

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



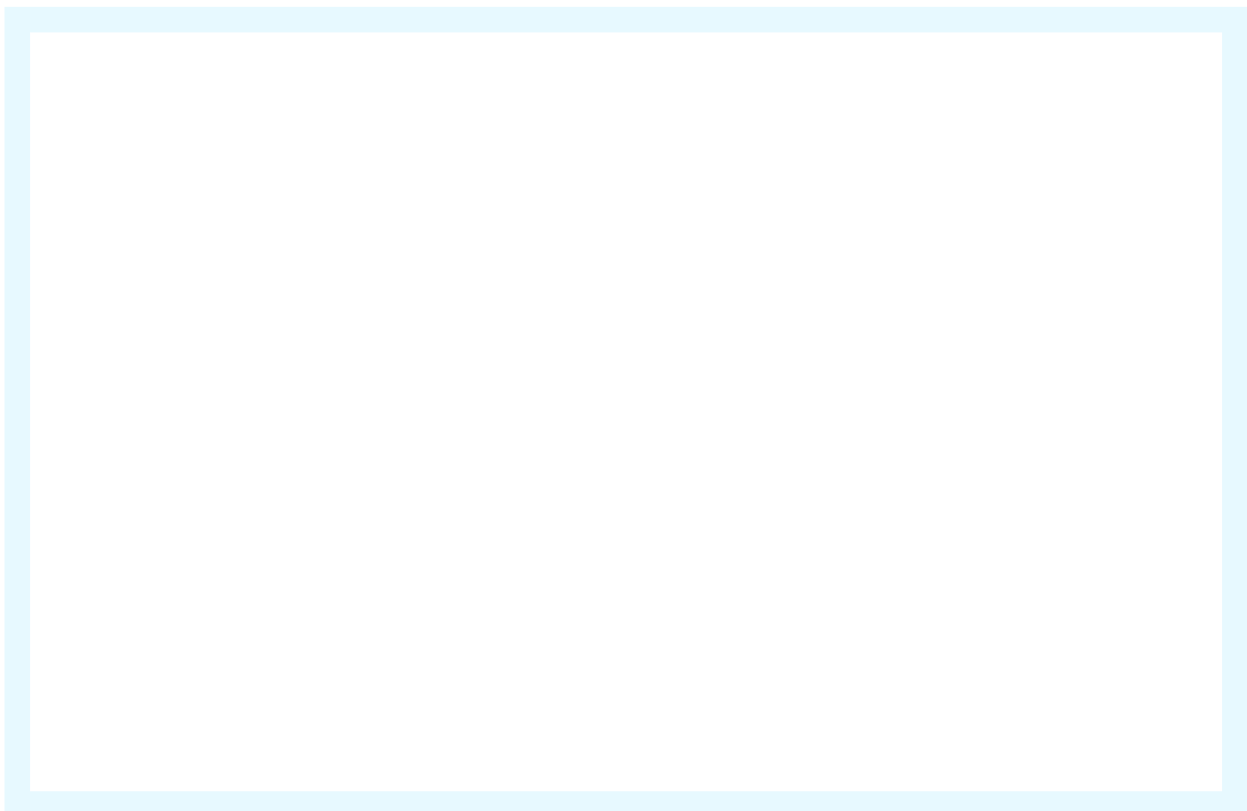
ALLIE WORTHINGTON

# SESSION ONE

*God isn't calling us to live an enough life. He's calling each of us to live an abundant life. Standing strong means getting out of your own way and letting God work in and through you.*

**Is God calling you to stand strong? Think about each of the following questions and discuss or write your answers below.**

- Do people around you often remind you that you're capable of more than you can imagine?
- Have you begun to have new dreams that seem impossible unless God performs a mighty miracle?
- Do you feel dissatisfied by the status quo and sense a restlessness that you can't quite put your finger on?
- Are you often overcome by a feeling that God may be calling you into something life altering?



**God isn't calling us to live an enough life. He's calling each of us to live an abundant life in which we say yes and amen to Him.**

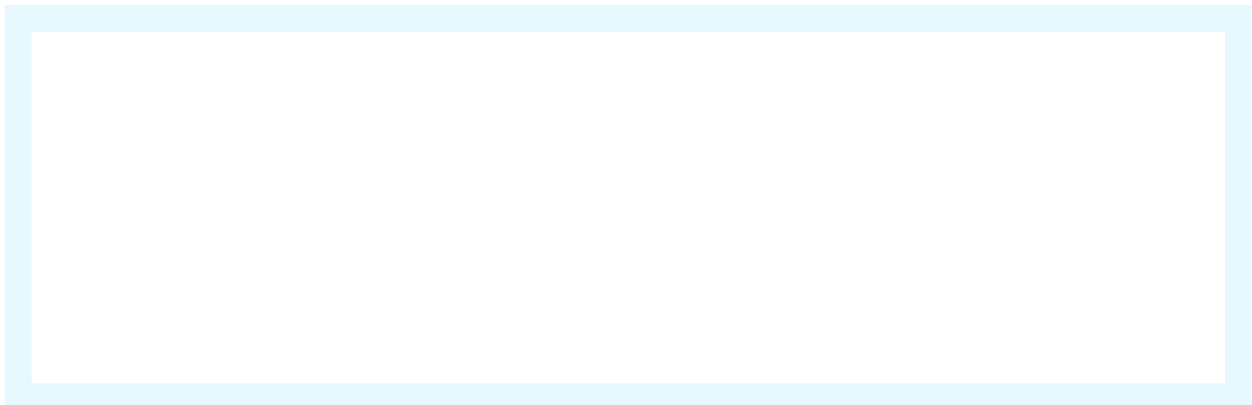
- *"Enough was meant to be the first step in women's embracing their gifts, but far too many stop there."* What might this look like in your life? Share or reflect on a time when "enough" fell short in your life.
- Discuss or write about what a "more-than-enough" life might look like for you. Now expand that to what it would look like in your family, your friend group, or your workplace.

A more than enough life for me looks like...

**Standing strong means getting out of your own way and letting God work in and through you.**

- "The process of God working in and through you is a beautiful partnership; it requires both your and God's participation. How would you describe the health of that partnership currently in your life?"

- Do you find that you rely only on your own strength? Or do you expect God to move in your life without your engagement?
- Write or discuss what changes you might need to make to better partner with God as he seeks to move in your life.



- Reflect on or share a time in which you were able to get out of your own way to let God work in and through you. What impact could you see in your own life and the lives of others?

**You are a daughter of the king, filled with the Holy Spirit, standing strong on the promise that God has created you and called you to greatness in him.**

- You follow in a strong lineage of great women of God. Look back at the great women of God listed in the video. Choose one of two of their stories and read them out loud. Discuss how you see the work of God both in them and through them.

Sarah (Genesis 21)

Jochebed (Judges 4)

Abigail (1 Samuel 25)

Rahab (Joshua 2)

Esther (Esther 5-7)

The Proverbs 31 Woman (Proverbs 31)

Mary (Luke 2)

- Alli laid out four tenants of what it means to be daughter of God – valuable, chosen, forgiven, and strong. Read through the corresponding Bible verses. Reflect on or discuss which you identify with most and why. Then discuss which you feel the biggest disconnect with in your own life and why. How might that guide your initial work as you step toward your calling?

Valuable (1 Corinthians 7:23)

Chosen (1 Peter 2:9)

Forgiven (1 John 1:9)

Strong (Philippians 4:12-13)

### **Reflection:**

Spend some time reflecting on your calling. Do you know what it is? You are, whether you feel like it or not, a great woman of God that is bursting with potential.

Be encouraged that God will equip you for what he has called you to. You need only faithfully take each step as it comes.

## **Action Steps:**

Have you felt a tug in your soul for something more? Consider this: that feeling could be God calling you to a new adventure, calling you to growth, calling you to a new level of understanding, calling you to your future.

Today, bring that tug to the Lord in prayer. Ask him to illuminate your one next step into what he has called you to.

Journal your thoughts below.

