

FLOURISH AT HOME

Week 7: Outclassed Discussion Guide

Ms. B brings a light and fun discussion into what the culture says about women and how we can surpass the world's view by knowing who God is. We will take personal inventory and get real with ourselves. We will learn to give ourselves permission, learn to listen, and lastly, learn to receive.

1. Read Deuteronomy 7:6.

The Bible tells us that God has chosen us; we are His treasured possessions. God invests His time and love into His people. Do you find it hard to give yourself **permission** to invest in yourself? Tell of a time when investing in yourself was beneficial.

2. Accountability starts in the home. With healthy accountability and parameters, do you take time for yourself or put yourself first?

3. If you were to put your relationships in order of importance, i.e, God, spouse, kids, friends, etc. where would you place yourself? Where would God be in the order of importance?

4. It is easy to have discipline in areas that come natural to you, but it isn't natural for most of us to tackle the hard things in life and stay committed. Areas like our health, finances, or even our time set aside for growing in the Lord can take a back seat to others. By definition, discipline means a practice of training. It is an ongoing process and requires commitment. Are there areas in your life where you have set disciplines?

5. Read Romans 12:2.

As we learn what an Outclassed woman is, what does Romans 12:2 say we are not to do? What renews our mind or way of thinking?

6. Culture puts an emphasis on the outer appearance, but God looks at the heart. In your heart, what lifestyle choices is the Holy Spirit revealing to you that HE wants to transform?

7. What action steps will you put in place this week to create some healthy disciplines?

8. Accountability is key to success when choosing to live a disciplined life. Ms. B spoke about having a life coach, pastors, and friends to whom she is accountable. Who do you have in your life to hold you accountable?

9. Which of the following disciplines would you prioritize: prayer, small groups, discipleship, or Bible reading?

Remember, this is not behavior modification; this is allowing God's presence to bring lasting transformation. Pray for a revelation on what your next steps are.