

leader guide



finding the *freedom*  
of a whole new you

melinda means

# Leaders,

Thank you for leading a group through *Rewired Heart*. As a women's leader at my church for many years, I've led countless groups. I understand very well the spiritual and emotional investment and time commitment involved. I also understand the spiritual warfare that is also always present. So when I say, "Thank You," I say it genuinely from the bottom of my heart. Your investment in the lives of other women is no small thing to me. And it's no small thing to God either.

This guide is designed to give you some suggestions and a framework as you lead. **However, the beauty of the journey is in following the Ultimate Leader, Jesus — not only as you prepare, but during the sessions themselves.** I find that God often directs the conversation in ways I wouldn't have expected (or *chosen* at times!). Avoid "rabbit trails" that are meaningless distractions, but be sensitive and willing to go with the flow of the Holy Spirit. He will never lead you off track, even if the destination is different than what you had planned.

If you are leading this group, you may have known God for a long time. I accepted Jesus into my heart and as my Savior as a little girl. But a few years ago, I was shocked to discover I didn't *really* know Him. I believed so many lies about Him. I had a lot of head knowledge, but not nearly enough heart knowledge. We can only be vessels of God's love and truth to the extent that we know it in our hearts, not just our heads. **I encourage you to read and process through *Rewired Heart* before you lead it. The women in your group will benefit greatly from the work God does in your heart and mind. It will flow out into the women you lead.**

Only God can transform hearts and minds. As a leader, your role is to simply provide love, support, appropriate guidance, and accountability for the women in your group. Just meet them where they are and love them well. Women respond and relate to leaders who are compassionate, loving, and transparent. Don't be afraid to share your mistakes, struggles, wounds, and life experiences as the Holy Spirit leads. It will give them permission to be transparent, too.

Thank you so much for investing in the lives of women. **It's time for women to *truly* know the Healer. It's time for women to be whole.**

Melinda

## Preparing to lead

**Step One:** Before preparing to lead, choose your group time length. *Rewired Heart* is divided into nine weeks. However, if you want to take it slower, you can lead it over 13 weeks. This would involve taking *two weeks* to discuss Weeks 1-4: One week would be spent discussing the “Read & Reflect” Section and one week would be dedicated to exploring the “A Heart Rewired” section. Then, you would devote only *one week* to Weeks 5-9. **Prayerfully consider and choose whichever pace and length is most appropriate for your group of women.**

**Step Two:** I encourage you to read and take a personal journey through *Rewired Heart* prior to leading a group. The best possible preparation for leading is to get to know Jesus better and spend time in His Word and prayer. Ask God to do in your heart and the hearts of women what only He can do! We don't want women to just receive *information*, but to experience *transformation*. **Some specific ways to pray for the women you'll be leading:**

- For God to draw women to your group who are hungry for healing and transformation.
- For God to open eyes, hearts, and minds of the women in your group to Who He *truly* is and to expose lies they've believed about Him.
- For God to give you wisdom, insight, and discernment as you lead.
- For God to give you His love for each woman in your group.
- For the Holy Spirit to be present and guide your sessions.
- For women to be transformed by the Holy Spirit.

**Step Three:** Invite women to join your group at least two to three weeks prior to the start date.

**Step Four:** Either order the books for the women or direct them to this link to purchase the book online: <https://tinyurl.com/rewiredheart>

**Step Five:** Begin praying daily for the women in your group.

**Step Six:** A week prior to the meeting, email participants and remind them of the start date and location. You'll need to decide whether to conduct the group online via an online meeting service such as Zoom or Google Hangouts or at a physical location. If meeting online, send the link to the video conferencing platform that you select.



## Leader Tips

**Through many years of leading groups, I've found these methods to be helpful in creating a safe, loving environment and healthy conversation:**

- **Listen well.** The best realizations are the ones we make ourselves. Ask questions, but give plenty of time for participants to answer. As they talk and process, women often have their own “a-ha!” moments. Those epiphany moments are often ones that are life-changing. Participants also often learn a great deal from each other's insights and experiences. Remember it is not your job to “fix” anyone. Truly listening to women's hearts, not just their words, is powerful. Listen more than you talk. A good leader guideline: Listen 80% of the time and talk 20% of the time.
- **Share transparently.** As the leader, you set the tone. If you are open, loving, and transparent in sharing your struggles, fears, mistakes and wounds, as the Holy Spirit leads, you create a safe environment for others to do the same.
- **Challenge gently.** Each woman has to choose for herself to take steps toward the healing and knowing God more deeply. However, we can gently and lovingly speak truth and challenge and encourage women to take small, deliberate steps to partner with God in their healing.
- **Bring women back to truth.** In group discussion, the conversation can go a lot of different directions. Always point women back to the truth of Scripture.



## Troubleshooting

Even with boundaries and guidelines, issues can arise that work against a healthy group dynamic. **Below are a few common issues that may arise and some suggestions for handling them:**

- **Desire to dominate.** In every group, there's often one or two women who tend to answer every question, regularly lead the group off-topic, and/or take a significant amount of session time to answer questions. While each situation is different, often the best way to handle this is to gently interrupt her, affirm, and thank her for her insights and then invite others to answer the question. If the problem persists, gently explain that you're happy to stay and talk with her more after the session is over. Kindly tell her that you appreciate her contributions to the group, but that you want to be sure everyone is heard, and the time frame is honored. This problem can often be somewhat alleviated by going over the Group Guidelines during the first session (see next page).
- **Reluctance to share.** While some women are very chatty, others are more reluctant to answer questions or share their thoughts. Sometimes this is simply their temperament. In other cases, they lack confidence and just need to know their input is valuable. If you have a quiet woman in your group, don't put her on the spot. Give her a few sessions to feel secure and comfortable in the group. Remind the group periodically that while sharing our struggles and thoughts can be difficult, it's often a part of our healing. Often, in time, she will begin to open up.
- **Need for counseling.** As we begin to share and God reveals lies and wounds, it can overwhelm us. You may sense that a group member might need help beyond the group to walk through issues such as depression, anxiety, abuse and divorce. Ask your church leaders or other trusted source for a short list of trusted counselors and, when appropriate, encourage women to seek professional counseling.



## Group Guidelines

One of the best ways to avoid potential problems is to address them *before* they arise. Take a few minutes during the first session to go over the guidelines below. You can also print out the guidelines and hand them out to participants. You can find a PDF copy [on my website](#). This simple step often goes a long way toward creating a safe, healthy environment for everyone. When they are violated, you can gently point participants back to these guidelines.

1. **Confidentiality.** In order for this to be a safe place to be authentic and real, we all need to feel safe. What is said in this group, stays in this group. This includes conversations you may have with each other in a public that others may overhear. If this study is being held via an online platform, make sure you are in a room by yourself where others cannot overhear the conversation.
2. **Transparency.** We encourage everyone to be real, honest, and open. Sharing our hearts, fears, and struggles is often a huge step in our healing. It will take time to feel safe. This may take longer for some than others.
3. **Be committed** to the group. Trust and growth happens more easily when everyone is committed to attending each week, by showing up on time, completing the week's questions, and participating in the group discussion.
4. **Listen well.** Make a point of hearing the heart of the person speaking, not just their words. Resist the tendency to be thinking about what you're going to say next or how you're going to respond. Really listen.
5. **Be polite.** Do not interrupt. Respect others' opinions and boundaries. We don't have to agree on every topic in order to be respectful. Do not monopolize the conversation. Let everyone have an opportunity to contribute.
6. **No "fixing" or advice giving.** Our job is not to "fix" anyone. Feel free to share your experiences and what God has been teaching you or taught you in the past. However, allow the Holy Spirit to show others what to apply to their individual situations.



## Introductory Session

The first week is an Introductory Session. This week will be spent as a “getting to know you” time. This gives everyone a chance to know a bit about each other and begins to establish a comfort level for honest sharing.

### Before the Session, the leader should prepare as follows:

1. Send a reminder text/email/phone call to each member.
2. If meeting in person, arrive 30 minutes before the group starts to prepare the room. If meeting virtually, be sure to email group members the link to the video prior to the group date.
3. Pray for each participant that they would be open to go wherever God needs to take them to grow them in emotional and spiritual health. If any participants do not know Jesus, pray specifically for their salvation.

### During the Session:

- Welcome group members as they arrive.
- Have participants introduce themselves and tell a little bit about themselves.
- Share the purpose of the group. The purpose of *Rewired Heart* is to know God for Who He *truly* is and to pursue an ongoing, intentional, transformational intimacy with Him.
- Read Group Guidelines together as a group.
- Open in Prayer.

#### Possible questions to ask the group:

- What drew you to this study and what do you hope to gain from it?
  - How do you view God? Does it differ from how you view Jesus?
  - What do you think is the biggest barrier(s) to your being real and close with God?
  - Why do you think getting close to God can sometimes make us feel fearful?
- **Leave 10-15 minutes at the end of the session for prayer.** Consider bringing index cards and asking women to write a prayer need on the card and then exchange it with another woman in the group and spend 5-10 minutes in prayer. Encourage them to pray for their “prayer partner” throughout the week and to consider sending an encouraging text or email to their partner during the week. Ask them to choose a different woman each week so they can get to know one another better.

### After the Session:

1. If meeting in person, return the room to its original set-up.
2. Continue to pray for the women in the group and reach out as appropriate to check on their progress and encourage them.



## Session One

### Before the Session, leader should prepare as follows:

- Read *Meet a Whole New Me* and *Week One: Heart Goes Haywire*. Answer all the questions. Determine which Scriptures and questions would be best for your group (see below).
- Send a reminder text/email/phone call to each member.
- If meeting in person, arrive 30 minutes before the group starts to prepare the room. If meeting virtually, be sure to email group members the link to the video prior to the group date.
- Pray for each participant that they would open their minds and hearts to how God wants to heal them emotionally, spiritually, and physically. If any participants do not know Jesus, pray specifically for their salvation.

### During the Session — Week One:

- Welcome group members as they arrive.
- Start the session with prayer.

### Possible questions to ask the group:

#### Read & Reflect Section

- What do the following verses tell us about the character of God?  
**Ephesians 3:20; Isaiah 30:18; Nehemiah 9:17; Psalm 69:16**
- According to Hebrews 4:12, what does God use to show us the sickness in our hearts? How have you seen this in your own life?
- **Take a look at Hebrews 12:11.** What do you think Paul means by “discipline” in Hebrews 12:11?
- How is discipline different than punishment?
- Can you share a specific instance where you have seen God’s discipline be beneficial in your life? How did you feel during the time you were going through it?

#### A Heart Rewired: The Woman at the Well

- The woman came to the well alone. Women usually came in groups. What do you think this suggests about her relationships with other women?
- Jesus simply engages her in conversation — a simple, but impactful gesture. Why do you think He started by asking her a question?
- Jesus broke all the cultural rules to talk to this woman. What does that tell you about His character and what He values most?
- What question did she ask Jesus? (v.9)
- **Look at John 4:16-19.** Why do you think Jesus confronted her in this way? What tone do you think He used? Her ultimate response in verses 28-29 may give you some insight.

- Before that critical moment, how do you think his approach during their conversation might have opened her heart to His gentle, but piercing words to her?
  - What was the result of her telling others about how Jesus had changed her mind and heart (v.39-42)?
  - This woman had likely been ostracized by many in her community for years. Why do you think her neighbors suddenly listened to her and went to see Jesus, too?
- Allow 10-15 minutes at the end of the session for women to exchange prayer request cards and pray together.

**After the Session:**

- If meeting in person, return the room to its original set-up.
- Continue to pray for the women in the group and reach out as appropriate to check on their progress and encourage them.



## Session Two

### Before the Session, leader should prepare as follows:

- Read Week Two: *Questions of the Heart*. Answer all the questions. Determine which Scriptures and questions would be best for your group (see below).
- Send a reminder text/email/phone call to each member.
- If meeting in person, arrive 30 minutes before the group starts to prepare the room. If meeting virtually, be sure to email group members the link to the video prior to the group date.
- Pray for each participant that they would open their minds and hearts to how God wants to heal them emotionally, spiritually, and physically. If any participants do not know Jesus, pray specifically for their salvation.

### During the Session — Week Two:

- Welcome group members as they arrive.
- Start the session with prayer.

### Possible questions to ask the group:

#### Read & Reflect Section

- In Genesis 1, what does it say God did to bring things into being?
- Genesis 1: 27 tells us we are created in God's image. What do you think that means?
- **Now let's look at Psalm 139:1-18.** How do you feel when you read this passage? What does it tell you concerning how God feels about you and me?
- **Look at Psalm 139:13.** Contrast how *we're* created with how God created everything else in the universe. What does that suggest to you?
- What does Ephesians 2:10 tell us about our uniqueness and God's purpose for us?
- When did God last surprise you with something He said or did that you didn't expect?
- Why does Jesus seem more approachable than God for people like me (and maybe for you, too)?
- What characteristics did Jesus display when He was walking here on earth? What traits do you see in Jesus?
- According to Romans 3:19, what is the purpose of the law (the commands and instructions given through Moses in the first five books of the Bible)?
- Like Israel, no one can keep the law perfectly. No one can attain God's perfect standard. What makes us accepted in God's sight (Romans 3:27-28)?
- Obedience, not outcomes, is our job. How does this make you feel? Is it freeing? Scary?
- In what area(s) of your life do you find yourself trying to produce outcomes?
- What is one way in which you believe God wants you to be bold that scares you?
- What are some of the ripple effects that result from acting on our fear that God isn't really good?

**A Heart Rewired: Mary Magdalene**

- In John 20:1-18, what did Mary find and what did she immediately assume had happened?
  - Mary, on the other hand, returns to the grave. Why do you think she returned? What did she do when she got there (v.11)?
  - How can you “look for Jesus” when you find yourself overwhelmed by disappointment and questioning His goodness and His ways? In practical terms, what are some ways you can do that?
  - Why don't you think Mary recognized Jesus?
  - Can you share time when Jesus was leading or working in your life and you didn't recognize Him?
- Allow 10-15 minutes at the end of the session for women to exchange prayer request cards and pray together.

**After the Session:**

- If meeting in person, return the room to its original set-up.
- Continue to pray for the women in the group and reach out as appropriate to check on their progress and encourage them.



## Session Three

### Before the Session, leader should prepare as follows:

- Read Week Three: *Seen by the Doctor*. Answer all the questions. Determine which Scriptures and questions would be best for your group (see below).
- Send a reminder text/email/phone call to each member.
- If meeting in person, arrive 30 minutes before the group starts to prepare the room. If meeting virtually, be sure to email group members the link to the video prior to the group date.
- Pray for each participant that they would open their minds and hearts to how God wants to heal them emotionally, spiritually, and physically. If any participants do not know Jesus, pray specifically for their salvation.

### During the Session — Week Three:

- Welcome group members as they arrive.
- Start the session with prayer.

### Possible questions to ask the group:

#### Read & Reflect

- Do you think Genesis 2:25 is only referring to their physical nakedness? What deeper meaning might be implied?
- Look up a definition of “shame” and write it here. How do you think shame differs from conviction?
- Look at the question Satan asked Eve in Genesis 3:1. What was the purpose of Satan's question?
- What do you think Adam and Eve's perception of God was prior to their decision to rebel? How did Satan's question change that?
- What question or questions come to your mind most often that you can clearly identify are from the enemy?
- What did you learn Genesis 3:1-10 that might help you to distinguish between positive and Spirit-inspired questions and Satan-inspired questions?
- **Let's look at 1 Corinthians 13:12.** In essence, it says that we see Jesus dimly here on earth. If the veil has been lifted, why do you think Paul would say this?
- **Read 1 John 3:2.** How does this verse perhaps help us understand?

#### A Heart Rewired: The Woman with the Issue of Blood

- How do you think her condition and restrictions impacted her emotionally and spiritually?
- What question did Jesus ask in Mark 5:30? If Jesus knows everything, why do you think He might have asked this question?
- If she had been allowed to simply be physically healed, then slink away unnoticed, what problems might have occurred?

- Allow 10-15 minutes at the end of the session for women to exchange prayer request cards and pray together.

**After the Session:**

- If meeting in person, return the room to its original set-up.
- Continue to pray for the women in the group and reach out as appropriate to check on their progress and encourage them.



## Session Four

### Before the Session, leader should prepare as follows:

- Read Week Four: *Do You Want to Get Well?* Answer all the questions. Determine which Scriptures and questions would be best for your group (see below).
- Send a reminder text/email/phone call to each member.
- If meeting in person, arrive 30 minutes before the group starts to prepare the room. If meeting virtually, be sure to email group members the link to the video prior to the group date.
- Pray for each participant that they would open their minds and hearts to how God wants to heal them emotionally, spiritually, and physically. If any participants do not know Jesus, pray specifically for their salvation.

### During the Session — Week Four:

- Welcome group members as they arrive.
- Start the session with prayer.

### Possible questions to ask the group:

#### Read & Reflect

- What are some of your most troublesome “symptoms” — fear, discouragement, anger, impatience, selfishness? How have you been trying to “treat” them?
- Have you experienced spiritual or mental rest before — even for brief periods? What do you attribute it to?
- What kind of rest do you think Hebrews 4 is speaking of? Rest from what?
- Look at Hebrews 3:19. Why didn’t most of the Israelites experience the rest that God promised them?
- How do you think that unbelief differs from doubt?
- Moses had sent 12 spies to stake out the Promised Land before they entered. What did they see when they arrived there?
- How did it compare with what God told them the Promised Land would look like?
- Considering the promises that God made to Israel, how does Israel's response to entering Canaan strike you?
- Considering the promises that God made to Israel, how does Israel's response to entering Canaan strike you?
- Which of the Promises of God on page ? is most precious and meaningful to you right now? Why?

#### A Heart Rewired: The Man at the Pool of Bethesda

- In John 5:1-9, describe the mood, the sights, the smells, the sounds you might have observed and experienced.
- What question does Jesus ask the man in John 5:6? Does this seem like an odd question to you? Why?

- Considering what we've studied in this Lesson so far, why do you think Jesus asked it?
  - Look at John 5:7. Consider deeply the man's response. How might it reflect his fears and mindset?
  - Jesus tells the man to pick up his mat and walk. What would you have thought of Jesus' instructions if you were this man?
  - What do you think prompted a man who had been paralyzed for 38 years to obey the instructions of a man he didn't even know?
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- Allow 10-15 minutes at the end of the session for women to exchange prayer request cards and pray together.

**After the Session:**

- If meeting in person, return the room to its original set-up.
- Continue to pray for the women in the group and reach out as appropriate to check on their progress and encourage them.



## Session Five

### Before the Session, leader should prepare as follows:

- Read Week Five: *Reduce Distractions*. Answer all the questions. Determine which Scriptures and questions would be best for your group (see below).
- Send a reminder text/email/phone call to each member.
- If meeting in person, arrive 30 minutes before the group starts to prepare the room. If meeting virtually, be sure to email group members the link to the video prior to the group date.
- Pray for each participant that they would open their minds and hearts to how God wants to heal them emotionally, spiritually, and physically. If any participants do not know Jesus, pray specifically for their salvation.

### During the Session — Week Five:

- Welcome group members as they arrive.
- Start the session with prayer.

#### Possible questions to ask the group:

- Let's look at Luke 10:38-42. What can you imagine Martha was doing and thinking as she prepared for Jesus and the disciples to come to her home?
  - Contrast what Mary and Martha were doing in verses 39-40. Who was most at rest? Look carefully at verse 40. What do you think was the *one thing* that kept *Martha* from resting?
  - Martha came to Jesus upset. What did *she* think she needed to be at rest?
  - What circumstances (either current or past) did/*do you* think need to change in order for *you* to be content?
  - What are the problems with expecting a change in circumstances to give us peace? What can we miss out on?
  - Martha was *distracted*. How do you think her distraction led to her mental and emotional state found in verse 41? *What was she distracted from?*
  - What do you think the “one thing” is that Jesus says is needed in verse 42? How would you describe it?
  - What is one step you can take to reduce those distractions? Who can keep you accountable?
  - What distractions most keep you from spending time with and focusing on God?
  - How can we be “sitting at the feet of Jesus” in our hearts and minds as we go throughout the day? What could that look like for you personally?
  - How do you think that kind of focus on Jesus would impact your heart and mindset? Your behavior?
- Allow 10-15 minutes at the end of the session for women to exchange prayer request cards and pray together.

**After the Session:**

- If meeting in person, return the room to its original set-up.
- Continue to pray for the women in the group and reach out as appropriate to check on their progress and encourage them.



## Session Six

### Before the Session, leader should prepare as follows:

- Read Week Six: *Eat from the Feast of God's Word*. Answer all the questions. Determine which Scriptures and questions would be best for your group (see below).
- Send a reminder text/email/phone call to each member.
- If meeting in person, arrive 30 minutes before the group starts to prepare the room. If meeting virtually, be sure to email group members the link to the video prior to the group date.
- Pray for each participant that they would open their minds and hearts to how God wants to heal them emotionally, spiritually, and physically. If any participants do not know Jesus, pray specifically for their salvation.

### During the Session — Week Six:

- Welcome group members as they arrive.
- Start the session with prayer.

#### Possible questions to ask the group:

- How does physical food nourish us?
- What happens to us physically when we don't eat often enough or we eat poorly?
- What happens to us spiritually and emotionally when we fill our hearts and minds with "food" that is worthless or toxic?
- What aspects of the "Heart Healthy Menu" resonated most with you and why?
- It takes an intentional plan to eat well and regularly. How are you going to be intentional in eating from this menu?
- In what ways do you recognize the voice of God speaking to you throughout your day?
- Share one or more of the Lies and Truths you wrote down on pages 137-138.
- What are some ways that you can speak truth and remind yourself of truth so you can begin to think differently?
- Allow 10-15 minutes at the end of the session for women to exchange prayer request cards and pray together.

### After the Session:

- If meeting in person, return the room to its original set-up.
- Continue to pray for the women in the group and reach out as appropriate to check on their progress and encourage them.



## Session Seven

### Before the Session, leader should prepare as follows:

- Read Week Seven: *Surrender to His Love*. Answer all the questions. Determine which Scriptures and questions would be best for your group (see below).
- Send a reminder text/email/phone call to each member.
- If meeting in person, arrive 30 minutes before the group starts to prepare the room. If meeting virtually, be sure to email group members the link to the video prior to the group date.
- Pray for each participant that they would open their minds and hearts to how God wants to heal them emotionally, spiritually, and physically. If any participants do not know Jesus, pray specifically for their salvation.

### During the Session — Week Seven:

- Welcome group members as they arrive.
- Start the session with prayer.

#### Possible questions to ask the group:

- Read Matthew 4:18-22. What did Jesus say to Peter and Andrew? (v.19) What did they do? (v.20)
- What did Jesus invite James and John to do? (v.21) How did they respond? (v.22)
- Now let's look at Matthew 9:9. What did Jesus say to Matthew and how did he respond?
- Let's look at Acts 9:1-20. What question did Jesus ask Paul (then named Saul) in verse 4?
- What was Paul's response (v.5)? Is this the response you would expect? Why or why not?
- Paul immediately fell on the ground and closed his eyes. (v.4,8) When he opened them, what had happened?
- What does it say he did for three days? (v.9)
- Who did Jesus send to Paul in verses 10-12? Jesus could have cured Paul without using this man. Why do you think He used a human to do this?
- Look at verse 17. It says that Ananias "laid his hands on him" and called him "brother"? How do you think that would have made Paul feel?
- How can you be more aware of seeing and hearing Him as you go about your day?
- Share an example of how God has shown His love and care for you this week.
  
- Allow 10-15 minutes at the end of the session for women to exchange prayer request cards and pray together.

**After the Session:**

- If meeting in person, return the room to its original set-up.
- Continue to pray for the women in the group and reach out as appropriate to check on their progress and encourage them.



## Session Eight

### Before the Session, leader should prepare as follows:

- Read Week Eight: *Trust Him Step by Step*. Answer all the questions. Determine which Scriptures and questions would be best for your group (see below).
- Send a reminder text/email/phone call to each member.
- If meeting in person, arrive 30 minutes before the group starts to prepare the room. If meeting virtually, be sure to email group members the link to the video prior to the group date.
- Pray for each participant that they would open their minds and hearts to how God wants to heal them emotionally, spiritually, and physically. If any participants do not know Jesus, pray specifically for their salvation.

### During the Session — Week Eight:

- Welcome group members as they arrive.
- Start the session with prayer.

#### Possible questions to ask the group:

- How does knowing the love of God more deeply help you to trust Him more with the unknown?
- What are your thoughts about healing being a moment, rather than a journey?
- What are some new ways you are partnering with God in the healing of your heart, mind, and body?
- Feelings are real, but they aren't always truth. How can you act on the truth of God's Word even when your emotions and circumstances are telling you something different?
- Share some of the ways you are going to act on the truth from page ?
- Allow 10-15 minutes at the end of the session for women to exchange prayer request cards and pray together.

### After the Session:

- If meeting in person, return the room to its original set-up.
- Continue to pray for the women in the group and reach out as appropriate to check on their progress and encourage them.



## Session Nine

### Before the Session, leader should prepare as follows:

- Read Week Nine: *Renewal Comes through Repetition*. Answer all the questions. Determine which Scriptures and questions would be best for your group (see below).
- Send a reminder text/email/phone call to each member.
- If meeting in person, arrive 30 minutes before the group starts to prepare the room. If meeting virtually, be sure to email group members the link to the video prior to the group date.
- Pray for each participant that they would open their minds and hearts to how God wants to heal them emotionally, spiritually, and physically. If any participants do not know Jesus, pray specifically for their salvation.

### During the Session — Week Nine:

- Welcome group members as they arrive.
- Start the session with prayer.

#### Possible questions to ask the group:

- Look at Romans 12:1-2. What are some of the mercies of God that you have experienced just this week?
- What mercies do you think Paul may have been referring to in verse 1? How has God shown us mercy? What is the greatest evidence He has ever given us of His mercy?
- When are you most likely to forget God's mercies to you? What helps you to remember?
- What do you think Paul meant when he says to “give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice...” (v.1) Was he referring only to the physical body?
- Why do you think Paul would focus his readers on God's mercies immediately before He urged them to “be a living and holy sacrifice”?
- How have you seen God work in your life little by little? How have you benefited from His gradual work in your life?

Thank the women for the investment that they've made over these last nine weeks to know God more intimately. Challenge them to stay in touch with each other and keep each other accountable. Also, encourage them to share with others what they've learned and how God is working in their lives. Ask them to prayerfully consider leading a Rewired Heart group or walking through it was a friend, co-worker, or neighbor. God reveals Himself to us for our benefit, but also so we can share Him with others and help them to know Him more deeply.

**After the Session:**

- If meeting in person, return the room to its original set-up.
- Continue to pray for the women in the group and reach out as appropriate to check on their progress and encourage them.

