



FLOURISH

SISTERHOOD
CHRIST FELLOWSHIP

Leader Guide

NOTE TO GROUP LEADERS

We are so excited that God has called you to partner with us in ministry by leading a Sisterhood Group. We have the extraordinary opportunity to serve and shepherd women through a 6-week study to help them flourish by seeing their immeasurable worth and their limitless potential. This guide is one of the ways we are equipping you to lead your Group.

As the leader, be sure that you are preparing your heart each week through prayer. Pray for your Group members and for God's wisdom to guide your time together.

Remember that God wants to speak to YOU over this next season. Your learning and transformation are the best example you can set as you lead your sisters through this journey together.

This Group curriculum is intended to be done along with the Sisterhood Journal, "*Flourish*." Encourage your Group members to set aside time each day to read the devotional material, pray and write out some thoughts.

Note that pages 106-119 of "*Flourish*" are intended for taking notes during the videos.

This guide is meant to partner with the session videos in order to facilitate discussion. Decide ahead of time, or as a Group, if you will watch the videos together or individually. For each week, you will find:

- Theme for the week
- A format for Group time
- An overview of the theme for each week
- Questions to help facilitate discussion
- A next step to go deeper into the study

We know that as you GROW in your walk with Jesus by serving as a Group Leader, you will also be blessed by helping others GROW on their spiritual journey.

JOURNAL & VIDEO SCHEDULE

Introduction Week:

- Introduction meeting: meet & greet social time.
- Assign Lesson 1 video for homework if your Group doesn't plan on watching it together.

Lesson 1:

- Watch Video Lesson 1 (if you didn't watch ahead of time)
- Go over discussion questions from Lesson 1
- Assign Lesson 1 Journal study for homework.
- Assign Lesson 2 video for homework if your Group doesn't plan on watching it together.

Lesson 2:

- Watch Video Lesson 2 (if you didn't watch ahead of time)
- Go over discussion questions from Lesson 2
- Assign Lesson 2 Journal study for homework.
- Assign Lesson 3 video for homework if your Group doesn't plan on watching it together.

Lesson 3:

- Watch Video Lesson 3 (if you didn't watch ahead of time)
- Go over discussion questions from Lesson 3
- Assign Lesson 3 Journal study for homework.
- Assign Lesson 4 video for homework if your Group doesn't plan on watching it together.

Lesson 4:

- Watch Video Lesson 4 (if you didn't watch ahead of time)
- Go over discussion questions from Lesson 4
- Assign Lesson 4 Journal study for homework.
- Assign Lesson 5 video for homework if your Group doesn't plan on watching it together.

Lesson 5:

- Watch Video Lesson 5 (if you didn't watch ahead of time)
- Go over discussion questions from Lesson 5
- Assign Lesson 5 Journal study for homework.
- Assign Lesson 6 video for homework if your Group doesn't plan on watching it together.

Lesson 6:

- Watch Video Lesson 6 (if you didn't watch ahead of time)
- Go over discussion questions from Lesson 6
- Assign Lesson 6 Journal study for homework.

Celebration Week:

- Serve Week

This guide will provide you with resources to help your Group connect together through getting rooted in His Word and connected with community. Read through the options with your specific Group in mind and come up with how your Group can flourish together.

Julie's heart is to see all of our Sisterhood Groups join together to see how we can be a part of someone else's miracle by serving together as a Group. Be prepared with some serve projects that your Group can be a part of coming out of this curriculum.

- Walk for Freedom (Oct. 20)
- Go on a mission trip or serve at 4th Saturday Serve together.
- Serve on a Dream Team together.
- Help a single mom.
- Help out at an assisted living home.

FREQUENTLY ASKED QUESTIONS

1. How can I get our student sisters involved in this?

Have the student buy the *Flourish* study journal. Encourage them to go through the journal and watch the videos on their own.

- Have their Group leader or their mom/sister check in and see what key takeaway they got from each lesson and video.
- Maybe you can start a WhatsApp group or meet together on Zoom.

2. How can we get our Dream Team sisters involved? There are many ways you can make this work. Here are a couple of suggestions.

Have the Dream Teamer buy the *Flourish* study journal. Encourage them to go through the journal and watch the videos on their own.

- Meet 15 minutes before your team huddle every week and discuss what key takeaway they got from each lesson and video.
- You can connect on a WhatsApp group or a group Facebook page.

3. I have an activity group. How can we do the study?

Have the group members buy the *Flourish* study journal. Encourage them to go through the journal and watch the videos on their own.

- For those that are interested, meet 15 minutes before or after your normal time to discuss what key takeaways they got from each lesson and video.

4. What if I didn't do the journal during the week? Can I still come to the Sisterhood Group?

Absolutely! Sisters are better together. We would still want to welcome all ladies to the family.

INTRODUCTION WEEK

As a leader, you should have contacted all of your Group members ahead of time to introduce yourself and welcome them to your Group. Please make sure that they know your email address, phone number, and meeting address prior to your first gathering.

DETAILED MEETING PREPARATION

A few days before the first session:

- PRAY FOR EACH PERSON WHO WILL BE PARTICIPATING.
- Be specific and boldly expect God to impact each life.

CONNECT WITH YOUR GROUP MEMBERS TO:

- Let them know you look forward to seeing them.
- Make sure they have the necessary resources.
- See if they have any questions.

Be prepared to celebrate the birthdays and anniversaries.

Create a way for your Group members to get to know each other better (contact sheet, Facebook group, etc.) Plan ahead for when you'd like to add additional events:

- A fun, purely social outing to build friendships.
- A serve experience the Group can take on.

Pray over your meeting space and for each Group member by name. Test any equipment and make sure it is working properly (if applicable).

Preview the upcoming session and:

- Incorporate fun activities that promote learning and serving.
- Anticipate questions and think through how you can jump-start the conversation with personal examples.
- If using curriculum, don't feel like you must ask every question. Use your judgment as to what is best for the Group.

Clean up your meeting space and consider if there's anything that might trigger allergies or be otherwise unpleasant to participants:

- Plan the right lighting and temperature.
- Be ready to welcome people as they arrive. Play background music as people enter. Set lighting appropriate for environment. Turn the ringer off on your phone and minimize any other distractions. If you're in a home with pets, secure them in a separate room.
- Add aroma! (scented candles or air fresheners).

If meeting in your home, plan for a light snack.

Group Opener:

As a Group, begin or close your time together in prayer. Use the following questions/icebreakers to open up your time together and to be able to get to know one another.

1. Give everyone a chance to introduce themselves and share how they came to be a part of the Group.
2. Penny Game: Give everyone 5 pennies. Each person must name one thing about herself that is different from everyone else. (For example, an adventurous Group member might say, "I have climbed Pikes Peak.") The speaker puts a penny in the middle. If another player has also climbed Pikes Peak, she can put in a penny as well. The first person to get rid of all her pennies wins

Lesson One: Let *the* Flourish Begin

THEME OF THE LESSON:

As a Group, every week has a main theme – what each Group member should walk away with from the discussion. It's a time to grow in confidence in who God created them to be, know that they are connected into a group of sisters, and be united in the collective purpose of something that is bigger than ourselves.

Lesson 1: You are important, you were created to be fruitful, and you are an influencer.

GROUP OPENER:

As a Group, begin your time together by opening up in prayer. Use the following questions/icebreakers to open up your time together and to be able to get to know one and another.

1. Make sure to introduce any new members who have come for the first time. Gather contact information for any new people.
2. Who are important influencers in the world today? Why would you call them an influencer?
 - Have them name someone that they know personally as well as someone they don't know personally that has influenced their life.

WATCH:

If your Group members haven't already watched the video on their own, watch the teaching video together. Make sure you allow for the extra time to watch the video together if you will be watching it during Group time.

DISCUSSION:

Julie encouraged us to remember that God's Word says we are **IMPORTANT**, we were created to be **FRUITFUL** and we are **INFLUENCERS**.

I am **IMPORTANT**.

1. Read Genesis 2:18-23. Possibly have a Group member read out loud.
 - What does this passage communicate about how God sees His daughters?
 - How might God want to use you to bring a "finishing" or "completion?"

2. In Genesis 3:20, Eve receives her name. She is the "mother of all the living." Note that this is declared *after* her sin.
 - How might this passage bring us hope?
 - What does it say about the character of God?
3. What lies have you believed about your identity?

I was created to be **FRUITFUL**.

1. Julie explained that in Genesis 1:26-27, God's very first act towards humanity was to bless them and give them the ability to be fruitful. We were created with this seed of potential inside of us.
 - How do we nurture this seed so that it produces fruit like uncontrollable joy, unconditional love and unleashed generosity?
 - Have you experienced a "drought" season?
 - How can we ensure that we are "rooted," and able to withstand heat and drought?

I am an **INFLUENCER**.

1. In Genesis, we see that Eve was an influencer. When she sinned, she brought others down. When she chose to worship, others followed her example. Think about the areas in your life where God has given you influence.
 - Do you find it easy or difficult to lead others?
 - Have you found offense to be an obstacle to your influence?
 - How can we guard ourselves in order to remain "unoffendable?"

GO DEEPER:

This week we learned about being planted palms and potted orchids. How can we stay planted next to the water (His Word) and stay planted in the House? Encourage Group members to set aside some time each day to work through "*Flourish*" WEEK 1: Days 1-6. Take this time to encourage your Group to dig in deeper by taking their next step for the week.

Pray to close your time together. You might want to share prayer requests so that your Group can continue praying for each other during the week. You can use page 122 of "*Flourish*" to record prayer requests.

Lesson Two: Rooted *in* His Unearned Love

THEME OF THE LESSON:

Our true identity calls us out of our history into our destiny.

Pray as a Group.

GROUP OPENER:

1. Make sure to introduce any new members who have come for the first time. Gather contact information for any new people.
2. What is your favorite TV show to watch?
3. How does this TV show make you view yourself? Does it make you feel like you have a good life or maybe wish that your life was more like the TV show?

WATCH:

If your Group members haven't already watched the video on their own, watch the teaching video together. Make sure you allow for the extra time to watch the video together if you will be watching it during Group time.

DISCUSSION:

Julie made a strong declaration: "Our true identity calls us out of our history and into our destiny."

Our IDENTITY

1. Read Psalm 139:13-18.
 - When you hear the word "Father" what comes to mind?
 - Do you tend to view your heavenly Father through the lens of your earthly father?
 - Do you have a significant symbol like Peter (rock), Zacchaeus (tree) and the lady who had the issue with the blood (hem) that represents a time and place where you settled your identity?

Our HISTORY

1. What labels have other people put on you or that you have put on yourself? What "lesser label" have you settled for?
2. How has this label affected the way you interact with God? With others?
3. What lies are assaulting your identity?

Our DESTINY

1. Read Jeremiah 29:11-13.
 - What words does God use to describe the future?
 - What action steps does God encourage in order for us to take hold of the destiny He has for us?

GO DEEPER:

This week we learned about how our true identity calls us out of our history and into our destiny. Encourage Group members to set aside some time each day to work through *"Flourish"* WEEK 2: Days 1-6 and the character study of Peter and see how when he saw his identity, it changed his history. (pages 101-102)

Pray to close your time together. You might want to share prayer requests so that your Group can continue praying for each other during the week. You can use page 122 of *"Flourish"* to record prayer requests.

Lesson Three: Cultivating Black Gold

THEME OF THE LESSON:

Soil must be tended to in order to flourish.

Pray as a Group.

GROUP OPENER:

1. Make sure to introduce any new members who have come for the first time. Gather contact information for any new people.
2. How many of you all enjoy learning something new?
3. The leader passes out slips of paper that read 'I have learned that_____.' The participants then fill in a lesson they have learned. The pieces of paper are gathered, and the Group tries to match the 'lessons' with the authors. You can do it twice. Once as a non-spiritual lesson and once as a spiritual lesson.

WATCH:

If your Group members haven't already watched the video on their own, watch the teaching video together. Make sure you allow for the extra time to watch the video together if you will be watching it during Group time.

DISCUSSION:

FLOURISH

1. When you hear the word "Flourish" what comes to mind?
2. Dianne referred to the "work" required for a seed to flourish.
 - Have you experienced a dark, hidden season where God was preparing you to flourish?

SOIL

1. Review Matthew 13:1-9. We see that Jesus is describing the condition of our hearts through the illustration of soil.
 - Where do you see yourself reflected in this passage?
 - So many things can contaminate and crowd the soil of our hearts so that our roots have a hard time going deep. What have you found has contaminated the soil of your heart?

TENDING

1. The ladies shared in the video how prayer helps them tend to the soil. What are some examples that you can share with your Group about how you tend to the soil?
2. What role do stress, busyness and anxiety play in our prayer life? How can we combat these distractions?
3. Julie mentioned that we should give God our best time.
 - When is your best time? What are some suggestions that we can share with the other ladies so that consistency can build intensity?

GO DEEPER:

This week we learned about how the soil must be tended in order to flourish. What scriptures can we memorize this week that will help us to remember to pray during those stressful and anxious days? Write them on a card and keep them where you will see them throughout the day. (on your mirror, in your kitchen, next to the computer, etc.) Encourage Group members to set aside some time each day to work through "Flourish" WEEK 3: Days 1-6.

Pray to close your time together. You might want to share prayer requests so that your Group can continue praying for each other during the week. You can use page 122 of "Flourish" to record prayer requests.

Lesson Four: Connecting to the Vine

THEME OF THE LESSON:

Obeying God's Word brings us closer to God and the abundant life He has for us.

Pray as a Group.

GROUP OPENER:

1. Make sure to introduce any new members who have come for the first time. Gather contact information for any new people.
2. Have you ever been in a situation where you got hurt because you didn't know what you didn't know?
3. What is one thing that the Holy Spirit has shown you that you may not have seen on your own?

WATCH:

If your Group members haven't already watched the video on their own, watch the teaching video together. Make sure you allow for the extra time to watch the video together if you will be watching it during Group time.

DISCUSSION:

OBEDIENCE

1. How does the word "obedience" make you feel?
2. When have you seen obedience result in a reward?
3. Read John 6:38-39. What was Jesus' response to obedience?

CLOSE TO GOD

1. Julie referenced John 15, where Jesus tells us to "remain" in Him. Read John 1:1.
 - How can we practically apply these principles to grow in our intimacy with God?
 - What are some practical ways that we can "remain" in God's Word throughout the day?
2. Julie mentioned that counterfeit intimacy can rob us from a beautiful relationship with God. What are some other things that if we believe the lies, can keep us from a full life relationship with God?

ABUNDANT LIFE

1. Read John 10:10 aloud as a Group.
2. When we follow the lies of Satan or others, we miss out on who we could become. Who do you want to become today?

Julie said, "You don't know what you don't know, and what you don't know can hurt you." Maybe, as we've been talking, you recognized something that you know you need to ask God's forgiveness for so that you can walk in freedom. As we close in prayer, whisper to God what has been robbing you from the life He has for you.

GO DEEPER:

This week we learned that obeying God's Word brings us closer to Him and the abundant life He has for us. Maybe you recognized something this week that you know you need to ask God's forgiveness for so that you can walk in freedom. Take steps this week to ask for forgiveness and start walking in the freedom and purpose that God has for you. Encourage Group members to set aside some time each day to work through *"Flourish"* WEEK 4: Days 1-6 and have the ladies to take time this week to go through the character study on Eve. (page 100)

Pray to close your time together. You might want to share prayer requests so that your Group can continue praying for each other during the week. You can use page 122 of *"Flourish"* to record prayer requests.

Lesson Five: Flourish *in* Every Season

THEME OF THE LESSON:

The Fruit of the Holy Spirit is supernatural fruit that allows us to flourish in every season.

Pray as a Group.

GROUP OPENER:

1. Make sure to introduce any new members who have come for the first time. Gather contact information for any new people.
2. What is your favorite fruit? What has been the most exotic/different fruit you have eaten?
3. Who can name all of the Fruits of the Spirit?

WATCH:

If your Group members haven't already watched the video on their own, watch the teaching video together. Make sure you allow for the extra time to watch the video together if you will be watching it during Group time.

DISCUSSION:

EVERY SEASON

1. How would you describe your current season?
2. Do you find yourself pressing into God more during hard seasons or easier ones?
3. What role does endurance play in our walk with God?

SUPERNATURAL

1. Read John 14:16-18.
2. What are some things you have heard about the Holy Spirit?
3. What role does the Holy Spirit play in your life?
4. What is the evidence of the Holy Spirit in our lives?

FRUIT OF THE SPIRIT

1. Read Galatians 5:22-23.
2. Go around the room and give a practical example of the Fruits of the Spirit. Have a couple of women share on each fruit.
3. What is one area that you might struggle to surrender, causing you to walk in the flesh rather than producing the Fruit of the Spirit?
4. The ladies shared today that being joyful can be a challenge. Why do you think that is? What are some of the things that Satan uses to steal our joy?
5. "Comparison is the thief of joy." -Theodore Roosevelt
 - Do you find yourself unsettled by comparison?
 - What are some ways that we can combat comparison?
6. How can gratitude lead to joy?

GO DEEPER:

This week we learned that the Fruit of the Holy Spirit is supernatural fruit that allows us to flourish in every season. Write down all of the things that you are grateful for this week. Maybe there will be some that you weren't grateful for last week, but you were able to produce supernatural fruit because of Jesus. Encourage Group members to set aside some time each day to work through "*Flourish*" WEEK 5: Days 1-6 and ask the ladies to take time this week to go through the character study of their own choosing (pages 104-105).

Pray to close your time together. You might want to share prayer requests so that your Group can continue praying for each other during the week. You can use page 122 of "*Flourish*" to record prayer requests.

Lesson Six: Set Up *for* the Superbloom

THEME OF THE LESSON:

Committed people experience the Superbloom for the benefit of others.

Pray as a Group.

GROUP OPENER:

Do you have someone in your life that loves you enough to have difficult conversations when you get off track? How do you know this person?

1. Make sure to introduce any new members who have come for the first time. Gather contact information for any new people.

WATCH:

If your Group members haven't already watched the video on their own, watch the teaching video together. Make sure you allow for the extra time to watch the video together if you will be watching it during Group time.

DISCUSSION:

1. Julie described the difference between being "connected" and being "committed."
 - What is something that you have committed to? A sport, relationship, etc.?
2. Is there a time that your commitment ended in hurt?
3. Do you feel committed to your church community?

SUPERBLOOM

1. Julie mentioned in her video that her perfect conditions to flourish and thrive are the hot desert ground of Death Valley. What do you think are the perfect conditions that need to occur for you to flourish and thrive in your job, in your school, and in your relationships and purpose?
2. Has this study provided some hope for your "Superbloom"?
3. What do you sense God is saying for your new season?

BENEFIT OTHERS

1. Do you have a story of someone that is part of the body of Christ that mentored you, echoing God's voice over your life? Do you know of someone that believed in you when you didn't believe in yourself?
2. How could you see God using your story to benefit others?
3. Save time at the end of the night to decide how you as a Group can be a part of someone else's miracle.
 - Walk for Freedom (Oct. 20)
 - Go on a mission trip or serve at 4th Saturday Serve together.
 - Serve on a Dream Team together.
 - Help a single mom.
 - Help out at an assisted living home.

GO DEEPER:

This week we learned about being committed people who experience the Superbloom for the benefit of others. As a Group we would like to give you an opportunity to serve together where you can be a part of the body of Christ that can mentor others or can maybe believe for someone that doesn't believe in themselves? Let your coach/hub leader know what your Group has decided to do together.

It's time to celebrate! Plan your final Group time. Pages 120-121 of "*Flourish*" are provided for your Group to use.