

Women's Ministry

Resources

The purpose of this resource list is to help women find Bible studies and book studies for small group or individual study. Each resource is briefly described, including the topic, "level" of study (Seeker/New Believer, Growing Deeper, etc.), the number of sessions, etc.

Resources are available or may be ordered as noted at Hope's "Solid Rock" bookstore, local outlets, or through on-line retailers. DVD or other resources may be available for checkout as indicated (coming in Spring '08).

For additional information on resources, contact Jaci Gordon, Women's Ministry Coordinator, at 222-1520.

Bible Studies-DVDs - owned by Hope Women's Ministry and available for check out when not being used for a church-led study (for group studies - church sponsored or in homes)

Believing God (workbook) by Beth Moore

Retail Price: \$19.99

Setting: Small Group
Audience: Jesus followers or servant leaders
Spiritual Need: Growing Deeper
Discipleship:
Topical: Trusting God
Number of Lessons: 10
Lesson Length: 2 hours each
Homework Five days of study each week

Do you *believe* God or merely believe *in* Him? Do you take God at his word, believing what He has told us, or do you just believe in His existence and the salvation He offers? What does it mean to believe God? Abraham and Moses believed God. This planted in them a seed of faith that grew into towering oaks of steadfast trust and belief. Hebrews 11 is full of other examples of bold belief. Beth Moore brings these characters to live in a way that will spring forth in you a fresh explosion of faith. Read more about this study, and view the introduction and sample session at www.lifeway.com.

Daniel: Lives of Integrity, Words of Prophecy (workbook) by Beth Moore

Retail Price: \$19.99

Setting: Small Group
Audience: Jesus followers or servant leaders
Spiritual Need: Growing Deeper
Discipleship:
Topical: Trusting God
Number of Lessons: 12
Lesson Length: 2 hours each
Homework Five days of study each week

Join Beth Moore in a faith-building study of prophecy, and learn how to shine for Christ in our modern culture. Just as the prophet Daniel faced unbelievable pressures to compromise his faith, to live in a hostile culture, and to confront temptations and threats—today’s believers face many of the same trials. This extremely contemporary study shows how individuals can live with integrity in today’s self-absorbed society, and how to thrive in our modern-day culture without being defiled by it. Read more about this study, and view the introduction and sample session at www.lifeway.com.

Living Beyond Yourself: Exploring the Fruit of the Spirit (workbook) by Beth Moore

Retail Price: \$19.99

Setting: Small Group
Audience: Jesus followers or servant leaders
Spiritual Need: Growing Deeper
Discipleship:
Topical: Trusting God
Number of Lessons: 11
Lesson Length: 2 hours each
Homework Five days of study each week

This powerful resource that will equip believers to come to know the freedom of a life filled with peace, joy, gentleness, and other positive characteristics (Gal. 5:22-23). By encouraging participants to develop and maintain an intimate relationship with the Spirit of God, this study will help you to nurture and cultivate the fruit of the Spirit in your daily lives. Read more about this study, and view the introduction and sample session at www.lifeway.com.

When Godly Women do Ungodly Things (workbook) by Beth Moore

Retail Price: \$19.99

Setting: Small Group
Audience: Jesus followers or servant leaders
Spiritual Need: Growing Deeper
Discipleship:
Topical: Trusting God
Number of Lessons: 7
Lesson Length: 2 hours each
Homework Five days of study each week

We believers are still subject to Satan’s attacks; he is determined to disrupt our lives, destroy our ministry, and steal our joy. Sadly, those of us who have “fallen” may not recognize the devil’s schemes until we have already been caught in a snare of defeat. As a renowned teacher and seminar leader, Beth Moore receives countless letters from repentant Christians who are limping along this road. Out of her genuine, broken-hearted concern comes this biblical guide to authentic repentance and restoration. The first section of this seven-week study is a warning to believers, while the second section shows women how to prepare for attacks by the Enemy. The third section is directed to those of us who have been snared by seduction, and compassionately points the way back to God. With 1 Samuel 12:20–25 as a guide, we Christians can arm ourselves against temptation and learn how to help other fallen believers. Read more about this study, and view the introduction and sample session at www.lifeway.com.

Bible Studies-Books – for small-group or individual study. One copy available to borrow from Women’s Ministries to preview and decide if your group would like to do the study. Books available to purchase at Hope’s bookstore “Solid Rock” and numerous other retail outlets. For most, the table of contents and excerpts can be viewed at christianbook.com or amazon.com

2:7--A Course in Personal Discipleship to Strengthen Your Walk with God

Bible study details for each book, #1-#3

Setting: Group
Audience: General
Spiritual Need: Seeker/New Believer
Discipleship: Basics
Topical: Living in Christ
Number of Lessons:9-12
Lesson Length: 60-120 minutes

Growing Strong in God’s Family #1

By: The Navigators; *Nav Press / 1999 / Paperback*; Retail Price: \$12.00

This first book in the new 2:7 Series is designed to help you build a strong foundation for your Christian life through enriching Bible study, Scripture memory, and group interaction. With its biblical and practical approach to discipleship, this workbook will yield long-term, life-changing results, such as: a closer relationship with God, a keener sense of priorities, renewed concern for non-Christian friends and a growing camaraderie within your study group. Each of the 2:7 Series courses lasts about 2 1/2 months. They usually require about one hour of homework preparation each week, and the class sessions are from one to two hours long. The 2:7 Series is excellent training from the *Navigators*.

Deepening Your Roots in God’s Family #2

By: The Navigators; *Nav Press / 1999 / Paperback*; Retail Price: \$12.00

When a tree takes root, burrowing deep into the soil, it's not long before the action is mirrored above ground. New branches shoot out. Green, healthy leaves appear. Even the trunk grows sturdier, more storm-resistant. And so it is with you. The deeper you root your life in Christ, the stronger you'll become. This book contains a dual focus-personal growth and sharing you life in Christ. In this study you'll first learn how to make Christ the Lord of your life. Then you'll discover how easy it is to branch out by reviewing your spiritual life and sharing it with others. With its biblical and practical approach to discipleship, this workbook will yield long-term, life-changing results. Each of the 2:7 Series courses lasts about three months. They usually require about one hour of homework preparation each week, and the class sessions are from one to two hours long.

Bearing Fruit in God’s Family #3

By: The Navigators; *Nav Press / 1999 / Paperback*; Retail Price: \$12.00

When a tree takes root, adds strength, and branches out, it's not long before fruit appears. And so it is with you. As you choose to root your life in Christ, you'll not only become stronger, but also more fruitful. By walking you through a simple, yet effective approach to explaining the Gospel to your friends and neighbors, this third book in the new 2:7 SERIES will help you become a fruitful member of God's family. At the same time, you'll also learn to naturally reflect Christ's character in your everyday life. Each of the 2:7 Series courses lasts about three months. They usually require about one hour of homework preparation each week, and the class sessions are from one to two hours long.

High Quest I: Knowing Christ Deeply ; by Navigators

\$12.00; order online at www.highquestorder.info

Setting: Group
Audience: Women specific;
easy to use
Spiritual Need: Beginning
Discipleship:
Topical:
Number of Lessons:9
Lesson Length:

This book is part of the High Quest: *Women of Distinction* series. This series is designed to equip women to walk with God for a lifetime. High Quest I is the natural starting place for this journey to begin because it equips women to develop their relationship with Christ by Meeting with God on a daily basis. Each day a short passage of Scripture is assigned for reading and reflection as well as making a personal response. The Meeting with God plan used in this book is very simple and doable by even very busy women. Although the plan is simple, it has proven to have a profound impact on the lives of women.

High Quest II: Reflecting Christ Daily by Navigators

\$12.00; order online at www.highquestorder.info

Setting: Group
Audience: Women specific;
easy to use
Spiritual Need: Sequel to High Quest
1

Discipleship:

Topical:

Number of Lessons:10

Lesson Length:

This book is part of the High Quest: Women of Distinction series. This series is designed to equip women to walk with God for a lifetime. High Quest II addresses the issue of transformation. As our personal relationship with Christ grows, our lives need to reflect Christ in all we do. This requires that we be transformed in our hearts and minds.

This transformation process is much like what happens to a caterpillar does when it goes through metamorphoses and becomes a beautiful butterfly. We have the potential to experience all that God intended for his children but we must cooperate with the work of the Spirit in our lives and be transformed. Each topic is covered in two weeks. In the first week, women will Meet with God each day, using passages that relate to the topic. The second week, the women will do a more in-depth study regarding two key verses on the topic. All assignments are divided into short daily segments so they are simple and doable for even very busy women. Also two key verses will be memorized for each topic.

Jesus: The Way, Beginning the Walk Bible Study

More in Other Study Guides Series; *Nav Press / 2005 / Paperback*; Retail Price: \$6.99

Bible Study Details

Setting: Both
Audience: General
Spiritual Need: Seeker/New Believer
Books of the Bible: New Testament studies/Colossians/Ephesians
Discipleship: Basics
Topical: Living in Christ
Number of Lessons:Less than 8
Lesson Length: 30-60 minutes

Beginning the Walk Bible studies are designed to help believers begin their new walk with Christ. Although intended for individual use, they can also be used with a mentor or a small group. Each study contains 6 lessons with a key Scripture verse at the beginning of each lesson. In-depth teaching, clarifying questions, a summary and prayer make up the lessons. *Jesus: the Way* is the first study in the series. It introduces the challenges likely to be encountered in a new and growing faith and provide tools to overcome them. This study focuses primarily on Ephesians and Colossians, two letters written by the apostle Paul for new believers. Most of the Scripture quotations are taken from *The Message* and are included in the text. This series will provide the foundational teachings and resources necessary for building a personal relationship with Jesus Christ. . (View table of contents and excerpts at www.christianbook.com)

Jesus: The Truth, Beginning the Walk Bible Study

Nav Press / 2005 / Paperback; Retail price: \$6.99

Bible Study Details

Setting: Both
Audience: General
Spiritual Need: Seeker/New Believer
Books of the Bible: New Testament studies/John
Discipleship: Basics
Topical: Living in Christ

Number of Lessons: Less than 8
Lesson Length: 30-60 minutes

Beginning the Walk Bible studies are designed to help believers begin their new walk with Christ. Although intended for individual use, they can also be used with a mentor or a small group. Each study contains 6 lessons with a key Scripture verse at the beginning of each lesson. In-depth teaching, clarifying questions, a summary and prayer make up the lessons. *Jesus: the Truth* is the second study in the series. It focuses on various aspects of a believer's new identity in Christ through powerful word pictures derived primarily from the gospel of John. Most of the Scripture quotations are taken from *The Message* and are included in the text. This series will provide the foundational teachings and resources necessary for building a personal relationship with Jesus Christ. . (View table of contents and excerpts at www.christianbook.com)

Jesus: The Life, Beginning the Walk Bible Study

Nav Press / 2005 / Paperback; Retail Price: \$6.99

Bible Study Details

Setting: Both
Audience: Seeker/New Believer
Spiritual Need:
Discipleship: Basics
Topical: Living in Christ
Number of Lessons: Less than 8
Lesson Length: 30-60 minutes

Beginning the Walk Bible studies are designed to help believers begin their new walk with Christ. Although intended for individual use, they can also be used with a mentor or a small group. Each study contains 6 lessons with a key Scripture verse at the beginning of each lesson. In-depth teaching, clarifying questions, a summary and prayer make up the lessons. *Jesus: the Life* is the third study in the series. It outlines the basic resources of a believer's faith walk such as the Word, prayer, and grace. Most of the Scripture quotations are taken from *The Message* and are included in the text. This series will provide the foundational teachings and resources necessary for building a personal relationship with Jesus Christ. . (View table of contents and excerpts at www.christianbook.com)

Real Life Stuff for Women Series by Navigators

- Peeking into a Box of Chocolates
- Running Nowhere in Every Direction
- Searching for God in a Bottomless Purse
- Waking up from the Dream of a Lifetime

Peeking into a Box of Chocolates: Real Life Stuff for Women on Temptation

Nav Press / 2005 / Paperback; Retail Price: \$8.99

Setting: Both
Audience: Women specific; easy to use
Spiritual Need: General
Discipleship: Discipleship
Topical: Overcoming Temptation
Number of Lessons: 1 intro + 8 lessons

In every woman's life there are all sorts of temptations: overeating, excess shopping, seeking others' approval, etc. Designed for small groups, yet just as useful for personal study, this guide from the Navigators will help you uncover the core issues behind the temptations and then deal with them. Excerpts from *The Message* and quotes from different authors are included with reflective "Think" questions, prayer suggestions, and practical discussion ideas to help you put your discoveries into action. (View table of contents and excerpts at www.christianbook.com)

Running Nowhere in Every Direction: Real Life Stuff for Women on Stress

Nav Press / 2005 / Paperback; Retail Price: \$8.99

Setting: Small group
Audience: Women specific; easy to use
Spiritual Need: General

Discipleship: Discipleship
Topical: Fear/Worry/Stress
Number of Lessons: 1 intro + 8 lessons

To say we are busy is like saying Greenland has ice. We're running as fast as we can—to work, church, school, sports, music lessons, the mall—but the faster we run and the more places we run to, the more some of us feel we're really running nowhere. With a few girlfriends who are just as wiped out but want to get somewhere too, you can link arms and begin figuring out how you can get off the treadmill. With this fresh new discussion guide that brings together literary and cultural insights, conversation starters, and key passages from *the Message*, you can discover together what God has to say about the stress in your life—your schedule, expectations, limits, happiness and much more. You can find encouragement and insight to stop running nowhere and start walking somewhere with God. . . . designed for small groups, yet just as useful for personal study. (View table of contents and excerpts at www.christianbook.com)

Searching for God in a Bottomless Purse: Real Life Stuff for Women on Faith

Nav Press / 2005 / Paperback; Retail Price: \$8.99

Setting: Small group
Audience: Women specific; easy to use
Spiritual Need: General
Discipleship: Discipleship
Topical: Faith
Number of Lessons: 1 intro + 8 lessons

A woman's spiritual life can bring her deep comfort, abiding assurance, and wisdom for living. But what about those times when your worship feels dry, when prayers only bounce off the ceiling, and when God seems totally unreachable? How can your faith become real and vibrant in the midst of everyday life? If you are ready for a faith-lift, here is trustworthy guidance for you or your women's group. This stimulating new Bible study guide brings together literary and cultural insights, conversation starters, and key passages from *The Message*. By using it—even in the midst of the wilderness times, the doubts, the fears, and the questions—you'll find your faith growing stronger again. (View table of contents and excerpts at www.christianbook.com)

Waking Up from the Dream of a Lifetime: Real Life Stuff for Women on Disappointment

Nav Press / 2005 / Paperback; Retail Price: \$8.99

Bible Study Details

Setting: Both
Audience: Women specific
Spiritual Need: General
Discipleship: Basics
Topical: Overcoming Life's Disappointments
Number of Lessons: 1 intro + 8 lessons
Series: Real Life Stuff for Women Series
Lesson Length: 30-60 minutes

You once dreamed of a life of Prince Charmings and fairy-tale endings. But now that you've grown up and arrived at womanhood, those dreams seem so far out of reach. Your husband isn't quite the guy you thought you married, your kids face challenges you never dreamed of, you have to work a lot more than you expected just to make ends meet, your spiritual life is a joke, and even the bedroom wallpaper you saved up for just looks wrong. How in the world can you cope with constant disappointment at every level of life? If your life feels far off the mark, you can overcome the disappointment with this stimulating new discussion guide. It brings together literary and cultural insights, conversation starters, and key passages from *The Message*. And it will give you fresh, realistic hope and purpose for the days ahead. (View table of contents and excerpts at www.christianbook.com)

Book Studies — for small-group or individual study. Available to purchase at Hope's "Solid Rock" bookstore and numerous retail outlets. For most, the table of contents and excerpts can be viewed at www.christianbook.com.

Captivating: Unveiling the Mystery of a Woman's Soul By: John Eldredge, Stasi Eldredge
Thomas Nelson / 2007 / Paperback; Retail Price: \$14.99

Setting: Personal or Group
Audience: Women specific
Spiritual Need: Growing Deeper
Discipleship:
Topical:
Number of Lessons:12
Lesson Length:

Rediscover your feminine heart! As a young girl did you want to be a beautiful princess, rescued on a horse by a dashing prince charming, or step into the pages of a fascinating adventure? This new paperback edition of *Captivating: Unveiling the Mystery of a Woman's Soul* encourages women to connect with their deepest feminine desires and learn to see God as their ultimate lover and hero. (View table of contents and excerpts at www.christianbook.com)

The Confident Woman: Knowing Who You Are in Christ By: Anabel Gillham
Harvest House Publishers / 2003 / Paperback; Retail Price: \$11.99

Setting: Personal or Group
Audience: Women specific
Spiritual Need: Growing Deeper
Discipleship:
Topical:
Number of Lessons:13
Lesson Length:

Many women believe that if they try hard enough to be the perfect Christian woman, God will honor their efforts. They painstakingly juggle responsibilities as wives, mothers, employees, and friends never realizing that a very liberating truth is available to them. God does not call them to be perfect. He wants them to be *confident* - confident in His love and acceptance. As a mentor, friend and former perfection-seeker, Anabel Gillham shares how women can experience the transforming touch of confidence. This book ministers to women of all ages and backgrounds as they encounter their unshakable identity in Christ and discover how His amazing strength meets their every need. . (View table of contents and excerpts at www.christianbook.com)

I Saw the Lord: A Wake-Up Call for Your Heart By: Anne Graham Lotz
Zondervan Corp. / 2006 / Hardcover; Retail Price: \$18.99

Setting: Group
Audience: All
Spiritual Need: revival
Discipleship:
Topical:
Number of Lessons:9
Lesson Length:

I saw the Lord is a wake-up call for Christians everywhere. Anne Graham Lotz knows from personal experience what it's like to be floating along in a sea of complacency. The revival we need today is not a tent meeting but a life-changing, fire-blazing revival; a fresh commitment to holiness. As you read this book and hear the wake-up call, get ready for the fire of revival to fall on you! . (View table of contents and excerpts at www.christianbook.com)

Lady in Waiting: Becoming God's Best While Waiting for Mr. Right, Expanded Edition

By: Jackie Kendall, Debbie Jones

Destiny Image / 2005 / Paperback; Retail Price: \$14.99

Setting: Personal or Group

Audience: Single Women

Spiritual Need: Growing Deeper

Discipleship:

Topical: Living single

Number of Lessons:10

Lesson Length:

When you're single, waiting for Mr. Right can be one of the most difficult situations you face. With humor, honesty, and biblical truths, Jones and Kendall will help you fill the time by becoming the right woman while you wait for the right man. By studying the biblical character Ruth, you'll learn the characteristics that every woman of God should develop. This expanded edition of the original best-seller includes a personal journal and study guide. . (View table of contents and excerpts at www.christianbook.com)

Chosen Women Of The Bible by Ethel Herr

Setting: Personal or Group

Audience: Women specific

Spiritual Need: Growing Deeper

Discipleship:

Topical:

Number of Lessons:13

Lesson Length:

The stories of women in the Bible can provide startling lessons for women today. Read about Mary, Jezebel, Rahab, Hannah, Ruth, and others, and see for yourself. As you trace their steps through the Bible, God will reveal through their lives His answers for your own. You'll be surprised at how relevant their stories are for you and your Bible study group and how challenging their examples can be. Practical, refreshing, a little different.

Pathway to Purpose for Women: Connecting Your To-Do List, Your Passions, and God's Purposes for Your Life By: Katherine Brazelton

Zondervan / Hardcover; **Retail Price:** \$18.99

Setting: Personal or Group

Audience: Women specific

Spiritual Need: Growing Deeper

Discipleship:

Topical:

Number of Lessons:13

Lesson Length:

God wants to use everything about you - your past, present, hopes, dreams, hurts, and hang-ups - to achieve his ultimate purposes in your life. Filled with practical how-tos and personal stories of women whose lives have been transformed by following these proven principles, *Pathway to Purpose for Women* is an exciting journey for becoming the woman God created you to be! (View table of contents and excerpts at www.christianbook.com)

Every Woman's Battle: Discovering God's Plan for Sexual and Emotional Fulfillment *Shannon Ethridge*

Retail Price: \$13.99

Setting: Personal or Group

Audience: Women specific

Spiritual Need: Growing Deeper

Discipleship:

Topical:

Number of Lessons:12

Lesson Length:

When does an affair begin? Not with the first forbidden touch...but with the first forbidden thought. Unexpectedly, you find yourself enjoying a powerful emotional bond with another man. You feel like you matter to someone again. And the door you thought was locked so firmly---the door to sexual infidelity---is suddenly ajar. The only way you can survive the intense struggle for sexual integrity is by guarding not just your body, but your mind and heart as well. *Every Woman's Battle* can help you learn to do that. Using real-life stories and examples from her own struggle, Shannon Ethridge helps women like you---whether married, engaged, or planning to marry someday. (View table of contents and excerpts at www.christianbook.com)

Extraordinary Faith: God's Perfect Gift For Every Woman's Heart By: Sheila Walsh

Thomas Nelson / 2005 / Hardcover; Retail Price: \$14.99

Setting: Personal or Group
Audience: Women specific
Spiritual Need: Growing Deeper
Discipleship:
Topical: Faith
Number of Lessons: 14
Lesson Length:

Whether or not you know or even understand it, you are living a life of faith. Perhaps not the conventional, Christian ideal of faith, but faith nonetheless. You flip the light switch and have faith that the light will come on. You turn the key and expect the engine to start. But what about the big things in life? Do you have faith that you'll remain healthy? Faith that your children will be safe from violence? You will face situations you can't control. All you can do is trust---and have faith---that God will see you through.

Extraordinary Faith is Sheila's gift of encouragement that says wherever you are in life, whatever circumstances you face, God loves you and will be faithful to walk with you through it. With wit and wisdom, Sheila points out God's track record of faithfulness in the Bible and in lives of women of faith through the generations. *2005 Women of Faith Theme Book of the Year*. (View table of contents and excerpts at www.christianbook.com)

Restoring Love By: Debbie Alsdorf

David C. Cook / 2001 / Paperback; Retail Price: \$6.99

Setting: Both
Audience: Women specific
Spiritual Need: General
Topical: Suffering/Hurt
Number of Lessons: 9-12
Lesson Length: 30-60 minutes

Some R & R is coming your way---revival and refreshment! Brokenness, bitterness, or bondage needn't keep you from your first love---intimacy with God. As you journey through 12 practical Bible-based lessons, you'll rediscover God as Deliverer, break free from old habits, and be renewed from the inside out. Ideal for personal or group study. 168 pages, View table of contents and excerpts at www.christianbook.com)

The Power of a Praying Woman By: Stormie Omartian

Harvest House Publishers / 2007 / Paperback; Retail Price: \$9.99

Setting: Personal or Group
Audience: Women specific
Spiritual Need: Growing Deeper
Discipleship:
Topical: prayer
Number of Lessons: 30 chapters; can be combined
Lesson Length:

Prayer is powerful—but do you know how to pray for *yourself*? It may seem easier to pray for your spouse, your children, your friends, and your extended family, but God wants to hear your requests for your life too. He loves it when you come to Him for the things you need and ask Him to help you become the woman you have always longed to be. *The Power of a Praying Woman* has led countless women into deeper, more fulfilling prayer lives. Now, with a new cover, Omartian, through her knowledge of Scripture and candid examples of

her own epiphanies in prayer, shows you how to: draw closer to God, know His plans and purpose for your life and receive comfort, help, and strength for every day. Trust Him moment by moment with the concerns of your heart and discover the awesome power that prayer will release in your life. (View table of contents and excerpts at www.christianbook.com)

The Power of a Praying Woman--Prayer and Study Guide By: Stormie Omartian
Harvest House Publishers / 2007 / Paperback; Retail Price: \$7.99

For women who have read Stormie Omartian's *The Power of a Praying Woman* and embraced a very personal encounter with God through prayer, *The Power of a Praying Woman Prayer and Study Guide* is the next step to even richer times of communication with Him. Following the outline of the book, this guide - now with a fresh new cover design - encourages readers to explore the biblical principles behind individual prayer. Thought-provoking questions help each woman define her unique prayer needs. All women seeking the abundance of a committed prayer life will welcome this ideal complement to the book that inspired millions to experience the power of prayer. (View table of contents and excerpts at www.christianbook.com)

Soul Feast: An Invitation to the Christian Spiritual Life - 10th Anniversary Edition

By: Marjorie J. Thompson
Westminster / John Knox / Paperback; Retail Price: \$16.99

Setting: Personal or Group
Audience: Women specific
Spiritual Need: Growing Deeper
Discipleship:
Topical: prayer
Number of Lessons:
Lesson Length:

Thousands of people each year accept Marjorie Thompson's invitation to the Christian spiritual life, delving into her clear, practical, and inspiring discussions on prayer, worship, fasting, self-examination, and hospitality. Offering a framework for understanding the spiritual disciplines and instruction for developing and nurturing those practices, *Soul Feast* is a powerful introduction to Protestant spirituality and a classic favorite for individual reflection and group study. Includes group study guide. (View table of contents and excerpts at www.christianbook.com)

The Virtuous Woman: Shattering the Superwoman Myth By: Vicki Courtney

B & H Publishing Group / 2004 / Hardcover; Retail Price: \$14.99

Setting: Personal or Group
Audience: Women specific
Spiritual Need: Growing Deeper
Discipleship:
Topical: Superwoman myth
Number of Lessons: 12
Lesson Length:

Does the woman in Proverbs 31 make you feel like a sluggard? For years, Christian women have struggled to understand what the Proverbs 31 woman was all about. Instead of encouragement or instruction, for most, this passage offered "more guilt than eating a one-pound bag of M&Ms." Is this the ideal woman? Or is the Proverbs 31 woman an outdated fixture of the past? Vicki Courtney believes that this passage is not in the Bible by accident and that a virtuous woman is a rare find in today's world. Join Vicki as she sojourns with you to unravel the mystery behind the Proverbs 31 woman. (View table of contents and excerpts at www.christianbook.com)

A Woman God Can Lead By: Alice Mathews

Discovery House Publishers / 1998 / Paperback; Retail Price: \$14.99

Setting: Personal or Group
Audience: Women specific
Spiritual Need: Growing Deeper
Discipleship:
Topical:
Number of Lessons: 24 chapters
Lesson Length:

Sarah, Deborah, Esther, Mary---the women of the Bible lived out their faith in both ordinary and extraordinary ways! In this collection of personal stories, historical backgrounds, and thoughtful study questions, you'll learn to identify with the lives of these unforgettable women, claiming their lessons---and their unshakable faith--- for your own spiritual journey! 336 pages, softcover from Discovery House. (View table of contents and excerpts at www.christianbook.com)

A Woman's Journey to the Heart of God By: Cynthia Heald

Thomas Nelson / 2000 / Paperback; Retail Price: \$14.99

Setting: Personal or Group
Audience: Women specific
Spiritual Need: Growing Deeper
Discipleship:
Topical:
Number of Lessons: 23 chapters
Lesson Length:

Every journey has a destination, but is reaching it worth all the bumps along the way? It is when your goal is the heart of God! Sharing the struggles and joys of her own spiritual walk, best-selling author Heald shows why staying on course for God's kingdom is worth more than you could ever imagine! 239 pages, softcover from Nelson. . (View table of contents and excerpts at www.christianbook.com)

Experience the Ultimate Makeover: Discovering God's Transforming Power By: Sharon Jaynes

Harvest House Publishers / Paperback; Retail Price: \$12.99

Harvest House Publishers / Paperback; Retail Price: \$12.99

Setting: Personal or Group
Audience: Women specific
Spiritual Need: Growing Deeper
Discipleship:
Topical:
Number of Lessons: 13 chapters
Lesson Length:

Women love the idea of spending a day at the spa being pampered from head to toe. In *Experience the Ultimate Makeover* author Sharon Jaynes takes you to God's spa. She begins in the sauna of God's Word to discover why we need a spiritual makeover, moves to the exercise program learning to run like Paul and leave the past behind, and onto the spiritual weight loss program releasing our burdens to the Lord. This makeover comes complete with a 14-week Bible study for your own personal spiritual treatment, or to do in a group as you grow and glow together! . (View table of contents and excerpts at www.christianbook.com)

What's So Amazing about Grace? By Phil Yancy

Zondervan/1997/paperback; Retail Price: \$14.99

Setting: Personal or Group
Audience: General
Spiritual Need: Growing Deeper
Discipleship:
Topical: Bringing God's grace to others
Number of Lessons: 11
Lesson Length:

Grace is the church's great distinctive. It's the one thing the world cannot duplicate, and the one thing it craves above all else for only grace can bring hope and transformation to a jaded world. In *What's So Amazing About Grace?*, award-winning author Philip Yancey explores grace at street level. What is grace? If grace is God's love for the undeserving, then what does it look like in action? If Christians are its sole dispensers, how are we doing at lavishing grace on a world that knows far more of cruelty and unforgiveness than it does of mercy? In his most personal and provocative book ever, Yancey offers compelling, true portraits of grace's life-changing power. He searches for its presence in his own life and in the church. He challenges us to become living answers to a world that desperately wants to know *What's So*

Amazing About Grace? Winner of the Gold Medallion Book Award, the Christian Book of the Year Award, and the Retailers Choice Award. . (View table of contents and excerpts at www.christianbook.com)

Walking with God From Slavery to Freedom: Living the Promised Life By: Mindy Ferguson
Hensley Publishing / 2007 / Paperback; Retail Price: \$19.99

Setting: Personal or Group

Audience: General

Spiritual Need: Growing Deeper

Discipleship:

Topical: Trusting God

Number of Lessons: 11

Lesson Length:

Joshua's journey from slavery in Egypt to freedom in the land of promise represents ours as we walk with God through this life on our way to our eternal Promised Land. By following the progress of Joshua and the Israelites, you'll discover how their lives often paralleled the spiritual battles and struggles we encounter as we walk with God today. Find the courage to trust God more fully and walk with Him where ever He leads you in this life as you journey with Joshua and the Israelites. 11 weeks of personal and/or group study. . (View table of contents and excerpts at www.christianbook.com)