

THE SECRET CLUB

Seven Week Book Study For Women

OVERVIEW & PURPOSE

Connect women to others who are walking the same journey. Encourage women to pause and seek the Lord with every day and decision.

PREPARATION // GETTING THE MOST OUT OF THIS GROUP

Each week, group members are asked to read the chapter prior to coming to the group to be able to reflect and make the most of their time.

There are several questions for each meeting that require writing or drawing. A set of white boards or blank paper are great ways to allow women to write out their thoughts before sharing.

For each week (except the last week) bring in a woman from your church who has gone through any of the following journeys; miscarriage, infertility, adoption, etc. This will help build community with this group to the rest of the church. Questions for speaker: 1) Share your journey and remember to be real and raw 2) What scriptures or songs encouraged you? 3) What would you say to someone who was walking through a journey similar to yours? // These questions are available in the back of the book. Give the speaker the last 20-30 minutes of the group to talk but welcome them to attend the whole group time that night so that they can hear the hearts of the women who they are speaking to.

Small groups encourage more intimate discussion. If you have a large group, I would recommend dividing them into smaller groups.

It is not about the room or environment but an inviting space can make women feel more comfortable and welcomed. Here are a few ways to create a welcoming space; grab a colorful tablecloth, a speaker to play soft music (background noise), offer hot tea or hot chocolate, and bring a small snack for all to share.

Pray for your group before any other members get there, each week you will peel back layers of women's hearts and it is so powerful! God is amazing and can create a beautiful place of healing and hope.

WEEK ONE - Our Race // Chapter 1

Entry: Name tags // Snack // Table Talk Questions

~10 minutes

Welcome - *Housekeeping (Restrooms, parking)*

- Closed/private group:
- Once a part of the secret club, always a member - You carry this journey forever and maybe one day if the Lord allows you to overcome your trial, you can still use your story to support other women. You have this journey for a reason.

Warm up

~20 minutes

Prayer

Read Psalm 31 (*Available at the end of prologue*)

Was there anything that God laid on your heart from chapter 1 or the Bible this week that you would want to share?

Reflection Questions (*Allow each person to share if they are willing*)

~30 minutes

- Using a piece of paper or whiteboard, draw out your course.
 - What are some hills or obstacles that you have had happen in your life?
 - Are you currently going through an obstacle, hill, river, ravine? What do you picture it as? (*pictures will look different, people will have different interpretations of what this means, that is great*)
- What are common distractions that you see or shortcuts that pull your eyes off from living this way?
- What does it mean to you to run and finish “strong”? What does being “strong” look like in your life?

Guest speaker - _____

~30 minutes

WEEK TWO - The Daily Battle // Chapter 2

Warm up

~20 minutes

Prayer

Read Psalm 31 (*The verses for that chapter*)

Was there anything that God laid on your heart from chapter 2 or the Bible this week that you would want to share?

Reflection Questions (*Allow each person to share if they are willing*)

~40 minutes

Belt of Truth

- Using the whiteboard or a blank piece of paper, draw out a branch.
 - Draw two to five growing/strong leaves in our lives?
 - Draw one or two leaves that we *want* on our branches?

Shield of Faith

- What is a lie or arrow that you believe and fall trapped to during your journey? Write it in a statement on your whiteboard. They tend to start with I AM or I AM NOT or I HAVE or I HAVE NOT (example: I am broken, I am less than, etc)
 - How does God change that statement? (Helmet of Salvation)
 - Rewrite your statement with how Christ views you or changes your statement (example: I am exactly where Christ wants me to be, I am following His direction)
 - What triggers you to let down your shield?

Breastplate of Righteousness

- Read Psalm 23
- When you are out of control with emotion or feel as though you are less than, what are nuggets (scriptures, songs, passages, people) that you cling to?

Challenge for this week: Find a passage of scripture that you can cling to when you start to battle the arrows of the enemy

Guest speaker - _____

~30 minutes

WEEK THREE - False Hope // Chapter 3

Warm up

~20 minutes

Prayer

Read Psalm 31 (*The verses for that chapter*)

Review challenge from last week. *Find a passage of scripture that you can cling to when you start to battle the arrows of the enemy*

Was there anything that God laid on your heart from chapter 3 or the Bible this week that you would want to share?

Reflection Questions (*Allow each person to share if they are willing*)

~30 minutes

- When waiting, there is a tension to try to fix it yourself and wait. Do you feel any tension in your life?
- How do we find the balance between fixing it ourselves and allowing God to fix it?
- How does empowerment play a part in obedience and disobedience?
- What are false hopes (example: teas, exercise, supplements, etc) that you tend to cling to in your waiting?
 - How do you see God's grace in these situations?

Guest speaker - _____

~30 minutes

WEEK FOUR - Pain // Chapter 4

Warm up

~20 minutes

Prayer

Read Psalm 31 (*The verses for that chapter*)

Was there anything that God laid on your heart from chapter 4 or the Bible this week that you would want to share?

Reflection Questions (*Allow each person to share if they are willing*)

~30 minutes

- What has given you the greatest pain along your journey? Fear, events, anger, etc
- What has happened along your journey that seemed unfair?
- What are some divine moments or people that have been put in your life? These moments or times that you can look back and say God planned that...

Guest speaker - _____

~30 minutes

WEEK FIVE - Beauty in a Thorn // Chapter 5

Possible additional prep // Bring each woman a rose

Warm up

~20 minutes

Prayer

Read Psalm 31 (*The verses for that chapter*)

Was there anything that God laid on your heart from chapter 5 or the Bible this week that you would want to share?

Reflection Questions:

- What do you think your thorn is?
- What do you feel is the most important for you to have to see the flower that the Lord is blooming? Community, reminders of Christ, eyes for eternity, etc.
 - What do you feel is a weakness for you in your current journey?
- How could you use exactly where you are to glorify God with your story today?

Guest speaker - _____

~30 minutes

WEEK SIX - Happiness vs. Joy // Chapter 6

Warm up

~20 minutes

Prayer

Read Psalm 31 (*The verses for that chapter*)

Was there anything that God laid on your heart from chapter 6 or the Bible this week that you would want to share?

Reflection Questions (*Allow each person to share if they are willing*)

~30 minutes

- What is a relationship that is strong in your life and one that is broken as a result of this journey?
 - Do you feel a pull to repair any relationships?
- What emotions do you feel you justify as a result of your current trial?
- What is something you can do to thank someone in your life who has been supportive and strong throughout your journey?

This week, have women read chapter 7 and write out their story up to this point (pg. 155). If they are comfortable, encourage them to each be willing to share next week. There is beauty in hearing someone's story all the way through. Be honest, be real, be open.

Guest speaker - _____

~30 minutes

WEEK SEVEN - What Now? Chapter 7

Warm up

~20 minutes

Prayer

Read Psalm 31 (*The verses for that chapter*)

Was there anything that God laid on your heart from chapter 7 or the Bible this week that you would want to share?

Reflection Questions (*Allow each person to share if they are willing*)

~20 minutes

- Where have you seen moments of faith and where have you seen long periods of steadfast faith?
- What has God laid on your heart as your next step?
- What is God calling you to do with where you are right now?

Final time

~40 minutes

Encourage each member to read or share their story.

Prayer

~5 minutes

If you are purchasing books for this study, use the code ABBC to receive a discount on shipping for each of your books. Feel free to contact me (brianna.lindenmeyer@gmail.com) if you have any questions or if you would like to share about your group! Thank you for being bold and building up this hidden community!