



THE ENLIGHTEN
FOUNDATION



The Journey

Living My Identity

Identity



“Spiritual identity means we are not what we do or what people say about us. And we are not what we have. We are the beloved sons and daughters of God.” – Henri Nouwen

Who Are You?

As we travel down the road of life, our many roles and responsibilities can easily distract us from who we really are. As women, we often absorb ourselves so completely into our everyday roles that our true selves become lost or ignored. In our journey to understand our unique purpose before God, we need to recognize the biblical truth about our identity, as well as the wonderful, individual characteristics that make up who we are.



Taking My First Step

Choose three roles you are experiencing in your life today and draw or describe who you are in these roles. Bring your drawing or description to your Journey group.

Pausing to Ponder

1. When you look at how you described yourself in each of the three roles, what qualities make you feel most alive or bring you the most joy?
2. What other interests or passions do you have that weren't mentioned in your three roles?
3. If you were to step outside of all your current roles, what words would you use to describe who you are?
4. What does the Bible say about your identity? Read the verses in Scripture Says for some ideas. Write down the verse that most applies to you in your Traveler's Log.
5. Do you feel like you are able to live your true identity in each of your current roles? Why or why not?

Christ My Compass

Janet George

**"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"
- 2 Corinthians 5:17**

The Bible says that followers of Jesus have a new identity. We are a new creation, no longer slaves to the sins that used to define us. Consider these aspects of your new identity in Christ:

1. One in Christ

"There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus." - Galatians 3:28

In the days of the New Testament, women were viewed as being inferior to men, but Jesus always treated women with dignity and respect. He broke the patriarchal norms of his time. He spoke to women in public, relied on their financial support, taught them theology, and chose women to announce the greatest event in all of history: his resurrection! Because of Jesus' example and offer of redemption, men and women are equally valuable and should be equal participants in the new-covenant community.

What does it mean to you to be "one in Christ Jesus" with all the other followers of Christ?

Christ My Compass continued

Janet George

2. Ambassador of the King

"We are therefore Christ's ambassadors, as though God were making his appeal through us. We implore you on Christ's behalf: Be reconciled to God." - 2 Corinthians 5:20

An ambassador is a diplomatic official of the highest rank, sent by one sovereign or state to another as its resident representative.

What privileges and responsibilities do you have as an appointed representative of Christ to the world?

3. Essential Part of the Body of Christ

"Just as a body, though one, has many parts, but all its many parts form one body, so it is with Christ. But in fact, God has placed the parts in the body, every one of them, just as he wanted them to be. The eye cannot say to the hand, 'I don't need you!' And the head cannot say to the feet, 'I don't need you!' On the contrary, those parts of the body that seem to be weaker are indispensable. Now you are the body of Christ, and each one of you is a part of it."

- 1 Corinthians 12:12, 18, 21-22, 27

The Bible says you are an indispensable part of the body of Christ. How does this make you feel? What might be some of your roles or contributions?

Following My Heart

1. What three aspects of your identity or personality do you feel most comfortable with?
2. Why are these traits important to you?
3. Are there any barriers keeping you from bringing these aspects of your identity into your current roles? If so, how might you overcome these obstacles?
4. How might you use these unique traits to contribute to God's work?



Stop & Pray: Ask for God's truth about your value and worth to find a firm foundation in your heart, and pray that this truth would set you free from all other standards of measuring your value.



Stepping Stones

I claim these three unique aspects of who I am:

I am

I am

I am

Linking Arm in Arm

The Journey is about looking from the inside out, about knowing yourself and then actively participating in the world.

1. How do you see yourself working alongside other women in your community?
2. How do you see yourself working alongside other women and their families globally?
3. Name two women in your community you would like to know better.

REFLECTION

1. Read "Who I Am in Christ" (Addendum 1) slowly and prayerfully.
2. Which verse(s) speaks most significantly to you regarding who you are in Christ?
3. Write your reflections in your Traveler's Log.

Scripture Says



“So God created humankind in his own image, in the image of God he created them; male and female he created them.”

(Genesis 1:27)



“Yet you, Lord, are our Father. We are the clay, you are the potter; we are all the work of your hand.”

(Isaiah 64:8)



“I no longer call you servants, because a servant does not know his master’s business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you.”

(John 15:15)



“Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.”

(Colossians 3:12)



“As you come to him, the living Stone - rejected by humans but chosen by God and precious to him - you also, like living stones, are being built into a spiritual house to be a holy priesthood, offering spiritual sacrifices acceptable to God through Jesus Christ.”

(1 Peter 2:4-5)

Who I Am in Christ

I am God's child for I am born again of the incorruptible seed of the Word of God which lives and abides forever

– **1 Peter 1:23**

I am forgiven all my sins and washed in the Blood

– **Ephesians 1:7**

I am a new creature

– **2 Corinthians 5:17**

I am the temple of the Holy Spirit

– **1 Corinthians 6:19**

I am delivered from the power of darkness and transformed into God's Kingdom

– **Colossians 1:13**

I am redeemed from the curse of the law

– **Galatians 3:1**

I am strong in the Lord

– **Ephesians 6:10**

I am holy and without blame before Him

– **Ephesians 1:4**

I am accepted in Christ

– **Ephesians 1:5-6**

I am blessed

– **Deuteronomy 28:1-14**

I am a saint

– **Romans 1:6**

I am qualified to share in His inheritance

– **Colossians 1:12**

I am the head and not the tail

– **Deuteronomy 28:13**

I am above only and not beneath

– **Deuteronomy 28:13**

I am victorious

– **Revelation 21:7**

I am dead to sin

– **Romans 6:2, 11**

I am elect

– **Colossians 3:12**



I am loved with an everlasting love

– **Jeremiah 31:3**

I am established to the end

– **1 Corinthians 1:8**

I am set free

– **John 8:31-32**

I am circumcised with the circumcision made without hands

– **Colossians 2:11**

I am crucified with Christ

– **Galatians 2:20**

I am alive with Christ

– **Ephesians 2:5**

I am raised up with Christ and seated in heavenly places

– **Colossians 2:12**

I am a dearly loved child of God

– **Ephesians 5:1**

I am the light of the world

– **Matthew 5:14**

I am the salt of the earth

– **Matthew 5:13**

Who I Am in Christ *continued*

I am called of God

– **2 Timothy 1:9**

I am brought near by the Blood of Christ

– **Ephesians 2:13**

I am more than a conqueror

– **Romans 8:37**

I am in Christ Jesus by His doing

– **1 Corinthians 1:30**

I am an ambassador of Christ

– **2 Corinthians 5:20**

I am beloved of God

– **1 Thessalonians 1:4**

I am the firstfruits among His creation

– **James 1:18**

I am born of God, and the evil one does not touch me

– **1 John 5:18**

I am a joint heir with Christ

– **Romans 8:17**

I am reconciled to God

– **2 Corinthians 5:18**

I am overtaken with blessings

– **Deuteronomy 28:2**

I am healed by the wounds of Jesus

– **1 Peter 2:24**

I am a fellow citizen with the saints of the household of God

– **Ephesians 2:19**

I am sealed with the promise of the Holy Spirit

– **Ephesians 1:13**

I am complete in Christ

– **Colossians 2:10**

I am the apple of my Father's eye

– **Psalms 17:8**

I am free from condemnation

– **Romans 8:1**



I am the righteousness of God through Jesus Christ

– **2 Corinthians 5:21**

I am chosen

– **1 Thessalonians 1:4**

I am firmly rooted, built up, strengthened in the faith and overflowing with thankfulness

– **Colossians 2:7**

I am a disciple of Christ because I have love for others

– **John 13:34-35**

I am built on the foundation of the apostles and prophets with Christ Jesus Himself as the chief Cornerstone

– **Ephesians 2:20**

I always triumph in Christ

– **2 Corinthians 2:14**

I show forth His praise

– **1 Peter 2:9**

I am a partaker of His divine nature

– **2 Peter 1:4**

I am God's workmanship, created in Christ Jesus for good works

– **Ephesians 2:10**

Who I Am in Christ *continued*

I am being changed into His image
– **2 Corinthians 3:18**

I am one in Christ
– **John 17:21-23**

I have all my needs met by God according to His glorious riches in Christ Jesus
– **Philippians 4:19**

I have the mind of Christ
– **1 Corinthians 2:16**

I have everlasting life
– **John 6:47**

I have a guaranteed inheritance
– **Ephesians 1:14**

I have abundant life
– **John 10:10**

I have overcome the world
– **1 John 5:4**

I have the peace of God which passes all understanding
– **Philippians 4:7**

I have access to the Father by one Spirit
– **Ephesians 2:18**

I have received the power of the Holy Spirit; power to lay hands on the sick and see them recover; power to cast out demons; power over all the powers of the enemy
– **Mark 16:17-18**

I can do all things through Christ Jesus
– **Philippians 4:13**

I shall do even greater works than Christ Jesus
– **John 14:12**

I walk in Christ Jesus
– **Colossians 2:6**

I possess the Greater One in me because greater is He that lives in me than he that lives in the world
– **1 John 4:4**



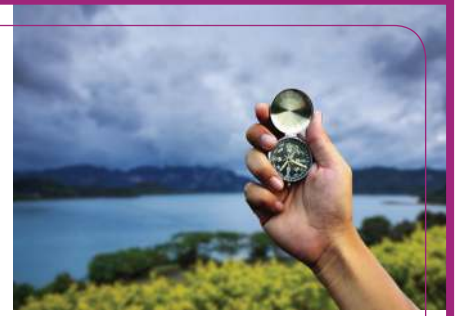
I press toward the goal for the prize of the high calling of God
– **Philippians 3:14**

I live by the law of the Holy Spirit
– **Romans 8:2**

I know God's voice
– **John 10:14**

Christ is in me the Hope of Glory
– **Colossians 1:27**

Traveler's Log



Discussion Questions

Scripture: Read aloud each verse from Scripture Says for the topic of Identity.

1. Share your drawing or description that represents some of the roles you are experiencing in your life today. In which roles do you feel most alive and empowered? Why?



2. Are there any roles where it seems like a struggle to be your true self? Why do you think this is?

3. Which verse from Scripture Says resonates most with you regarding your identity? Why?

4. What are three aspects of your identity that you decided to claim, and why are these an important part of who you are?

5. What is one way the Lord might use your unique identity for God's purposes here on earth?

6. What contribution would you enjoy bringing to a community of Christian women based on your unique identity?

Value & Worth

How Do You Measure Value?

So often we base our value and worth on what other people say about us. Or, we play a constant game of comparing ourselves to others. As long as we measure ourselves against our society's standards, we will never measure up! But Genesis 1:27 says that we are created in the image of God, and Psalm 139:14 tells us we are fearfully and wonderfully made. Our value is not defined by how we look or what we do but by the incredible truth that we were lovingly created as a reflection of our amazing God.

—
"You have unimaginable value in God's sight. You are significant, unique, and beautifully designed." – Dr. Kristin Beasley



Taking My First Step

List three role models that society holds in high esteem:

List three people the Lord considers to be exemplary followers:

What are the striking differences?

Pausing to Ponder

1. As you go through your day, in what ways does our society impose superficial standards on you?
2. How does this make you feel? Does this affect your mood or mindset? If so, how?
3. What do you struggle with most in terms of your value and worth?
4. What does the Bible say about your value and worth? Read the verses in Scripture Says, and choose one that most closely aligns with your value and worth. Write that scripture in your Traveler's Log.
5. What can you do to affirm God's truth about your value and discard our society's faulty value system?

Christ My Compass

Janet George

Our worth does not come from our goodness or our achievements, our possessions or our attractiveness. We are worthy because we were created in the image of the triune God, who sees us worthy of the ultimate sacrifice, leaving the throne to suffer and die. This value is irrevocable. There was nothing we could do to gain it, and there is nothing we can do to lose it. But we do need to choose to believe it.

Read the following verses, then put your name in the blanks below in place of "humankind" or "them" and believe it!

"God created humankind in his own image, in the image of God he created them; male and female he created them." - Genesis 1:27

God created _____ in His own image, in the image of God he created _____

"When I consider your heavens, the work of your fingers, the moon and the stars, which you have set in place, what is humankind that you are mindful of them, human beings that you care for them? You have made them a little lower than the angels and crowned them with glory and honor. You made them rulers over the works of your hands; you put everything under their feet: all flocks and herds, and the animals of the wild, the birds in the sky, and the fish in the sea, all that swim the paths of the seas." - Psalm 8:3-8

What is _____ that you are mindful of _____, that you care for her?

You have made _____ a little lower than the angels and crowned her with glory and honor.

You made _____ ruler over the works of your hands.

Following My Heart

1. What can you celebrate about your God-given value?
2. Consider what you have affirmed about your identity (in the previous topic) as well as your value and worth. Who or what in your life is currently affirming who you are?
3. Who or what in your life is detracting from who you are?
4. How might your involvement with a community of Christian women such as Enlighten help affirm your value and worth?



Stop & Pray: Ask for God's truth about your value and worth to find a firm foundation in your heart, and pray that this truth would set you free from all other standards of measuring your value.



Stepping Stones

I claim these three truths about my value and worth:

I am

I am

I am

1. How does God see the differences and similarities between you and a:
a. Muslim Bedouin? b. Yazidi Kurd? c. Roma (Gypsy)?
2. How would you see value and worth in them?

Linking Arm in Arm

Often our mindset tells us we are more valuable than others in the world because of any variety of reasons: economic, status, color, position, etc.

1. How would the Lord want us to view our value and others' value?
2. How would you discuss the truth about God's value and worth with women in your community? In other countries?

REFLECTION

1. Reflecting on your life experience, when have you felt most valued? Least valued?
2. What steps can you take to affirm your value? Others' value?
3. Write your reflections in your Traveler's Log.

Scripture Says



“The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart.”
(1 Samuel 16:7b)



“You have made them a little lower than the angels and crowned them with glory and honor.”
(Psalm 8:5)



“You created my inmost being; you knit me together in my mother’s womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.”
(Psalm 139:13-14)



“Are not two sparrows sold for a penny? Yet not one of them will fall to the ground outside your Father’s care. And even the very hairs of your head are all numbered. So, don’t be afraid; you are worth more than many sparrows.”
(Matthew 10:29-31)



“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your bodies.”
(1 Corinthians 6:19-20)

Traveler's Log



Discussion Questions

Scripture: Read aloud each verse from Scripture Says for the topic of Value & Worth.

1. Choose one or two popular figures in today's culture. What are some of the ways that we tend to judge their value?

2. What does God say about their value?

3. How can we begin to see ourselves and others through God's eyes and stop measuring by superficial standards?



4. What do you struggle with most when it comes to your own value? What is God's truth about this struggle?

5. What can you do to affirm God's truth about your value and discard our society's faulty value system?

6. Which verse from Scripture Says most closely aligns with your value and worth? Why?

7. How might embracing God's truth about your value and worth positively impact the women in your community?

Experience



“Experience is a jewel, and it had need be so, for it is often purchased at an infinite rate.” – William Shakespeare

What Is Your Story?

Our experiences have incredible value. They have helped shape our character and have fashioned our understanding of God and life. Looking back on our experiences can also provide valuable insight into our unique gifts and passions. So, let’s take some time to explore our memories and see what treasures we can find!



Taking My First Step

Draw or use magazine clippings to represent where you found great joy or overcame an obstacle in life. Bring your “experience” to your Journey group.

Pausing to Ponder

1. What did you learn or gain from this experience?
2. How did this experience help shape who you are today?
3. What does this experience reveal to you about your values, gifts, or passions?
4. What verses in Scripture Says relate to you and your experience? Write them in your Traveler's Log.

Christ My Compass

Janet George

In order to truly learn from our past experiences, we need to start from the beginning: resting and remembering. This is not a new idea, it is called the Sabbath.

“God saw all that he had made, and it was very good. And there was evening, and there was morning—the sixth day. Thus the heavens and the earth were completed in all their vast array. By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.” - Genesis 1:31-2:3

God rested on the seventh day, but not because he was tired! He set aside a special day because the creative work was completed and the Creator wanted to commemorate it. It was God’s idea to rest and remember.

“Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your ox, your donkey or any of your animals, nor any foreigner residing in your towns, so that your male and female servants may rest, as you do. Remember that you were slaves in Egypt and that the Lord your God brought you out of there with a mighty hand and an outstretched arm. Therefore, the Lord your God has commanded you to observe the Sabbath day.” - Deuteronomy 5:12-15

One reason we are instructed by the Lord to rest is so we can remember what God has done.

Take some time now to rest and remember what God has done for you. Record your thoughts in your Traveler’s Log.

“Has God forgotten to be merciful? Has he in anger withheld his compassion? Then I thought, ‘To this I will appeal: the years when the Most High stretched out his right hand. I will remember the deeds of the Lord; yes, I will remember your miracles of long ago. I will consider all your works and meditate on all your mighty deeds.’ ” - Psalm 77:9-12

Christ My Compass *continued*

Janet George

Note that the psalmist was feeling far from God's love and mercy. What was the turning point?

How can the thoughts you recorded regarding God's work in your life be a source of strength in times of doubt?

"One Sabbath Jesus was going through the grain fields, and as his disciples walked along, they began to pick some heads of grain. The Pharisees said to him, 'Look, why are they doing what is unlawful on the Sabbath?' He answered, 'Have you never read what David did when he and his companions were hungry and in need? In the days of Abiatha the high priest, he entered the house of God and ate the consecrated bread, which is lawful only for priests to eat, and he also gave some to his companions.' Then he said, 'The Sabbath was made for man, not man for the Sabbath. So the Son of Man is Lord even of the Sabbath.' " - Mark 2:23-28

Jesus reminds us that the Sabbath is a gift, not a burden, set aside for both our benefit and for God's glory. How could you (or do you) set aside a Sabbath to rest physically and mentally and to remember what God has done in your life? What benefits does this practice bring?

Following My Heart

1. What are some of your core values regarding faith and life?
2. What are some of your unique gifts? Consider your personal strengths, talents, and spiritual gifts.
3. What are some of your passions? Include your interests, causes you care about, or dreams for the future.
4. How does looking back on your past experiences make you feel?
5. How might God use your past experiences to help lead you in a life of purpose moving forward?
6. How might your life experiences have a positive impact on women and their families locally and globally?



Stop & Pray: Lord, you've given me experiences in my life to show a pattern for your purpose in me. Help me, Lord, to see your plans and give you the glory.



Stepping Stones

List three things you love to do based on your previous life experiences:

- 1.
- 2.
- 3.

List two experiences you can share with other women that could help them in similar circumstances:

- 1.
- 2.

Linking Arm in Arm

1. List programs in your community in which you would like to participate in order to walk alongside others who need help.
2. Why have you chosen those programs?

REFLECTION

1. What are the benefits of reaching out to other Christians through the Enlighten community?
2. What are the benefits of working alongside others in your community?
3. How does working together with your Journey group add to those benefits?
4. Write your reflections in your Traveler's Log.

Scripture Says



"Yet I am always with you; you hold me by my right hand. You guide me with your counsel, and afterward you will take me into glory."

(Psalm 73:23-24)



"By wisdom a house is built, and through understanding it is established; through knowledge its rooms are filled with rare and beautiful treasures."

(Proverbs 24:3-4)



"When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze."

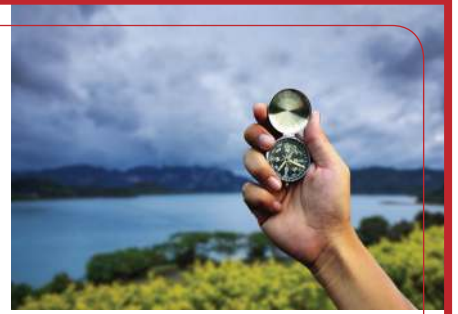
(Isaiah 43:2)



"Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also."

(Matthew 6:19-21)

Traveler's Log



Discussion Questions

Scripture: Read aloud each verse from Scripture Says for the topic of Experience.

1. Share your drawing or magazine clippings with the group. What did this exercise reveal to you about your values, gifts, or passions?
2. What strikes you about the values, gifts, and passions in this room?
3. What are your unique gifts? Your strengths, talents, and spiritual gifts?
4. What are your passions? Your interests and dreams?
5. How might God use your past experiences to help lead you in a life of purpose moving forward?
6. How might your life experiences have a positive impact on women and their families in Project Sparkle sites?
7. Which verse from Scripture Says resonates most with you? Why?



Awareness



"As a woman I have no country... As a woman my country is the whole world."

- Virginia Woolf

How Open Are Your Eyes and Heart?

In order to have an impact that is both purposeful and informed, it is important to continually develop our sense of local and global awareness. A great way to start is by recognizing the threads of commonality that women share throughout the world. The more we can relate to people who seem different from ourselves, the more likely we are to care genuinely about their struggles and learn from their experiences.



Taking My First Step

Women all over the world have common priorities. List three priorities you think would be global concerns for women.

- 1.
- 2.
- 3.

Pausing to Ponder

1. What does the Bible tell us about God's perspective on the world? Read the verses in Scripture Says and write in your Traveler's Log what you discover about God's perspective on the world.
2. How does Jesus demonstrate a sense of both local and global awareness?
3. How might our sense of awareness influence our actions?
4. From what sources do you currently get your local and global news (e.g., news website, Twitter, best friend)?
5. What might you gain from seeking out some different voices and perspectives?
6. How might you benefit from engaging in conversation with women of other cultures? What benefits might you bring to them?

Christ My Compass

Janet George

“Let my heart be broken with the things that break the heart of God.” - Robert Pierce

Robert Pierce wrote these words in the flyleaf of his Bible in 1947 after witnessing widespread hunger and poverty during a mission trip to China. Back home, he showed film footage to church audiences, imploring Christians to financially support the children overseas. Three years later, he incorporated this mission as World Vision, now one of the world's largest and most impactful Christian humanitarian organizations.

Whether across the road or across the world, let us pray, “Lord, may my heart be broken with the things that break yours.”

Awareness requires us to have our eyes wide open to see as Jesus does. One who has come to epitomize open eyes and an open heart is the “Good Samaritan.”

Jesus said: “A man was going down from Jerusalem to Jericho, when he was attacked by robbers. They stripped him of his clothes, beat him and went away, leaving him half dead. A priest happened to be going down the same road, and when he saw the man, he passed by on the other side. So too, a Levite, when he came to the place and saw him, passed on the other side. But a Samaritan, as he traveled, came to the place and saw him, and when he saw him, he took pity on him. He went to him and bandaged his wounds, pouring oil and wine. Then he put the man on his own donkey, brought him to an inn and took care of him. The next day he took out two denarii and gave them to the innkeeper, ‘Look after him,’ he said, ‘and when I return, I will reimburse you for any extra expense you may have.’ Which of these three do you think was a neighbor to the man who fell into the hands of robbers?” The expert in the law replied, “The one who had mercy on him.” Jesus told him, “Go and do likewise.” - Luke 10:30-37

The road from Jerusalem to Jericho was a rocky, sharply descending road that was known for being a dangerous route. Jesus mentioned that three people passed by the injured man on this dangerous road:

1. A priest. Priests were the religious leaders of the day. They were wealthy, and this priest was probably riding on a donkey.
2. A Levite. Levites were assistants to the priests. He was probably following the priest who went before him.
3. A Samaritan. Samaritans were despised by the Jews, yet Jesus chose this person to be the hero of the story.

Christ My Compass *continued*

Janet George

Each of these men went through the same process of encountering the injured man, seeing the situation, and making a decision. Yet, the Samaritan saw the injured man with the eyes of Jesus and made a decision that followed suit.

First, they saw.

When you are faced with a need, do you tend to react with closed or open eyes? Fearful or sober eyes? Callous or compassionate eyes?

Then, they decided.

While the religious leaders may have had some pity for the injured man, they did nothing. What did the Samaritan do?

What did the Samaritan not do?

What do you think were some reasons for not stopping that went through the minds of the priest and the Levite?

Following My Heart

1. What local issues most pull at your heart? Why?
2. What global issues most pull at your heart? Why?
3. What are you currently doing locally and/or globally to have a positive impact on the world?
4. If you could choose one area in which to have a greater impact, what would it be and why?
5. Which of your specific gifts might God use to make an impact in this area?
6. How might God use your Journey group to make an even greater impact in this area?



Stop & Pray: Ask for the love and compassion God feels for the world to be reflected in your own heart and actions.



Stepping Stones

I would love to impact the world in the following three ways:

- 1.
- 2.
- 3.

Linking Arm in Arm

A primary purpose of the Journey group is to empower women and children in the world. Let's first step out in our community. Please write your answers to the next 4 questions in your Traveler's Log.

1. List three local community projects that your Journey group could work on together (please refer to the list of programs Enlighten recommends).
2. Discuss how your Journey group might assist those programs' missions.
3. Why is it effective for women to work together on projects?
4. Review the Project Sparkle programs and how women have walked alongside women and children in those programs.

REFLECTION

1. What have you gained so far as a result of engaging with your Journey group?
2. How would you describe the dynamics of your Journey group?
3. Is there any way you feel the group dynamic could be improved?
4. What contributions can you make towards your group?
5. Write your reflections in your Traveler's Log.

Scripture Says



"The earth is the Lord's,
and everything in it, the
world, and all who live in it."

(Psalm 24:1)



"Therefore go and make disciples of all
nations, baptizing them in the name of
the Father and of the Son and of the
Holy Spirit, and teaching them to obey
everything I have commanded you."

(Matthew 28:19)



"For as high as the heavens are above
the earth, so great is his love for those
who fear him; as far as the east is from
the west, so far has he removed our
transgressions from us. As a father has
compassion on his children, so the Lord
has compassion on those who fear him."

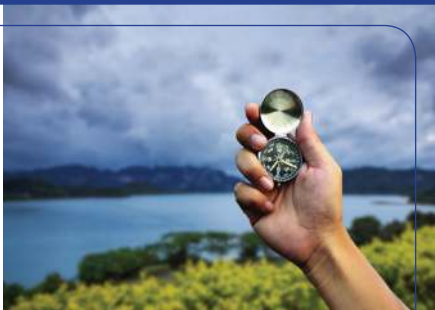
(Psalm 103:11-13)



"For in him all things were created:
things in heaven and on earth, visible
and invisible, whether thrones or powers
or rulers or authorities; all things have
been created through him and for him."

(Colossians 1:16)

Traveler's Log



Discussion Questions

Scripture: Read aloud each verse from Scripture Says for the topic of Awareness.

1. What are three priorities that you think would be global concerns for women?
2. According to Scripture Says, what is God's perspective on the world?
3. How might you benefit from engaging in conversation with women of other cultures? What benefits might you bring to them?
4. What local and global issues most pull at your heart? Why?
5. What are three ways you would love to impact your community and the world?
6. Which of your specific gifts might God use to make an impact?
7. List three local community projects that your Journey group could work on together (please refer to the list of programs Enlighten recommends).



Connection



“Friendship is born at that moment when one person says to another, ‘What! You too? I thought I was the only one!’ ”

- C.S. Lewis

Created for Connection

As Christian women with a unique purpose, we are designed to live and thrive in the context of positive relationships—both with God and with people. Yet, we often fall into negative relational habits, such as isolation or codependency. It takes time and a concerted effort, but building positive connections with God and others is vital to our growth as Christians and our impact on the world. You cannot fulfill God-given purpose alone!



Taking My First Step

1. Write names of people in your life who provide you with positive, unconditional support in your pursuit of growth and purpose.
2. Write names of people in your life who represent other relationships that you value as well.
3. Write down where you feel God fits into the relationship of you and these people.

Pausing to Ponder

1. How do you feel about God's place in your diagram? Is there anything that you could work on that would strengthen your connection to God?
2. Have you wanted to widen your circle of friends or your connections with other Christians?
3. Why would it be important to widen your connections with other Christians?
4. What does the Bible say about connection with God and others? Read the verses in Scripture Says and write your discoveries in your Traveler's Log.

Christ My Compass

Janet George

Jesus is always waiting and desiring to connect with you and to deepen his friendship with you.

1. Jesus' friendship is deep.

Read John 4:7-26.

Jesus' conversation with the Samaritan woman was anything but superficial: it was intentional, meaningful, and deep. In fact, this seemingly chance meeting at a well became Jesus' longest recorded conversation in the Bible. As a result of this interaction, the woman put her faith in Christ and then led many in her village to do the same.

In what way do you sense Jesus desiring to deepen his friendship with you?

How would you like your conversations with Jesus and others to be more intentional and meaningful? What steps can you take?

2. Jesus' friendship is compassionate.

"When Mary reached the place where Jesus was and saw him, she fell at his feet and said, 'Lord, if you had been here, my brother would not have died.' When Jesus saw her weeping, and the Jews who had come along with her were also weeping, he was deeply moved in spirit and troubled. 'Where have you laid him?' he asked. 'Come and see, Lord,' they replied. Jesus wept. Then the Jews said, 'See how he loved him!' " - John 11:32-36

Compassion means "to suffer with." Jesus suffered with Mary and her community and felt the grief and pain of their loss, even though Jesus knew that he would raise Mary's brother, Lazarus, from the dead.

When has someone come alongside you and suffered with you during a difficult time?

When have you felt someone else's pain?

Christ My Compass continued

Janet George

3. Jesus' friendship breaks cultural and social boundaries.

"As Jesus walked along, he saw Levi son of Alphaeus sitting at the tax collector's booth. 'Follow me,' Jesus told him, and Levi got up and followed him. While Jesus was having dinner at Levi's house, many tax collectors and sinners were eating with him and his disciples, for there were many who followed him. When the teachers of the law who were Pharisees saw him eating with the sinners and tax collectors, they asked his disciples: 'Why does he eat with tax collectors and sinners?' On hearing this, Jesus said to them, 'It is not the healthy who need a doctor, but the sick. I have not come to call the righteous, but sinners.'" - Mark 2:14-17

Jesus offers his friendship to those we may least expect.

How has Jesus offered his friendship to you unexpectedly?

How is he asking you to offer friendship to others?

Following My Heart

1. What can you celebrate about your current relationships and connections?
2. When making new connections and friends, what are you looking for?
3. As a friend, what can you give?
4. How might The Enlighten Foundation and your Journey group help you with your connections?
5. How might these connections contribute to your relationship with the Lord?



Stop & Pray: Bring your celebrations and struggles to God in prayer. Ask for God's help and guidance as you seek to broaden and deepen your friendships and connections.



Stepping Stones

I'm looking for friends (or connections) that are:

1.

2.

3.

As a friend (or connection) to others I can offer:

1.

2.

Linking Arm in Arm

1. How would you like to connect with the Lord this week?

2. Who would you like to connect with for coffee this week?

REFLECTION

We often feel isolated in our own world. Many other women feel the same about their lives. Reaching out to others helps break the isolation and creates community with others.

1. When do you tend to feel isolated or alone?

2. During those times, how do you feel? What is your response to that feeling?

3. How can you connect with the Lord or someone in the Enlighten community during those times?

4. Write your reflections in your Traveler's Log.

Scripture Says



"Walk with the wise and become wise,
for a companion of fools suffers harm."

(Proverbs 13:20)



"A friend loves at all times, and a
brother is born for a time of adversity."

(Proverbs 17:17)



"Two are better than one, because they
have a good return for their labor: If
either of them falls down, one can help
the other up. But pity anyone who falls
and has no one to help them up. Also, if
two lie down together, they will keep
warm. But how can one keep warm
alone? Though one may be overpowered,
two can defend themselves. A cord of
three strands is not quickly broken."

(Ecclesiastes 4:9-12)



"If two of you on earth agree about
anything they ask for, it will be done
for them by my Father in heaven.
For where two or three gather in my
name, there am I with them."

(Matthew 18:19-20)

Scripture Says *continued*



"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing."

(John 15:5)



"Let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another - and all the more as you see the Day approaching."

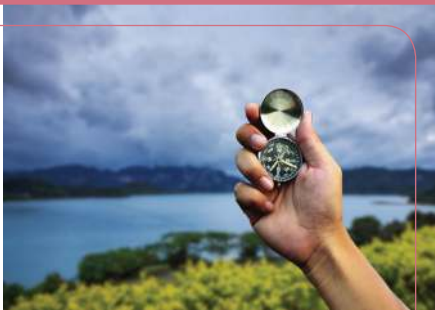
(Hebrews 10:24-25)



"Dear friends, since God so loved us, we also ought to love one another. No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us."

(1 John 4:11-12)

Traveler's Log



Discussion Questions

Scripture: Read aloud each verse from Scripture Says for the topic of Connection.

1. What is one way that you feel your current relationships are strong or thriving?
2. What is one way that you would like to improve your current relationships? How might our community of Christian women help in this pursuit?
3. What is something positive or beautiful about your relationship with the Lord?
4. How would you like to grow in your relationship with the Lord? How might our community of Christian women help in this pursuit?
5. How are you feeling about your connection with the Enlighten community? What are ways that your group can build meaningful connections with one another and within the Enlighten community?



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