesn't mean weak assistance; it's often used to describe God Himself as rescuer and sustainer: "My help comes from the Lord" (Psalm 121:1–2). In other words, biblical help is powerful because it reflects God's faithful care.

But sin has a way of twisting what was meant to be a beautiful partnership. Help can get distorted into control, fear, exhaustion, resentment, or passivity. We either try to carry everything alone or quietly disappear to keep the peace. Yet in Christ, God redeems our calling. He forms women who can offer help marked by humility and strength. These are women who serve without shrinking, love without losing themselves, and bring wisdom into the room without needing to fight for value (Philippians 2:3–4). As C.S. Lewis put it, "Humility is not thinking less of yourself, but thinking of yourself less." That kind of humility isn't smallness, but instead freedom.

And this calling doesn't stop at marriage. Yes, Scripture speaks to marriage as a picture of Christlike love and honor (Ephesians 5:21–33), but redeemed help stretches into *all of life*: friendships, family, church, and community. It looks like bearing burdens (Galatians 6:2), offering steady presence, speaking truth with gentleness, and showing up with courage when someone else is weary. God created women to be life-givers in the deepest sense—reflecting His heart through strong, wise, faithful help wherever He has placed you

### READ

Genesis 1:26–27; Genesis 2:18–25; Psalm 121:1–2; Ephesians 5:21–33; Galatians 6:2; Philippians 2:3–4

### EXAMINE

- What is going on in these passages?
- What stuck out to you?
- Where did you see Jesus in these passages?

- Did these verses bring up any questions?

## APPLY

- What assumptions or emotions surface when you hear the word “helper”?
- How has God uniquely gifted you to come alongside others?
- **Rule of Life application:** Review your Rule of Life and ask whether your helping flows from resting in the help God has already given to you or from pressure, guilt, or self-reliance. Before the next group meeting, say no to one thing so that you can say yes to one practice that allows you to serve faithfully and freely.
- Am I helping others from spiritual alignment, or from exhaustion and obligation?

## PRAY

Reference back to the scriptures, using God’s words. Pray through them. Ask God for humility and strength to help others in ways that honor Him.

## SESSION 4: NURTURING SPIRITUALLY

*Older women likewise are to be reverent in behavior, not slanderers or slaves to much wine. They are to teach what is good, and so train the young women to love their husbands and children, to be self-controlled, pure, working at home, kind, and submissive to their own husbands, that the word of God may not be reviled.*

**Titus 2:3–5 ESV**

God calls women to nurture. This is not because we're just "better at it," and not because it's a soft hobby for the gentle-hearted, but because nurturing is one of the ways we reflect the heart of God. Scripture shows us a God who draws near, tends, feeds, carries, and leads with steady care (Isaiah 40:11). That kind of nurturing isn't limited to a season of motherhood; it's a lifelong calling for women in every stage. Titus 2 paints a picture of women investing in women with wisdom, presence, and practical discipleship (Titus 2:3–5). Nurturing looks like saying, "Come close. Follow me as I follow Jesus. Let's grow up together."

However, spiritual nurturing isn't just affirmation—it's a formation. It includes encouragement, instruction, patience, and sometimes loving correction. Psalm 78 describes a faith that's passed down on purpose: telling the next generation what God has done so they can put their hope in Him (Psalm 78:1–8). It's the kind of love that teaches truth when it would be easier to stay quiet, and stays steady when someone's growth is slow. Colossians describes this work as deeply intentional: "warning and teaching everyone...that we may present everyone mature in Christ" (Colossians 1:28–29). Nurturing is not controlling someone's life; it's walking beside them with truth and tenderness until Jesus is formed in them.

Jesus is honest: real growth often feels like pruning. In John 15, He calls Himself the true vine and says the Father lovingly cuts away what doesn't belong so real fruit can grow (John 15:1–17). Pruning is cutting back. As Pastor Jason said during ABIDE a few years ago, "how do you know when you're being cut off or cut back, because they both hurt?" The answer sits in the fruit that God is intending to grow. That means nurturing sometimes involves uncomfortable conversations, repeated patience, and the slow work of discipleship that doesn't pay off immediately. Pruning isn't punishment—it's love aimed at fruitfulness. John Piper says, "God is always doing 10,000 things in your life, and you may be aware of three of them." Nurturing trusts that God is at work beneath the surface. It keeps showing up with presence, truth, and love—believing that over time, by grace, growth will come.

### READ

Titus 2:3–5; John 15:1–17; Isaiah 40:11; Psalm 78:1–8; Colossians 1:28–29; Proverbs 22:6

### EXAMINE

- What is going on in these passages?
- What stuck out to you?
- Where did you see Jesus in these passages?
- Did these verses bring up any questions?

## APPLY

- Who has nurtured your faith, and how did it impact you?
- Where is God inviting you to invest spiritually in someone else?
- **Rule of Life application:** Review the formation rhythms in your Rule of Life that sustain your spiritual health. Identify one area of neglect or weariness that limits your ability to invest in others. Before the next group meeting, strengthen one practice that restores your capacity to nurture spiritual growth.
- Does my Rule of Life protect the kind of inner life needed to nurture others well?

## PRAY

Reference back to the scriptures, using God's words. Pray through them. Ask God for endurance, wisdom, and compassion as you invest in others.

## SESSION 5: INFLUENCING POSITIVELY

*So if there is any encouragement in Christ, any comfort from love, any participation in the Spirit, any affection and sympathy, complete my joy by being of the same mind, having the same love, being in full accord and of one mind. Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others. Have this mind among yourselves, which is yours in Christ Jesus, who, though he was in the form of God, did not count equality with God a thing to be grasped, but emptied himself, by taking the form of a servant, being born in the likeness of men. And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross.*

**Philippians 2:1–8 ESV**

Biblical influence doesn't start with a platform—it starts with a life. Scripture makes it clear that the kind of influence God blesses isn't rooted in visibility, volume, or power, but in humility, integrity, and faithful obedience. 1 Peter talks about the "hidden person of the heart," the kind of beauty that doesn't need attention to be real (1 Peter 3:1–4). Ruth's story shows the same thing: God builds legacy through ordinary faithfulness—through a woman who keeps showing up, keeps honoring God, and keeps loving well when life is anything but easy (Ruth 1–4). The world calls that small. God calls it significant.

And we have to say this plainly: influence gets distorted so easily. Pride says, "Look at me." Fear says, "Don't let them see you." But the way of Jesus is different. Philippians 2 tells us Christ didn't grasp for status—He laid down His rights, humbled Himself, and obeyed the Father all the way to the cross (Philippians 2:1–11). That's the pattern for redeemed influence: not self-promotion, but self-giving love. And when you feel weak or unseen, Scripture doesn't shame you—it reminds you that God's strength shows up most clearly when you don't have it all together: "My grace is sufficient for you, for my power is made perfect in weakness" (2 Corinthians 12:9).

Jesus calls His people salt and light—not so we can be admired, but so God can be seen (Matthew 5:13–16). Biblical influence is less about being impressive and more about being faithful—walking humbly, doing justice, loving mercy, and staying steady with God (Micah 6:8). John Stott writes, "The most powerful preaching is the silent sermon of a holy life." That's the invitation here: let your life point to Christ—not by striving to be noticed, but by choosing obedience that lasts.

### READ

1 Peter 3:1–4; Ruth 1–4; Philippians 2:1–11; Matthew 5:13–16; 2 Corinthians 12:9; Micah 6:8

### EXAMINE

- What is going on in these passages?
- What stuck out to you?
- Where did you see Jesus in these passages?
- Did these verses bring up any questions?

## APPLY

- How does biblical influence differ from cultural definitions of influence?
- Where has God placed you to reflect Christ faithfully?
- **Rule of Life application:** Review the habits and postures in your Rule of Life that shape how you show up before others. Identify one place where fear, comparison, or self-protection has muted your witness. Before the next group meeting, practice one faithful action that allows your life to quietly point others to Christ.
- How is my Rule of Life forming the kind of character that produces lasting influence?

## PRAY

Reference back to the scriptures, using God's words. Pray through them. Ask God to make your life a faithful witness to His grace.

## SESSION 6: BEING ONE IN CHRIST

*For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. For in one Spirit we were all baptized into one body—Jews or Greeks, slaves or free—and all were made to drink of one Spirit. For the body does not consist of one member but of many. If the foot should say, “Because I am not a hand, I do not belong to the body,” that would not make it any less a part of the body. And if the ear should say, “Because I am not an eye, I do not belong to the body,” that would not make it any less a part of the body.*

*If the whole body were an eye, where would be the sense of hearing? If the whole body were an ear, where would be the sense of smell? But as it is, God arranged the members in the body, each one of them, as he chose. If all were a single member, where would the body be?*

*As it is, there are many parts, yet one body.*

**1 Corinthians 12:12–20 ESV**

In Christ, women are united by a shared identity and mission—and that unity is not fragile. It's not based on personality, life stage, gifting, or how well we "fit" together. It's rooted in Jesus Himself. Galatians 3:28 reminds us that our deepest identity is no longer found in the labels that divide the world; we belong to Christ, and that makes us family. Jesus actually prayed for this kind of unity—the kind that's so real it becomes evidence to the world that the gospel is true (John 17:20–23). Unity isn't a cute Christian vibe. It's a holy (set apart) witness.

And here's what that means for us as women: we don't have to live in comparison and competition anymore. The church isn't a stage—it's a body. 1 Corinthians 12 says we are many parts, but one body, and every part matters (1 Corinthians 12:12–27). You are not extra. You are not replaceable. You don't have to become someone else to belong here. Ephesians 4 calls us to walk with humility, patience, gentleness, and love—protecting unity while we grow into maturity together (Ephesians 4:1–16). Unity doesn't erase distinction; it redeems it. Your differences aren't a threat—they're a gift to the whole church.

The biggest enemy of unity is usually not disagreement—it's insecurity. When we forget who we are, we start grasping. We compare, compete, retreat, or quietly resent. But Colossians says, "Let the peace of Christ rule in your hearts...to which indeed you were called in one body" (Colossians 3:15). Peace isn't just a feeling—it's a ruler. And Romans 12 shows what unity looks like in real life: genuine affection, honoring one another, choosing devotion over distance (Romans 12:10). It looks like celebrating someone else without shrinking. It looks like encouragement that costs you something. It looks like sisterhood on purpose.

As Tim Keller says, "The church is not a collection of like-minded individuals; it is a new humanity." That's the miracle here: Jesus is forming a people who aren't held together by sameness, but by Savior. Not uniform. Not ranked. Not trying to outshine each other. Just women anchored in Christ, linking arms, building each other up—until the whole body looks more like Him.

## READ

Galatians 3:28; 1 Corinthians 12:12–27; Ephesians 4:1–16; John 17:20–23; Colossians 3:15; Romans 12:10

## EXAMINE

- What is going on in these passages?
- What stuck out to you?
- Where did you see Jesus in these passages?
- Did these verses bring up any questions?

## APPLY

- Where do you struggle most with comparison or competition?
- How can you actively protect unity in your relationships?
- **Rule of Life application:** Review the relational commitments in your Rule of Life. Identify one place where comparison, competition, or withdrawal has weakened unity. Before the next group meeting, take one concrete step that strengthens oneness through humility, encouragement, or reconciliation.
- Does my Rule of Life push me to work towards unity in Christ, or allow comparison and isolation to persist?

## PRAY

Reference back to the scriptures, using God's words. Pray through them. Ask God to deepen unity and humility within the body of Christ.

## SESSION 7: LIVING BOLDLY

*Therefore, brothers, since we have confidence to enter the holy places by the blood of Jesus, by the new and living way that he opened for us through the curtain, that is, through his flesh, and since we have a great priest over the house of God, let us draw near with a true heart in full assurance of faith, with our hearts sprinkled clean from an evil conscience and our bodies washed with pure water. Let us hold fast the confession of our hope without wavering, for he who promised is faithful. And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.*

**Hebrews 10:19–25 ESV**

Biblical boldness doesn't come from being naturally fearless or having the strongest personality in the room. It flows from confidence in God and hope in eternity. Scripture shows us again and again that boldness is not loud or reckless—it's steady, faithful courage rooted in trust. Hebrews says we can draw near with confidence because Jesus has made a way for us (Hebrews 10:19–25). That means boldness isn't something you hype up inside yourself; it's something you step *into* because Christ has already opened the door. So when your mind says, "Who do you think you are?" the gospel answers, "You belong to Him—come near."

When pressure hits, boldness doesn't always look like a big speech. Sometimes it looks like prayer that refuses to shrink back. In Acts 4, the believers don't ask God to remove the threat—they ask Him to help them speak with courage, and the Spirit meets them with power (Acts 4:23–31). Paul echoes that same strength in 2 Timothy: God has not given us a spirit of fear, but of power, love, and self-control. We don't hide our faith, but we endure with confidence (2 Timothy 1:6–14). As Eugene Peterson wrote, "God is not in a hurry, but He is never late." That's the heartbeat of biblical boldness: we can stand firm, speak truth, and keep showing up with hope because we know God is faithful—now and forever. Biblical boldness is the Spirit strengthening you to do what's right when it would be easier to stay quiet.

You see it so clearly with Esther. She isn't fearless—she's aware of the cost. But she chooses obedience anyway: "If I perish, I perish" (Esther 4:13–16). That's what courage looks like in real life. Not bravado, but surrender. The same Jesus who saves and sends us also steadies us: "All authority...has been given to me...therefore go" (Matthew 28:18–20). Boldness grows when we remember we're not carrying the mission alone—we're obeying a King who is with us. And because eternity is real, our obedience is never wasted. "Be steadfast... always abounding in the work of the Lord, knowing that in the Lord your labor is not in vain" (1 Corinthians 15:58).

### READ

Hebrews 10:19–25; Acts 4:23–31; 2 Timothy 1:6–14; Esther 4:13–16; Matthew 28:18–20; 1 Corinthians 15:58

### EXAMINE

- What is going on in these passages?

- What stuck out to you?
- Where did you see Jesus in these passages?
- Did these verses bring up any questions?

## APPLY

- Where is God calling you to step out in faithful obedience?
- What fears most often hold you back from living boldly?
- **Rule of Life application:** Review your Rule of Life through the lens of eternity. Ask whether your current rhythms are forming faithfulness, not just comfort or caution. Before the next group meeting, adjust one practice to better reflect eternal priorities.
- If I lived this Rule of Life for the next ten years, what kind of woman would I become?

## PRAY

Reference back to the scriptures, using God's words. Pray through them. Ask God for courage, endurance, and bold faith rooted in Christ.

## DISCUSSION QUESTIONS BY STAGE OF LIFE

This optional tool is here to help you reflect on these sessions and answer from your current stage of life (or stages) or from a stage you may be preparing for.

### SESSION 1: THINKING RIGHTLY

#### YOUNG ADULT

- What thoughts most shape your view of yourself and your future right now?
- Where do you need stronger gospel truth to challenge fear or comparison?

#### ADULT

- How has busyness, responsibility, or pressure affected your thought life?
- What lies are you most tempted to believe in this season?

#### MARRIED

- How do your thoughts influence the tone and health of your marriage?
- Where do you need to renew your mind with truth rather than assumptions?

#### PARENT

- How does your internal thought life affect how you respond to your children?
- What truth do you need to rehearse when parenting feels overwhelming?

#### EMPTY-NESTER / GRANDPARENT

- How has your thinking about purpose or usefulness shifted in this season?
- Where is God inviting you to anchor your mind more deeply in His truth?

---

### SESSION 2: LOVING DEEPLY

#### YOUNG ADULT

- How are you learning to love others sacrificially rather than protectively?
- What habits now are shaping how you will love in future relationships?

#### ADULT

- Where has love become conditional, rushed, or transactional?
- What would Christlike love look like in your everyday relationships?

#### MARRIED

- In what ways are you actively loving your spouse through sacrifice and grace?
- Where is God calling you to grow in patience, forgiveness, or presence?

#### PARENT

- How are you expressing love and affirmation to your children consistently?
- What does loving deeply look like in this parenting season?

#### EMPTY-NESTER / GRANDPARENT

- How can you continue to love adult children or grandchildren faithfully?
- Where might God be calling you to extend love beyond your immediate family?

## SESSION 3: HELPING PRACTICALLY

### YOUNG ADULT

- What does healthy helping look like in your friendships and responsibilities?
- Where do you struggle between independence and receiving help?

### ADULT

- Where do you feel pressure to help out of guilt or expectation rather than obedience?
- How can you practice helping with wisdom and boundaries?

### MARRIED

- How does your helping posture affect unity and trust in your marriage?
- Where do you need clearer communication around support and expectations?

### PARENT

- How are you helping in ways that build others up rather than deplete you?
- Where do you need help receiving help from others?

### EMPTY-NESTER / GRANDPARENT

- How has your understanding of helping changed over time?
- Where can your wisdom and presence be offered intentionally?

---

## SESSION 4: NURTURING SPIRITUALLY

### YOUNG ADULT

- Who has nurtured your faith, and what did that look like?
- How is God inviting you to begin nurturing others spiritually?

### ADULT

- Where do you feel stretched or weary in nurturing roles?
- What rhythms help sustain your spiritual strength?

### MARRIED

- How are you nurturing spiritual growth in your marriage or home?
- Where do you need renewal to continue pouring into others?

### PARENT

- How are you intentionally nurturing your children's faith?
- What support do you need to remain faithful in this calling?

### EMPTY-NESTER / GRANDPARENT

- How can you continue nurturing faith across generations?
- Who might God be calling you to invest in now?

## SESSION 5: INFLUENCING POSITIVELY

### YOUNG ADULT

- Who are you influencing through your words, choices, and character?
- How does culture shape your understanding of influence?

### ADULT

- Where has fear or comparison muted your influence?
- What does faithful influence look like in your current context?

### MARRIED

- How does your life influence your spouse and household spiritually?
- Where is humility strengthening—or weakening—your influence?

### PARENT

- What kind of influence are you modeling for your children?
- How can you more intentionally point them toward Christ?

### EMPTY-NESTER / GRANDPARENT

- How has your influence shifted in this season of life?
- How can you leverage presence rather than position?

---

## SESSION 6: BEING ONE IN CHRIST

### YOUNG ADULT

- Where do you struggle most with comparison or competition?
- How does your identity in Christ reshape those struggles?

### ADULT

- How does unity in Christ challenge cultural ideas of success or value?
- Where do you need to pursue greater humility or encouragement?

### MARRIED

- How does being one in Christ shape how you relate to your spouse?
- Where do you need to protect unity more intentionally?

### PARENT

- How are you modeling unity and grace within your family?
- What practices help keep Christ at the center of your home?

### EMPTY-NESTER / GRANDPARENT

- How can you foster unity across generations?
- Where is God inviting you to lead through encouragement and peace?

## SESSION 7: LIVING BOLDLY

### YOUNG ADULT

- Where is God calling you to step out in obedience or courage?
- What fears most often hold you back?

### ADULT

- How does the hope of eternity shape your priorities and decisions?
- Where do you need greater boldness rooted in faith?

### MARRIED

- How does living boldly influence your marriage and family vision?
- What step of faith might God be calling you to take together?

### PARENT

- How are you modeling courageous faith for your children?
- What do you hope they learn from your obedience?

### EMPTY-NESTER / GRANDPARENT

- What does finishing well look like in this season of life?
- Who are you intentionally investing in for eternal impact?