



THE  
*Well-Watered  
Woman*

GROUP GUIDE + DISCUSSION QUESTIONS

Plus: how to use *The Well-Watered Life* devotional journal  
alongside *The Well-Watered Woman*





# THE *Well-Watered Woman*

GROUP GUIDE + DISCUSSION QUESTIONS



## SISTER,

My hope as you read *The Well-Watered Woman* is that you'd desire to know and live for Jesus more and more. This book is not about becoming someone; it's about knowing Someone—the One who changes everything, Jesus. I created this “Growing in Grace” Group Guide to provide some starting points in your discussion. All you need is *The Well-Watered Woman* book to go through this guide together. I've also created *The Well-Watered Life* devotional journal that you can use alongside your group to take what you learn in the book a step deeper and make it even more practical.

I am praying for you right now as I type this, that God would be glorified as you read and seek Jesus more in his Word. He is the Well of fullness, the Word of freedom, and the Way of fruitfulness. May we seek him together with all our hearts, souls, minds, and strength.

## ROOTED IN HIM,



*Gretchen  
Saffers*

# WEEK ONE



## READ: FORWARD + INTRODUCTION



### DIG DEEP:

Are you currently at an ending in your life? Describe this ending. How does knowing that endings bring new beginnings give you hope?

In the introduction, Gretchen shared, “It’s impossible to become a flourishing, deeply rooted woman simply by opening my Bible every so often.” How would you describe your walk with the Lord right now?

Do you consistently read and study God’s Word, or is this a rhythm you want to implement in your daily life?

What is a simple, practical step you can take to establish more consistent time in God’s Word?

What are your expectations going into this book?



### FLOURISH:

Memorize Isaiah 58:11.

The Lord will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail. –Isaiah 58:11 (NIV)



### DIG DEEPER IN *THE WELL-WATERED LIFE JOURNAL*

- Read *An Invitation to the Well-Watered Life*.
- Read pages 1–3 of *Part 1: Well Watered*.

# WEEK TWO

Icebreaker Question: How are you—really? Have the group practice sharing, with honesty, how they really are.



## READ: PART ONE: THE WELL, CHAPTERS 1+2



### DIG DEEP:

At the beginning of chapter 1, Gretchen writes about “unseen change” and “growth beneath the surface.” When has God been at work in your life in a way that was only visible later?

Has there been a time in your life where you were not okay? What did you believe about God in that season? How did God bring deliverance? How does knowing that you are more than okay in Christ anchor your soul in seasons of hardship? Remember, “When your roots run deep in God’s goodness and steadfast love, nothing can shake you or break you forever. His goodness and unfailing love hold us together when life is falling apart.”

Chapter 2 says that core beliefs are “like tree roots that dig down deep over time.” What are some of your core beliefs? How might these beliefs affect the way you think and act? What false beliefs do you need to replace with the truth from God’s Word?



### FLOURISH:

Discuss the “Well-Watered Woman” statements from chapters 1 + 2.

Take time to identify “rotten roots” in your beliefs and replace them with “gospel truths” together.



## DIG DEEPER IN THE WELL-WATERED LIFE JOURNAL

- Read and fill out pages 27–58 of *Part 2: Planted*. Complete your Well-Watered Mission Statement and share it with your group.
- Read and fill out pages 59–69 of *Part 3: Rooted*.
- Read the “Healthy Roots Versus Toxic Roots” section and fill out the tree illustrations on pages 86–93. Share what you wrote down on your trees and any insights you gleaned from this exercise.

# WEEK THREE

Icebreaker Question: Have you ever made a bucket list like the one Gretchen made when she was in the 7th grade? (page 68) If so, share what was on your list.



## READ: CHAPTERS 3 + 4



## DIG DEEP:

In chapter 3, Gretchen shares her own story of coming to the end of her own self-sufficiency, and she compares this to the story of the woman at the well by saying, “Jesus met her in her ordinary, mundane life and changed the course of her future.”

When did you give your life to Christ? Is there any “well” holding you back from following him?

Chapter 4 describes what it means to die to yourself: “Dying to yourself doesn’t mean missing out on true life; it means embracing life as it was always meant to be.” When have you experienced dying to yourself—in either a small moment or a significant one?

How has dying to yourself brought you true joy?



## FLOURISH:

Discuss the “Well-Watered Woman” statements from chapters 3 + 4.

Share your story of when you first met Jesus at the “grace well.”



## DIG DEEPER IN THE WELL-WATERED LIFE JOURNAL

- Read and fill out pages 5–25 of *Part 1: Well Watered*. Discuss the difference between the dried-up life and the well-watered life as seen in Scripture.

# WEEK FOUR

Icebreaker Question: If you could travel anywhere in the world, where would you go and why?



READ: CHAPTERS 5 + 6



DIG DEEP:

What are some “empty wells” (like those described in chapter 5) that distract you from your walk with Jesus? How can you replace the time spent drinking from these empty wells with the Well that never runs dry?

Jesus plus nothing equals everything, but there are times we start to believe that Jesus plus \_\_\_\_\_ will bring us contentment, joy, and happiness. What are the “plus somethings” you are tempted to add?

The Israelites’ liberation is discussed in chapter 6 as an example of how quickly God’s people can forget his plan and doubt his faithfulness. Looking back on your own life, when have you doubted God’s faithfulness? How has hindsight brought a deeper understanding of his greater plan? How does this impact how you look toward the future?

Chapter 6 says, “‘Someday’ isn’t ours to grasp; it’s God’s alone. ‘Here’ is all we have.” How can you live faithfully, right where your feet are planted?



FLOURISH:

Discuss the “Well-Watered Woman” statements from chapters 5 + 6.

Take time to surrender where you currently are and ask God to help you be faithful in this season.



DIG DEEPER IN *THE WELL-WATERED LIFE JOURNAL*

- Read and fill out pages 70–77 of *Part 3: Rooted*. Choose a passage to memorize together as a group and practice writing it down on pages 78–85.

# WEEK FIVE

Icebreaker Question: If you could choose one plant or flower to describe your personality, what would it be?



## READ: PART TWO: THE WORD, CHAPTERS 7-9



### DIG DEEP:

After recounting her trip to the Holy Land in chapter 7, Gretchen writes, “The Word of God never changes, but it always changes us.” What is something you’ve recently learned from Scripture that has changed how you act?

Gretchen begins chapter 8 with an anecdote about a fire, concluding that “ashes don’t have to be the end of our stories; they can actually be the sign of a new beginning.” When have you undergone a trial that ended up being a catalyst for growth in your walk with God?

Toward the end of chapter 9, there is a call to pruning: “As branches attached to the True Vine, we need to be ruthless about identifying the false vines we’ve attached ourselves to and detaching ourselves through confession and repentance.” What false vines have you attached yourself to? In repenting of these false vines, how can you turn to Jesus, the true Vine, and delight in him?



### FLOURISH:

Discuss the “Well-Watered Woman” statements from chapters 7-9.

Review the ABIDE acronym from chapter 9 and discuss ways you can abide in your everyday life.



## DIG DEEPER IN THE WELL-WATERED LIFE JOURNAL

- Read and fill out pages 94–108 of *Part 3: Rooted*. Set aside time to intentionally meditate on God’s Word. Continue meditating on Scripture using pages 109–125 in the coming days and months.
- Read and fill out pages 127–141 of *Part 4: Growing*. As you continue to read books, fill out pages 143–152.
- Read and fill out pages 154–161 (ending with the last question) of *Part 4: Growing*. Discuss the ABIDE acronym as a group. How can you daily abide in Christ as you go throughout your routines?

# WEEK SIX

Icebreaker Question: Share one of your favorite childhood memories with the group.



## READ: CHAPTERS 10 + 11



## DIG DEEP:

What season of life do you currently find yourself in? What might it look like to faithfully pursue Christ in this season?

Gretchen emphasizes the difference between “little t truth” and “capital T Truth,” giving several examples in chapter 11. What is one example of a little t truth versus a capital T Truth that you need to remember?



## FLOURISH:

Discuss the “Well-Watered Woman” statements from chapters 10 + 11.

Memorize Romans 12:2.

“Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.” –Romans 12:2 (ESV)



## DIG DEEPER IN THE WELL-WATERED LIFE JOURNAL

- Read and fill out pages 161–164 of *Part 4: Growing*. Practice filling out the “I feel, but I know” section and discuss them as a group. Continue filling these out in the coming days when you struggle with believing negative thoughts that are contrary to God’s Word.
- Read and fill out pages 175–195 of *Part 5: Blooming*. Continue to fill out the “Cultivate Gratitude Daily” section in the coming weeks and months.



# WEEK SEVEN

Icebreaker Question: What did you want to be when you grew up?



**READ: CHAPTERS 12 + 13**



**DIG DEEP:**

In what ways have you found yourself trying to become like other people, both in the past and in the present? What would your life look like if you instead sought to be more like Jesus?

Gretchen reminds us that we are all under construction in this life. What failures do you find consuming your thoughts? How can you instead obsess over the faithfulness of God?

In chapter 13, we read about how busyness, productivity, and achievement can become our driving forces, crowding out what's most important. In what ways do you face this temptation, and what steps can you take to avoid it?



**FLOURISH:**

Discuss the “Well-Watered Woman” statements from chapters 12 + 13.

Are you leading like a follower of Jesus? (page 222) Discuss what this would look like in your everyday life.



**DIG DEEPER IN *THE WELL-WATERED LIFE JOURNAL***

- Read and fill out pages 201–213 of *Part 6: Flourishing*. Spend time as a group praying for salvation for family and friends, as well as for opportunities to share the gospel with those around you. Continue filling out the “Share the Gospel” section in the coming weeks and months.

# WEEK EIGHT

Icebreaker Question: Who has been a role model for you?



**READ: CHAPTERS 14 + 15**



**DIG DEEP:**

Karen's "ministry of eye contact" is described in chapter 14. What are some everyday ways you can participate in the ministry of eye contact and serve right those in front of you?

The author begins chapter 15 by describing the wildflowers she saw on her hiking trip. How does the uniqueness and purpose of each wildflower remind you of your greater purpose to love God and love others right where you are—even if your contributions go unseen?

Chapter 15 addresses the lure of someday that we all face. Gretchen points out that "there's always something else on the horizon, luring us with a dangling promise of satisfaction." What someday are you tempted to be distracted by? In what ways can you live faithfully for Christ today?



**FLOURISH:**

Discuss the "Well-Watered Woman" statements from chapters 14 + 15.

What is one thing you can do today for the glory of God?



**DIG DEEPER IN THE WELL-WATERED LIFE JOURNAL**

- Read and fill out pages 218–222 of *Part 6: Flourishing*. Continue to record moments you want to remember in the coming weeks and months.

# WEEK NINE

Icebreaker Question: What is your favorite annual season and why?



## READ: CHAPTER 16



## DIG DEEP:

The final chapter concludes with several examples of what the lives of godly women may look like. Gretchen writes, “There are as many ways to live a well-watered life as there are people. God is infinitely creative, and he can cause us to flourish in any environment, under any circumstances.” What women do you know who embody the well-watered life?

How does knowing the hopeful ending to the ultimate story of Scripture give you confidence as you pursue the well-watered life in Christ on earth?



## FLOURISH:

Review all of the Well-Watered Woman statements found at the back of the book. Which one spoke the most to you?

Describe what the “unwasted life” would look like.

Spend time praying with each other, praising God for his faithfulness, and asking him for strength, wisdom, and joy as you live the well-watered life in Christ.



## DIG DEEPER IN THE WELL-WATERED LIFE JOURNAL

- Read page 230 and spend some time journaling what God has taught you in *The Well-Watered Life* journal and *The Well-Watered Woman* book.
- Turn to the “Well-Watered Women in the Word” section on pages 257–261. Make it a habit to mark off what you are reading in your Bible as a visual reminder that you are hiding all of God’s Word in your heart.
- Continue filling out any sections in *The Well-Watered Life* journal that you have not finished yet. This may take months or even a year, but take heart as you daily grow in grace and seek Jesus right where you are.



WE WANT TO HEAR FROM YOU!

AS YOU READ THE WELL-WATERED WOMAN AND  
MEET WITH OTHER WOMEN TO DISCUSS, BE  
SURE TO TAG US ON SOCIAL MEDIA!

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THE  
*Well-  
Watered  
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ROOTED IN TRUTH  
GROWING IN GRACE  
FLOURISHING IN FAITH