



THE ENLIGHTEN  
FOUNDATION



# The Journey

Finding My Purpose

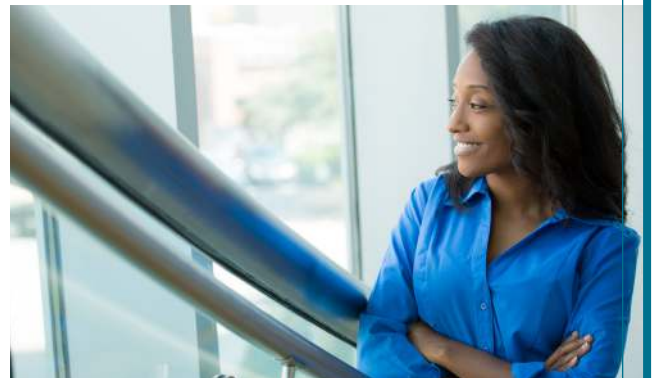
# Confidence

## Where Does Your Confidence Lie?

Right now, today, you have every reason to radiate confidence. You don't need to wait until you lose ten pounds or check another item off your bucket list of goals. Confidence results from being certain of the truth, and the truth is you are a precious daughter of God, unique in your gifts and purpose on earth. Like a city on a hill or the stars in the heavens, you are meant to shine brightly and inspire those around you!



**"Then you will shine among them like stars in the sky as you hold firmly to the word of life." – Philippians 2:15b-16**



## Taking My First Step

Confidence means "to fully trust." In what or whom do you tend to place your confidence?

## Pausing to Ponder

1. How do you define confidence? How is confidence different from arrogance?
2. If you were to radiate your best and most unique characteristics, what would people see?
3. If you had unlimited confidence in the Lord, what are some seemingly impossible goals you might strive for?
4. What does the Bible say about the source of true confidence? Read the verses in Scripture Says and write your discoveries in your Traveler's Log.

# Christ My Compass

Janet George

Scripture shows us that true confidence is from God, is personal, and comes with experience.

## 1. True Confidence Is from God

**“For the Spirit God gave us does not make us timid, but gives us power, love, and self-discipline. So do not be ashamed of the testimony about our Lord or of me his prisoner. Rather, join with me in suffering for the gospel, by the power of God. God has saved us and called us to a holy life—not because of anything we have done, but because of God’s own purpose and grace.” - 2 Timothy 1:7-9**

God-given power gives us the strength to face any circumstance.

Think of a situation that you can face confidently because the power of the Living God is in you:

God-given love is the best motivation for any action.

To what circumstance might you react differently if you were compelled by the love of Christ?

God-given self-discipline enables us to maintain control under any circumstance.

Consider a situation to which you would normally react with anxiety and how the indwelling Holy Spirit could give you peace:

## Christ My Compass continued

Janet George

### 2. True Confidence Is Personal

“Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you. For just as each of us has one body with many members, and these members do not all have the same function, so in Christ we, though many, form one body, and each member belongs to all the others. We have different gifts, according to the grace given to each of us.” - Romans 12:3-6

When have you lacked confidence because you were comparing yourself to others?

### 3. True Confidence Comes with Experience

“Remember those earlier days after you had received the light, when you endured in a great conflict full of suffering. Sometimes you were publicly exposed to insult and persecution; at other times, you stood side by side with those who were so treated. You suffered along with those in prison and joyfully accepted the confiscation of your property, because you knew that you yourselves had better and lasting possessions. So, do not throw away your confidence; it will be richly rewarded. You need to persevere so that when you have done the will of God, you will receive what God has promised.” - Hebrews 10:32-36

Think of a difficult time you endured. How does this give you confidence that you will be able to face difficulties in the future by God’s grace?

## Following My Heart

1. The Lord asks us to step out in confidence to do God's work. Describe what that work looks like for you.
2. Do you have confidence that you would do that work well? To the best of your ability?
3. What first steps would you take? How important is prayer?
4. If you do not have all the necessary tools to do that work well, what tools do you need?
5. How can your Journey group and The Enlighten Foundation help you with acquiring those tools?



**Stop & Pray:** Ask God to deepen your confidence in him in order to be the woman God has created you to be.



## Stepping Stones

List three specific areas or situations you would like to face confidently:

1. I would like to confidently say
2. I would like to confidently do
3. I would like to go to God confidently with this prayer:

## Linking Arm in Arm

1. How can you encourage others to be confident in who God has created them to be?
2. What is one way you can step outside your comfort zone in order to deepen your trust and confidence in the Lord?

### REFLECTION

1. In what area of your life would you like to become more confident in the Lord?
2. What are your thoughts about confidence regarding your life and purpose before the Lord?
3. Write your reflections in your Traveler's Log.

## Scripture Says



"I remain confident of this: I will see the goodness of the Lord in the land of the living."

(Psalm 27:13)



"I put no trust in my bow, and my sword does not bring me victory; but you give us victory over our enemies, you put our adversaries to shame."

(Psalm 44:6-7)



"The Lord will be your confidence and will keep your foot from being caught."

(Proverbs 3:26)



"I can do all things through Christ who strengthens me."

(Philippians 4:13)



"Blessed is the one who trusts in the Lord, whose confidence is in him. [She] will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit."

(Jeremiah 17:7-8)

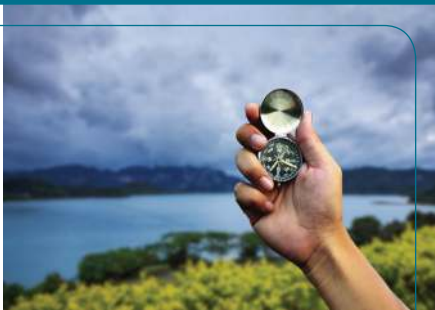


"We are confident of all this because of our great trust in God through Christ. It is not that we think we are qualified to do anything on our own. Our qualification comes from God. God has enabled us to be ministers of God's new covenant."

(2 Corinthians 3:4-6a)



# Traveler's Log



## Discussion Questions

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

1. How do you define confidence?
2. In what or whom do you tend to place your confidence?
3. If you were to radiate your best and most unique characteristics, what would people see?
4. What does the Bible say about the source of true confidence?
5. If you had unlimited confidence in the Lord, what are some seemingly impossible goals you might strive for?
6. What does it look like for you to step out in confidence to be who God created you to be?
7. Which verse from Scripture Says most resonates with you? Why?



# Voice

—  
“Does not wisdom call out?  
Does not understanding raise  
her voice?” – Proverbs 8:1

## Raising Your Voice

Our world is saturated with the voices of popular culture, partisan politics, and warring worldviews. Sometimes, with all that noise, it seems easiest to keep quiet and let everyone else do the talking. Yet, as Christian women, we have direct access to God-given wisdom and discernment—not just for our own benefit, but for the benefit of our families, communities, and the world. We are called to speak up in love and in truth. How will you raise your voice?



## Taking My First Step

What do you feel strongly about? These may be truths about yourself, concerns for your family, injustices you see in the world, or anything else that comes to mind. Write your thoughts below.

## Pausing to Ponder

1. Why is it important for Christian women to speak up in the midst of today's culture?
2. In what situation do you feel called to speak the truth in love (Ephesians 4:15)?
3. In what areas of your life do you feel your voice is currently heard and valued?
4. In what areas of your life do you feel silenced or unheard?
5. When did Jesus speak softly and gently? When did he speak boldly and loudly?
6. What is one way you can start speaking up?

# Christ My Compass

Janet George

Scripture shows us that we have the ability to speak as the Lord directs, to speak as a woman, and to speak with boldness.

## 1. Speak as the Lord Directs

**"To humans belong the plans of the heart, but from the Lord comes the proper answer of the tongue." - Proverbs 16:1**

**"There is a time for everything...a time to be silent and a time to speak." - Ecclesiastes 3:1, 7b**

Write down a time when you spoke too quickly and did not consult the Lord for a proper answer:

## 2. Speak as a Woman

**"So God created humankind in his own image, in the image of God he created them; male and female he created them. God blessed them and said to them, "Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish in the sea and the birds in the sky and over every living creature that moves on the ground." - Genesis 1:27-28**

"Too often, the established power structures don't even think to ask for female perspective, to seek out a healthy counter-balance in areas that have traditionally been the domain of men. And that's too bad. Because when the feminine voice is muted, intentionally or unintentionally, we miss out on a lot of what God is trying to communicate to the world through his female image-bearers." - Jenny Rae Armstrong

Each of us has been created with a purpose, and we each have unique experiences and insights. What are some opinions you would like to express to those around you and to society?

# Christ My Compass

Janet George

## 3. Speak with Boldness

**“When we got to Rome, Paul was allowed to live by himself, with a soldier to guard him...For two whole years Paul stayed there in his own rented house and welcome all who came to see him. He proclaimed the kingdom of God and taught about the Lord Jesus Christ—with all boldness and without hindrance.” - Acts 28:16, 30-31**

Before arriving in Rome, Paul had been mobbed by his fellow Jews in Jerusalem, arrested by Roman soldiers, and shipwrecked on the way to Rome. When he finally arrived, Paul was put under house arrest with a soldier to guard him. During the two years Paul was in Rome, he could have visitors but lived in “chains” (Philippians 1:12-14) under the constant threat of execution. He continued to preach boldly and wrote Ephesians, Philippians, Colossians, and Philemon.

What hindrances did Paul face?

What hindrances are keeping you from boldly speaking out?

How can these hindrances be overcome?

## Following My Heart

1. What are you learning about the value of your voice?
2. How would you like your voice to sound?
3. When do you use your voice from a position of strength?
4. Building on the topic of Confidence, how can you use your voice to live out God's plan for your life?
5. Why is it important to walk your talk?
6. What does the Bible say about voice? Read the verses in Scripture Says and record your thoughts in your Traveler's Log.



**Stop & Pray:** Thank you, Lord, that you are the Word of life. Help me to speak according to your desires in wisdom and love.



## Stepping Stones

What message do you want your words and your life to communicate to others?

### Linking Arm in Arm

The Enlighten Foundation was created to give you “voice” in your life and to encourage and edify the lives of others. It’s a safe place to talk through your beliefs, values, and issues. It’s also a place to learn and exchange points of view and find the courage and confidence to reach out to others in the world.

1. Choose an issue women face in one of the Project Sparkle sites.
2. Research online about that issue.
3. Share your findings with your Journey group and with one or two friends.

#### REFLECTION

Christian women often hear mixed messages from society, their pastors, and the world in general. In some ways, they are told to “speak up” for the Lord and to “speak out” against injustice. But many times, those same voices belittle women in leadership positions and ostracize women for taking a stand. Jesus encouraged women to move out in strength and to speak in truth about their faith and their lives. Where is the disconnect between the world’s viewpoint and Jesus’ viewpoint on the value of a woman’s voice?

1. Where can Jesus’ position change the world’s position?
2. In your life, where can Jesus’ position change your position?
3. How confident are you that Jesus wants you to represent him in your voice and in your walk?
4. Write your reflections in your Traveler’s Log.



## Scripture Says



"Then we cried out to the Lord,  
the God of our ancestors, and the  
Lord heard our voice and saw  
our misery, toil, and oppression."

(Deuteronomy 26:7)



"But Joshua had commanded the army,  
'Do not give a war cry, do not raise  
your voices, do not say a word until the  
day I tell you to shout. Then shout!'"

(Joshua 6:10)



"Out in the open wisdom calls  
aloud, she raises her voice in the  
public square; on top of the wall  
she cries out, at the city gate  
she makes her speech."

(Proverbs 1:20-21)



"You are the light of the world.  
A town built on a hill cannot be hidden.  
Neither do people light a lamp and put  
it under a bowl. Instead they put it on its  
stand, and it gives light to everyone in the  
house. In the same way, let your  
light shine before others, that they  
may see your good deeds and  
glorify your Father in heaven."

(Matthew 5:14-16)

## Scripture Says *continued*



“Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect, keeping a clear conscience, so that those who speak maliciously against your good behavior in Christ may be ashamed of their slander.”

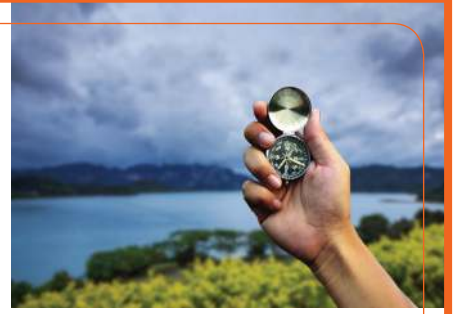
(1 Peter 3:15b-16)



“Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming. Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ.”

(Ephesians 4:14-15)

# Traveler's Log



## Discussion Questions

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

1. What do you feel strongly about?
2. In what areas of your life do you feel heard? Unheard?
3. What are you learning about the value of your voice?
4. How would you like your voice to sound?
5. When do you use your voice from a position of strength?
6. How can you use your voice to live out God's plan for your life?
7. What message do you want your words and your life to communicate to others?
8. What issues do women face in one of the Project Sparkle sites? How can you be a voice for those women?



# Conflict & Communication

## Is Conflict So Bad?

We can all relate to anger and conflict. Even Jesus can. Unfortunately, our anger is often of the self-righteous kind. We feel hurt, misunderstood, ignored, or disrespected. But we experience righteous anger as well - anger at injustice, abuse, and violence in the world. How we respond to conflict makes all the difference. Do we yell, give the silent treatment, slam doors, or stomp out of the room? Or do we listen, strive to understand the other person, and let go of trying to convince others that we're right? Conflict opens the opportunity for positive, constructive communication that allows both sides to live and/or work together. But this takes effort, and it takes patience. It takes humility, and it takes love.

—  
“Everyone should be quick to listen, slow to speak, and slow to become angry.” - James 1:19



## Taking My First Step

What conflicts are you currently facing?

- 1.
- 2.
- 3.

## Pausing to Ponder

1. What does the Bible say about conflict? Read the verses in Scripture Says and write your discoveries in your Traveler's Log.
2. Did Jesus have conflict? Write down one example in scripture.
3. How did Jesus move on from this conflict?
4. How can Jesus be a model for you in facing conflict and then moving forward?

## Christ My Compass

Deirdre Brouer

Scripture is filled with examples of how people dealt with conflict. What do you notice about how Hannah dealt with conflict in her life?

**Read 1 Samuel 1:4-18.**

How did Hannah respond to Peninnah?

How did Hannah respond to the Lord?

How did Hannah respond to Eli?

What can you learn from Hannah as you respond to conflict in your life?

## Following My Heart

Write your responses to the following exercises in your Traveler's Log.

### Exercise #1

**Read:** Conflict Management (Addendum 1)

**Reflect:** Consider a conflict you have experienced in recent years when answering the following questions.

1. Define the conflict, explaining why it took place.
2. At what stage did the conflict end or drop off? Explain the details behind that decision.
3. How did you address the conflict?
4. What feelings did you have?
5. What was the other person's response?
6. What strategies were used at the time?
7. What strategies could have been used?
8. Did you listen with compassion at the time of the conflict?
9. Did you incorporate prayer or scripture in managing this conflict?
10. What is one Bible verse that could have (or did) help you in dealing with this conflict?



## Following My Heart continued

### Exercise #2

**Read:** Anger and Verbal Abuse (Addendum 2)

**Reflect:** Continue to reflect upon the conflict you described in Exercise #1, or consider a different conflict, as you answer the following questions.

1. In this conflict, were you angry? If so, how did you justify your anger?
2. Was the other person angry? How did that affect your anger?
3. Was the communication respectful or not?
4. Did you or the other person feel blamed or shamed?
5. In this particular conflict, were you verbally abused?
6. Were you verbally abusive?
7. Are you told you can be verbally abusive?
8. Have you told others they are verbally abusive?
9. How were you able to work through your anger?
10. What other forms of communication might have helped with your anger?
11. Did you at any time reflect on how Jesus handled his anger and conflicts?
12. What other forms of communication could have changed the direction of the conflict?
13. What other ending could have resulted from this conflict?

## Following My Heart continued

### Exercise #3

**Read:** Communication Model (Addendum 3)

**Reflect:** Take the conflict you have been describing, and imagine tearing it apart and reorganizing the conflict from the perspective of communicating rather than conflicting. Complete the chart below in order to evaluate your conflict through the Communication Model.

As <u>I</u> see it	As <u>You</u> see it
Intent	Intent
Feelings	Feelings
Facts	Facts
Interpretation	Interpretation
Ownership	Ownership
Request	Request

1. What is one thing you can learn about this conflict through your evaluation above?



**Stop & Pray:** Take time to pray over what you have recalled and learned throughout this lesson. Ask the Lord to heal any hurts you continue to experience, and pray for the Lord's strength and wisdom in managing future conflicts.



## Stepping Stones

I will use the following new tool or technique when approaching conflict in the future:

### Linking Arm in Arm

Jesus said, "In this world you will have trouble. But take heart! I have overcome the world" (John 16:33). When we experience conflict, we have the wonderful power and peace of our Lord Jesus to cling to in every situation. Remember this truth and be encouraged to keep building bridges, no matter how many times the flames of conflict arise.

1. The next time you watch a television show or movie, look for an example of conflict between the characters. Practice evaluating the conflict using the Communication Model to see how the characters could have communicated more effectively.
2. If you are experiencing any conflict in your life right now, take time to offer this conflict to the Lord in prayer.

#### REFLECTION

The Enlighten Foundation works with women and their families worldwide with different cultures and points of view. When faced with a different life viewpoint and culture, how can you apply these techniques to the way you communicate with others? Write your reflections in your Traveler's Log.

## Scripture Says



"Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace."

(Ephesians 4:2-3)



"Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, so that it may benefit those who listen."

(Ephesians 4:29)



"Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

(Ephesians 4:31-32)



"Do not repay evil with evil or insult with insult. On the contrary, repay evil with blessing, because to this you were called so that you may inherit a blessing."

(1 Peter 3:9)



"Let the peace of Christ rule in your hearts, since as members of one body you were called to peace."

(Colossians 3:15)



"Above all, love each other deeply, because love covers over a multitude of sins."

(1 Peter 4:8)

## Conflict Management

Excerpts by Dr. Georgia Pappas

### Conflict Defined

Competitive behavior between people or groups over perceived or actual incompatible goals or resources.

### Productive Conflict

- Depends on flexibility of parties involved
- Guided by the belief that all factions can attain important goals
- Reflects a sustained effort to bridge apparent incompatibility of positions
- General feeling that parties have gained something
- Interaction changes direction often

### Destructive Conflict

- Narrowly defined goals
- Trying to defeat each other
- Uncontrolled escalation cycles
- Prolonged attempts to avoid issues

### Conflict Styles

- Competing
- Accommodating
- Avoiding
- Collaborating
- Compromising

### Stages in Conflict Management

#### Stage 1: Tension Development

- All conflict begins at this level.
- Tension signals that someone is feeling threatened, hurt, or is experiencing a loss in some way.
- What is wrong is unclear, or the problem may seem too insignificant.
- This is the best stage to handle the conflict because a measure of trust is still there. Communication is still open.

#### Stage 2: Role Confusion

- Confusion about who or what is causing the conflict.
- What is my role? What behavior is expected of me? How am I supposed to relate to others?
- At this stage, it is extremely important that the opposing parties talk to each other and define:
  1. The issue(s) involved.
  2. The changes or actions that have precipitated the conflict.
  3. Clarification of roles in starting the conflict AND resolving the conflict.
  4. The decisions or renegotiations that need to be made.



"If you bring forth what is within you,  
What you bring forth will save you.  
If you do not bring forth what is within you,  
What you do not bring forth will destroy you."

- The Gospel of St. Thomas



### Conflict Management continued

#### Stage 3: Injustice Collecting Stage

- Participants feel that matters can only get worse.
- Past and present, real or imagined injustices are collected.
- Name calling may occur.
- Participants begin attacking each other.

#### Stage 4: Confrontation and/or Communication Stage

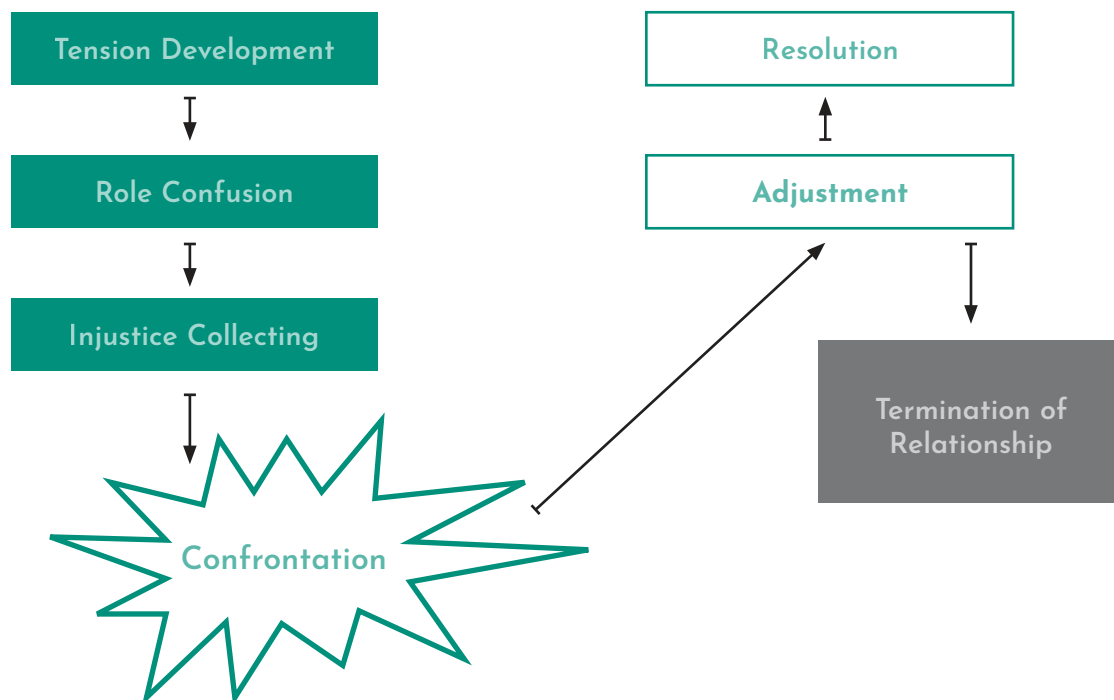
- The opposing parties talk to each other and define:
  1. The issue(s) involved.
  2. The changes or actions that have precipitated the conflict.
  3. Clarification of roles in starting the conflict AND resolving the conflict.
  4. The decisions or renegotiations that need to be made.

#### Stage 5: Adjustment Stage

- Parties in conflict make adjustments to end the confrontation.
  1. Sever relationships.
  2. Dominate the other party.
  3. Attempt to return to the way things were before the conflict.
  4. Negotiate a new set of mutual agreements and commitments.

#### Stages of Conflict

Understanding the stages of conflict allows us to determine how far the conflict has developed and how intense people's feelings are.



## Conflict Management *continued*

### Addressing Conflict

#### To Address a Conflict:

- Know what you want.
- Ask for what you want.

#### Distinguish between Feelings and Blame

- Feelings: Anger, sadness, fear, guilt, embarrassed, jealous, hurt, scared, ashamed
- Blaming: rejected, betrayed, abandoned, insulted

#### Interrupt Nonproductive Patterns of Interaction

- We can't make others change the way they communicate, but when you change, the same predictable pattern will also change.

#### Anticipate and Deal with Change Back Reactions

- Others have an investment in our staying exactly the same as we are now.
- When we begin changing our pattern of silence, vagueness, or blaming, we will meet with resistance or a countermove, which may come from both ourselves and/or those around us.

### Communication Strategies for Managing Conflict

1. Separate the person from the behavior.
2. Without emotional reaction, let the person know you are uncomfortable with the current situation. State the facts of the situation.
3. Take the time to listen to the response and make sure you understand the other's perception of the situation through articulating and paraphrasing. Verify what you are hearing is what the other person is actually saying regarding content. Then make sure you understand what the other person is feeling.
4. Address the feelings associated with the facts.
  - a. Insist on emotional integrity - tell the truth.
  - b. Get to the deeper level of feeling.
  - c. Confirm the person's feelings - articulate what is being said.
  - d. Acknowledge the person.
  - e. Use "I" statements and neutral language to comfortably set your boundary without blaming or shaming the individual. No one wants to be made wrong.
5. Without judgment, restate your discomfort and take responsibility for your perceptions.
6. Stay in the moment. Address only the issues at hand. Do not discuss past history at any time during this process.
  - a. Ask clarifying questions by articulating or reframing.
  - b. Ask as many open-ended questions as possible.
7. Know what you want - list the possibilities.
  - a. Make sure the other person understands your request - have them repeat it back.

### Conflict Management continued

8. Seek solutions jointly. Ask, "How can the two of us work together to make sure this conflict never disrupts our work/home/life environment again?"
  - a. Do not try to fix or solve the problem.
  - b. Brainstorm if possible.
  - c. List reasonable ideas.
  - d. List unreasonable ideas (even if it's just good for a laugh or to let off steam).
  - e. Go through the list of possibilities and eliminate the crazy ideas.
  - f. Assess possible outcomes and consequences of remaining possibilities.
  - g. Choose a possibility or solution and take action.
  
9. If the problem persists, consider bringing in a neutral third party to address the conflict. Also, consider other possible consequences if the conflict doesn't get resolved. Start the process over if necessary.

### Active Listening with Compassion

- Focus on the other person.
- Lean forward, looking intently.
- Attention is on the other person, not on the surroundings.
- Listen for words, expression, emotion, etc.
- Notice what is said, how it is said – tone, pace, feelings.
- Notice what is not said.
- Hear the smile or the tears in their voice.
- Listen for what they value, their vision, energy.
- Notice what makes them come alive, what makes them go dead or withdraw.
- Be aware of the impact of listening without monitoring.
- Allow mind chatter to disappear.
- Evaluate your filters.



## Anger and Verbal Abuse

### Managing Anger

Anger is a signal worth listening to, giving us a message that:

- We are hurting.
- Rights have been violated.
- Needs or wants are not being adequately met.
- Something is not right.
- Important emotional issues are not being addressed.
- Beliefs, value, desires, or ambitions are being compromised.

Anger can be used as a tool for positive change by tuning in to the true source of the anger and clarifying where you stand:

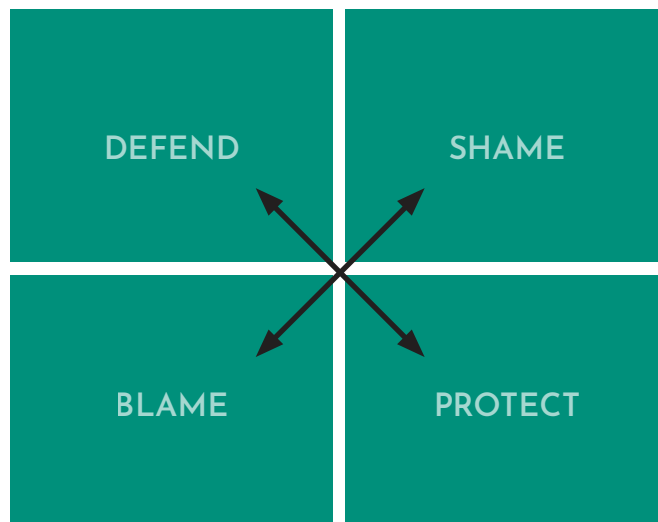
- What about the situation makes me angry?
- What is the real issue here?
- What do I think and feel?
- What do I want to accomplish?
- Who is responsible for what?
- What specifically do I want to change?
- What are the things I will and will not do?

What NOT to do - styles of managing anger that do not work:

- Silent submission
- Ineffective fighting and blaming
- Emotional distancing

Unconscious Anger:

- When someone shames and blames, the other will automatically protect and defend.



### Anger and Verbal Abuse continued

#### Recognizing Verbal Abuse

Verbal abuse is an issue of control, a means of holding power over another. This form of abuse can be overt,

#### Inequality Versus Equality

- Can goals or plans be set and discussed mutually?

#### Competition Versus Partnership

- Is an achievement seen as a threat, one-upmanship, or winning over?

#### Manipulation Versus Mutuality

- Is communication closed off with comments like, "I never say anything right!"
- Is the person friendly only when there is an expectation to get something?
- Are disastrous outcomes suggested to your plans?
- Does the person act as if something has been agreed to that hasn't been agreed on?
- Does the person have "important things" for you to do when you are busy?

#### Control Versus Intimacy

- Does the person refuse to discuss a problem?
- Are you left with hurt feelings that are never resolved?
- Is there a lack of feeling of closure?

#### Negation Versus Validation

- Are your perceptions, experiences, values, accomplishments, and plans negated?

#### When Responding to Verbal Abuse

- Know that when you are being cut down, ordered around, yelled at, and so forth, you are being abused. And abuse is unjust, disabling, and destructive.
- Remember that the abuser is not speaking in a rational adult way.
- Know that you are responding to a person who is in some way trying to control, dominate, or establish superiority over you.
- Know that you have done nothing to cause it.
- Know that it is not healthy to live/work in an abusive atmosphere.
- Distance yourself from the abuser by seeing his immaturity for what it is.
- Respond with a tone of authority and firmness that shows that you mean business, are serious, and will not tolerate any more abuse.
- Stay aware. Concentrate on the present. Notice what your senses tell you. How do you feel? How does he sound to you? What do you see?

## Anger and Verbal Abuse continued

### Recognizing Verbal Abuse.

Verbal abuse is an issue of control, a means of holding power over another. This form of abuse can be overt, covert, constant, and controlling.” Also, delete the space between the heading and this text.

### Responses to Verbal Abuse

When responding to verbal abuse, speak as strongly, firmly, emphatically, and authoritatively as you can. When you hear something you don't like, it is important to respond immediately.

- “Stop that kind of talk right now!”
- “Don't talk to me that way!”
- “Stop it!”
- “I don't ever want to hear that kind of talk from you!”
- “Stop judging/criticizing me!”
- “I don't follow orders from you!”

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### Communication Model

#### Intent

What is your intent?

- What is your motive?
- What are you trying to accomplish?
- How do you want the situation to turn out?

#### Feelings

- What are you feeling? Angry? Confused? Hurt? Disregarded? Unimportant? Misunderstood? Frustrated? Sad? Lonely? Rejected? Anxious? Distrustful? Afraid?

#### Facts

- What actually happened?

#### Interpretation

- My perception of what actually happened and how I feel about what happened.
- Self-talk leading to assumptions which may not be based on facts. For example, "My interpretation is that you think I'm stupid and my ideas are never good enough. You didn't listen to what I had to say."

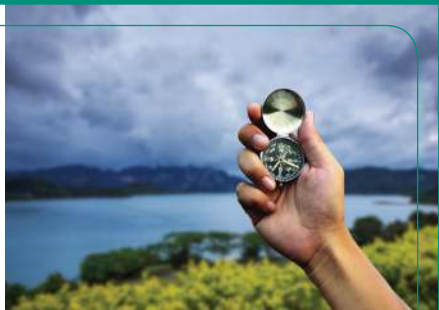
#### Ownership

- What is my part in this?
- What is my responsibility in the miscommunication?
- Past hurts and baggage from other relationships cause me to misinterpret the situation.
- I accept the responsibility that part of the miscommunication comes from my misinterpretation or from not understanding the goals.

#### Request

- This is the actual request to the other person.
- What do you want the other person to do?
- What information do you need?
- Do you want them to clarify?
- Do you want them to behave differently?

# Traveler's Log



## Discussion Questions

**Scripture:** Read aloud each verse from Scripture Says for the topic of Conflict & Communication.

1. How do you feel about conflict? Do you tend to avoid it or embrace it?

2. Describe a conflict you have experienced recently. Do you feel that the conflict is resolved or unresolved?



3. Use the "Communication Model" to describe the conflict again, this time from the other person's perspective.

4. Ask the group to share any differences they noticed between your two descriptions of the conflict.

5. What new technique or helpful insight could you apply in the future?

6. How might our group be able to handle potential conflicts in a way that builds each other up rather than tears each other down?

7. Which verse from Scripture Says most resonates with you? Why?

# Radical Faith

## Letting Go of the Wheel

In our society, we are taught that the road to success is paved by individuality and hard work. And, as women, we are often obsessed with maintaining control. But, as Christians, we're called to live in a radically different way. We serve a God whose plans and purposes are far more beautiful and rewarding than our worldly aspirations. But following God's plan often takes a great deal of trust. Radical faith means letting go of the wheel and sliding over into the passenger seat, trusting that God has the best route planned for your life.



"Somewhere along the way we [have] missed what is radical about our faith and replaced it with what is comfortable." - Dr. David Platt



## Taking My First Step

When I Drive: Write or draw some of the things you hope to do or obtain as you drive along the road of life.

When God Drives: Now imagine your life if God took the wheel 100% of the time. Write or draw some of the things God might do with your time here on earth.

## Pausing to Ponder

1. What are some similarities or differences between the two lists or drawings you created in the previous activity?
2. What might this say about the current state of your priorities compared to God's priorities? How do you feel about this?
3. What are some biblical examples of people who needed radical faith to accomplish God's will?
4. How can radical faith help with God's purpose in your life?
5. How radical can your faith be?



## Christ My Compass

Janet George

Jesus was radical. And, as we follow him, we find ourselves moving out of comfort and complacency to radical obedience.

**“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 10:36-37**

Through the parable of the Good Samaritan (Luke 10:25-37), Jesus illustrated what loving your neighbor means. He did not end the teaching by saying, “Go home and think about what you have learned.” He said, “Go and do likewise.”

In your life, what might “go and do likewise” mean?

**“Do to others as you would have them do to you.” - Luke 6:31**

This is the Golden Rule. It is so familiar we forget it's from the Bible. But when first spoken by Jesus, it was not familiar. It was radical. The concept was commonly found in the negative in Rabbinic Judaism, Hinduism, Buddhism, Confucianism, Greek, and Roman ethical teachings. The teaching was, “One should *not* do to others what one would *not* wish done to oneself.” Jesus did not just say that we should not do to others what we would not wish done to ourselves. He went a step further and said we should *do* to others what we would want done to ourselves. Jesus pointed out that love is more than abstaining: love means doing.

Think of someone you know who needs to be shown love. What can you do for that person that you would want done for yourself?

## Following My Heart

1. Do you feel that your faith is radical? Or does your faith feel flat?
2. Jesus tells us to follow him, to be like him. How are you like him?
3. When walking with Jesus, the disciples didn't really understand how radical Jesus was. Why was that?
4. After Christ rose from the grave, the disciples did understand. Why? How radical were they?
5. How does being a follower of Christ require you to have radical faith?
6. Read Scripture Says and write down one verse in your Traveler's Log that best describes your faith.



**Stop & Pray:** Help us, Lord, to step out of our normal lives and focus on you. Help us to have liberating trust as you lead us with divine order.



## Stepping Stones

Radical faith means pulling away from your everyday routines. List two ways your life can be more radical:

1.

2.

## Linking Arm in Arm

List three ways you and your Journey group will step out in radical faith:

### REFLECTION

Many women in The Enlighten Foundation have radical faith that has grown through years of experience, pain, prayer, joy, and stepping out for the Lord.

1. Write a paragraph in your Traveler's Log of your definition of how you see yourself as being radical for the Lord.
2. Write a second paragraph on areas you would like to explore and know further, either about yourself or about others.

## Scripture Says



"Some trust in chariots and some in horses, but we trust in the name of the Lord our God."

(Psalm 20:7)



"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."

(Proverbs 3:5-6)



"Jesus looked at them and said, 'With man this is impossible, but with God all things are possible.'"

(Matthew 19:26)



"Now faith is confidence in what we hope for and assurance about what we do not see."

(Hebrews 11:1)

## Scripture Says continued



"Jesus replied, 'Truly I tell you, if you have faith and do not doubt, not only can you do what was done to the fig tree, but also you can say to this mountain, 'Go, throw yourself into the sea,' and it will be done. If you believe, you will receive whatever you ask for in prayer.'"

(Matthew 21:21-22)



"I came to you in weakness with great fear and trembling. My message and my preaching were not with wise and persuasive words, but with a demonstration of the Spirit's power, so that your faith might not rest on human wisdom, but on God's power."

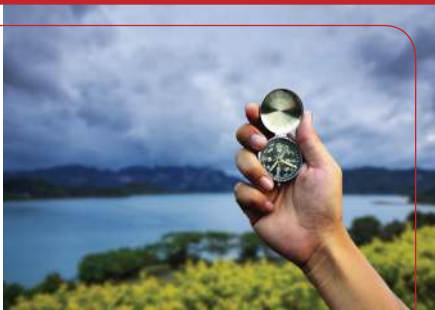
(1 Corinthians 2:3-5)



"The prayer of a righteous person is powerful and effective."

(James 5:16b)

# Traveler's Log



## Discussion Questions

**Scripture:** Read aloud each verse from Scripture Says for the topic of Radical Faith.

1. What does radical faith look like in your life?

2. How are you like Christ?



3. Which verse from Scripture Says best describes your faith?

4. What are two ways your life could be more radical?

5. What three ways will you and your Journey group step out in radical faith?

6. How do you see yourself as being radical for the Lord?

# Purpose



"We aren't just thrown on this earth like dice tossed across the table. We are lovingly placed here for a purpose."

- Charles Swindoll

## Living with Purpose

Throughout the world, people of all ages and cultures struggle with the question of purpose. We long to understand why we are here on earth and what we are meant to do. As Christian women, we have the advantages of scripture and the Holy Spirit to help us understand these essential questions. Each of us are a part of God's plans and purposes, and we each have a unique role to play based on who we are, how God has gifted us, and the period of history in which we live.



## Taking My First Step

When it comes to the idea of purpose, what are you seeking to understand?

- Purpose for my life
- A sense of direction for my life
- A sense of meaning for my life
- My career direction
- A specific cause to focus on
- What to do with my time
- Feeling purposeful amidst busyness
- Other: \_\_\_\_\_



## Pausing to Ponder

1. Consider the following three words: purpose, calling, and career. Write a brief definition of each in your own words.
2. What does our culture say about purpose?
3. How is the Christian understanding of purpose different from our culture's view?
4. According to the verses in Scripture Says, who is in control of your purpose? Who will ensure that your purpose is fulfilled?
5. What are some specific ways you can seek to better understand God's purpose for you as a Christian?

## Christ My Compass

Janet George

Jesus has taken hold of you for a purpose! Keep in mind this purpose is a process—a journey of exploration and discovery with the God who created you, loves you, and is working out his good and perfect plan for your life.

**“For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God—not by works, so that no one can boast. For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.” - Ephesians 2:8-10**

We are God’s “handiwork.” The Greek for this word sometimes has the connotation of a “work of art.” Each of us is a masterpiece, an original, one of a kind. As God’s “work of art,” you bring delight to the Lord simply by being you! And as his “handiwork,” we are created to do good works, contribute, and make a difference!

What are some ways you think God may delight in you simply being you?

What are some ways you are already making a difference in the world around you?

How does God see the significance of your work?

## Following My Heart

1. What does it mean to you to follow God's purpose for your life? Read Scripture Says and write your thoughts in your Traveler's Log.
2. What is your heart's desire for how you will live your life in relation to the Lord?
3. How might your Journey group help you follow God's purpose and live out your heart's desire?
4. Look back to your responses in Taking My First Step. How might a personal mission statement help you find clarity in the areas you indicated?



**Stop & Pray:** Pray that the Lord will provide you with a sense of clarity and direction regarding your unique purpose as a Christian woman.



## Stepping Stones

Fill in your responses from the Stepping Stones sections of each of the previous topics.

I am  
(Identity and Value & Worth)

I love  
(Experience)

I want to impact  
(Awareness)

I want to share  
(Voice)

## Personal Mission Statement

Based on your responses above, take time to write a personal mission statement in your Traveler's Log. A personal mission statement is a short, simple expression about who you are and how you want to live. It can be a helpful tool for organizing your values and dreams into a sense of direction.

An effective mission statement should be able to express who you are and how you want to live regardless of changes in your current circumstances, such as changes in your career, location, or relationships. However, you may find that your mission statement evolves over time as you continue to mature spiritually and as you move through different stages of life.

There is no right or wrong format for a personal mission statement. Your mission statement might be three words, a poem, or a paragraph.

**"The Lord will fulfill his purpose for me; thy steadfast love, O Lord, endures forever. Do not forsake the work of thy hands." - Psalm 138:8**

## Linking Arm in Arm

Finding your purpose is really just the beginning! We hope that you have gained a deeper understanding of your unique purpose as a Christian woman and that you have begun to engage with The Enlighten Foundation in order to have a positive impact on the world. Now is the time to really start putting your purpose into action!

1. How can your purpose serve the Enlighten community locally and globally?
  
2. What would be the mission statement of your Journey group? How can you move forward together?

### REFLECTION

1. Looking back to when you started The Journey, what did you most want to gain from this experience?
  
2. Do you feel that you have made progress in that area? Why or why not?
  
3. Please rate each of the following:
  - I have great clarity regarding my sense of purpose.
  - I feel strongly connected to a community of Christian women.
  - I feel empowered to have a positive impact on the world.

## Scripture Says



"The Lord has made everything for its purpose, even the wicked for the day of trouble."

(Proverbs 16:4)



"And 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)



"As the rain and the snow come down from heaven, and do not return to it without watering the earth and making it bud and flourish, so that it yields seed for the sower and bread for the eater, so is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it."

(Isaiah 55:10-11)



"For I know the plans I have for you,' declares the Lord, 'plans to prosper you and not to harm you, plans to give you hope and a future.'"

(Jeremiah 29:11)

# Traveler's Log



## Discussion Questions

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

1. What does our culture say about purpose?
2. How is the Christian understanding of purpose different from our culture's view?
3. What does scripture say about God's purpose for you?
4. What does it mean to you to follow God's purpose for your life?
5. What is your heart's desire for how you will live your life in relation to the Lord?
6. How might your Journey group help you follow God's purpose and live out your heart's desire?
7. What is your personal mission statement?
8. What is your Journey group's mission statement?





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