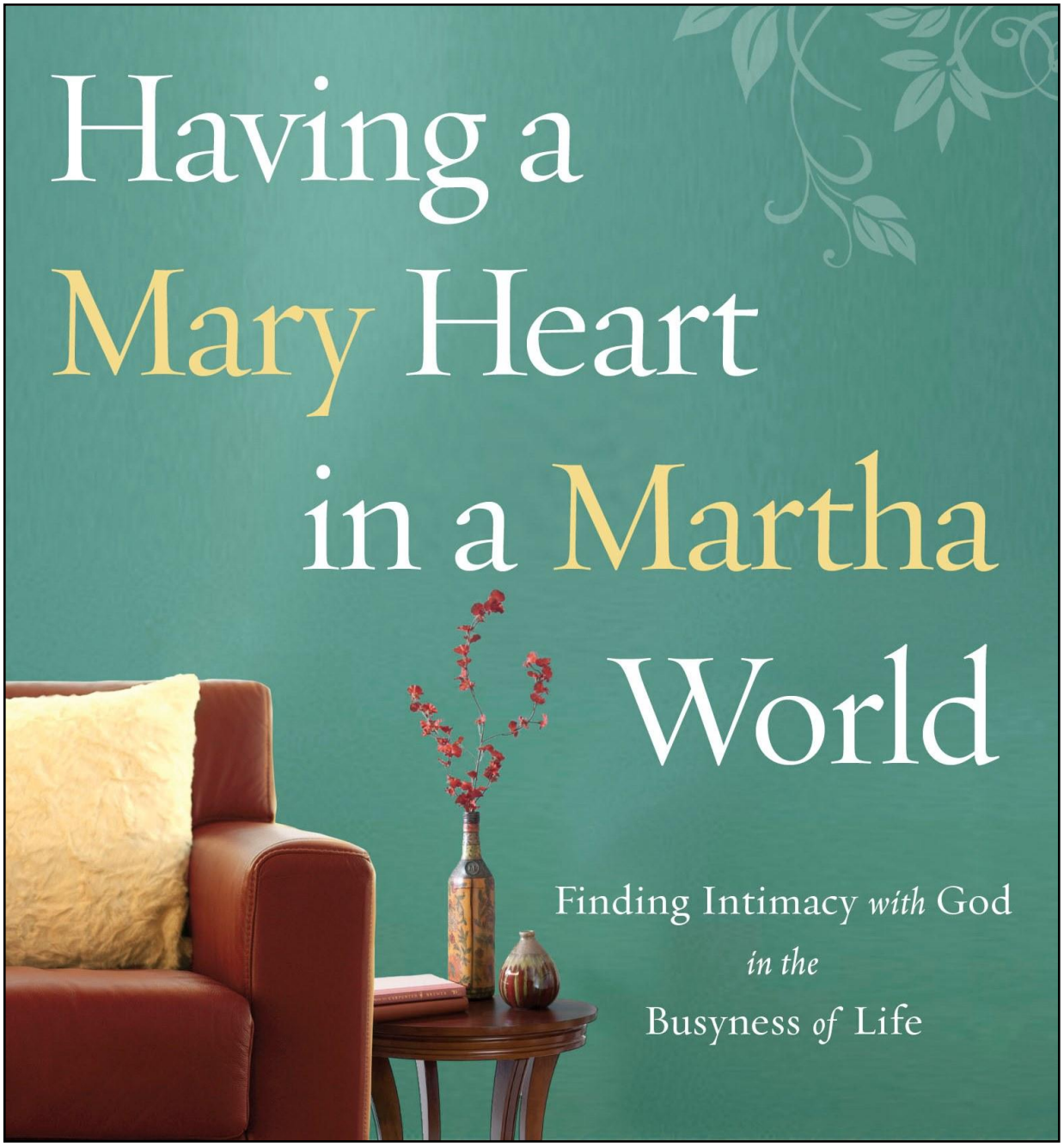
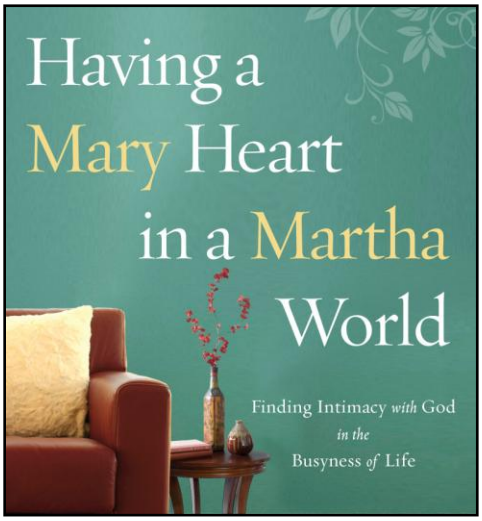


DVD Study
Leader's Guide



DVD Study

Leader's Guide

By Joanna Weaver

There is nothing more fulfilling and life-changing than coming together as the people of God around the Word of God! With so many excellent Bible studies available, I'm honored you decided to use my book, *Having a Mary Heart in a Martha World: Finding Intimacy with God in the Busyness of Life*, as the focus of your ten-week study (with the option to expand to eleven or twelve weeks, if you choose).

While the Bible is the centerpiece of our time together, *Having a Mary Heart in a Martha World* will provide the structure. Every participant should have a copy of the book and the companion study guide. Each week, the DVD teaching session will enhance the topic they've just studied. I'm so excited to share the fresh truths the Lord has given me!

The *DVD Study Pack* includes:

- Ten video teaching sessions plus a bonus session to be used as a supplement or to expand the study.
- Short "Word Time" videos outlining tools for going deeper in God's Word.
- An interactive study guide designed to help participants engage with Scripture and each other in meaningful ways.
- Optional weekly memory verses.
- Downloadable Leader's Guide with outlines and suggestions for leading weekly meetings.

- An optional Retreat Guide which turns DVD sessions into a special weekend event filled with engaging features and fun activities.
- Promotional material for both the study and retreat.

Though in this Leader's Guide I've provided suggestions for directing your weekly meetings, be open to the leading of the Lord. He will equip you far better than any guide, giving you both the creativity and the wisdom you need to mentor people in their walk of faith.

You don't have to have any special qualifications to lead this Bible study—just a heart that's hungry to know God, a desire to see His people grow in grace, and a willingness to step out and discover what God might want to do through you.

I'm praying that this will be as meaningful a time in your life as it is in the lives of the women you lead.

So let's begin!

Getting Ready

Decide on a time and a place to hold the Bible study and then start getting the word out. If your study is held in a church, get permission and ask that your meetings be put on the church calendar. This study is designed to be ten weeks long, but can be stretched to eleven or twelve weeks. [See sidebar at right.]

Be sure to reserve your meeting room with enough space to divide into small groups. Keep in mind that this study tends to draw people of all ages, so try to provide childcare and consider handicap accessibility needs. I've heard

Using This Study in a 11- or 12-Week Format

Because many groups have need of an 11- or 12-week study, I've added bonus material that can be used to expand the existing 10-week format.

Eleven-Week Study
Between Week 5 and 6, insert Bonus Session 1 which features:

- *Assigning chapter 7 in the book*
- *Bible Reading Highlights homework*
- *Bonus Session Video — "Developing a Quiet Time"*

You'll find more instructions on using the Bonus Session 1 material on page 33 of this guide.

Twelve-Week Format
For those needing twelve weeks to fill their study calendar:

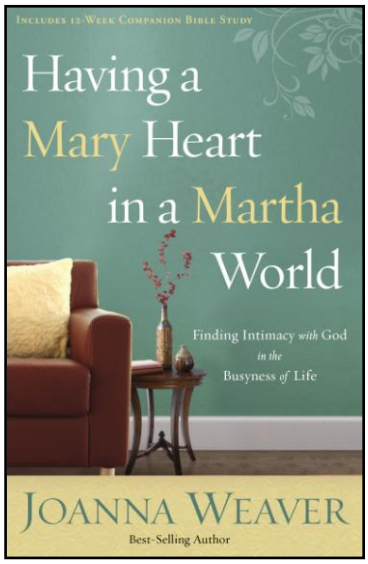
- *Insert Bonus Session 1 between Weeks 5 and 6 as outlined above*
- *Add Bonus Session 2 as final week of study—featuring an extended time alone with God followed by an optional potluck fellowship*

You'll find more instructions on using the Bonus Session 2 material on page 35 of this guide.

of groups ranging in age from 15 to 80—isn't that great!

While the book and study are designed and worded toward women, many churches have used them in mixed settings such as Sunday school classes and small groups with great success. For simplicity, I will refer to just women in this guide.

If you are unsure how many people might attend class, encourage them to register ahead of time. This will help determine how many books you need to purchase. Plan to have the study materials available to hand out at your introductory meeting.



Promotion

Start promoting the study at least a month before you plan to start. On the *Study Pack* DVD-3, you'll find a promotional video and graphic pieces to personalize with your study information, such as bulletin flyers, posters, invite cards, and a PowerPoint slide. Use them all to build anticipation. (They are also available to download at havingamaryheart.com)

In the "Leader Resource" section at the back of this guide, you'll find sample bulletin announcements, a sign-up sheet, and a press release.

Many local newspapers and radio stations offer free public service announcements, so personalize the press release with your information. Remember to include the what, when, and where aspects of the study as well as any pertinent information such as cost, babysitting availability, contact number, and website.

For those hosting the study in your home, a personal phone call or letter is a great way to invite people to attend. If you have room and feel comfortable expanding your study, encourage women to bring a friend. This is a wonderful opportunity to minister to non-believers or those uncomfortable in a church setting.

Organizing Your Bible Study

The lessons are designed to fill an hour and a half to two hours, but many groups only have an hour. With that in mind, I've marked the questions and activities I feel are most

pertinent with a gray highlight in the weekly script. In the hour format, you won't have time to include all of the Word Time videos. So preview them in advance in case you want to insert a few into your study schedule.

If your class is larger than thirty people, you may want to divide into discussion groups of twelve or less. This creates an intimate atmosphere and ensures that everyone who wants to share has a chance. Each small group needs a facilitator—someone to direct the flow of the discussion as well as draw quieter individuals into the conversation. Having two co-leaders is ideal—if one is absent the other can take her place. But it also ensures that at least two people in the group are prepared to discuss that week's lesson.

Provide each leader a three-ring binder with an attendance sheet to take roll and another sheet listing attendees' names, phone numbers, and addresses. Include a copy of this guide and tuck a few stamped postcards or notecards in the pocket so they can send a quick note of encouragement to absent or ill members. Name tags, especially in the early weeks, help the entire group to connect and get to know each other by name.

You may have a teaching situation such as a Sunday school class where dividing into small groups isn't an option. I'd still encourage you to shape the class around discussion using the techniques described in "Tips for Leading Small Groups" on page 8 of this guide. Involve as many people as possible. Consider breaking up into small circles occasionally so members can get to know one another better.

Using This Study

Each week students are assigned to read a chapter (or chapters) in the book *Having a Mary Heart in a Martha World*. Please emphasize this, as there is so much important material they will miss if they skip the reading. But encourage them to do the homework assigned in their study guide as well.

Designed to take participants deeper into the Word, the study guide uses light-hearted discussion questions as well as more personal queries to help class members open their lives to God, to one another, and to build community. Best of all, it provides opportunities for everyone to participate, even those who were unable to complete that week's study.

My primary purpose is to get students into the Word of God for themselves. While I'm glad they are reading my book, I want them to fall in love with "The Book"!

In-depth Bible study may be new to some women. Though I've tried to make it accessible for everyone, they may feel a bit overwhelmed. I know I did when I first began to use formal Bible studies. I wanted so badly to answer the questions just right, and I felt silly when I didn't understand what the writer was getting at.

It is often at this point people stop coming to studies. Train your small group leaders to always be gentle and encouraging at moments when students don't answer the questions as expected. Encourage them to follow up with a phone call when someone misses a week. If a student is feeling overwhelmed by the study questions, consider pairing her with a more experienced person who is willing to walk through the questions together for a few weeks.

My deepest desire is that no one is left behind! Remind your group that we are all learners and that they have a Teacher who promises to help them—the Holy Spirit. As they sit down to their personal study time each week, encourage them to pray and ask for the wisdom and revelation that comes from the Spirit (Ephesians 1:17). They don't need to worry about answering the questions perfectly.

As they get into the Word of God on a consistent basis, the Word of God will get into them! And that's what all of us need. Not a sheet of neatly written, carefully worded answers, but the gentle work of God bringing soul-deep life-change.

Facilitating Small Groups

Many leaders tell me that the study questions teach themselves. As people begin to share what the Lord has taught them during the week, they learn from each other. The conversation simply needs guiding. Though I tend to be a lecturer by nature, I'm discovering that lives are more often changed in the context of relationship.

On the next page, you'll find a sidebar of tips I've found helpful in leading small groups. But there will still be times when the conversation feels stilted. Especially when only a few students have done their lesson. At times like these, you as a facilitator need to be prepared. As I do the study, I often mark questions that I feel are most pertinent.

Tips for Leading Small Groups

- Ask God to give you a genuine love for each person.
- Pray for them faithfully that they will make time for the study and that the Holy Spirit will enlighten their minds as they read and study the Word.
- Guide the conversation but don't monopolize it.
- Don't be threatened by silence. People often need time to formulate their response. If you jump in with the answers, quieter members will sit back and not interact.
- Sometimes one member is more vocal than the others, to a point of hi-jacking the conversation. In those instances, be kind but don't be afraid to take back the helm. Ways to do this include thanking the person for his or her input but then asking if anyone else has a thought or interjecting a short insight of your own. When asking the next question, suggest that someone who hasn't had a chance to share speak up.
- To draw out quieter members, you may want to make gentle eye contact to invite their involvement. After someone has answered a question, address the quiet person by name and ask what he or she thinks. Don't push or demand, but provide an opportunity for everyone to be heard.
- When an answer is given that doesn't quite fit the question or the scriptural context, thank the participant and then ask if someone else has an answer.
- Sometimes opinions or answers will be given that are unscriptural, and at other times conversations may devolve into gossip or gripe sessions. At moments like these, I whisper a prayer for wisdom and then gently steer the conversation back on track. It isn't always necessary to correct the issue at that moment, but look for opportunities to bring truth to these situations – even if it is the following week.
- You can gently address a sidetracked topic in closing prayer or share a scripture. But above all, avoid arguing or making anyone look foolish. Present truth and let the Holy Spirit do the rest.

On those tough, nobody's-prepared days, I point the group to these questions and read the scripture portion aloud, asking them to respond. While they may not have done the study at home, this gives them a taste of it in class.

Beyond the weekly script I've provided to guide your discussion time, you may also want to ask: "What spoke most to you from this week's chapter(s)?" This question nearly always spurs great conversation, but feel free to share your high point or direct them to a story or illustration in the chapter to encourage discussion as well.

Be Creative

Throughout the study, I've included optional activities to liven up your time together. While they are not necessary, please remember that you serve a variety of people. Not everyone learns well from a printed page. So change up the pace now and then. Do some of the activities I've suggested and check out the Retreat Guide for even more. But don't be afraid to come up with creative ideas of your own.

Some of you might say, "Joanna, I don't have a creative bone in my body." Well, that might be, dear friend, but remember, you serve an incredibly creative God! Don't be surprised when He starts dropping ideas in your heart, but look around you as well. I'm fairly certain you have creative people in your group who'd love to use their gifts to come up with ways to make the study come alive.

Whether you hand out M&Ms to emphasize our friends, Mary and Martha, or host a hula hoop contest, have fun with your time together.

Be an Encourager

No one wants to fail. Especially not your small group leaders. As study coordinator, provide support for your facilitators by making sure that rooms are clean and ready for class and that extra Bibles and pens or pencils are available. Little touches can mean a lot. If possible, try to meet with your leaders each week before the study. While prayer is the primary purpose, it also gives your team a chance to share the trials and triumphs they are experiencing in their particular group.

Be sure to dismiss early enough to allow the leaders to greet the arriving students or consider creating a separate welcome committee. I'm sure you have ladies who would love to take care of set-up, refreshments, and welcoming the class.

As coordinator, your group leaders are the small group you minister to. Pray for them daily, follow up with phone calls to see how they are doing. When you come across materials that will help them lead their groups, pass the information on. These are the people you get to love! Be sure you make time at the end of the study to appreciate all they have done with a small gift and/or a potluck in their honor. Ask the members of each group to write notes of appreciation to their facilitators as well.

In closing, I want to exhort both you and your small group leaders not to be disappointed by attrition. What is that? It is the normal drop in attendance that often happens in Bible studies. While I'm glad many churches report low attrition with this study, the reality is that some of the people who start the book may not finish.

There will be many reasons. Some we can address and try to change—their fear of failure, interpersonal conflicts, or frustration with lack of structure. But other reasons will be beyond our control, including family issues and schedule changes. Some attendees may not be ready for the sustained commitment a ten-week study requires.

Mother Teresa once said, "God has not called me to be successful. He has called me to be faithful."[1] Our job is to create a community in which people can come to be spiritually fed. A place that is safe, where they feel loved and accepted. That kind of intimacy doesn't happen overnight. It happens over months and years.

As a leader, just keep opening up your heart. Keep putting out spiritual food and keep praying down the presence of the Lord. God will do the rest. Because He loves to change His children as they gaze intently into the Word that brings freedom and life (James 1:25).

Bless you, my dear friend. You will be in my prayers. Don't shrink back. Step forward. Don't lead in your own strength. Go in the strength of the Lord. I believe God is going to meet your ladies in a special way. But I also believe He is going to grow you and use you in ways you never imagined. All because you said yes to His call.

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[1]Kathryn Spink, *Mother Teresa: A Complete Authorized Biography* (San Francisco: HarperSanFrancisco, 1997), 245.

Using this Leader's Guide

While many of you won't need a detailed guide, you may want to glance over each week's script to get a feel for the format I suggest. Please don't feel like you have to cover all the material. There may be weeks when the discussion becomes so rich you aren't able to get through all the questions. That's wonderful! The prompts are only suggestions, not requirements. Let the Holy Spirit be your guide.

However, with that said, I do want to encourage you not to habitually stray from or ignore the study completely. That can be very frustrating for those who have worked hard on their homework throughout the week.

To save space in this guide, when referring to page numbers in *Having a Mary Heart in a Martha World*, I only use the paperback edition. For class members who have the hardcover edition of the book, the companion study guide notes both paperback and hardcover page numbers when pointing to the book.

As I mentioned before, the study material is designed to fill an hour and a half to two hours of class time. If you only have an hour, cover the suggested questions and study elements shaded in gray. Unfortunately, with time constraints an hour format, you'll miss most of the "Word Time" videos and perhaps the Bonus Session video. If so, point members to the website where they are available for viewing—havingamaryheart.com.

Study Elements Include:

- "Word Time" videos—these 3–5 minute videos are played near the beginning of the class and follow sidebars that appear in the study guide.
- Group Discussion—goes over questions studied through the week.
- Video Session—with a corresponding viewer's guide to take notes, each 18- to 20-minute teaching is related to, but doesn't repeat, that week's chapter.
- Closing Response—space for reflection and personal response to the Lord at the end of each week's study.
- Weekly Assignment—previews homework for the upcoming week.
- Memory Verses—nine meaningful verses are assigned over the course of the

study. Though this feature is optional, I would encourage you to assign at least one or two verses to memorize as a group throughout the study.

NOTE: Verses are available in a business card template that you can access on the third DVD or for download at the website. Consider printing and laminating a set for each woman.

The DVD Pack Includes Three Discs:

Disc One	Sessions 1–4
	Corresponding Word Time videos
	Optional Retreat Session 1
Disc Two	Sessions 5–8
	Corresponding Word Time videos
Disc Three	Sessions 9–10
	Corresponding Word Time videos
	Bonus Session—"Developing a Quiet Time"
	Promo Material—Promo video, posters, flyers, and PowerPoint slide
	Leadership Resources—Downloadable guide, memory verses, etc.
	Retreat Guide—Details for using material in a weekend setting

Be sure to check out the website: havingamaryheart.com for more resources.

HAVING A MARY HEART–WEEK ONE

PREPARATION:

- Plan for small group leaders to arrive early for prayer and setup.
- Make sure the meeting room is set up and ready to go.
- Brew coffee, set out refreshments, and make atmosphere inviting.
- Print off "Table Talk" questions.
- Test video projection equipment and become familiar with DVD menu.
- Have name tags available so women can learn each other's names.
- As ladies arrive, distribute a *Having a Mary Heart in a Martha World* book and a study guide to each guest.
- Optional Handout: Books of the Bible bookmark to be used as you wish. [See "Additional Tools" for directions.]

WELCOME: (10 MINUTES)

- Welcome ladies.
- Open in prayer—If your group regularly takes prayer requests, there is space to record them on the last page of this week's study.
- Announcements.

TABLE TALK: (20 MINUTES)

This is a great chance for the ladies to get to know one another in a fun, lighthearted way. Use the idea below or come up with your own!

Have an envelope on each table filled with fun questions printed on strips of paper. Have the ladies take turns drawing a question and answering:

- Tell the group about the worst outfit you have ever worn.
- What is the craziest thing you have ever done?
- If you could live anywhere in the world, where would you live?
- What is your favorite childhood memory?
- How many pairs of shoes are in your closet right now? What is your favorite pair?
- When was the last time you had an entire day to yourself? What did you do?
- What is the weirdest thing you have ever eaten?
- What is your all-time favorite song and why?

DISCUSSION: (15 MINUTES)

- **INTRO:** Have someone read opening paragraphs in study guide.
- **QUESTION 1**: Ask several women to share their ideas.
- **QUESTION 2**: This is a fun, interactive question. Give your answer first to start the conversation flowing.

- **QUESTION 3**: Have someone read **MATTHEW 11:28** and discuss.

WORD TIME: MEMORIZING SCRIPTURE (15 MINUTES)

- Turn to the "Memorizing Scripture" sidebar in week 2 of study guide.
- **DVD-1**: View corresponding Word Time video (4:02).
- Work together on next week's memory verse (**MATTHEW 11:28**) using the system I suggest on the video, repeating each line three times:
  "Matthew 11:28 / Come to me"
  "Matthew 11:28 / Come to me, all you who are weary and burdened"
  "Matthew 11:28 / Come to me, all you who are weary and burdened and I will give you rest"
  "Matthew 11:28 / Come to me, all you who are weary and burdened and I will give you rest / Matthew 11:28"
- The women will be surprised how well they know the verse. Congratulate them and encourage them to continue reviewing what they've learned, then come ready to say the verse next week.
- **NOTE:** Emphasizing scripture memorization is optional. If you do make it a priority, plan on using the time at the beginning of each class for review.
- **TOOLS:** Downloadable memory verses are available on **DVD-3** as well as online. Print and laminate a set of cards for each woman to help them review their verses in an easy format.

DVD-1 VIDEO: (23 MINUTES) Session 1—"Having a Mary Heart…"

- Point women to the session 1 viewer guide page for taking notes.
- **NOTE**: In case anyone asks, my son Joshua is our "little surprise"! He was born in 2002 after this book was written.

RESPONSE: (7–15 MINUTES)

- Immediately after video, ask the women to turn to the next page in their study guide and write their response to: "I sense the Lord saying…"
- If there is time, ask if anyone would like to share what spoke most to them.

MAKE A PLAN: (10 MINUTES)

- First, brainstorm ways women could get the most out of this study, then ask participants to individually respond to the question in the "Make a Plan" box.

CLOSING: (5 MINUTES)

- Go over the assignment instructions on the last page of this week's study.
- **NOTE**: This is one of three weeks when participants are assigned two chapters to read in *Having a Mary Heart in a Martha World.* Encourage them to start right away so that the assignment is not overwhelming.
- Close in prayer.

HAVING A MARY HEART–WEEK TWO

PREPARATION:

- Optional: Handout: laminated memory verses for each woman. See directions in "Additional Tools."

WELCOME: (10 MINUTES)

- Welcome ladies.
- Open in prayer—If your group regularly takes prayer requests, there is space to record them on the last page of this week's study.
- Announcements.
- **MEMORY VERSE REVIEW**—Before class, have ladies review verses. Then, during class, go over the assigned verse as a group.

> *"Come to me, all you who are weary and burdened and I will give you rest."* MATTHEW 11:28

WORD TIME: SCRIPTURE MEMORIZATION (5 MINUTES)

- Since you played this week's Word Time video last week, ask the women to review what they learned. Refer them to the "Memorizing Scripture" sidebar in week 2 of their study guide. (If you have a lot of newcomers, you may want to view the corresponding video again on **DVD-1**.)
- Review **MATTHEW 11:28** together.

TABLE TALK QUESTION: (15 MINUTES)

- Tell us about your family—how many brothers and sisters you have, any funny or happy memories.
- As women open to the first page of week 2, share this thought from me:

From Joanna: Please don't be afraid to share your lives with each other. Part of growing together involves transparency. One of the things I love about Martha is that she was honest—she shared openly with Jesus what she was feeling and she allowed Him to speak the truth she needed to hear. If we're willing to do the same, we'll grow closer to God and closer to each other.

DISCUSSION: (30 MINUTES)

- **INTRO:** Have someone read opening paragraphs in study guide.
- **QUESTION 1:** Read **LUKE 10:38–42.** Have women share the things they noticed about Mary and Martha. Then have them share the ONE WORD they chose to write down in their workbook that sums up that person.
- **QUESTION 2:** Ask for several people to share.
- **QUESTION 3:** Open the "Is it possible to change?" question for discussion.

- **QUESTION 4:** Go to **1 KINGS 19:1–18.** (Give a recap chapter 18 and the victory over the prophets of Baal before referring to this part of the story.)
  - Have them describe how the Deadly D's affected Elijah in this story.
  - Ask: How have they affected you?
- **QUESTION 5:** How did God minister to Elijah? How has He ministered to you when you were feeling discouraged?
- **QUESTION 6:** Have someone describe the situation in **MARK 4:35–41**. What can we learn from Jesus' response to the disciples' question, "Lord, don't you care?"
- **QUESTION 7**: Assign someone to read **ISAIAH 43:1–2.** What can we be assured of during difficult times in our lives?
- **QUESTION 8:** Have several women answer if they feel comfortable.
- **QUESTION 9:** Because of its personal nature, don't require anyone to share. Just ask the women to chart where they fall on the scale. Encourage them to be honest—it's where we are right now, but it doesn't have to be where we stay.
- **QUESTION 10:** Have someone read **ISAIAH 29:13.** How do you see this verse playing out in Christianity today?
- **QUESTION 11:** Ask ladies to share something in their relationship with God that has become routine.

  NOTE: If women hesitate during these more personal questions, you may need to generalize the question. For instance: "How do we as Christians tend to settle into a routine rather than a relationship?"
- **QUESTION 12:** Read **PSALM 103** out loud slowly. If the women haven't already done this, ask them to choose five "benefits" that mean a lot to them. Have several share which one spoke most to them.

MAKE A PLAN: (10 MINUTES)

Ask women to share how they have (or plan to) make room in their lives for time with the Lord.

DVD-1 VIDEO: (22 MINUTES)

Session 2—"Lord, Don't You Care?"

- Point women to the session 2 viewer guide page for taking notes.

RESPONSE: (7–15 MINUTES)

- Immediately after video, ask the women to turn ahead in their study guide and write their response to: "I sense the Lord saying…"
- If there is time, ask if anyone would like to share what spoke most to them.

CLOSING: (5 MINUTES)

- **NOTE**: This video ends with an explanation of salvation and prayer. After the response time, invite anyone who gave their heart to the Lord or would like more prayer to meet with you at the end of study.
- Go over the assignment instructions on the last page of this week's study. **NOTE**: If verse is too long, assign only the first half: **PHILIPPIANS 4:6**
- Close in prayer.

HAVING A MARY HEART–WEEK THREE

PREPARATION:

- Optional Craft: gather items needed for "NO FEAR" bead craft as described in "Additional Tools" section in back of this Leader's Guide. Consider printing and laminating corresponding "Promise Card" found at havingamaryheart.com.

WELCOME: (10 MINUTES)

- Welcome ladies.
- Open in prayer—If your group regularly takes prayer requests, there is space to record them on the last page of this week's study.
- Announcements.
- **MEMORY VERSE REVIEW**—Before class, have ladies review their verses. Then, during class, go over assigned verse as a group—if too long, focus on first half. (Point new members to the "Memorizing Scripture" sidebar in week 2.)

> *"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."* PHILIPPIANS 4:6–7

WORD TIME: BIBLE STUDY METHODS (10 MINUTES)

- Turn to "Bible Study Methods" sidebar in week 3 of study guide.
- **DVD-1 VIDEO**: View corresponding Word Time video. (4:18)
- After video, have women share other Bible study methods they enjoy.

OPTIONAL TABLE ACTIVITY: (15 MINUTES)

- Hand out materials and instruction sheet for Promise Bead craft. Instructions found in "Additional Tools" at the back of this guide.
- As they work on the project, share an overview of the "worry bead" story in chapter 3 (pgs 30–31) of the main book. Hand out "Promise Card" and go through scriptures.

DISCUSSION: (30 MINUTES)

NOTE TO LEADERS: This week's questions may feel a little personal. Sharing your honest struggle may help others open up as well. Generalizing the questions can also help start the conversation.

- **INTRO:** Have someone read opening paragraphs in study guide.
- **QUESTION 1**: Read **LUKE 10:40–41.** Encourage women to imagine themselves in the story. Ask: "What did Jesus say was Martha's main problem? How would His words have made you feel?"
- **QUESTION 2**: Have several women give their answers.
- **QUESTION 3**: Read over the "Ten Signs of a Big Worrier" sidebar then ask: "Do you see yourself in any of these?"

- **QUESTION 4**: Brainstorm how fear might be related to the areas listed.
- **QUESTION 5**: Assign **VERSES** to be read aloud by different women. Then ask group how fear affected the people mentioned.
- **QUESTION 6**: Have someone read **JOSHUA 1:9** out loud to the group. Then have someone share their paraphrase.
- **QUESTION 7:** Look at the "Concern and Worry" diagram. Ask someone to share their response to the first question. Open up discussion for the second question.
- **QUESTION 8**: Have two people ready to read **PROVERBS 3:5–6** and **PHILIPPIANS 4:6–7**. Have them read one verse at a time and then ask the class what they see as:

  COMMAND
  ACTION(S)—(i.e., the responsibility on our part)
  RESULT

- **QUESTION 9:** Open your Bible and prepare to read **MATTHEW 6:25–30**. If they haven't already responded, invite the class to fill in their NAME and SITUATION in the first set of blanks. Have them close their eyes as you read. Ask them to allow the Word of God to speak to their hearts. Then ask how God has been faithful to provide for them as He does for the birds and the lilies.
- **QUESTION 10:** Read **MATTHEW 6:31–34** out loud. Ask if any one feels comfortable sharing how they finished the sentence given: *Lord, I don't want to worry as the world does. Help me….*
- **QUESTION 11:** Have everyone turn to **ROMANS 8:35–36.** Ask the group to list the various things that attempt to separate us from God's love. Considering the situation they may be going through, read **ROMANS 8:37–39** out loud. Ask: "How did it feel to write 'Conquered through Christ' over their problems?"

MAKE A PLAN: (10 MINUTES)

Have women share any methods they've learned to help them choose FAITH over FEAR. (If no one speaks up, brainstorm a plan together.)

DVD-1 VIDEO: (20 MINUTES) Session 3—"Freedom from Fear"

- Point women to the session 3 viewer guide page for taking notes.

RESPONSE: (7–15 MINUTES)

- Immediately after video, ask the women to turn to the next page in their study guide and write their response to: "I sense the Lord saying…"
- If there is time, ask if anyone would like to share what spoke most to them.

CLOSING: (5 MINUTES)

- Go over the assignment instructions on the last page of this week's study.
- Close in prayer.

HAVING A MARY HEART–WEEK FOUR

PREPARATION:

- You'll need one 1–1½" polished rock for each lady and multiple Sharpies—placed on tables. [See "Additional Tools."]

NOTE: This is an important activity as I will be referring to it in video.

WELCOME: (10 MINUTES)

- Welcome ladies.
- Open in prayer—If your group regularly takes prayer requests, there is space to record them on the last page of this week's study.
- Announcements.
- **MEMORY VERSE REVIEW**—Before class, have ladies review their verses. Then, during class, go over the assigned verse as a group. (Point new members to the "Memorizing Scripture" sidebar in week 2.)

> *If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him.* JAMES 1:5

WORD TIME: READING AND MARKING YOUR BIBLE (15 MINUTES)

- Turn to "Reading and Marking Your Bible" sidebar in week 4 of study guide.
- **DVD-1 VIDEO**: View corresponding Word Time video. (3:41)
- **WORD TIME EXERCISE:** Using the tips they've just learned, have women prayerfully read over the Romans 12 sidebar. Allow about 4–5 minutes for this, then ask a few women to share what spoke most to them.

DISCUSSION: (30 MINUTES)

- **INTRO:** Have someone read opening paragraphs in study guide.
- **QUESTION 1**: Read question and have women share around table ways that "Martha Stewart" perfectionism shows up in their lives.
- **QUESTION 2**: Refer to the "Dumping Rocks" story on page 48–51. (We'll see a reenactment in the video session.) Ask women to share what "rocks" they are currently carrying.
- **QUESTION 3:** One at a time, read questions and discuss.
- **QUESTION 4**: Assign **VERSES** to be read aloud. Afterwards, discuss what we learn from these verses.
- **QUESTION 5**: Ask someone to read **LUKE 10:38–42.** Discuss questions.
- **QUESTION 6:** Have someone read **LUKE18:18–25** then go through the four-part question.
- **QUESTION 7**: Read opening statement, then have someone read **ROMANS 5:8–9.** Ask members to respond to question. Read **TITUS 3:5**, ask for response. Ask, "Why is it such Good News that we aren't saved by good works?"

- **QUESTION 8:** Ask a number of women to share their answers.
- **QUESTION 9:** Have someone read **TITUS 2:11–12**. Ask the women to identify what grace does in our lives. Then have them read verses **13–14** and respond to question. Ask women to share how these four verses encourage them.
- **QUESTION 10:** Have someone read **ISAIAH 42:16** aloud. Have women share one thing that spoke to them in the verse.

MAKE A PLAN: (10 MINUTES)

It's time to get practical, spiritually speaking! Give an opportunity for women to share the "one thing" from their "Make a Plan" homework they plan to implement.

TABLE ACTIVITY: (8 MINUTES) Refer women to the rocks and Sharpies on their table. Then share this note:

From Joanna: Burdens are real. We each carry a load that weighs us down – especially when those burdens are out of our control. What is weighing you down today? What is keeping you awake or causing you to feel overwhelmed? Take the rock in front of you and write a word that describes the burden you are carrying.

- **PRAY:** *Lord, thank You that You care about the things that concern us. Thank You that You have invited us to bring all our burdens to You. I give this situation to You, Lord. I'm asking for strength and wisdom to know what part I am to carry and what part belongs only to You. Help me, Lord. I commit this to You. Amen.*
- Have the ladies put the rock in front of them, letting them know we will refer to them at the end of the video.

DVD-1 VIDEO: (20 MINUTES) Session 4—"Burden Bearer"

- Point women to the session 4 viewer guide page for taking notes.

RESPONSE: (7–15 MINUTES)

- Immediately after video, ask the women to turn to the next page in their study guide and write their response to: "I sense the Lord saying…"
- If there is time, ask if anyone would like to share what spoke most to them.

CLOSING: (5 MINUTES)

- Go over the assignment instructions on the last page of this week's study.
- **NOTE**: The upcoming week involves reading two chapters in *Having a Mary Heart in a Martha World.* Encourage your ladies to start right away so that the assignment is not overwhelming.
- Close in prayer.

HAVING A MARY HEART–WEEK FIVE

PREPARATION:

- Optional: Place mini Snickers candy bars on the tables to relate to question 1.
- Optional Activity: Gather 5–6 hula hoops for the game described below.
- **11- or 12-WEEK STUDY:** Save the hula hoop game for Bonus Week 1 and note the alternate assignment at the end of this script.

WELCOME: (10 MINUTES)

- Welcome ladies.
- Open in prayer—If your group regularly takes prayer requests, there is space to record them on the last page of this week's study.
- Announcements.
- **MEMORY VERSE REVIEW**—Before class, have ladies review their verses. Then, during class, go over the assigned verse as a group. (Point new members to the "Memorizing Scripture" sidebar in week 2.)

> *Seek first his kingdom and his righteousness,*
> *and all these things will be given to you as well.*
> MATTHEW 6:33

OPTIONAL GROUP ACTIVITY: (10 MINUTES)

Select two women for a hula hoop contest. See which one can keep the hula hoop spinning the longest. Then see how many hula hoops the winner can do at one time. Lots of fun!

WORD TIME: BIBLE READING HIGHLIGHTS (10 MINUTES)

- Turn to "Bible Reading Highlights" sidebar in week 5 of study guide.
- **DVD-2 VIDEO**: View corresponding Word Time video. (3:55)
- After video, have women share the methods they use to capture what they read during their time in the Word.

DISCUSSION: (30 MINUTES)

- **INTRO:** Have someone read opening paragraphs in study guide.
- **QUESTION 1**: Read the "Spiritual Snickers Bar" story on page 69, then ask: "What do you turn to instead of God when you're feeling empty?" Ask: "Where should we turn instead and why?"
- **QUESTION 2:** Have someone read **ISAIAH 46:1–2** aloud from their workbook and talk about the imagery. Then read vv. 3–4 and ask what differences stand out to them? Ask if anyone drew a picture she'd be willing to share.
- **QUESTION 3**: Ask the women to share what often weighs us down as Christians. Perhaps someone would be willing to share their prayer?

- **QUESTION 4**: As you say each barrier, have women raise their hand if they've been hindered by that particular barrier. If someone circled a verse next to that barrier, ask them read the verse they chose as meaningful to them.
- **QUESTION 5**: Assign **VERSES** to be read aloud. Ask the group to share anything that spoke to them through these verses.
- **QUESTION 6:** Talk about or read the "hoopy birthday" story on page 99–100. Ask the women to share the hula hoops they listed.

11- or 12-WEEK STUDY: Will be referred to in Bonus Week 1.

- **QUESTION 7:** Ask the two questions related to the formula, then have women brainstorm ways we can strengthen weak places in our walk with God.
- **QUESTION 8:** Read **VERSES** one by one and match them with the metaphor used to explain the intimate relationship God desires. Ask: "Which metaphor means the most to you and why?"
- **QUESTION 9:** Give overview of "My Heart Christ's Home," then read excerpt on page 72–73. Ask: "How does it make you feel to think that Jesus longs to have time alone with you? How could this realization turn your devotional life from a duty to a delight?"

MAKE A PLAN: (10 MINUTES)

Ask women to share any helpful insights they discovered as they made a plan for time alone with the Lord.

From Joanna: It is so important to be a problem-solver when it comes to making time to be with Jesus. So often we encounter obstacles and give up rather than figuring out how to get around them. You may try a certain time of day only to find that it doesn't work for you. That's okay—try other times until you find something that works for you. Remember, don't set yourself up to fail. Start with an amount of time that is manageable to begin with. You can grow from there! Set yourself up to succeed!!

DVD-2 VIDEO: (20 MINUTES)

Session 5—"Pursued by Love"

- Point women to the session 5 viewer guide page for taking notes.

RESPONSE: (7–15 MINUTES)

- Immediately after video, ask the women to turn to the next page in their study guide and write their response to: "I sense the Lord saying…"
- If there is time, ask if anyone would like to share what spoke most to them.

CLOSING: (5 MINUTES)

- Go over the assignment instructions on the last page of this week's study.
- **NOTE:** This week's "Make a Plan" homework involves doing a "random act of kindness." Remind them to be looking for ways to minister as they go throughout their week.
- **11- or 12-WEEK STUDY**: Read assignment from Bonus Week 1
- Close in prayer.

HAVING A MARY HEART–WEEK SIX

PREPARATION:

- Optional Activity: have needed items on hand for the "Kitchen Service Project" you've chosen in advance. See segment below for more information.

WELCOME: (10 MINUTES)

- Welcome ladies.
- Open in prayer—If your group regularly takes prayer requests, there is space to record them on the last page of this week's study.
- Announcements.
- **MEMORY VERSE REVIEW**—Before class, have ladies review their verses. Then, during class, go over the assigned verse as a group. (Point new members to the "Memorizing Scripture" sidebar in week 2.)

> *Whatever you do, work at it with all your heart,*
> *as working for the Lord, not for men.* COLOSSIANS 3:23

WORD TIME: BIBLE STUDY RESOURCES (10 MINUTES)

- Turn to "Bible Study Resources" sidebar in week 6 of study guide.
- **DVD-2 VIDEO**: View corresponding Word Time video. (2:52)
- After video, have women share other Bible study methods they enjoy.

OPTIONAL KITCHEN SERVICE PROJECT: (20 MINUTES)

- This Kitchen Service Project is designed to give women an opportunity to put feet to their faith and hands to their love, Choose a simple project that can be finished in less than 20 minutes to bless someone outside of the study. Here are some ideas to consider:
  - Decorate pre-made cupcakes for shut-ins (regular and sugar-free).
  - Write thank-you notes to teachers, missionaries, city officials, etc.
  - Divide into teams and blitz-clean different areas in the church (ask permission and provide cleaning products). Make it a race!
- If you have more time available or want to extend this week's class, check out the larger Kitchen Service Projects suggested in the Retreat Guide.

DISCUSSION: (30 MINUTES)

- **INTRO:** Have someone read opening paragraphs in study guide.
- **QUESTION 1**: Read the D.L. Moody quote. Ask women to share about people who have influenced their life for Christ and how they did it.
- **QUESTION 2**: After reading the story on page 97, ask a few women to share the characteristics of Jesus that they'd like to "stick out all over" in their lives.

- **QUESTION 3:** Have someone read **JOHN 13:1–17**. Then ask, "According to what you learned in the book, why was this so shocking?" Ask: "In **verses 15–17**, what did Jesus say was the purpose behind His act and the reward attached to it?"
- **QUESTION 4**: Brains**t**orm unexpected ways we could "wash the feet" of those around us.
- **QUESTION 5:** Ask participants to take a moment or two and do this exercise if they haven't done it already. Ask: "What discoveries did you make as you did this exercise?"
- **QUESTION 6**: Have someone read **1 JOHN 3:14**, then work through the questions. Have several women share which part is hardest for them.
- **QUESTION 7:** According to **MATTHEW 25:31–46**, what will Jesus do one day (vv. 31–33)? What significant differences do you see between the "sheep" and the "goats"?
- **QUESTION 8:** Ask several women to share how these verses spoke to them.
- **QUESTION 9:** As you read the groups of people we are to love, ask which verse(s) corresponds to them, and how and why we are to love each group.
- **QUESTION 10:** This prayer exercise is meant to be between the individual and God. However, you may want to ask if there were any revelations or insights women would be willing to share.

MAKE A PLAN: (10 MINUTES)

This week we were asked to put love into action by doing tangible and unexpected "random acts of kindness." Have women share what they did, how it felt, and what they learned.

DVD-2 VIDEO: (19 MINUTES)

Session 6—"Compelled by Love"

- Point women to the session 6 viewer guide page for taking notes.

RESPONSE: (7–15 MINUTES)

- Immediately after video, ask the women to turn to the next page in their study guide and write their response to: "I sense the Lord saying…"
- If there is time, ask if anyone would like to share what spoke most to them.

CLOSING: (5 MINUTES)

- Go over the assignment instructions on the last page of this week's study.
- Close in prayer.

HAVING A MARY HEART–WEEK SEVEN

WELCOME: (10 MINUTES)

- Welcome ladies.
- Open in prayer—If your group regularly takes prayer requests, there is space to record them on the last page of this week's study.
- Announcements.
- **MEMORY VERSE REVIEW**—Before class, have ladies review their verses. Then, during class, go over the assigned verse as a group. (Point new members to the "Memorizing Scripture" sidebar in week 2.)

> *We know that in all things God works for the good of those who love him, who have been called according to his purpose.* ROMANS 8:28

WORD TIME: PRAYING GOD'S WORD (10 MINUTES)

- Turn to "Praying God's Word" sidebar in week 7 of study guide.
- **DVD-2 VIDEO**: View corresponding Word Time video. (3:43)
- After video, have women share verses they like to use when they pray.

DISCUSSION: (30 MINUTES)

- **INTRO:** Have someone read opening paragraphs in study guide.
- **QUESTION 1**: Go through the different categories of books and ask who, by raised hand, enjoys that particular genre or another type not mentioned. Then ask them to share why.
- **QUESTION 2**: Have someone read **JOHN 11:1–5**. Ask: "What key words or phrases stood out to you and why?"
- **QUESTION 3:** One at a time, read the lessons from Lazarus, asking women to indicate the ones they've found true in their lives. At the end, encourage a few to share the story behind the lesson they've learned.

From Joanna: I realize that for some of you this week's lesson is a hard one. You've walked through some difficult times, and perhaps, unlike Mary and Martha, you didn't get the miracle you'd hoped for. I don't want to gloss over the fact that life is often incredibly hard, but I do want to remind you that you have a Savior who cares about you and your pain. And so do the women around you! After class, don't be afraid to ask someone to pray with you. It would be an honor to help carry your need to God in prayer.

- **QUESTION 4**: Have someone read **2 CORINTHIANS 12:7–10**. Ask a few women to respond to what we can learn from Paul's honest exchange.
- **QUESTION 5:** Though it might be a little personal, ask if anyone would share what they took away from this exercise.

- **QUESTION 6**: Ask two women to read **JAMES 1:2–4** and **1 PETER 1:6–7.** As you go through the verses one at a time, have the women share what the verses say concerning life's difficulties.
- **QUESTION 7:** Assign **VERSES** to be read one at a time. After each verse, ask: "What was Paul's 'problem' and what was the 'benefit' he experienced?" Ask: "Who was the source of Paul's strength?"
- **QUESTION 8:** Read quote by Laura Barker Snow. Her words can be hard to receive, but have a few women respond to the question.
- **QUESTION 9:** Read the question in its entirety, then say the scripture reference. As you say the phrase that follows, "The Lord is…" pause to let the women fill in the blank with what they discovered in each verse. Ask: "Which one currently means the most to you and why?"

QUESTION 10: Have a few women share the verses they found relating to "trust." **NOTE**: Consider showing women how to use the concordance in their Bible to look up words and verses. Ask: "What stood out to you most from this week's lesson especially as it has to do with trusting God?"

MAKE A PLAN: (10 MINUTES)

Have several women share what they experienced as they worked through their "Make a Plan" strategy. If it feels right, pause a moment and have the women pray with each other around their tables or in pairs.

DVD-2 VIDEO: (22 MINUTES) Session 7—"Rewriting History"

- Point women to the session 7 viewer guide page for taking notes.

RESPONSE: (7–15 MINUTES)

- Immediately after video, ask the women to turn to the next page in their study guide and write their response to: "I sense the Lord saying…"
- If there is time, ask if anyone would like to share what spoke most to them.

CLOSING: (5 MINUTES)

- Go over the assignment instructions on the last page of this week's study.
- **NOTE**: The "Make a Plan" homework is fairly intense this week. Encourage everyone to find a significant chunk of uninterrupted time to prayerfully engage with God as they do the exercise.

> ***Dear Teacher****: As a leader, pray over your class members this week and please don't skip over this assignment. As you're willing to be honest before God, vulnerability will open a doorway for your students to become transparent before Him as well.*

- Close in prayer.

HAVING A MARY HEART–WEEK EIGHT

PREPARATION:

- Print off "Mary and Martha Quiz Game" questions in "Additional Tools."

WELCOME: (10 MINUTES)

- Welcome ladies.
- Open in prayer—If your group regularly takes prayer requests, there is space to record them on the last page of this week's study.
- Announcements.
- **MEMORY VERSE REVIEW**—Before class, have ladies practice their verses in pairs. Then, during class, go over the assigned verse as a group. (Point new members to the "Memorizing Scripture" sidebar in week 2.)

> *If you hold to my teaching, you are really my disciples.*
> *Then you will know the truth, and the truth will set you free.*
> JOHN 8:31–32

WORD TIME: THINK BIBLICALLY–LIVE BIBLICALLY (10 MINUTES)

- Turn to "Think Biblically, Live Biblically" sidebar in week 8 of study guide.
- **VIDEO**: View corresponding Word Time video. (3:47)
- After video, have women share biblical principles that help shape their lives.

OPTIONAL GROUP ACTIVITY: MARY AND MARTHA QUIZ GAME (15 MINUTES)

Choose two participants who feel fairly rounded in both of the Mary and Martha sides of life. Go back and forth between Mary and Martha questions found in the "Additional Tools" section. Watch for first hand raised, or provide small white boards for written answers.

DISCUSSION: (30 MINUTES)

- **INTRO:** Have someone read opening paragraphs in study guide.
- **QUESTION 1**: Go through the list of student types and ask women to raise their hands when you say one that describe them. Discuss the questions.
- **QUESTION 2**: Ask women to share their descriptions of a teachable person.
- **QUESTION 3:** Refer to "Are You Teachable?" sidebar in guide. Ask: "Which aspect do you struggle with? Which one do you want to work on most and why?"
- **QUESTION 4**: Have everyone open to **HEBREWS 12:5–11**, then ask several women to share the "reasons" and the "results" they found for God's discipline. Ask: "Which one of these speaks most to you and why?"

- **QUESTION 5:** Ask women to share the "if…then…" propositions they discovered in each of the verses.
- **QUESTION 6:** Have someone read **PSALM 51:10–12**. Ask: "What can we learn from David's prayer? Would someone share your reworded prayer?"
- **QUESTION 7:** Assign **VERSES** to be read aloud. Ask: "How do these verses give voice to your desire to be teachable and learn from God? What phrases stood out to you?"
- **QUESTION 8:** Read the opening statements, then have women share the "resource" the Holy Spirit uses as well as the "benefit" we experience as outlined in each of the verses.
- **QUESTION 9:** Have everyone open their Bibles to **PROVERBS 2:1–8.** After you've read it aloud slowly, ask them to share the phrases they need most today. Now read **verses 9–11.** Ask: "Which of these promised blessings do you need most this week, and why?"

MAKE A PLAN: (10 MINUTES)

This week's assignment definitely wasn't easy. Ask how many women were able to do it. Reassure them that they aren't required to share, but if anyone discovered something that could lead to a deeper transformation we'd love to hear it.

NOTE: If you feel comfortable, this would be a great moment to model teachability. You don't need to go into details, but generically share what you felt God impress on your heart.

DVD-2 VIDEO: (22 MINUTES) Session 8—"The Beauty of Repentance"

- Point women to the session 8 viewer guide page for taking notes.

NOTE: After my final words, the video keeps playing with some prompts for the women to respond to in prayer. Please be sensitive to this time.

RESPONSE: (7–15 MINUTES)

- When you feel that most of the women are ready to move into the "Response" portion, you can reverently ask them to turn to the next page in their study guide and write their response to: "I sense the Lord saying…"
- If there is time, ask if anyone would like to share what spoke most to them.
- Offer to be available after the study if anyone would like more prayer.

CLOSING: (5 MINUTES)

- Go over the assignment instructions on the last page of this week's study.
- **NOTE**: Because participants will be asked to look for ways to fulfill their "Make a Plan" homework this week, encourage them to look at that portion as soon as possible.
- Close in prayer.

HAVING A MARY HEART–WEEK NINE

PREPARATION:

- Optional: Prepare small, beautifully wrapped boxes for Table Talk activity.

WELCOME: (10 MINUTES)

- Welcome ladies.
- Open in prayer—If your group regularly takes prayer requests, there is space to record them on the last page of this week's study.
- Announcements.
- **MEMORY VERSE REVIEW**—Before class, have ladies review their verses. Then, during class, go over the assigned verse as a group. (Point new members to the "Memorizing Scripture" sidebar in week 2.)

> *Love the LORD your God with all your heart and with all your soul and with all your strength.* DEUTERONOMY 6:5

WORD TIME: WORSHIP AND THE WORD (10 MINUTES)

- Turn to "Worship and the Word" sidebar in week 9 of study guide.
- **DVD-3 VIDEO**: View corresponding Word Time video. (2:45)
- After video, have women share how they use scripture in their worship.

TABLE TALK: (15 MINUTES)

Since we're focusing on the extravagant gift Mary gave, let's talk about memorable gifts in our lives. As you pass around the gift, answer one of these questions:

- What is the most significant gift you've ever ***received*** and why was it special?
- What is the most significant gift you've ever ***given*** and why was it special?

DISCUSSION: (30 MINUTES)

- **INTRO:** Have someone read opening paragraphs in study guide.
- **QUESTION 1:** Read **JOHN 12:1–3.** Have several women share their response to the question.
- **QUESTION 2**: Referring to **2 SAMUEL 6:12–15** and the story of King David bringing the Ark of the Covenant back to Jerusalem, have women share the extravagant acts of worship they see in this portion of Scripture.
- **QUESTION 3:** Have someone describe how Michal, David's wife reacted to his worship. Ask: "Why do you think she responded that way?"
- **QUESTION 4**: Ask: "How do other people affect the way you love and worship God? What can we learn from David's example of worship and his response to his wife's criticism in vv. 21–22?"
- **QUESTION 5:** Have someone read **JOHN 12:4–11**. Ask someone to share their answers to the two questions.

- **QUESTION 6:** Refer to the chart that compares Mary and Judas' heart toward Jesus. Have several women share what impresses them most about Mary's love. Ask which, if any, aspect of Judas' response ever taints their love?
- **QUESTION 7:** Assign **VERSES** to be read aloud, then ask: "What aspect of greed and love of money do you find most dangerous?"
- **QUESTION 8:** In light of Jesus' words in **ACTS 20:35**, why is it so important to live with an open hand rather than a clenched fist?
- **QUESTION 9:** Have someone read **MARK 14:3–9**. Then read the phrases of the scripture listed, pausing to have the women fill in the blank as you read. Ask the ladies to share which statement spoke most to them and why?
- **QUESTION 10:** Turn in Bibles to **1 JOHN 3:1** and **ROMANS 8:31–32.** As you read the verses aloud, ask women to really focus on the many facets of God's love. Suggest someone share the love letter they wrote back to God.

NOTE: Consider having someone respond to these verses in prayer.

MAKE A PLAN: (10 MINUTES)

Say: "This past week we were asked to look for ways that we could love God sacrificially. We were given several suggestions. Would anyone be willing to share what you chose to do and what you discovered?"

From Joanna: In this week's "Make a Plan," I've asked you to do yet another difficult exercise that definitely goes against our human nature. But that's okay. For it reveals those places where our flesh has far too much power. Even the pushback we feel can be a gift, if we'll take that reluctance to live sacrificially to the Lord in prayer. Just cry out to Jesus! He's given us His Holy Spirit to help us die to ourselves so that we can live for Him.

SIDE NOTE: In my second book, *Having a Mary Spirit: Allowing God to Change Us from the Inside Out*, I talk about the war we all feel "in the members of my body" (Romans 7:23) and the "Holy Makeover" God wants to give us. For more about the book and DVD study, go to havingamaryheart.com.

DVD-3 VIDEO: (19 MINUTES) Session 9—"Extravagant Love"

- Point women to the session 9 viewer guide page for taking notes.

RESPONSE: (7–15 MINUTES)

- Immediately after video, ask the women to turn to the next page in their study guide and write their response to: "I sense the Lord saying…"
- If there is time, ask if anyone would like to share what spoke most to them.

CLOSING: (5 MINUTES)

- Go over the assignment instructions on the last page of this week's study.
- **NOTE**: This week involves reading two chapters in *Having a Mary Heart in a Martha World.* Encourage your ladies to start right away so that the assignment is not overwhelming.
- Close in prayer.

HAVING A MARY HEART–WEEK TEN

PREPARATION:

- Provide a deck of cards for each table for optional Table Activity.
- If you plan to have a potluck luncheon today, be sure to have eating utensils and beverages available.
- Plan to say thank you to your small group leaders.
- Be prepared, if possible, to announce the study you've chosen to do next.

WELCOME: (10 MINUTES)

- Welcome ladies.
- Open in prayer—If your group regularly takes prayer requests, there is space to record them on the last page of this week's study.
- Announcements.
- **MEMORY VERSE REVIEW**—Before class, have ladies practice their verses in pairs. Then, during class, go over the assigned verse as a group. (Point new members to the "Memorizing Scripture" sidebar in week 2.)

  Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus. PHILIPPIANS 1:6

WORD TIME: HALF-DAY OF PRAYER (10 MINUTES)

- Turn to "Half-Day of Prayer" sidebar in week 10 of study guide.
- **DVD-3 VIDEO**: View corresponding Word Time video. (3:51)
- After video, have women share their experiences and tools they've found helpful for extended times alone with God.
- **12-WEEK STUDY**: Next week's final session involves a shortened version of the "Half-Day of Prayer." Read "Assignment" section from Bonus Week 2.

OPTIONAL TABLE ACTIVITY: (7 MINUTES)

Since we're talking about building balance into our lives, see which table can build the highest house of cards in four minutes.

DISCUSSION: (30 MINUTES)

- **INTRO:** Have someone read opening paragraphs in study guide.
- **QUESTION 1:** Read the "teetertotter story" found in chapter 11, page 174–175. Ask: "What was your favorite playground toy growing up, and why?"
- **QUESTION 2**: Referring to the "Listening to Your Soul" sidebar on page 182–183, have several women share what their teetertotter currently looks like.
- **QUESTION 3:** On either side of Mary and Martha's story in Luke chapter 10, we find two stories that illustrate the balance of service and worship we need. After reading **LUKE 10:25–37**, work through the sections of the question.

- **QUESTION 4**: On the other side of the story is Christ's teaching on prayer. Have someone read **LUKE 11:1–4**. Ask: "What elements of prayer do we find in Jesus' example?" ["Father, hallowed be your name…"—worship, etc.] **Then,** have someone give overview of the parable found in **LUKE 11:5–8**, and read verses **9–13**. From this portion of scripture, what do you learn about "our part" in prayer and "God's heart" toward us?
- **QUESTION 5:** Brainstorm ways women could lean into the weak side of their teetertotters to bring balance to their lives.
- **QUESTION 6:** In chapter 12, we learn that we are people in process. Ask one or two women to share their examples of great faith.
- **QUESTION 7:** Assign **VERSES**, then read them aloud one by one, asking the women to describe the process God uses in our lives and the purpose He intends.
- **QUESTION 8:** Have someone read **HEBREWS 10:35–36** and another read **PHILIPPIANS 1:6**. Then go over the definitions. Ask several to share which words meant the most to them and why.
- **QUESTION 9:** As you read **JUDE 1:24–25**, ask women to close their eyes and listen to the promise of God's faithful involvement in our lives. Have several women share the prayer they wrote in response.
- **QUESTION 10:** If participants haven't already done it, ask them to mark the scale ranking how they currently feel about their relationship with God. Remind them to be honest, as we are all in a process of growing.

QUESTION 11: Now ask women to refer to the scale in week 2. How has their scale changed? Open up discussion by asking: "What key truths have helped you in this study? What areas do you still need God's help to grow in?"

MAKE A PLAN: (10 MINUTES)

Have someone read Michael Plant's story on page 191. Brainstorm ways we can continue to invest "below the waterline" in our lives—both spiritually and practically—as we leave this study.

DVD-3 VIDEO: (17 MINUTES)

Session 10—"Lord of the Process"

- Point women to the session 10 viewer guide page for taking notes.

RESPONSE: (7–15 MINUTES)

- Immediately after video, ask the women to turn to the next page in their study guide and write their response to: "I sense the Lord saying…"
- If there is time, ask if anyone would like to share what spoke most to them.

CLOSING: (5 MINUTES)

- **11–12 WEEK STUDY**: See "Assignment" section on Bonus Session pages.
- Read my closing note at the end of week 10 in the study guide, including the suggestions I give.
- Then, as their leader, share your own thoughts and words of encouragement.
- Ask the women to break up into groups of two or three and pray for one another. Close the study with a prayer of your own.

HAVING A MARY HEART–BONUS SESSION 1

Designed to encourage study members to take what they've learned and begin to use it in their own quiet time, this Bonus Session 1 extends your study to either eleven or twelve weeks, depending on your need.

11-WEEK STUDY

To extend your ten-week study to eleven weeks, use this session in one of the following ways:

- Insert between weeks 5 and 6, to acquire to tools for Living Room Intimacy.
- Use Bonus Session 1 as your final week, encouraging members to establish a quiet time with the Lord and the importance of applying the things they've learned in their daily lives.

12-WEEK STUDY

- Insert Bonus Session 1 between weeks 5 and 6, then use the "Half-Day of Prayer" approach for final session, as outlined in the Bonus Session 2 script.

[NOTE: If using 10-week study as written, you can use the Bonus Session video to supplement week 5, though it requires adding class time. Or point participants to havingamaryheart.com where the bonus session will be available for viewing.]

BONUS SESSION 1 SCRIPT:

PREPARATION:

- Optional Activity: Gather 5–6 hula hoops for the game described below.

ASSIGNMENT:

(To be assigned at end of week 5)

- Read chapter 7 in *Having a Mary Heart in a Martha World.*
- Encourage women to use tips found in both "Reading and Marking Your Bible" sidebar (week 4) and "Bible Reading Highlights" sidebar (week 5).
- Assign the "Bible Reading Highlight" template pages in back of guide as homework for the week. For those unsure where to read in the Bible, point them to the suggestions in the opening paragraphs of the template section.
- Continue to review verses and work on **Matthew 6:33** [see below].

WELCOME: (10 MINUTES)

- Welcome ladies.
- Open in prayer—If your group regularly takes prayer requests, there is space to record them on the last page of this week's study.
- Announcements.
- **MEMORY VERSE REVIEW**—Before class, have ladies practice their verses in pairs. Then, during class, go over the verse assigned last week. (Point new members to the "Memorizing Scripture" sidebar in week 2.)

> *Seek first his kingdom and his righteousness, and all these things will be given to you as well.* MATTHEW 6:33

GROUP ACTIVITY: (10 MINUTES)

Select two women for a hula hoop contest. See which one can keep the hula hoop spinning the longest. Then see how many hula hoops the winner can do at one time. Lots of fun!

OPTIONAL WORD TIME ACTIVITY: (15 MINUTES)

Using the methods they've learned, have the ladies read and mark **JAMES 1**, then go back and choose a verse to meditate on. Ask them to respond to it on one of the "Bible Reading Highlight" templates in back of guide. **NOTE**: Print off copies of JAMES 1 from "Additional Tools."

DISCUSSION: (30 MINUTES)

- **QUESTION 1:** Ask how many women used the "Reading and Marking Your Bible" instructions this week. Ask: "What was it like for you? Did you find it difficult to do or have you always written down what you've learned?"
- **QUESTION 2:** Concerning the assigned "Bible Reading Highlight" templates—were they easier or more difficult to use than you expected?
- **QUESTION 3:** Have everyone turn to **DEUTERONOMY 17:18–19**. After reading the verses, ask: "Why do you think God had each king write out a copy of the law? Why do you think it might be helpful to write down the specific things we sense God speaking to us through His Word?"
- **QUESTION 4:** Go around the room and ask everyone to share what they discovered in their Bible reading. While they may not have used the journal pages, if they spent time in the Word, have them share as well.

DVD-3 VIDEO: (21 MINUTES)

Bonus Session—"Developing a Quiet Time"

- Point women to the Bonus Session viewer guide page for taking notes.

RESPONSE: (15 MINUTES)

- After the video, ask women to share any other tools or tips they use in their quiet time.

DISCUSSION: (15 MINUTES)

- When the discussion winds down, ask the women to turn to the next page in their study guide and write their response to: "I sense the Lord saying…"
- If there is time, ask if anyone would like to share what spoke most to them.

CLOSING: (5 MINUTES)

- Go over the assignment instructions on back of video page unless this is your final session. If so, turn to my note at the end of week 10 study.
- **12-WEEK STUDY:** Read the assignment portion on Bonus Week 2.
- Close in prayer.

HAVING A MARY HEART–Bonus Session 2

Built around an extended time alone with God and an optional luncheon, Bonus Session 2 is an excellent way to close out your study. It can be used as a final session with 1–1½ hours dedicated to prayer or an actual four-hour "Half-Day of Prayer" scheduled on a Saturday or Sunday afternoon (which I suggest for studies limited to an hour). Though this may be intimidating for some of your ladies, I can promise that whatever format you choose, it will be a rich day none of you ever forget!

11-Week Format

- Rather than ending with Bonus Session 1, choose Bonus Session 2 (and optional potluck luncheon) as your final week of study.

12-Week Format

- Insert Bonus Session 1 between weeks 5 and 6, or after week 10.
- Use Bonus Session 2—"Half-Day of Prayer" (and optional potluck luncheon) as your final week content.

Bonus Session 2 Script:

Assignment:

(To be assigned at end of week 10)

- Encourage women to use tips found in both "Reading and Marking Your Bible" sidebar (week 4) and "Bible Reading Highlights" sidebar (week 5).
- Assign the "Bible Reading Highlight" template pages in back of guide as homework for the week. For those unsure where to read in the Bible, point them to the suggestions in opening paragraphs of the template section.
- Encourage the women to wear comfortable clothes and to come prepared for their time with the Lord. Remind them to bring their Bible and a notebook or journal and anything else that would supplement their time with God.
- Give your ladies advance notice of the time they will have alone with God (1–1½ hours on a study day and 3½ –4 hours on a separate half-day of prayer.)
- If doing optional potluck luncheon, ask women to bring a dish.

Preparation:

Before Scheduled Half-Day of Prayer:

- Tour your facility and arrange to have access to as many rooms as possible. Though women won't have a room to themselves, make sure you have enough space to allow some privacy.

On day of session:

- Check preselected rooms to make sure they are clean and marked as designated prayer spaces. In large areas such as a main auditorium, you might want to have worship music playing very softly.
- Provide coffee and water bottles for women to take to rooms. A basket of granola bars and/or fruit is also a nice touch.

- Prepare a table of quiet-time resources: various translations of the Bible, devotionals, commentaries, concordances, "scripture compilation" books, and other Christian books. Have extra pens and paper on hand as well. A few empty journals are nice for women who'd like to use one.
- If having lunch together, make any necessary preparations.

WELCOME: (8 MINUTES)

- Welcome ladies.
- Go over the day's schedule. Let the women know what time and where you will come back together for lunch.
- Explain where prayer spaces are located. Encourage them to find a place where they'll be comfortable and yet give others around them privacy.
- Briefly point to and ask them to consider using the "Bible Reading Highlight" sidebar and template provided in the back of their study guide.
- If you have a resource table available, invite women to use anything they might find useful in their time alone with God.

BLESSING: (10 MINUTES)

From Joanna: To His weary, busy disciples, Jesus gave this invitation –
"Come with me by yourselves to a quiet place and get some rest." MARK 6:31

In a sense, that's exactly what this extended time alone with God is about. In choosing to exit our busy lives for a while, we have a chance to sit at Jesus' feet like Mary did. To drink in His love and soak up His wisdom. To find rest for our souls. That "calm, inner tranquility" we so desperately need. So that when it is time to leave this place—this oasis of His presence—we are filled with everything we need. For we are filled with Jesus.

Oh, girls, this is going to be wonderful! Just you wait and see!

- Inform ladies what TIME they should gather for lunch.
- Pray over the ladies and your time together. Then dismiss them with these instructions:

"From this moment on, please refrain from speaking.
This time is meant to be between you and God alone.
If you have an emergency, I will be at (LOCATION).
But until we come back together at (TIME), let's honor
the Lord and each other by giving reverence to this time."

QUIET TIME: (60–90 MINUTES)

COMING BACK TOGETHER: (15 MINUTES)

- As you welcome the women back together, ask them to share what it felt like to spend a dedicated time with the Lord.

- Encourage women to share any breakthroughs or revelations they had. Be sure to share your own.
- Suggest that they make a "Half-Day of Prayer" a yearly or quarterly event in their lives, if not more often. Remember, it "recalibrates" our souls!

Closing: (10 minutes)

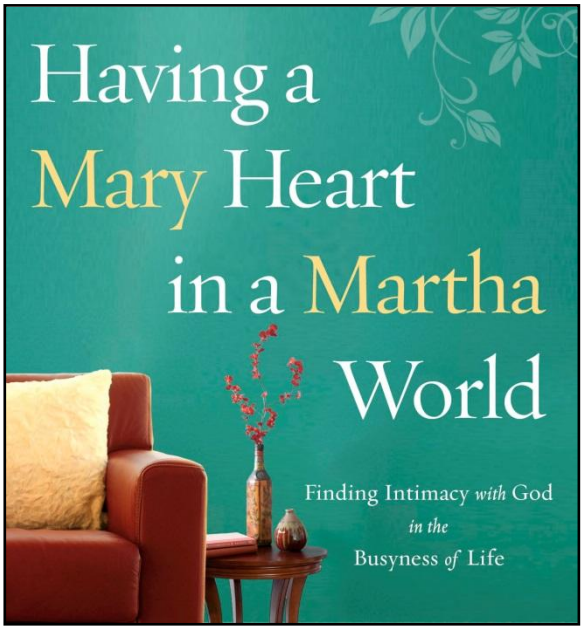
- Express your gratitude to your small group leaders and other helpers.
- Ask the women to pray for one another in pairs or around their table.
- Pray a benediction of blessing over this special group of women.
- If you know what study you are doing next, give them a preview to build anticipation.
- **NOTE**: Give them a big hug from me! Oh, how I wish I was there.

Optional Luncheon:

- As you fellowship together, continue sharing what the Lord spoke to your hearts. Celebrate what He has done and what He is going to do!
- Love on each woman and let her know how much it has meant to have her in your class.

Leader Resources:

Church Bulletin: Bible Study Announcement



You Are Invited!
An invitation for every woman who's ever felt she isn't godly enough, isn't loving enough, isn't *doing* enough.

Join us as we study the best-selling book *Having a Mary Heart in a Martha World.* This DVD-based Bible study is taught by author and speaker Joanna Weaver. Come discover the intimate relationship with God we were designed to enjoy.

Beginning:
Day & Time:
Location:
Cost:

You won't want to miss this life-changing study! [OPTIONAL: Childcare is provided.]

[Visit havingamaryheart.com for other promotional jpegs]

Church Bulletin: Retreat Announcement

An invitation for every woman who's ever felt she isn't godly enough, isn't loving enough, isn't doing enough…

The women of [CHURCH NAME] invite you to a weekend designed to help each one of us find intimacy with God in the busyness of life.

Date:
Time:
Location:
Cost:

Based on Joanna Weaver's best-selling book, *Having a Mary Heart in a Martha World* and video curriculum, come join us as we discover the blessings of friendship with God and the sweet joy of fellowship with each other. [OPTIONAL: add registration details here.]

You won't want to miss this life changing weekend!

Leader Resources:

Press Release:

[USE FOR: newspapers, radio spots, or any kind of PSA—public service announcement]

An invitation for every woman who's ever felt she isn't godly enough, isn't loving enough, isn't *doing* enough.

Beginning [DAY & DATE] at [TIME], the women of [CHURCH NAME] invite you to join them as they begin a DVD study of the best-selling book, *Having a Mary Heart in a Martha World* taught by author and speaker Joanna Weaver.

Register today by calling [PHONE] or visiting [WEBSITE]. [CHURCH NAME] has been hosting amazing community Bible Studies for [# OF] years. They welcome you to come discover the rich insights and deep truths in God's Word that have the power to change our hearts and lives. [OPTIONAL: Childcare is provided]

Event: Bible study based on *Having a Mary Heart in a Martha World* DVD Study

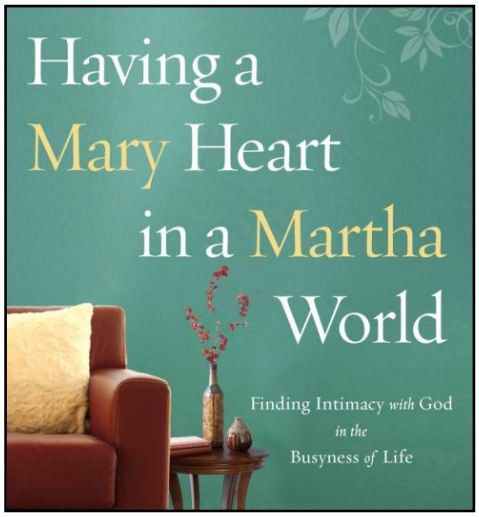
Church:

Date:

Time:

Location:

Cost:



Ladies Bible Study

An invitation for every woman who's ever felt she isn't godly enough, isn't loving enough, isn't *doing* enough…

Join us as we study Joanna Weaver's best-selling book *Having a Mary Heart in a Martha World* and DVD Bible Study.

Day & Time:

Location:

Cost:

Name	Phone	Email

Additional Tools:

Week One: Books of the Bible Bookmark

- Available on DVD-3 or for download at havingamaryheart.com.

Navigating your way around the Bible can be difficult when you are doing an in-depth Bible study. Consider providing a bookmark for each woman near the beginning of your study. Just print it off on cardstock in full-color, then trim as necessary. I suggest laminating this if possible, as it will be something your ladies may use for years.

Check with your church first to see if they can provide laminating, but if not, it is available at print shops and office supply stores like Staples and Office Max. Shop around for the best price. Though it doesn't provide the best seal, I suggest laminating whole sheets and trimming them yourself to save money.

Week Two: Memory Verse Set

- Available on DVD-3 or for download at havingamaryheart.com.

Using card stock or a generic business card template, print off a set of memory verses for each woman in the study. You can print them in color or black and white. Consider laminating them so that they will last longer. (See instructions above.) You can also hole-punch a corner and put them on a binder ring if you'd like.

Week Three: "No Fear" Bead craft

- Instructions and "Promise Cards" available for download at havingamaryheart.com.

Download the instruction sheets for this fun, hands-on project. But don't forget to print off the "N.O. F.E.A.R. Promise Cards" that accompany the craft. You will need to purchase the following for each of the ladies in your group:

9 colored plastic beads
6 white plastic "alphabet" beads to spell out NO FEAR
12" piece of black plastic cording

You can find what you need at Walmart, large craft stores, or online. **NOTE**: You'll have to buy several bags of alphabet beads to get enough of the letters you need. However, I used the leftovers to make W.W.J.D. bracelets for a children's church craft.

Week Four: Rocks and Burdens

At the end of discussion time during week 3, your ladies will be asked to write what burden they've been carrying on a rock. I will refer to it in the video teaching, so be sure to provide a rock for each woman. You will need:

- Polished 1–1½" rocks—found great ones at the Dollar Store!
- Lots of Sharpie markers—found a good price on 24 at Costco

Place on table before the session so that they are easily available.

Week Eight: Mary and Martha Quiz Game

Choose two participants who feel fairly rounded in both of the Mary and Martha sides of life. Go back and forth between Mary and Martha questions. Watch for first hand raised, or provide small white boards for written answers.

10-point questions

MARY: What was the name of the very first garden? [Eden]
Who killed Goliath? [David]
How many commandments are there? [Ten]

MARTHA: What temperature should you use to wash colored laundry? [Cold]
On which side of the plate should the fork be placed? [Left]
Name three ingredients found in lasagna. [Cheese, noodles, meat, etc.]

20-point questions

MARY: Name four of the twelve disciples that walked with Jesus. [see MK 3:18]
Which books of the Bible make up the "Pentateuch"? [First five of OT]
Quote favorite verse in Bible with reference [ask which version they will quote; check for accuracy via smartphone or hard copy Bible]

MARTHA: Within what period of time should a bride send thank-you notes? [6 months]
How can you tell that a cake has finished baking? [toothpick comes out clean or finger indentation springs back, etc.]
What is the best method of removing ink stains? [hairspray is one]

50-Point Bonus Question

MARTHA: Quote all of the books of the Bible in order [Time limit: 1 minute]

MARTHA: Tell us how you fix your Thanksgiving dinner in chronological order. [Time limit: 1 ½ minutes and must describe at least six elements]

Bonus Session 1 Exercise: James Chapter One

James, a servant of God and of the Lord Jesus Christ, [1]to the twelve tribes scattered among the nations: Greetings.

[2] Consider it pure joy, my brothers, whenever you face trials of many kinds, [3] because you know that the testing of your faith develops perseverance. [4] Perseverance must finish its work so that you may be mature and complete, not lacking anything. [5] If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him. [6] But when he asks, he must believe and not doubt, because he who doubts is like a wave of the sea, blown and tossed by the wind. [7] That man should not think he will receive anything from the Lord; [8] he is a double-minded man, unstable in all he does.

[9] The brother in humble circumstances ought to take pride in his high position. [10] But the one who is rich should take pride in his low position, because he will pass away like a wild flower. [11] For the sun rises with scorching heat and withers the plant; its blossom falls and its beauty is destroyed. In the same way, the rich man will fade away even while he goes about his business.

[12] Blessed is the man who perseveres under trial, because when he has stood the test, he will receive the crown of life that God has promised to those who love him.

[13] When tempted, no one should say, "God is tempting me." For God cannot be tempted by evil, nor does he tempt anyone; [14] but each one is tempted when, by his own evil desire, he is dragged away and enticed. [15] Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.

[16] Don't be deceived, my dear brothers. [17] Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows. [18] He chose to give us birth through the word of truth, that we might be a kind of firstfruits of all he created.

[19] My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, [20] for man's anger does not bring about the righteous life that God desires. [21] Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you.

[22] Do not merely listen to the word, and so deceive yourselves. Do what it says. [23] Anyone who listens to the word but does not do what it says is like a man who looks at his face in a mirror [24] and, after looking at himself, goes away and immediately forgets what he looks like. [25] But the man who looks intently into the perfect law that gives freedom, and continues to do this, not forgetting what he has heard, but doing it— he will be blessed in what he does.

[26] If anyone considers himself religious and yet does not keep a tight rein on his tongue, he deceives himself and his religion is worthless. [27] Religion that God our Father accepts as pure and faultless is this: to look after orphans and widows in their distress and to keep oneself from being polluted by the world.

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