

A WOMAN'S GUIDE TO OVERCOMING ADVERSITY
AND LIVING WITH CONFIDENCE



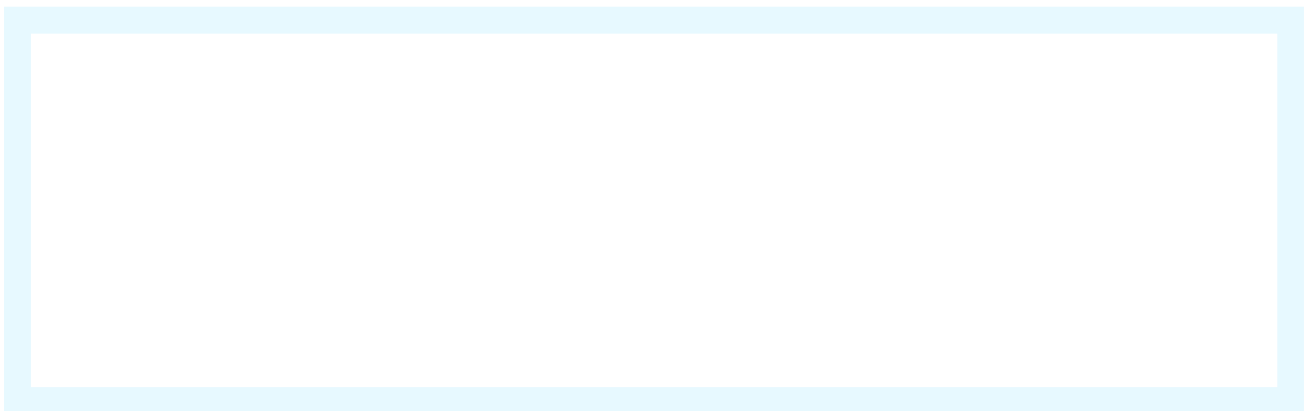
ALLIE WORTHINGTON

SESSION SIX

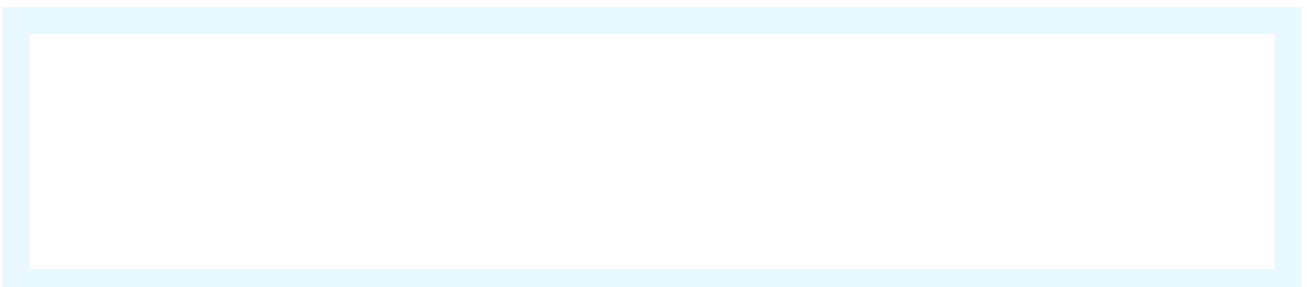
You are invited to see your messy, mundane, hard, wonderful journey for what it is: a calling to confidently step into your season with strength. God has embedded gifts and talents in you that are waiting to be discovered. They are no longer discordant notes trying to find somewhere to land; they are falling into place to create beautiful music.

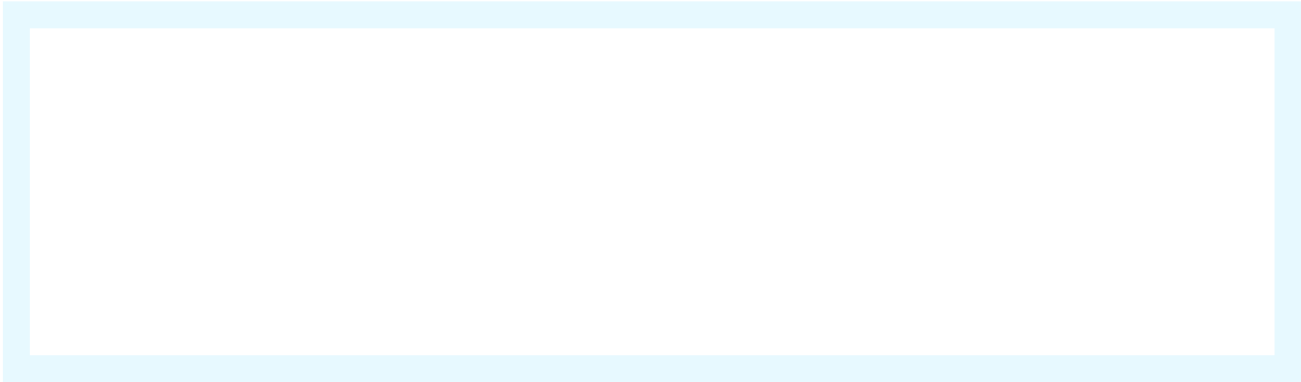
Standing strong happens in community.

- How have you seen the strength of community in your life? Where did the strength of the community come? Where do you think the strength of the early church in Acts come?



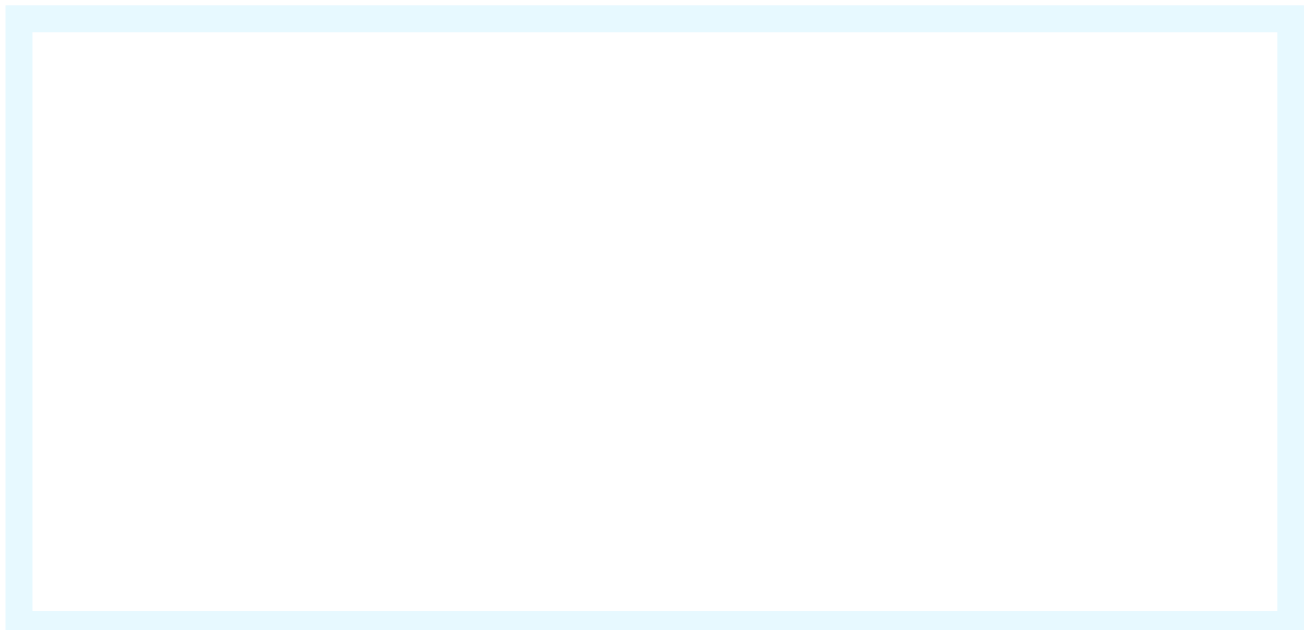
- How might you cultivate a community who can help surround and support you as you move into the next step of your calling? Think of two or three practical steps you can take to cultivate community and discuss or write them down below.





God takes every wound, every pain, every suffering, and every weakness and transforms them into tools for healing and hope, goodness and glory.

- Share or reflect on what wounds, pain, and sufferings do you need to turn over to God? What might he be asking you to give to himself in order to use it for his goodness and glory?
- Think about how your past wounds and sufferings have been transformed in your own life. What did that process look like? Write about It below.



Stop telling God what you can't do. Send fear, self-doubt, and shame back to hell where they belong.

- The Bible is filled with stories of people who chose to step out beyond qualification. Read through a few of these stories separately and then come together and discuss how each person pushed beyond their limits and let God transform their lives.

Moses was a fugitive, not a prophet. (Exodus 3-4)

Noah was a winemaker, not a shipbuilder. (Genesis 6-7)

Esther was a concubine, not a truth-teller. (Esther 5)

David was a shepherd, not a giant slayer. (1 Samuel 17)

Gideon was a farmer, not a military operative. (Judges 6-7)

Rahab was a harlot, not a spy. (Joshua 2 & Joshua 6)

Nehemiah was a butler, not an urban planner. (Nehemiah 1-2)

- Have you used humility as a cover for disobedience? In what way is God asking you to stand strong? Write down or share what might your next step in obedience look like.

Reflection:

Consult your Standing Strong worksheets and reflect back on all you have learned in this journey. What recurring themes have popped up? List them on the next page.

Have you discovered any new gifts or talents?

What has surprised you?

Pray that you would take what you have learned and put it into action as you seek to partner with God.

Action Steps:

Ask for a fresh filling of the Holy Spirit, ask God to protect your family and your friends, and ask God to send in reinforcements.

Use the notes from your time journaling through Standing Strong to identify three things you want to do in this season of life.

Plan out the investment of time and energy you want to make in your goals, share your goals with a friend and pray for a fresh filling of the Holy Spirit and God's strength and wisdom to partner with you every step of the way.

Stand strong, great woman of God!