

true wōman 201

interior design

ten elements of biblical womanhood

Leader's Guide

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This *True Woman 201* Leader's Guide is filled with ideas you can use to facilitate a group study based on the following ten lessons:

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Launching Your Group Study

Welcome to the *True Woman 201: Interior Design* Leader's Guide! We're so glad you'll be studying this workbook and helping women discover the ten essential design elements of womanhood that encourage growth and reflect the beauty of the gospel of Christ. Here are a few ways to get started.

Pray

“Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for **apart from me you can do nothing**” (John 15:4–5, emphasis added).

As you plan and prepare to lead this study, we encourage you to spend regular, concentrated time in prayer. Pray for the women who will participate in the study—that the Lord will prompt them to consistently attend and that the Holy Spirit will prepare their hearts to respond to the material.

Other than prayer, the first thing to do as a leader is decide when you'll meet. Be sure to plan for any holidays that may occur during your scheduled meetings. After you decide on your plan, make arrangements as to where to meet (church facility, business office, recreation center, or a home, for example). Then enlist the help you'll need to run your group, such as group leaders and hostesses.

Promote

Enlist your friends to join you in studying the workbook. If you are studying it in the context of a church, start promoting the study about four to six weeks ahead of time.

Use traditional means of promotion such as advertising on your church's website and in the bulletin, putting up posters, and running a PowerPoint advertisement prior to church services.

You'll find a promotional video and materials at TrueWoman201.com to show in your church service, post on your church website or on Facebook, or send to friends by email.

Also, promote your group via social networking. Start a Facebook group, or send out Facebook or email invitations. Feel free to tweet it up on Twitter as well, using [#TrueWoman201](https://twitter.com/TrueWoman201).

Prepare

If you haven't already done so, familiarize yourself with the *True Woman 201* workbook, DVD, and other resources at TrueWoman201.com. (If you'd rather not order the DVD, we've made each week's video available on TrueWoman201.com.)

Encourage the women in your group to bring their workbooks, Bibles, and a pen each week when they come to small group. You'll need all this in addition to your leader's guide, as well as the video.

The amount of time you will need to prepare for your small group depends on the type of group, the number of members you have in the group, and your own personal leadership style. Some leaders need less preparation time; some need more. But the more familiar you are with the material—the more you have prayed, studied, and prepared—the more successful your group will be. Plus, the more you will personally benefit from the study!

Here are several ways we recommend preparing:

- Review the *True Woman 201* workbook well ahead of time, making notes about ideas and questions you might use in your group session. As the study starts, we encourage you to try to stay a week or two ahead of everyone else. The ten weeks in this study are each divided into five lessons, and it should take you a minimum of twenty minutes to complete each lesson. At the end of each week, we've provided some questions for you to discuss in your group in order to further explore and apply the Bible's teachings on womanhood.
- Familiarize yourself with the helps that are available on TrueWoman201.com. Members of your group will benefit greatly by using the resources on the site. You will want to point them in that direction, so make sure you know what's there.
- If you're planning on watching the videos, you can purchase the DVD or stream the online videos with a laptop, projector, and Internet connection. Make sure you have access to all the equipment you need.
- Secure an adequate supply of *True Woman 201* workbooks for group members to purchase. It's essential that each participant has their own copy. We recommend ordering them all at once on truewoman201.com to receive group discounts.
- You'll want to watch the videos as a group after your women have worked through each chapter. This means you'll probably want to begin the study with an evening where you introduce *True Woman 201* and get to know each other.

The rest of this Leader's Guide offers icebreaker ideas. To help the women in your small group have fun and get to know each other, we recommend beginning with an icebreaker each week that lasts about five minutes. Tailor these suggestions to match the format and length of your study. Remember, this is not a plug-and-play Bible study. We've provided these resources to equip you to lead—not to give you a cookie-cutter formula or pattern to follow.

We do, however, recommend incorporating a time for prayer into your study. If you set aside a time for prayer at the end of each session, specifically ask the Lord to help you apply what you've learned. Also, make sure to stop and pray for needs of group members as they come up during discussion. Stopping to pray for one another develops community and is one of the most effective ways to minister to the women in your group.

Don't be afraid to be creative and have fun! There are many ways to study *True Woman 201*, and no matter how you do it, you can be confident that everybody who participates will learn and benefit.

Week One: Discernment

A True Woman is characterized by right thinking . . . She knows “*what accords with sound doctrine.*”

Icebreaker #1: Show your women a group of color swatches (or paint chips) with similar colors—such as a group of reds. Ask them to discern which red is the color “ruby.” Which one is “watermelon”? Praise their “good eye” of discernment. We use discernment every day in practical matters, and God wants us to develop this ability in spiritual matters too—especially regarding our womanhood.

Icebreaker #2: Ask the women to share a time they used keen discernment in making a wise purchase for their home—or perhaps something they noticed about an item that *prevented* them from making that particular purchase. Note that women use discernment every day in practical matters, and God wants us to develop this ability in spiritual matters, too—especially regarding our womanhood.

Prayer: You might want to pray after the icebreaker in order to refocus your group and prepare their hearts to watch this week’s video. Pray yourself, ask one of the women to pray, or offer up “popcorn prayers” together.

Practice: We love to see women hiding God’s Word in their heart! As you challenge your group to memorize Titus 2:1, 3–5 during the course of the study, start by practicing verse one together. Ask the group to start memorizing verse one for the following week.

Video: The video for week one will help your small group process this week’s lessons. You’ll find this week’s video and many more resources at www.TrueWoman201.com.

Discussion Questions: After watching the “Discernment” video, here are several questions from the workbook you can use to ask your small group:

1. Why is it so important for us to have sound doctrine?
2. Describe some characteristics of false teachers. How can we distinguish between true teaching and false?
3. Identify some beliefs or patterns of thinking in our culture that breed spiritual contamination. How can we guard ourselves against breathing in these spiritual toxins?
4. False teachers in Paul’s day encouraged believers to value and trust their own opinions more than they valued and trusted God. How do you see that happening today when it comes to ideas about womanhood?
5. What is your “plumb line” for making decisions in those gray areas of life—situations for which Scripture doesn’t provide a black-and-white answer?
6. What is involved in practicing spiritual discernment? Why is spiritual discernment vital to glorifying God with our lives?
7. What characteristics do you see in the women described in 2 Timothy 3:6–7? What made them weak, and how can we safeguard against living as they did?
8. How can you develop greater discernment in your home, your relationships, and other areas of your life?

Week Two: Honor

A True Woman makes much of Christ . . . She is “*reverent in behavior*.”

Icebreaker #1: Tell your women in advance to bring a picture of a special woman in her life who displays reverence for the Lord. Open the group session by telling them, “Today we want to pay tribute to women in our lives who reverence the Lord. We are honoring them, because they honor Him.” Ask volunteers to describe in *one sentence* a woman who best exemplifies a God-centered life.

Icebreaker #2: Ask your women, “What are the qualities you think of when you think of a ‘reverent’ woman? Take sixty seconds each to share your thoughts with the woman next to you.” Then ask for a few volunteers to share their answers.

Icebreaker #3: Ask the women, “How many of you have a parent, spouse, or brother who served or is serving in the military?” Talk about the honor and respect we should give to those who stand up to serve and protect us. (You might want to give a small token of remembrance, perhaps a bookmark-length red-white-and-blue ribbon, to each woman who raised her hand.) Then say, “Today we want to talk about another kind of honor, a woman who is God-honoring—‘reverent in behavior’ toward the Lord and wholly devoted to Him.”

Prayer: You might want to pray after the icebreaker in order to refocus your group and prepare their hearts to watch this week’s video. Pray yourself, ask one of the women to pray, or offer up “popcorn prayers” together.

Practice: We love to see women hiding God’s Word in their heart! Review verse one as a group or ask for volunteers to recite it.

Video: The video for week two will help your small group process this week’s lessons. You’ll find this week’s video and many more resources at www.TrueWoman201.com.

Discussion Questions: After watching the “Honor” video, here are several questions from the workbook you can use to ask your small group:

1. What characteristics typically mark a woman who is reverent? How is the reverence in her heart reflected outwardly in her life and relationships?
2. What are some practical ways we can honor God above all other people and priorities in our lives?
3. As you consider your role in God’s redemptive story, specifically as a woman, why is reverence such a critically important disposition? What does your disposition communicate to others about Christ’s worth and value?
4. Paul gives two examples of irreverent behavior in Titus 2:3, one of which is slander. What lies at the root of slander?
5. What is the link between overindulgence and irreverence? As you assess your daily habits, where do you find a tendency to overindulge? Can you identify the heart attitude that tempts you in this way?
6. On Day 4 we read, “God created two sexes so that we might shine the spotlight on the gospel from different angles” (p. 54). What particular opportunity do we have as women to illuminate the gospel? How does reverence factor into how our light shines?
7. Why is the trait of reverence especially important for older women?
8. No matter your age, you are in the process of becoming an “older woman.” How would others describe your character? What intentional efforts can you make to cultivate a godly and reverent spirit that will inspire others to stand in awe of God?

Week Three: Affection

A True Woman values the family . . . She “[*loves her husband*] and children.”

Icebreaker #1: As each woman comes in, give her a piece of paper and ask her to draw stick-figures of her family members, putting a one-word description of why she loves each one under her drawing. When all the women are settled in, ask them to share their drawings with the women sitting beside them for one minute. Then ask for two volunteers to share their pictures with the group.

Icebreaker #2: Line up picture frames with black silhouettes representing a man, a woman, a boy, and a girl. Ask for volunteers to come forward, pick up a picture frame, and tell what they find “very special” about a family member represented by the picture.

Icebreaker #3: Talk about the origin of some unusual family names. (For example, Birdwhistle, which came from a British area where birds nested, or Schwinghammer, a German blacksmith’s name.) Then ask the ladies, “Do any of you have special stories about your own family name—either the meaning of your family name or any history about how it came about?”

Prayer: You might want to pray after the icebreaker in order to refocus your group and prepare their hearts to watch this week’s video. Pray yourself, ask one of the women to pray, or offer up “popcorn prayers” together.

Practice: We love to see women hiding God’s Word in their heart! Review verse one as a group or ask for volunteers to recite it.

Video: The video for week three will help your small group process this week’s lessons. You’ll find this week’s video and many more resources at www.TrueWoman201.com.

Discussion Questions: After watching the “Affection” video, here are several questions from the workbook you can use to ask your small group:

1. What is the primary purpose for which God created marriage and family? How should this shape our own view of family?
2. At the beginning of the week we read an important, foundational truth: “Your womanhood is ultimately not about you. It’s about displaying the glory of God and His powerful redemptive plan” (p. 63). In that light, what observations would you make about our culture’s attempts to redefine gender, marriage, and family?
3. Why is Satan keen to promote unbiblical teachings about gender, sexuality, and marriage?
4. How would you describe what it means to have a “husband-liker” and “child-liker” mindset or attitude?
5. What are some practical ways you can protect marriage—both your own and that of others?
6. How did the disciples’ attitude toward children differ from how Jesus viewed them? Which of those attitudes most closely matches yours? What has shaped your outlook?
7. At the first True Woman Conference, John Piper said, “In this world there are truths about Christ and His kingdom which can be more clearly displayed by womanhood in singleness” (p.80). What are some of those truths?
8. Discuss how Paul’s teaching in Titus 2:4 could apply to all women, regardless of their marital or family status.

Week Four: Discipline

A True Woman makes wise, intentional choices . . . She is “**self-controlled.**”

Icebreaker #1: Hold up a dish of chocolates as you ask, “On a scale of one to ten, with ten being a lack of personal discipline, how hard is it for you to resist this chocolate treat? After the ladies share their thoughts, pass the chocolates. Then ask, “In what areas do women tend to struggle most with self-control?”

Icebreaker #2: Ask the women, “When was the last time you saw a food commercial and then you jumped up and went to the kitchen for a snack?” Then ask, “What part do you think TV commercials play in our self-control regarding purchases?” Show some examples of ads (from magazines) designed to make us desire more.

Icebreaker #3: Ask the women, “When shopping, do you have a list of questions to ask yourself when tempted to buy something not on your list?” Then ask, “What are some questions you can ask yourself?” (Ideas: Do I need this? Will I use this? Do I already have this at home? Is this the best price? Will this honor God? Could I use the money for something else?)

Prayer: You might want to pray after the icebreaker in order to refocus your group and prepare their hearts to watch this week’s video. Pray yourself, ask one of the women to pray, or offer up “popcorn prayers” together.

Practice: We love to see women hiding God’s Word in their heart! Review verses one and three as a group or ask for volunteers to recite them.

Video: The video for week four will help your small group process this week’s lessons. You’ll find this week’s video and many more resources at www.TrueWoman201.com.

Discussion Questions: After watching the “Discipline” video, here are several questions from the workbook you can use to ask your small group:

1. What is the benefit of gender-specific instruction—older women teaching younger women—when it comes to living a disciplined life?
2. From a biblical perspective, how is self-control different from behavior modification?
3. Explain the meaning of the Greek word *sōphrōn*. What role do our thoughts play in the development of self-control? Give some examples of how our mindset determines our behavior.
4. What is the most effective way to “put on the brakes” in areas where you find yourself out of control? On the flip side, what would it look like to “pull out all the stops” in your relationship with God?
5. We learned on Day 3 that we don’t need to beg God for more willpower. Why is that true?
6. Describe the difference between a DENYer and a RELYer (see p. 99). How can we move from being DENYers to RELYers?
7. As you consider where in your life self-control is a struggle, can you identify the false beliefs that underlie your struggle? What specific truths can you apply to dislodge those false beliefs?
8. Review the six steps that lead toward godly self-discipline (pp. 105–107). Where in your life will you begin today to step out in faith and apply these steps?

Week Five: Virtue

A True Woman cultivates goodness . . . She is “*pure*.”

Icebreaker #1: Ask the women, “What do you think Ephesians 5:3 means when it says ‘not a hint’ of impurity should be found among God’s people?” Share a demonstration. Fill a clear drinking glass with clean water. Add a “hint” of garden soil or hot sauce to the glass and offer it to one of the ladies to drink. “What’s wrong?”

Icebreaker #2: Ask the ladies if they can recall any Scriptures about purity. (You should be prepared to share a couple of verses to jump-start the discussion if needed.) After they all get an opportunity, say, “I want to give something to the woman who was brave enough to share first.” Give the woman a bar of Ivory soap—which is supposedly “99 and 44/100% pure.” Remind them that God is 100 percent pure, and He tells us, “Be holy, for I am holy” (1 Pet. 1:16).

Prayer: You might want to pray after the icebreaker in order to refocus your group and prepare their hearts to watch this week’s video. Pray yourself, ask one of the women to pray, or offer up “popcorn prayers” together.

Practice: We love to see women hiding God’s Word in their heart! Review verses one and three then announce your group will add verse four for the following week.

Video: The video for week five will help your small group process this week’s lessons. You’ll find this week’s video and many more resources at www.TrueWoman201.com.

Discussion Questions: After watching the “Virtue” video, here are several questions from the workbook you can use to ask your small group:

1. Review 2 Corinthians 11:2, Ephesians 5:25–28, and Revelation 19:7–8. What link do you see in those passages between purity and the bride of Christ?
2. God is 100 percent pure, which is another way of saying that He is perfectly holy. How does this aspect of His character shed light on some of those Old Testament ceremonies that may seem strange to us today?
3. Through Jesus, God has granted us “positional purity.” What does this mean, and why is grasping this truth vital to our walk with God?
4. Life is sometimes easier when we can make it about following a list of do’s and don’ts, but how can that be a spiritual danger? What lies at the heart of a pure, thriving relationship with the Lord?
5. List some of the ways that the words we speak can flow out into vice. Why is slander particularly vicious, and why must we as women be on special guard against it?
6. How do sexual chastity and marital sex each express the truth of the gospel?
7. Identify some types of sexual impurity that are widely practiced and tolerated in the “Christian” world today. What effect does that have on our witness in the world?
8. What is accomplished by the process of refining silver? What does that metaphor in Scripture tell us about God’s intentions in the difficulties we go through? You may be going through a hard time right now. If so, how does understanding the refining process change your outlook?

Week Six: Responsibility

A True Woman maintains the right work priorities . . . She values “*working at home.*”

Icebreaker #1: Say, “Tell us briefly about the work your mother or grandmother performed either inside or outside the home. How did her decisions about work influence you and the choices you’re making today?”

Icebreaker #2: Ask, “Do any of you sew?” Hold up a dress pattern and point to the various lines to cut for the different sizes. Ask, “Why are there so many lines here?” Then ask for a show of hands: “How many of you work or have a ministry outside the home? How many of you work or minister solely in your home?” Tell the women, “Whether you work outside the home or in the home, the Bible has a lot to say about our work and womanhood, but there is no one-size-fits-all pattern. God values diverse kinds of work.”

Prayer: You might want to pray after the icebreaker in order to refocus your group and prepare their hearts to watch this week’s video. Pray yourself, ask one of the women to pray, or offer up “popcorn prayers” together.

Practice: We love to see women hiding God’s Word in their heart! Review verses one, three, and four as a group or ask for volunteers to recite them.

Video: The video for week six will help your small group process this week’s lessons. You’ll find this week’s video and many more resources at www.TrueWoman201.com.

Discussion Questions: After watching the “Responsibility” video, here are several questions from the workbook you can use to ask your small group:

1. How has our culture’s view of work changed since the nineteenth century, and what challenges has this change created for women?
2. What are some of the most common perspectives about women and work in our culture today?
3. How did you process decisions for your current “work” situation, whether you are a stay-at-home-mom, a single woman with a career, a mom with a full- or part-time vocation, etc.?
4. What should govern our decisions about our work life, and what overarching perspective should shape our thinking on this subject?
5. Male and female roles are neither identical nor interchangeable. How does that principle impact your thinking about work both inside and outside the home?
6. Describe what it means to be idle. If there are hours or activities of idleness in your life, what practical steps can you take to redeem that time or those activities for God’s kingdom?
7. Our homes provide a powerful setting for serving others and advancing the work of God’s kingdom. Do you find joy in that truth? If not, what truths from this week’s lessons can help you find joy?
8. Each of us is called to steward the gifts and relationships God has given to us. Does recognizing that primary aim indicate the need for any changes in your day-to-day routine? If so, what practical steps can you take to implement change?

Week Seven: Benevolence

A True Woman is charitable toward others . . . She is “*kind*.”

Icebreaker #1: Ask the women, “Have any of you ever been the recipient of a “random act of kindness”?” (Allow a few to share.) Discuss: “What is a creative act of kindness you can commit this week to reflect the kind heart of your Father?” Note, acts of kindness don’t have to involve money—although they might. They might involve our time, talents, resources, or even a perfect word or note of encouragement. Pass out index cards and have women write down two or three ideas to pray about doing this week—not for their own glory, but to honor God.

Icebreaker #2: You might want to pray after the icebreaker in order to refocus your group and prepare their hearts to watch this week’s video. Pray yourself, ask one of the women to pray, or offer up “popcorn prayers” together.

Prayer: You might want to pray after the icebreaker in order to refocus your group and prepare their hearts to watch this week’s video. Pray yourself, ask one of the women to pray, or offer up “popcorn prayers” together.

Practice: We love to see women hiding God’s Word in their heart! Review verses one, three, and four as a group or ask for volunteers to recite them.

Video: The video for week seven will help your small group process this week’s lessons. You’ll find this week’s video and many more resources at www.TrueWoman201.com.

Discussion Questions: After watching the “Benevolence” video, here are several questions from the workbook you can use to ask your small group:

1. How is true Christian kindness different from the kindness offered by those who don’t know Christ?
2. What difference has the kindness of God made in your life? How should God’s kindness toward us impact how we deal with others?
3. What attributes are related to kindness? Which of these attributes do you find most difficult to express? Would those who are closest to you describe you as a kind woman?
4. Why are words such a powerful way to demonstrate kindness? Discuss the characteristics of kind speech.
5. Scripture prioritizes the call to demonstrate kindness to family members first. Does that priority indicate a need for some reordering on your part?
6. Why is it sometimes easier to be kind to strangers than to family members and close friends?
7. When we’re treated unkindly, our true character is revealed. How did you respond the last time you were poorly treated? As you reflect on that, what does it show you about your heart?
8. Paul’s concern in the book of Titus is for the church to make the gospel known and attractive in a dark, lost world. How can Christian kindness contribute toward that end? How does a lack of kindness among believers affect our witness in the world?

Week Eight: Disposition

A True Woman cultivates a soft, amenable spirit . . . She is “*submissive*.”

Icebreaker #1: Bring two samples of clay—one soft and one hardened. Ask the (obvious) question, “Which would be easier to mold into a new shape?” Give each woman a small piece of clay, and ask her to make a small heart out of it while discussing how the disposition of a woman should be soft and amenable, pliable in the Lord’s hands. He is the Potter; we are the clay.

Icebreaker #2: Brainstorm about these questions: “Why would Jesus say submission is both a privilege and a blessing? How is this different from the world’s description of submission? What are some of the lies women believe about submission?”

Prayer: You might want to pray after the icebreaker in order to refocus your group and prepare their hearts to watch this week’s video. Pray yourself, ask one of the women to pray, or offer up “popcorn prayers” together.

Practice: We love to see women hiding God’s Word in their heart! Practice the entire passage (Titus 2:1, 3-5) as a group, or ask for volunteers to recite it. There are two weeks remaining to lock it down!

Video: The video for week eight will help your small group process this week’s lessons. You’ll find this week’s video and many more resources at www.TrueWoman201.com.

Discussion Questions: After watching the “Disposition” video, here are several questions from the workbook you can use to ask your small group:

1. Why are many women scornful or fearful of submission in marriage? Describe how this week’s lessons have reshaped your understanding of what marital submission is meant to look like.
2. What did Salome misunderstand about authority? Describe what authority is and what it is not.
3. What is the difference between submission and obedience? Give some concrete examples.
4. Review Philippians 2:5-10. How did Jesus demonstrate submission? How is submission in marriage meant to reflect the relationship between God the Father and God the Son?
5. Describe what biblical submission does *not* include or require.
6. Ephesians 5:21 instructs us to submit to one another. How are those instructions different from the notion of “mutual submission” that’s so popular today?
7. Why is a sassy and defiant woman held up as ideal in today’s world rather than a woman who has a soft, responsive disposition? What misunderstandings about biblical submission have shaped this new ideal?
8. How does the story of Abigail paint a picture of submission that glorifies God? How does she counter the belief that a submissive woman is a doormat? In what ways would you like to become more like Abigail?

Week Nine: Legacy

A True Woman is a spiritual mother . . . She “*teaches what is good.*”

Icebreaker #1: Ask the women, “Why is it true that a True Woman is essentially a spiritual mother, whether she has physical children or not?” Discuss this, and then ask, “Who was *your* spiritual mother? Who taught you the things of God and how to live for Him?” Ask for a couple of women to share. Then hand out thank-you cards and encourage the women to write a thank-you note this week to the woman who has had the most spiritual influence in her life.

Icebreaker #2: Show the women a family photo album which includes the older generation. Mention a few ideas of things passed down from one generation to another such as family recipes, a talent for handiwork or hobby, or a prized collection. Brainstorm together some ways to pass a legacy of faith on to the next generation.

Prayer: You might want to pray after the icebreaker in order to refocus your group and prepare their hearts to watch this week’s video. Pray yourself, ask one of the women to pray, or offer up “popcorn prayers” together.

Practice: We love to see women hiding God’s Word in their heart! Practice the entire passage (Titus 2:1, 3-5) as a group, or ask for volunteers to recite it. There is one final week to lock it down!

Video: The video for week nine will help your small group process this week’s lessons. You’ll find this week’s video and many more resources at www.TrueWoman201.com.

Discussion Questions: After watching the “Legacy” video, here are several questions from the workbook you can use to ask your small group:

1. It is God’s purpose that every woman bring forth life. How can this truth encourage childless women? What outlook is essential for those seeking to fulfill God’s design for women?
2. How does the biblical portrait of older women differ from how they are perceived in our culture?
3. What differentiates an older woman from a younger one? In what category would you place yourself at present?
4. Discuss what Mary and Nancy mean when they say, “It takes a sisterhood to grow girls up into true womanhood.”
5. Why has “life coaching” taken hold on our society? How can this trend encourage us in our call to mentor younger women?
6. How wonderful that our failures don’t disqualify us from mentoring younger women! How could your past failures be used redemptively to guide and encourage others?
7. What are some truths that can best (or only) be passed on from woman to woman?
8. In what way are we always teaching, even unintentionally? Does the truth of this make you want to reshape anything about your current activities or patterns of speech, and if so, what?

Week Ten: Beauty

A True Woman displays the attractiveness of the gospel . . . *“so that the word of God may not be reviled.”*

Icebreaker #1: Show some before and after photos of women who had makeovers. (Use your discretion as to what photos are appropriate to share.) Ask, “How many of you have ever had a facial or fashion makeover? Did you like it?” God wants to give us a makeover that is far beyond what we might ever dream possible; He wants to make us like His righteous, wonderful Son, Jesus. What are some ways we can cooperate with God in this process in order to mature and grow spiritually so our lives display the attractiveness of the gospel?” (You might want to encourage your ladies to take the 30-Day Makeover Challenge at truwoman201.com/freebies.)

Icebreaker #2: Start today’s session dressed in a simple, solid color outfit without any accessories. Have fun adding one accessory at a time such as a scarf, sweater, jewelry, purse, or belt. Let your personality and flair shine in this exercise! Make the point that just as you’ve adorned your outfit to make it more attractive, women can adorn the gospel. Ask, “What are ways women adorn the gospel so others will desire the beauty of God’s grace?”

Icebreaker #3: Show some women’s magazines (or scan magazine headlines in stores), and read some of their subjective definitions about becoming more beautiful. Then hold up a Bible, and tell the women, “It can be dangerous to base our ideas about beauty on the wrong model, the wrong source.” Discuss why the Bible is a more objective model of beauty.

Prayer: You might want to pray after the icebreaker in order to refocus your group and prepare their hearts to watch this week’s video. Pray yourself, ask one of the women to pray, or offer up “popcorn prayers” together.

Practice: We love to see women hiding God’s Word in their heart! Say the entire passage together (Titus 2:1, 3-5), or ask for volunteers to recite it. Congratulate the group on their accomplishment! Remind them to recall it regularly in the future in order to commit it to long-term memory.

Video: The video for week ten will help your small group process this week’s lessons. You’ll find this week’s video and many more resources at www.TrueWoman201.com.

Discussion Questions: After watching the “Beauty” video, here are several questions from the workbook you can use to ask your small group:

1. How has this ten-week study better enabled you to “throw out the cookie cutter” when it comes to your understanding of biblical womanhood?
2. Why do we have nothing to fear when we entrust ourselves to God’s renovating work in our lives and hearts?
3. Discuss the variety of ways a True Woman displays the attractiveness of the gospel.
4. How can our God-given desire for beauty best be fulfilled? What truths have you learned in this study that inspire you to pursue true, spiritual beauty?
5. What are the characteristics both of those who choose to beautify themselves God’s way and those who don’t? Ground your answer in Titus 1:13-15.
6. Why is it vital that our lives reflect our profession of faith? What results if the transforming impact of the gospel cannot be seen in the lives of Christian women?
7. Discuss the various ways women clothe both their outward and their inward person. What sort of adornment brings pleasure to the Lord?
8. Why is biblical womanhood as described in Titus 2 so attractive? How is God glorified and His kingdom advanced when we display His beauty?

Wrapping Up

Thank you so much for leading your women through *True Woman 201*. As you conclude this study, draw your group's attention to "You Can Make a Difference" and "Becoming God's True Woman" on pages 258-259. Share your personal encouragement with the women to continue on their journey toward True Womanhood.