

MEETING GUIDE – THOUGHT LIFE

A Sample Timeline and Discussion Guide

Session Objectives

That each woman will understand the importance of having her thoughts in line with what God's Word says

That each will experience a new freedom in areas where she is believing lies instead of God's truth

That each will understand the importance of blessing others through what she says and the way she speaks to others

That community will continue to grow among the women

7:00 ARRIVAL, CATCH UP AND PRAYER

Start on time. Remind/thank the girls for being there on time. Let them briefly catch each other up on life and family. Honor their time and model to them that one can be caring and invested in the lives of others, while still guarding precious time and staying on schedule.

7:20 SCRIPTURE MEMORY REVIEW

7:35 BOOK DISCUSSION

Start off your discussion by reading these verses:

John 8:32 – “And you will know the truth, and the truth will set you free.

2 Corinthians 10:5 – “We destroy arguments and every proud obstacle raised up against the knowledge of God, and we take every thought captive to obey Christ.”

Ask:

“Who wants to share the main points you took away from the book?”

You should then transition into thoughts on the topic itself, tying in the scripture memory and any other relevant exercise for the month—there is a purpose and method behind the structure of each month!

If time allows, another scripture that very applicable to our topic is Philippians 4:8. You might say:

“Another verse that speaks of the importance of what we think about is Phil. 4:8.”

Have each woman look up the verse and read it together.

Ask:

"How does this verse challenge you in your thought life?"

"Why is it so difficult for us to put this verse into practice?"

8:20 BREAK

8:35 Discuss: Peer Challenge

"In what areas do you struggle to align your thoughts according to what God's truth says?"

"What lie do you need to replace with God's truth?"

"What truth do you need to meditate on?"

This would also be a good time for you to share personally. In what areas have you struggled with believing God's truth about you or your situation? How have you learned to have your thoughts not conform to this world, but to be transformed by the renewing of your mind? If you have some practical ways you can share with the women, please do so. Having our thought life align with God's truth instead of Satan's lies, can truly be life changing!

9:05 DISCUSS: MARRIAGE FOCUS (IF APPLICABLE)

This time should also be a transition from the inward relationship (with Christ) to the outward expression of that (with their husbands). What they learn and discover during their study should be directly connected to how they treat and relate to their husbands during the Marriage Exercise.

Share with each other how the Love Note went with your husband – where did you leave it and when did he find it? Talk about his reaction to your words.

"During your Date Night what did you learn from your spouse about specific ways you can communicate the seven "A's" to him?"

"What insights did you gain in your discussion together?"

9:00 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