

STANDING STRONG STUDY

Leader's Guide



Hey there leader,

Do you ever feel held back from being all God made you to be? Do you wobble and retreat when adversity comes? Do you struggle with self-doubt and fear? I've been there. And chances are the women in your small group have too.

This companion study to my book *Standing Strong* is your guide to overcoming adversity, living with confidence, and fending off your fears as you fight with your faith.

Now is the time for women to gather (in-person or online), grow in God's strength, and find their community. God has something to say to his girls, he's calling them to partner with him, and he's calling you to lead that conversation through this study.

As you step out to lead a group, use this guide to help you lead with confidence and clarity. Know that I'm praying for you and cheering you on as you lead. Let's do this!

*xoxo,
Alli*

Getting Started

The Standing Strong Study has six sessions. Every session includes a section of reading from the Standing Strong book and a 20-25 minute video with a corresponding workbook. You can expect to invest about two and a half hours of well-worth-it time in the reading, video, and workbook pages per session.

For each session, your small group members should first complete the reading, then watch the video, and lastly complete the workbook. The workbook has several thoughtful questions meant to spark personal contemplation and group discussion. When your group gathers together or meets virtually, use the questions in the workbook to facilitate a meaningful conversation. You could also choose to watch the video together!

The workbook also has sections for reflection and action steps. These two sections are a great place for your group to stop and pray for each other as you reflect on what you learned and hold each other accountable in taking action as you move forward.

A thoughtful way to lead your group discussion for each session would be to choose 4-5 questions from the workbook to discuss, have a time of sharing and prayer, and end with asking your group what actions they will take in response to what they heard in this session.

You'll find a session by session guide of what to read, watch and do on the next page.

Every part of the Standing Strong Study will lead your group to let go of the guilt, shake of the shame and become unbreakable women who find their strength from God. It will be a study that will speak to every woman, no matter her age, stage, or season of life!

The Study

Session 1

Read: Chapters 1-3 (Pages 1-50)
Watch: Session 1 Video
Do: Complete Session 1 Workbook

Session 2

Read: Chapters 4-6 (Pages 51-89)
Watch: Session 2 Video
Do: Complete Session 2 Workbook

Session 3

Read: Chapters 7-9 (Pages 91-133)
Watch: Session 3 Video
Do: Session 3 Workbook

Session 4

Read: Chapters 10-12 (Pages 135-181)
Watch: Session 4 Video
Do: Session 4 Workbook

Session 5

Read: Chapters 13-14 (Pages 183-212)
Watch: Session 5 Video
Do: Session 5 Workbook

Session 6

Read: Chapter 15 (Pages 213-225)
Watch: Session 6 Video
Do: Session 6 Workbook