

MEETING GUIDE – EMOTIONS AND GODLY CHARACTER

A Sample Timeline and Discussion Guide

Session Objectives

That each woman will gain a better understanding of how to practically walk in the Spirit instead of living under the bondage of negative emotions.

That each will discover what Godly character really is and what it isn't, and discuss how it's developed.

That community will continue to grow among the women.

7:00 ARRIVAL AND PRAYER

7:05 OPENING QUESTION

"Who is one person who's been a great role model for you? What is the characteristic you most appreciate in this person?"

7:15 SCRIPTURE MEMORY REVIEW

7:35 QUIET TIME ENCOURAGEMENT

7:45 BOOK DISCUSSION

The book discussion each month should start with a few of the women sharing what they took away from the book—the key main truths and principles to be remembered from the book—with the others chiming in. Not a book report. Not rehashing the same points six times. But a true discussion of different takeaways as the women unearth and discover the big idea(s) contained within the pages of the book. It should then transition into thoughts on the topic itself, tying in the scripture memory and any other relevant exercise for the month.

As always, when they share what they think of the book (or need a nudge to get the discussion going), feel free to read any particular statements the author writes that you feel are important.

And it should end with your experience with the topic. Real-life examples are what these women are craving and expecting from you, so never forget to MENTOR them. Make time for it each session.

8:30 BREAK

8:45 DISCUSS: MARRIAGE FOCUS (IF APPLICABLE)

"How did removing "You" from your vocabulary go? Were you successful? Share about your experience.

Date Night - In order for the women to share ideas and continue to be motivated to set a priority on dating their husbands ask:

"What did you do on your date night?"

"What was your husband's response when you asked him if you were 'safe'?"

"Did you have a good discussion around how you can become a 'safe' person if you aren't already?"

9:15 DISCUSS: PEER CHALLENGE

What is one way you can consciously allow Christ's power to be released in the areas you struggle with?"

9:25 PRAYER REQUESTS AND PRAYER

9:55 HANDOUTS FOR NEXT TIME

Pass out homework for the next month: homework assignment, scripture memory, marriage exercise, peer challenge partner, book

10:00 DISMISS