



## Study Questions/ Facilitator's Guide for Small Groups

By Cindi McMenemy

### Dear Study Group Facilitator:

Thank you for your desire to lead a small group through my book, *When You're Running on Empty*.

This book was originally written as a practical follow-up to the truths and insights in my book *When Women Long for Rest*. Because most people who are running on empty have little time to read, it was intended to be a quick read, with short chapters that end with "Pick-me-Up-Prayers" rather than application or study questions.

But your desire to study this book further thrills my heart. I have written the following lesson plans to help you facilitate discussion following the reading of each chapter of the book, as well as stir up personal insights and applications among the women in your study group. Feel free to adapt the questions to your particular group and include others that you think would be appropriate.

Remember that the women who study a book called *When You're Running on Empty* are often tired and overscheduled. So the aim of each session together is that they leave refreshed, refueled, and re-energized. Keeping this in mind, you may want to incorporate some times of reflection set to instrumental or worship music, special songs that speak refreshment to the soul, portions of Scripture that are particularly refreshing and soothing, and so on. Some lessons cry out for a practical application of what is being studied, and in those cases some suggestions are included in a box titled "Live It Out." While some study groups may require that the women read a chapter a week, and come prepared to discuss a

particular chapter each week, you may find it more realistic to read the chapter once you come together as a group and then talk about it. Again, the goal is to keep the women refreshed, not feeling badly in any way if they couldn't complete the "homework." ☺

I would love to hear of ideas you incorporate in your study, as well. Share them with me and they may eventually be part of an "application section" in a future, revised edition of *When You're Running on Empty*.

May the Lord restore your passion, re-energize your spirit, and refuel your soul as you take women on this journey to find hope and help for their overscheduled lives!

Re-energized in Him,

Cindi McMenamin  
Spring, 2008

## Introduction: Finding a Way to Refuel

Welcome the women to the study. Introduce yourself as their facilitator. Have each woman introduce herself and tell why she is at a study called "When You're Running on Empty."

Tell the group how you can relate, personally, to this type of subject matter. Share with them what you hope to get out of it personally as well as your goal for the women attending.

Open the session in prayer.

If the group hasn't read the book yet, read the first chapter aloud (or pick a few women you know ahead of time who read well and enjoy reading publically and split up the sections as they read aloud).

1. Talk about the symptoms of burnout on page 8. Share which ones you, personally, can relate to. Ask the women which ones they can relate to.
2. Go through all the "I will" verses at the beginning of the chapters. (You may want to have these written out on a separate sheet ahead of time). Ask which one or two verses each woman needs to claim as

her own for this study, as a way of setting a goal.  
Which ones can the women in the room relate to?

3. Look at the Table of Contents and notice the titles of the first seven chapters. At first look, which chapters do the women see as a need in their lives right now?
4. Commit to pray for each other in the areas they indicated above. You may want to assign prayer partners for this study, or have the women voluntarily team up with another one or two women to pray together each week.
5. Assign the women to read the first chapter of the book during the week or go straight into chapter one together and continue.
6. Close your time together in prayer.

## Chapter 1: Start Your Day With Prayer

**Key Point:** The chief end of man is to glorify God and enjoy Him forever. Prayer is one way you can be in God's presence, enjoy Him, and get through your day feeling refreshed.

**Opening Discussion Question:** What is it that keeps you from starting your day with a focused prayer time?

### Read Matthew 6:33, Psalm 27:4 and Psalm 5:3

1. How does the following statement change your perspective on how you will face each day:

*As I lie in bed, I must remember that the day was not created for me and whatever I want to do. There's Someone Else in the picture. And what is His idea of why I was given one more day? (page 16, 2<sup>nd</sup> paragraph)*

2. Considering Matthew 6:33, how would you answer the question: "What is the *one thing* I must do today?"
3. Look over the steps on pages 19-20 (Making It Happen).

- Have you found a quiet place to retreat to every morning? If so, where is it? If not, where could it be?

4. Lead the women in praying through a Psalm. (Review "Praying Through the Psalms" on pages 171-173 ahead of time for instruction on this.)

Close with the "Pick-Me-Up Prayer" on page 21.

1. Which of the following benefits from God's Word is most needed in your life right now:

- Revival for your soul?
- Wisdom for your life?
- A joyful heart?
- Enlightenment?

## Chapter 2: Refuel with God's Word

**Key Point:** Getting your daily dosage of God's Word will help you get through the commotion, busyness, and hassles of your everyday life.

**Opening Discussion Question:** Describe a time when you took a vacation, went to a spa, or tried something to help you relax, but you never really experienced rest or rejuvenation.

**Read Psalm 19:7-8**

### Read Second Timothy 3:16

To better understand this verse, which applies to ALL Scripture, consider the meaning of the following words and how to approach Scripture in general, through the grid of this verse:

Teaching – What truth has God taught me in this passage of Scripture?

Reproof – What error has God convicted me of in this passage of Scripture?

Correction – What has God set right in my life through this passage?

Training in Righteousness – What discipline has God taught me to start practicing?

This verse says God's Word does all of the above in our lives so we can be "thoroughly equipped for every good work."

2. What "good work" do you need to be thoroughly equipped for right now?
3. Have each person in the group look up one of the verses listed from Psalm 119 (on pages 25-26) and read it aloud. With each verse, explain how that "benefit" from the Word applies to our lives or keeps us from running on empty.
4. Have each person tell how they are getting into God's Word right now, and if they don't have a regular plan, indicate which of the options on page 27 that they would like to try.
5. Pray through another Psalm, as covered in last week's lesson.

Pray for the women in the group as they commit to refuel on God's Word, closing the session with the "Pick-Me-Up Prayer" on page 28.

## Chapter 3: Know Whom You're Trying to Please

**Key Point:** When a woman loves God and abides in Him, she'll be able to do all she is called to do, because of the One who can do all things through her. She won't necessarily be able to do all that *everyone else* calls her to do, but all that *God* calls her to do.

**Opening Discussion Question:** How do you feel when you hear the description "people pleaser" and do you think you *are* one? Why or why not?

### Read Proverbs 31:10-31

1. Do you, like the author, feel intimidated by the Proverbs 31 woman? Why or why not?

### Discerning God's Call:

2. Read Matthew 22: 37-38. Who is to be your highest priority in life? How can you prioritize your relationship with God above anything else?
3. Read Matthew 22:39. What does this verse suggest about the second priority in your life? Who are the

priority people in *your* life that you need to love as yourself?

4. Read Colossians 3:23. What does this verse suggest about our priority and attitude when it comes to working – at home or outside the home?
5. Read 1 Peter 3:15. What does this verse say about your priority concerning those who don't know God?
6. Have women talk about the few things that only they can do, from the list on page 35. (Pay close attention to their answers for the fourth item "Only you can minister to others in the unique way that you do..." )

Close in prayer, asking God to help protect each woman's time and help her discern His calling on her life so she can be a God-pleaser, not a people-pleaser. Close with the chapter's "Pick-Me-Up Prayer" on page 36.

## Chapter 4: Serve Out of Inspiration, Not Obligation

**Key Point:** How much of what I do for God is out of obligation, and how much is out of inspiration? The key to not feeling burned out, is taking the work and making it an act of worship...turning our labor into an act of love.

**Opening Discussion Question:** What are some things you do out of obligation, not inspiration? Now, what things do you do because you *want* to, not because you *have* to?

### Read Psalm 84: 10

1. How would you paraphrase that verse in your life, referring to something you're doing that you really don't want to. (For example: I would rather clean my small house and praise God while I do it; than live in a spotless mansion (with maids!) and have no idea Who He is.)
2. Read 1 Thessalonians 5:16-18. What are some creative ways that we can "Give thanks in all things"?

3. Read Colossians 3:17. What tasks in your life do you need to dedicate to the Lord right now, so they become an act of praise, rather than drudgery?
4. Play or sing a worship song that speaks of surrender, sacrifice or praise. (Suggestion: "The Heart of Worship" by Matt Redman)

Close your session together in prayer, praising God for the menial tasks in your life and asking Him to help you turn the work into worship. Close the prayer by reading the "Pick-Me-Up Prayer" aloud on page 42.

## Chapter 5: Invest in What's Eternal

**Key Point:** As we invest in what's eternal, we are storing up for ourselves a heavenly bank account with returns that will come back our way...just when we need it.

**Opening Discussion Question:** Describe a time when you didn't have the energy or the time to do something you

felt you *should* do, but once you did it, you were revived and refueled.

1. Read Matthew 6:20. What are some practical ways we can store up treasures in heaven?
2. On the other side of that, what are investments that are simply temporary and for this earth only?
3. Read Proverbs 11:25. What are some simple, practical ways we can refresh others, especially when we're not feeling like we have much energy? (Make a goal to accomplish one of those things this week.)
4. Read 2 Corinthians 9:6-8. Have the women write out Verse 8 on an index card (or a pretty piece of small-sized cardstock or stationery) and tape it to their refrigerator, their desk at work, or their car dashboard to remind them that God will generously provide all they need so they have plenty left over to share with others.

Close in prayer by having the group read the "Pick-Me-Up Prayer" on page 48 together aloud.

Suggested Resource: You may want to read or pass out to the women Cindi's article, "Choosing to Live a Simpler Life," from her "Free Resources" page at her website, [www.StrengthForTheSoul.com](http://www.StrengthForTheSoul.com).

## Chapter 6: Act on Facts, Not Feelings

**Key Point:** When our feelings lead us down a dark tunnel of despair, we must switch on the light of what we *know* about God so we can find our way back out.

**Opening Discussion Question:** Describe a time when you felt a certain way, but your feelings misled you.

1. Summarize the points of this chapter by pointing out that the Psalm writers felt a certain way, then focused on the facts of Who God is and what He can do, and then it changed their perspective...and how they felt, as well.

2. Reiterate the feelings vs. facts laid out on page 53 (What About You?).

- **Read Philippians 4:13.** You may *feel/like* you can't do one more thing. But according to this verse, what is the *fact*? (Answer: We can do ALL things through Him who strengthens us)
- **Read Matthew 19:26 and Mark 9:23.** You may *feel* you're in a no-win situation at work, home, in your marriage, etc. But according to these verses, what is the *fact*?
- **Read Isaiah 40:31.** You may *feel* worn out and weary like you can't go on. But according to this verse, what is the *fact*?

3. Have the women open their Bibles to Psalm 13 and walk them through "The Pity-to-Praise Pattern" as explained on pages 53-54.
4. How can we follow this pity-to-prayer-to-praise pattern in dealing with the following situations that involve our emotions?

- Feeling overwhelmed by life and thinking God isn't aware or doesn't care
  - Feeling unappreciated in our work or service
  - Feeling insignificant to God or unnoticed by Him
5. Pray through Psalm 13 (as explained in pages 171-173) as a group or in pairs and have women relate each verse to their particular area of stress or burnout.

Close by praying the "Pick-Me-Up Prayer" on page 57.

## Chapter 7: Determine Whom You'll Trust

**Key Point:** We can trust in ourselves and run ourselves ragged trying to do it all, or we can start trusting the One who has already walked through tomorrow and experience a fresh new peace.

**Opening Discussion Question:** Describe a time when you trusted in someone else – or even yourself – and you were disappointed or let down.

### Read Ephesians 3:20

1. What is causing you to feel burned out, stressed or frustrated right now?
2. What is one way you can show God that you trust Him to do "immeasurably more" in that situation?
3. Ephesians 3:20 says God is able to do "immeasurably more than all we ask or imagine according to his *power* that is at work within us." The original Greek word there for "power" is translated into English as "hyper mega dynamite." That is referring to God's *resurrection power*. Can the One who used resurrection power to raise Himself from the dead use that same power to do "immeasurably more" in your situation?
4. Spend some time in prayer, lifting up one another's concerns and the areas of their lives in which they are having trouble believing in the "immeasurably more."

Close the session by reading the "Giving-It-Up Prayer" on page 66.

*Play some soft worship music. You may want to dim the lights or just have candlelight in the room to assist in creating an atmosphere of prayer and reflection.*

**Read Psalm 32 aloud.**

Lead the women in the steps on page 71:

***Lay it all out before God.*** Instruct the women to pray silently and tell God what they're struggling with or ask Him to examine their hearts and reveal to them what they need to confess.

***List the things in your life that you need to give up.*** Have some small pieces of paper that you've passed out to the women ahead of time. Ask them to list the things in their life that they need to give up or confess. (Clarify to them that no one else will see this list.) Then, read 1 John 1:9 aloud and have them write that reference over the list they have made on the paper, symbolizing to them the forgiveness and cleansing they have received from God upon confessing their sin. Then have them rip up the paper and toss it in a wastebasket that you pass around the room.

***Look to God to put a fresh perspective back into your life.*** We gain perspective when we praise. At this time,

## Chapter 8: Keep a Clean Heart

**Key Point:** From your heart flows the "springs of life." Guard your heart and keep it clean so your springs never run dry.

*This chapter begs for a practical application. Rather than just talking about what it means to have a clean heart, give the women a chance to receive cleansing from the Lord so they can leave with a clean heart and know how to maintain one.*

*Explain to the women that this lesson will incorporate a time of silent confession and asking the Lord, in silent individual prayer, to examine their hearts.*

lead the women in a time of praise praying...praising Him for Who He is, and thanking Him for the forgiveness of sin and the ability to have a fresh, clean slate and a fresh, clean heart.

Have each of the women choose one of the "songs of deliverance" on page 73 as her personal "song" and read it aloud. (Several may choose the same verse if they'd like.)

End the session by reading the "Clean-Me-Up Prayer" on Page 75 and then closing in prayer.

## Chapter 9: Keep Good Company

**Key Point:** We become like the people we surround ourselves with. If we're around "builders" we'll be built up. If we're around "drainers" we'll be drained of our energy.

**Opening Discussion Question:** Do you have a person in your life who builds you up, inspires you or motivates you to

grow spiritually whenever you're around them? If so, describe the relationship and give an example of when you were built up by being in their presence.

### Read Psalm 101

- 1) Have the women make mental note of the people in their life who drain them of energy and keep them from growing spiritually.
- 2) Talk about the "Keeping it Positive" steps on page 79. How can you apply the following steps to your life:
  - Limit your relationships to builders, not drainers.
  - Look for the good in every situation.
  - Let it go.

End the session by praying that God will give you and the women in the group discernment when it comes to whom you spend time with. Ask God to make each of you a builder, not a drainer, so you can build into others and be "pumped up" in return. Ask for wisdom and grace in dealing with the "drainers" in your life.

Close by reading the “Pick-Me-Up Prayer” on page 81.

## Chapters 10-12: Keep a Good Diet, Keep Moving, & Keep Your Sleep

(Chapters 10-12 should be taught as a single unit, since they all deal with “Keeping Fit” in one’s body.)

**Key Point:** When we take care of ourselves – by eating right, exercising regularly, and embracing sleep – we can keep ourselves from running on empty.

**Opening Discussion Question:** What area is the most challenging to you:

- Eating right?
- Exercising regularly?
- Getting enough sleep?

**Read 2 Corinthians 6:16, 1 Corinthians 9:27 and Psalm 139:14**

- 1) Considering 2 Corinthians 6:16, how is taking care of your body a spiritual act of worship and service?
- 2) List some practical ways that you can keep a good diet as a way of worship and service to the Lord?
- 3) What are some practical ways that you can keep moving (or exercise) as a way of worship and service?
- 4) In what ways can you “Plan the Exercise into your Day” (from pages 93-96)?

### Read Psalm 127

- 5) Paraphrase verses 1-2 to personally apply to your particular situation that you tend to lose sleep over (your job, marriage, personal project, child’s situation, etc. ).

### Read 1 Peter 5:7

- 6) What “cares” or “anxieties” do you need to “cast ” upon the Lord as you would cast out a fishing reel?
- 7) Spend some time in prayer, praising God for your bodies that are fearfully and wonderfully made, and asking for discipline to care and maintain your

bodies in a way that pleases God and allows you to be more effective in serving Him.

Assign three women in the group to read the prayers on pages 89, 97 and 102.

## Chapter 13: Keep At It

**Key Point:** As we keep our minds focused on “the prize” we will have the energy and motivation to push through to the finish line.

**Opening Discussion Question:** Have you ever been in the middle of a job, project, or responsibility and you felt like quitting? Looking back on that situation, where was your focus?

### Read Hebrews 12:1-4

1. Hebrews 12:1 tells us to “throw off everything that hinders” so we can run with perseverance. What is it that hinders you in your race right now?

2. That verse also refers to the “sin that so easily entangles us.” What are some of the less noticeable sins that can easily entangle us, preventing us from running the race? (Ingratitude, focus on self, desiring applause or appreciation, a critical nature, etc.)
3. What are some practical ways we can “fix our eyes on Jesus” as we are instructed in verse 2?
4. In what ways can we “consider Him who endured such opposition...so that you will not grow weary and lose heart”? (Consider His attitude, His focus on doing His Father’s will, His quiet endurance, His joy.)
5. From pages 108-109, identify one or two of the “joys” that can be *your* motivation to keep at it when you feel like quitting.
6. Write out a personal “motivational verse” on a 3x5 card and post it where you will see it often. Some motivational verses the women may want to choose from include:
  - Galatians 6:9
  - Philippians 4:13

- Mark 9:23
- Mark 11:22 (in the Message)
- Psalm 18:29

Have someone read aloud the “Pick-Me-Up Prayer” on page 111 before closing the group in prayer.

## Chapter 14: Find Your Hideaway

**Key Point:** We all need a hideaway where we can go often to rest, refuel and rejuvenate. This should be a physical place we can retreat to, as well as a place in our hearts and minds where we turn to God.

**Opening Discussion Question:** Do you ever have a time when you just need to get away? Describe the circumstances...and where do you go?

### Read Psalm 31:1-4, Psalm 32:7 and Psalm 91:1-2

David, having been hunted in the wilderness for several years by King Saul, knew what it was like to need a

physical hiding place. But he could also be referring to that place, spiritually and emotionally, where we go away with God in our hearts.

1. From these songs, what do you think David meant when he sang that God is his “rock” and “refuge”?
2. When are the times you have needed God to be your fortress, rock or refuge?
3. From Psalm 32: 7, how was God David’s “hiding place”?
4. Have the women share about whether or not they have a “hideaway” where they can meet regularly with God. If not, brainstorm about where that hideaway can be. (The list on pages 118-119 might help.)
5. Do you have a plan for getting away to your hiding place with God? He doesn’t want you to come only when you need help or protection. He wants you to commune with Him there – daily. Talk about how you can have a plan to meet with God daily in your hideaway.

Have someone read aloud the “Pick-Me-Up Prayer” on page 120. Then close the group in prayer, asking God to draw each of the women to that hideaway where they can be alone with Him.

## Chapter 15: In All Things Sing

**Key Point:** Praise changes our perspective. So keeping a song in our hearts will keep us from running on empty.

**Opening Discussion Question:** Describe a time when you couldn’t help but sing. (You may need to help the women out here...when they were in love? When they held their new baby for the first time? When they were sad and melancholy?)

1. Read Psalm 59:16. What are the things that David, the Psalmist, finds to sing about?

*Notice David isn’t referring to all that God has done for Him, but all that God is. We tend to sing – or praise God –*

*according to what He has done for us. But what if we were to sing –and praise Him – simply for Who He is?*

2. Read the following commands to sing and list the reason in each verse that we are told to sing:
  - Psalm 30:4 (no reason...we are to praise Him because He is holy.)
  - Psalm 47:6 (no reason given, we are to just praise!)
  - Psalm 100:2 (it is the condition we are to be in when we come before Him.)
  - Ephesians 5:19-20 (no reason, it’s just to be our typical behavior)

*Notice those were all commands to sing, not suggestions. And notice there were no conditions put on those commands. (God didn’t say: “Come before Him with joyful singing if you’ve had a good day” or “Sing and make music in your heart when He has blessed you.”)*

3. In 1 Thessalonians 5:18, we are told to “give thanks in all circumstances, for this is God’s will for you in Christ

Jesus." To reiterate, what is God's will for you? (*to sing in all things.*)

4. Why do you think it is God's will for us to "give thanks in *all things*"? How are we changed, spiritually, when we give thanks in *all things*, not just the good things?

**Live It Out:** *Don't just talk about singing, do it!* This is a perfect time to lead the women (or assign a woman in the group ahead of time to lead the women) in a song of praise. You can sing acapella, a song that the women in the group are familiar with, or play a worship CD and have the women sing along. Be creative. 😊

Close by reading the "Pick-Me-Up Prayer" on page 124 and praying for the women, that they will keep a song in their hearts and praise on their lips.

## Chapter 16: Simplify the Day

**Key Point:** Live simply and you won't be as stressed. To live simply is to be content with having less and desiring less.

**Opening Discussion Question:** What feels like clutter in your life right now? How does it drag you down?

### Read 1 Timothy 6:6-10

1. Verse 6 says "Godliness with contentment is great gain." In which areas of your life are you finding yourself content? (*To identify if we are content, we must ask ourselves: "Am I desiring that anything else be added to this?"*)

- Your marriage?
- Your job or day-to-day duties?
- Your role in your home (as a wife, mother, breadwinner, etc.)?
- Your financial situation?
- Your church?

2. What would it take for you to be able to say “If I have food and clothing, I will be content with that”?
3. Which of the following do you need to do?
  - Clear the Clutter (identify which areas in your home, personal life, finances, etc.)
  - Toss the Trash (What can be thrown out because you haven’t touched it in at least a year?)
  - Limit the List (What are you expecting of yourself that can’t possibly be done?)
  - Create Some Open Space (What “breathers” do you need to plan into your daily schedule?)

Have the women pair up and pray for one another in the areas that they indicated they need help (above).

Go through the following questions as a group to reinforce the “keep it simple” rule and to help the women remember to say to themselves and each other to “keep it simple.” (You may want to make this exercise fun by giving out a small ‘prize’ -- a bookmark, a packet of breath

mints, etc. – to each woman who comes up with a creative, practical and even humorous answer to the following questions:

- How can you “keep it simple” when you get home and find the house a complete mess?
- How can you “keep it simple” when it comes to your child’s birthday party?
- How can you “keep it simple” the next time you’re at the mall?
- How can you “keep it simple” when you’re handed a project at work that seems overwhelming?
- How can you “keep it simple” when it comes to planning the next women’s event at church?

Close the group by reading aloud the “Pick-Me-Up Prayer” on page 130.

## Chapter 17: Take Time to Play

*Because this chapter is primarily recreational and there are not many spiritual applications or parallels on “taking time to play”, plan a “Day to Play” in order to apply and live out this lesson.*

Get ideas from your group and put your “Day to Play” on the calendar for a couple weeks from now. Perhaps it will be your end-of-the-study activity in which the group gets together one last time.

Have the group read the chapter and then brainstorm some ways you can “play” as a group. Here are some suggestions (and you may want to come up with some of your own):

- **Plan a “game night”** at one of the women’s homes. Have each woman bring her favorite game and have several game tables or stations that they can rotate to every half hour or once a game is completed. (Be sure to have the women bring snacks and refreshments, too, or plan this around a dinner. Remember, though, keep it simple! ☺)
- **Go roller skating or ice-skating as a group.** Do you remember doing this as a teenager

with your church youth group or school field trip? If everyone in the group appears healthy enough for a skating night, this might be an option.

- **Plan a “Spa Day” together.** While these can be expensive if going to a professional health spa, they can also be done very inexpensively with a little creativity. Plan it at a woman’s house, have everyone bring their own manicure/pedicure supplies, play soft music, heat up the Jacuzzi, find a woman in your church who does back/neck massages, and so on.
- **Plan a Party/Celebration.** You may want to have a special theme (Refresh and Rejuvenate, ‘80s Night, Karaoke, or just a time to rest, relax and party! ) Divide up the work (one woman oversees the snacks, one oversees the decorations, one oversees the entertainment/activities). The important thing is to get together, have some good, clean fun and celebrate life.

## Chapter 18: Take Time to Reflect

**Key Point:** Take time to slow down and reflect on the day, so you can learn from it, and keep your soul fresh.

**Opening Discussion Question:** When was the last time you took a few minutes to reflect on something? Describe the experience.

1. Read Luke 12:24. What did Jesus say you could learn about God and His love by reflecting on the ravens?
2. Read Luke 12:27-28. What did Jesus say that you could learn about God and His love by considering the lilies?
3. Read the following verses and talk about what you can reflect on as you walk with God in the evening or sit quietly with Him in reflection:
  - Hebrews 10:24 (how to motivate one another toward love and good deeds)
  - Psalm 77:11 (What God did for His people long ago; what God has done for us in the past)

- Psalm 77:12 (What God has made and the mighty things He has done)
- Psalm 86:11 (How to learn God's truth and have a heart fully committed to Him)

Lead a discussion among the women about when they will take time to reflect and how (an evening walk? In their living room chair after the kids have gone to bed? On their pillow, before they fall off to sleep?) Have the women share ideas with one another so every woman can leave with a plan of how and when she will take time to reflect.

**Live It Out:** *This is an ideal time for the women to practice reflecting. Play an inspiring instrumental CD or worship song and have the women reflect on moments they felt nearest to God, have them imagine what heaven will be like, or have them just try to focus on His presence. (Some suggested CDs for exercising reflection: "Impressions of the Rocky Mountains" by Steve Haun, [www.SteveHaun.com](http://www.SteveHaun.com); or "Heaven & Earth: A Tapestry of Praise")*

Close by reading the "Pick-Me-Up Prayer" on Page 141.

## Chapters 19-20: Get Outdoors & Find the View

(Chapters 19-20 should be taught as a single unit, because of the similarity of the lessons.)

**Key Point:** As we get outdoors and find the view, we can focus on what God has created and allow it to slow our pace, still our hearts, and keep us from running on empty.

**Opening Discussion Question:** Describe a time when you felt nearer to God or spiritually energized by being out in nature.

### Read Psalm 77

1. According to verses 11-12 what did Asaph, the songwriter, need to do to get his perspective?
2. What historic event and miracle of God's is Asaph referring to in verses 16-20? (The parting of the Red Sea in Exodus 14:21-22)
3. How does remembering what God has done for us keep us from getting depressed, being discouraged, or feeling alone?

### Read Psalm 19:1-6 and Psalm 29:3-9

4. What are some places close by where you can "get outdoors" and begin to worship God in the midst of what He's created?
5. How can you creatively "find the view" from your home or work place?
6. Talk about some views that refresh your soul.

Close by reading the "Pick-Me-Up" prayers on pages 148 and 152.

(Assign the women to bring a photograph next week or plan to recount a story of a time in which they sensed the wonder of God.)

## Chapter 21: Regain the Wonder

**Key Point:** As we recount the mighty works of God, we regain a sense of wonder, which keeps the soul refreshed.

**Opening Discussion Question:** Describe a place, an incident, or an event that caused you to experience or still causes you to have a sense of "awe" or wonder. (Be prepared to allow this time to turn into an extended praise time of women "recounting the wonders" of the Lord.)

**Read Job 38:12, 16, 22-30, 38-40.**

1. Which of these verses speak to you of the wonder and majesty of God and the intricate details of His creation?

**Read Psalm 145**

2. What are some of the wonders of God's character?
3. What are some of the wonders of God's love and provision?
4. What is to be our response to the wonders of God, as stated in verse 21?

5. How can you be refreshed and refueled by "regaining the wonder" of Who God is and what He has done for you?

**Live It Out:** *This is an ideal time to play a worship CD and reflect on Who God is and what He has done. Some suggested songs: "Indescribable" (which recites some of the verses covered in Job), "God of Wonders", or "I Could Sing of Your Love Forever."*

Close by reading the "Pick-Me-Up Prayer" on page 160.

## Chapter 22: Re-ignite the Flame

**Key Point:** When we allow God to re-ignite the flame in our hearts for Him, we will find the motivation and energy to live for Him again.

**Opening Discussion Question:** Do you remember the first time you fell in love? What were some of the things that characterized your behavior? What were some of the things others said about you?

**Read Revelation 2:2-5.**

1. What were some of the things you did "at first" when you came to know God?
2. What would you say takes more time in your life:
  - Things you do *for* God?
  - Time you spend *with* God?

**Read Revelation 3:15-16.**

3. How would you rate *your* passion for God?
  - Hot: You can't get enough of Him. Your thoughts are consumed by Him. And you not only want to serve Him, but you want to be with Him and talk about Him no matter who you're with.

- Cold: You've had it with serving God and others. Or want nothing to do with it anymore.
- Lukewarm: You're going through the motions, but your heart isn't in it sometimes. You're tired and you often find yourself complacent.

4. How would you describe a follower of Christ who is "hot" in her passion for Him?

**Live It Out:** Pray for Passion and Believe You Will Receive It. Help the women, as a group, follow the steps to "Restoring the Passion" on Page 165. As the leader, you may want to compose this prayer ahead of time, having the women repeat after you a "Prayer for Passion." Then have a praise time, among the women, thanking God, in prayer, for re-igniting the passion in your hearts.

Close by reading aloud the "Re-igniting the Flame Through Prayer" section on Page 168.