



**LEADER'S  
DISCUSSION  
GUIDE**

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*Hello friend,*

I'm thrilled that you've picked up *Standing Strong* because I wrote it for YOU. God wants to strengthen you, build your confidence and set you free from the self-doubt that has held you back. He wants to partner with you to be a fierce force for good in the world to the glory of God. Are you ready? Let's go!

*Standing Strong* is meant to be more than just a book you read. It is a practical resource to help you move forward in your calling. Each chapter concludes with discussion questions and action steps. You may be tempted to brush past these - but don't! They are here to take you step by step from where you are to where God wants you to be

The discussion questions from each chapter are here in this discussion guide. Please use it to facilitate conversations with your Bible study, small group or just a couple of gal pals. For some, gathering in groups may be difficult or impossible right now. I've got help for that too! Check out the next page for some helpful tips for virtual discussion groups.

One last thing before you start reading, let me pray this over you:

Lord, I pray that your Spirit would illuminate the heart of every woman who reads *Standing Strong*. I pray that you would show her where her strength comes from, remove every barrier to her fruitfulness for the kingdom, and sustain her in adversity and hardship. I pray for new beginnings, new courage, new mindsets, and new partnerships. Raise up a generation of women that will say yes and amen to you! Amen.

*XOXO,*

*Alli*

# Tips for Virtual Groups

## Platform

There are many platforms available to host a virtual group. Zoom is free and great for socially distant face to face conversations. Facebook groups provide a convenient place to discuss and they can be made private to help your group feel comfortable sharing.

You can decide what's best for your particular group, but often using both of these platforms together creates a convenient and engaging group!

## Format

It's important to consider two things when you are formatting your virtual discussion group: pace and frequency.

Pace is how fast you read the book. A comfortable timeframe for most groups will be to read *Standing Strong* over 6-8 weeks.

Frequency is how often you engage with your group about the book. In a Facebook group, you can easily connect with your group 2-3 times a week. Here's an example of a Facebook group schedule:

- Monday: Make a check-in post. Tell your group what to read this week and encourage your group to share prayer requests for the week with each other.
- Wednesday: Post discussion questions and encourage your group members to comment and respond.
- All week long: Ask your group members to post their biggest takeaway from the week's reading in your Facebook group.

Zoom meetings tend to work best on a weekly or biweekly frequency.

## Encouraging Engagement

One challenge virtual group leaders face is keeping their group members engaged and active. Here are a few ways you can cultivate a sense of community that will encourage engagement:

- Communicate clearly. When your group begins, let your members know the schedule for reading and engagement. They'll feel at ease knowing what to expect of the group.
- Start with introductions. Have your members share a photo of themselves and share about their family, hobbies, and interests before you start reading.
- Be the most engaged. People want to hear from the leader of the group! Take time to respond to as many posts and comments as you can if you're utilizing a Facebook group.
- Go live. Did you read something that stuck out to you? Go live in your Facebook group for an impromptu connection with your group. The ladies in your group crave authenticity and the real you!
- Check in with a text. If someone hasn't been engaged in the group, feel free to check in with a direct message or a text. They need to know they're input is missed!
- Plan your topics of discussion. Before you get on a zoom call, plan which questions you want to ask the group. Don't be afraid of a little silence after you ask a question. Slowly count to ten before you answer yourself or skip to the next question.
- Ask people to share. If you feel conversation is slow on a zoom call, ask a specific group member or two to share their thoughts. Once the ice is broken, conversation will flow more freely.

## Chapter 1: You Were Born for This

- A woman's place is anywhere God sends her. Where do you feel "sent to" in your current season?
- What holds you back from wholeheartedly believing you are a great woman of God?
- Do you believe that what God says about you is true? Why or why not?



## Chapter 2: Step Out from Hiding

- God asked Adam and Eve, "Where are you?" Are you currently where God wants you to be? Is he calling you to stay or leave? Start or stop? Hold on or let go?
- Consider the parable of the talents. Are you stewarding your money, gifts, talents, time and so forth by using them, or are you hiding them?
- God is calling you to partner with him to do great things. What do you believe God wants to accomplish with you during this season?

## Chapter 3: Remember Who You Are

- What comes to mind when you think of a strong woman? Do you come to mind? Why or why not?
- We, as women of God, aren't meant to buy into the false gospel of hustle and try harder. In what areas of your life do you feel pressured to hustle?
- Our purpose is to know God. Our mission is to show God. In what ways are you getting to know God better? In what ways are you showing God to others?



## Chapter 4: When You Forget Where Your Power Comes From

- What dreams in your heart have you yet to explore?
- When it comes to the dreams in your heart, do you have a partnership mindset or a loner mindset?
- What fears pop up when you think about taking the next step into what you believe God has called you to?

## Chapter 5: When You Are Afraid to Disappoint Others

- Is there a lie you feel like you've spent most of your life dismantling?
- What has the fear of disappointing others looked like in your life?
- We have to challenge our thoughts. Do you let truth or fear speak over you? Fact or feeling?



## Chapter 6: When You Feel Unsupported

- Who are your cheerleaders, naysayers, and slow adopters?
- Have you let someone else's limited opinion define your reality?
- What are some ways you have supported others in following their dreams?

## Chapter 7: When You Have Lost Your Voice

- It's a slippery slope from asking God why you have problems to telling God how to solve them. What is your current prayer posture? Are you entrusting your burdens to God or telling him how best to solve your problems?
- Sometimes instead of healing us instantly, God calls us to fight. Are you in a season in which you believe God is asking you to fight? If so, what are you fighting for right now?
- Like Esther, we must hold fast to the truth that we are strong women of God, even when life seems out of control. What truth are you speaking over your life and circumstances?



## Chapter 8: When Insecurity and Doubt are Loud

- What specific self-doubts arise when you start to step into what God has called you to?
- Do your current self-doubts overshadow what you know to be true?
- Do you believe confidence is a trait you either have or don't have, or do you believe it is a skill that can be built up over time?

## Chapter 9: When You Listen to the Wrong Voices

- Are you afraid to trust God? If so, why?
- When making a decision or searching for clarity, where do you go for feedback? Do you go to God as much as you go to others?
- Sometimes life is noisy and our filters become weak, making it difficult to determine exactly whom and what we are hearing. Not all noise can be avoided (like busy toddlers or demanding jobs), but what noise can you start reducing today? For example, social media and extracurricular activities.



## Chapter 10: Ask For It

- What we believe about God determines how we live our lives. How do your current beliefs about God dictate how you live?
- Prayer was Jesus's principle language. He prayed continually and proactively. Is prayer your first response? If not, why?
- What does it look like for you to live life to the full? What do you want? What do you need?

## Chapter 11: Get on the Other Side of Obedience

- Clarity can wait. Obedience can't. Are you currently waiting on clarity to take the step of obedience?
- Blessing is on the other side of obedience. What steps do you need to take to get on the other side of obedience?
- God is able to do immeasurably more than all we ask or imagine according to his power that is at work within us. What are you currently imagining?



## Chapter 12: Do It Scared

- Confidence comes from taking action. What action can you take today to build your confidence?
- What things do you dream of doing that you hold yourself back from? What are you currently talking yourself out of doing?
- In your situation right now, what would a great woman of God do?

## Chapter 13: Trust the Process

- Belief is a choice. What are you currently choosing to believe about God, yourself, your circumstances, and others?
- Is it easier to believe good things for others than for yourself? If so, why?
- In what areas do you sense God is strengthening you?



## Chapter 14: Show Up as You Really Are

- In the age of social media, it's easier than ever before to compare everything about our lives, including our callings. Have you compared your calling to someone else's?
- Is comparison killing your willingness to step out and show up?
- What is your symphony of talents and interests?

# Chapter 15: Find Your Strength in Community

- Are you currently cultivating community with others who can cheer you on in your God-given calling?
- Do your current friendships drain you or strengthen you?
- In what ways can you sow the kind of community you want to reap?

