



## Our SHARE Standard

### **S = SAFE**

Every woman deserves to have a safe place to share her thoughts and feelings. In scripture we are reminded that there is safety with the Lord.

**Proverbs 29:25** The fear of man brings a snare, but whoever leans on, trusts in, *and* puts his confidence in the Lord is safe *and* set on high.

### **H = Healing**

Beloved Warriors small groups and events are designed to provide healing to any brokenness, restore life into the hearts of women, and provide studies that deepen their relationship with Jesus. Jesus died that we may be healed, made whole, and given a new heart. We believe as the Bible states:

**Ezekiel 36:26** A new heart will I give you and a new spirit will I put within you, and I will take away the stony heart out of your flesh and give you a heart of flesh.

### **A = ASK**

To facilitate a healthy discussion, Beloved Warriors small group facilitators ASK questions that help guide the conversation. Facilitators are encouraged to read the study and write their own questions or use questions from a study guide that is provided for the study.

Many times, Jesus asked his disciples questions to help them understand. The questions he asked were for the purpose of drawing out what was in their heart.

Jesus also answered many questions. He allowed his disciples and many others to ask questions openly. Sometimes he answered directly and other times in parable.

### **R = RESPECT**

Any woman 18+ is invited into our groups. It is important that we follow what Jesus said to love our neighbor as ourselves. (Matt 22:39) That means loving the women where they are spiritually and emotionally in their life. Every woman has her own personality, experiences and circumstances which she brings when she attends our small group. She should feel respected and accepted by everyone in the group. This does not mean we always have to agree but we are called to love her regardless. An intimate relationship with Jesus looks different for every woman.

### **E = Encourage**

Beloved Warriors seek to encourage each other along life's journey, taking seriously this verse:

**1 Thessalonians 5:11** Therefore encourage (admonish, exhort) one another and edify (strengthen and build up) one another, just as you are doing.

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### Prior to starting the video

1. Tell a little about yourself: Name, Family, Work, whatever you would like to share. Then please answer this question... What word stands out to you most: Renew, Refresh or Rebuild? Why did you choose that word?

### First Reflection and Discussion Time

1. Julie shared how God is the God of the "again and again". How have you seen God bring renewal in your life again and again?
2. Julie shared about a time in her life that God brought renewal to her. She used the story in Ezekiel to express how like the bones that were dry, God breathed life into them to create an army. What is something that you need God to breathe into and renew in your life right now?

### Second Reflection and Discussion Time

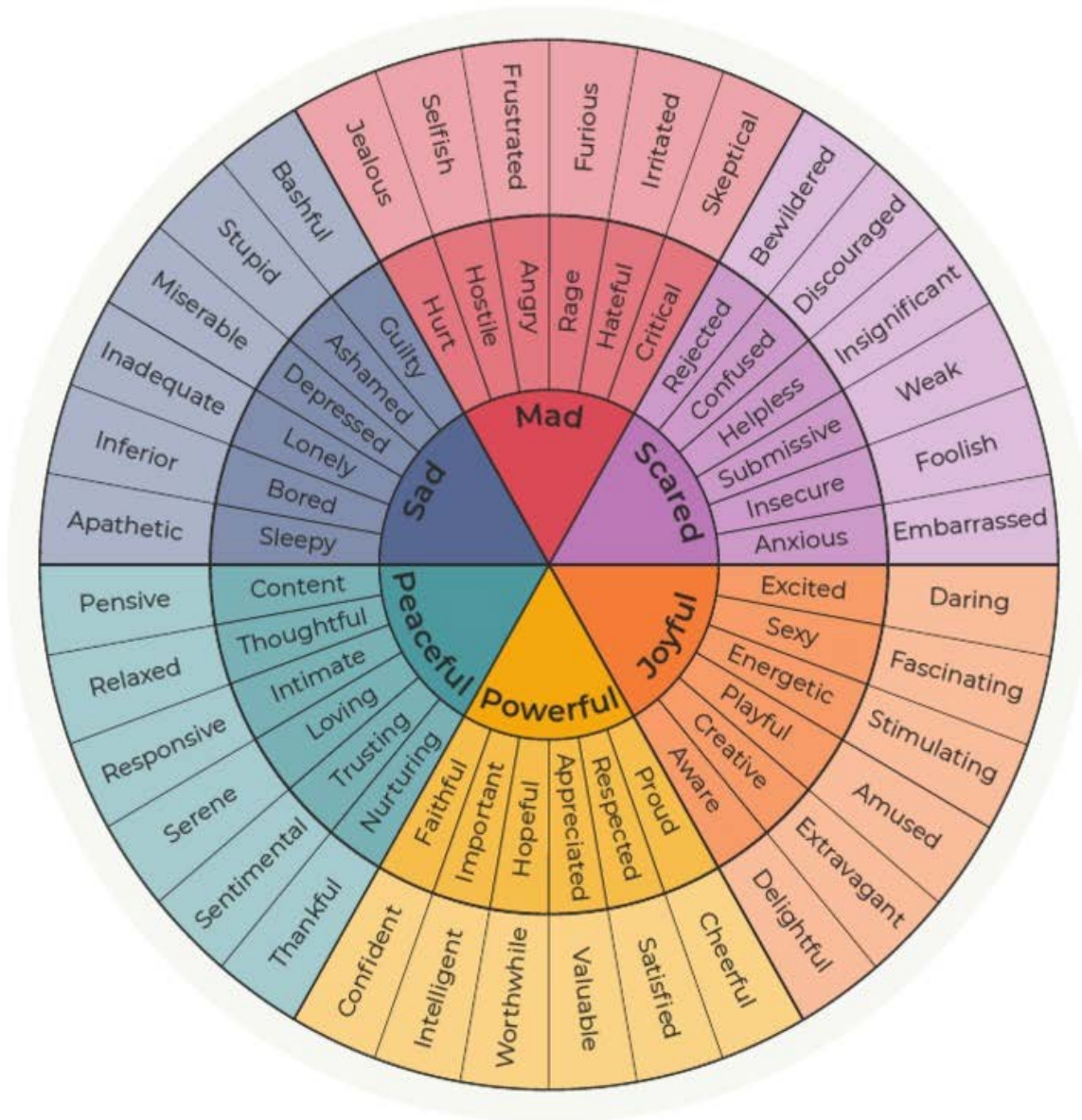
1. Kelsey shared several ways we can release our emotions in a healthy way in order to be refreshed: get real, get alone with God, journaling, talking with a friend, prayer, Beloved Warriors small group, etc. What is one way that you tend to release your emotions and how does it help you feel refreshed?
2. Kelsey talked about releasing our burdens to Jesus, our oasis. What is a heavy burden that you need to release to Jesus today?

### Final Reflection and Discussion Time

1. Share about your journaling God's voice experience.
2. Facilitator, take time to pray for what others have shared on their heart.



# The Feeling Wheel



The Gottman Institute  
Developed by Dr. Gloria Willcox



