



THE ENLIGHTEN
FOUNDATION



The Journey

Serving the World

Vision & Goals



Heading in the Same Direction

The Enlighten Foundation has a mission of edifying and empowering every woman worldwide to understand that she is wonderfully created by God, that the Lord is the great liberator of her life, and that, with that knowledge, she can transform her community. Presently, The Enlighten Foundation is encouraging and edifying ambassadors who understand and hold strong to our mission and vision and who can expand that mission to millions of women worldwide. Our focus is on being “sent” by the “Sender” to show true freedom and liberation of Christ. With the underlying purpose to do the work of the Lord on earth as it is in heaven, heading together in the same direction is essential.

“There are three stages to every great work of God; first it is impossible, then it is difficult, then it is done.” – James Hudson Taylor



Taking My First Step

Search online for two examples of vision statements and two examples of mission statements and write them below.

Vision Statement

1.

2.

Mission Statement

1.

2.

Pausing to Ponder

1. What is the mission of The Enlighten Foundation?
2. What are specific goals that might fall under the mission of The Enlighten Foundation?
3. Why might it be important for an organization or group of people to stay focused on one mission, rather than pursuing several ideals at once?
4. How important is a vision statement to the mission statement?
5. Why is a vision statement without God a waste of time?

Christ My Compass

Anne H. Griffith, Ph.D.

"There was also a prophetess, Anna, the daughter of Phanuel, of the tribe of Asher. She was very old; she had lived with her husband 7 years after her marriage, and then was a widow until she was 84. She never left the temple but worshiped night and day, fasting and praying. Coming up to them at that very moment, she gave thanks to God and spoke about the child to all who were looking forward to the redemption of Jerusalem." - Luke 2:36-38

Vision and Mission

How do some in the Bible have such clear vision and clearly know their mission?

Anna was a prophet (a visionary) and had one very clear mission: to worship the Lord day and night. She did this from the time she was widowed (married only 7 years) until she was 84 years old. In the day, Anna could easily have been a widow for close to 60 years. She actually didn't have as her mission to see the baby Jesus. She just 'happened' to be there "at that very moment" when Simeon was talking to Mary and Joseph.

Anna's vision of the Lord was so strong she dovetailed that vision into a 60-year mission. As a young woman, she looked to the Lord. We don't know if that was after her husband died or if she was already a committed believer. But we know that after his death she never looked back. Her mission to worship the Lord day and night included choices that were not very comfortable, but we don't see that it mattered to her much. I'm sure within the context of her life Anna could have gotten married again but didn't. She undoubtedly felt discouraged sometimes, or hungry.

The weather was hot and dry, and she may have longed for a warm bath. At 84 her knees and back were probably hurting, and her eyesight was poor. But we don't hear any of that. Regardless of her earthly circumstances, she seemed eager to worship God and overjoyed to see the baby Jesus. And what did she do? She gave thanks to God and "spoke to all who were looking forward to the redemption of Jerusalem."

Anna's vision as a prophet and her 60-year mission was to do one thing—pray to and worship God. After seeing the Christ child, God directed Anna in her purpose to a place she may never have anticipated—she became a messenger of God's work. There in the temple courts, Anna announced, to anyone who was looking forward to the Messiah, the arrival of the Christ child, the one who would redeem Jerusalem.

Christ My Compass continued

Anne H. Griffith, Ph.D.

1. How can we see our vision and mission clearly?
2. How can we get to a place where we don't doubt our vision?
3. How do we become courageous to accept a vision that might make us uncomfortable now and then?
4. How will we know that our vision and mission is God's purpose for us?

Following My Heart

A. Vision and Mission

Before starting any new initiative, position, or project with The Enlighten Foundation, it's important to define the vision and mission for your work. This will help you in many ways, including sharing the message.

Unity and Focus: Vision and mission statements help you stay focused on what really matters to you. It's easy to become sidetracked from original intentions. You may find yourself enticed by many wonderful ideas, but the key is to filter each possibility through your vision and mission statements first. Will this project move me to my vision? Does this event fit within my mission of how I am seeking to make an impact through The Enlighten Foundation?

Sharing the Message: Vision and mission statements make possible for everyone on your team to share the key message of an event or project with others. Whether the vision is for an ongoing program or for a one-time event, it is important for all group members to clearly understand and be able to share the purpose of the initiative with others.

Building Community: Vision and mission statements build community. They rally others around a common cause and advance The Enlighten Foundation's mission. They are positive, hopeful, and provide a sense of purpose for all who decide to engage with your project.

Wondering what the difference is between a vision and mission statement? They both have to do with the big picture, but they each serve a unique purpose:

A **vision statement** is an image of future success. It describes where you want to end up if your plan works out. Vision statements provide a sense of hope and inspiration regarding your cause.

Example Vision Statement: To educate and empower women and their families in marginalized cultures to make transformational change.

Key Characteristics:

- Very short (a few words or a phrase) and easy to communicate
- Understood and shared by members of the group or community
- Inspiring and uplifting; uses positive wording

A **mission statement** is a very brief description of what you are actually doing, how you are doing it, and whom is being served by your project. A mission statement should always be true and in the present, even if you are taking very small steps at first. Mission statements provide clarity and direction regarding the work that you are doing.

Following My Heart continued

B. Goals and Objectives

Once you have determined the overall vision and mission for your work, it's time to set goals and objectives. These are specific steps that help move you toward accomplishing your mission. Goals are your desired outcomes. When setting your goals, think about how you will be able to look back and know if your goals were achieved. Goals that are too vague can be hard to measure, so try to include some specifics. In a business sense, **goals are your desired outcomes.**

These may be broad and general, although the more specific you can be the easier it will be to stay on target with your goals and track how well you are managing to accomplish your intended goals.

Example Goal: I enjoy networking and would like to see at least 30 women in attendance at our event to help my project.

Objectives are precise, measurable steps that will lead to the accomplishment of your goals.

Objectives are very specific items that can be checked off a list as they are accomplished.

Example Objectives:

1. I can invite at least 10 friends and family members by February 15th.
2. I will personally follow up with each person I invite.
3. We will review the total number of positive RSVPs at our next meeting and determine if steps are needed for soliciting more event attendees.

Exercise #2

Before meeting with your Journey group, brainstorm your own goals and objectives and write them in your Traveler's Log.



Stop & Pray: Lord, I pray that you would guide me with my vision and help me follow your lead. Give me patience and an open mind as I meet with my Journey group members to begin planning the exciting work you have in store for me at The Enlighten Foundation.



Stepping Stones

1. Recognizing your geography (your time and space), describe how you will begin the process of reorganizing your schedule to fit the work it will take to accomplish your mission.
2. Pray to the Lord for direction.
3. Begin writing a 30-second description of your mission.
4. Is there any additional research your mission needs that would help clarify your goals?

Linking Arm in Arm

1. Present your project to the Enlighten Journey staff.
2. Who else wants to work in this area with you?
3. Research current ways others may be doing a similar project.

SUMMARY

Write a one-page summary of your project that includes:

- The Vision and Mission of [the project]
- The Goals of [the project]
- The Objectives of [the goals]

Scripture Says



"He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God."

(Micah 6:8)



"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."

(Matthew 6:19-20)



"Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me."

(John 15:4)



"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."

(James 1:27)

Scripture Says continued



"Jesus answered, 'The work of God is this: to believe in the one he has sent.'"

(John 6:29)



"You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last."

(John 15:16)

Traveler's Log



Taking Action

Getting Our Hands Dirty

This is the part we've been waiting for! It's time to take action! It's time to engage with real people in real relationships. This can be unnerving if we're not ready. As important as it is to follow our plans, we have to be ready to adapt, or regroup. We created The Journey so that you can be prepared to be a leader within our Enlighten community as well as in the world. Begin thinking, "How are my actions making a meaningful impact on the world?"

—
"When you feel like it's too hard to obey God, remember that God will never tell you to do something without giving you the grace, power, and ability to do it."
- Joyce Meyer



Taking My First Step

Recall a time when you took action to help someone or do something good in the world. Describe in your Traveler's Log the action you took.

Pausing to Ponder

1. Under Taking My First Step, what was the need you were responding to?
2. What inspired you to do something to help?
3. Did you run into any obstacles? If so, how did you overcome them?
4. How do you feel about this experience?
5. Is there anything you would do differently in the future? Write your thoughts in your Traveler's Log.

Christ My Compass

Anne H. Griffith, Ph.D.

The Women of Let's Go!

Abigail Seidl

I'm 24 and I've been going on Let's Go! trips for years. . . Romania 4 times, Armenia 3 times, and Israel once, I loved it all. I saw what I believed in and what I valued. I always believe in God, but I saw God in action. We help other women explore all of their possibilities. It's so empowering to learn something about yourself, then turn it around and help others.

The one experience that made the greatest impact for me was in Armenia. There were two little boys whose mom had just died. They were sent to their grandmother's, and I never felt such a need to nurture and hold them so much. The looks on their faces broke me apart. This experience taught me that their lives are just like ours. They grieve and they need love, help, and someone to hold them and let them feel the way they feel.

Let's Go! has been my life's journey, not just one aspect of my journey. Let's Go! has changed my life and who I am today. I needed the experience of these cultures to know myself and how God was directing my life. When I was 15 I went on my first trip to the gypsy (Roma) village in Romania. The little kids pulled down my pants and threw rocks at me. It was my first experience where someone didn't like me. I often have a need to make people like me. But God was still calling me to my purpose. I still had to do my work. I wanted people to like me, but God gave me what was best for me, not what I wanted. That's what makes the difference in life. Going on Let's Go! trips is a life altering, all-encompassing change.

What does it mean that the Lord wants me to go to the world? Does the Lord want me to take His word out? What if that means I have to go places that I'm unfamiliar with? Will the Lord protect me? What if I don't do a good job for Him?

These questions can tug at our heart as we prepare to move our faith out to the world.

"You will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth." Acts 1:8

What does it mean to be witnesses to the ends of the earth? Does that mean we walk into a village and try to immediately convert everyone we see? Often, that is not the most successful way to show the hope and liberation of Jesus Christ. At Enlighten, taking action as a witness to the Lord means walking alongside others, learning from them and experiencing their world. We are prepared to share whatever tools, tips, or techniques they need to better their lives. Sharing the hope of Christ with others often means we serve. Just as Jesus fed the 5,000 before he talked about the saving grace of God, we address the immediate needs of those we serve. We get to know their families, become friends, and see each other over the years. And in the process, we are often asked about our faith.

Christ My Compass continued

Anne H. Griffith, Ph.D.

"Go into all the world and preach the gospel to all creation." Mark 16:15

How do we preach the gospel to all creation?

Clearly, Christ *is* our Compass.

Following My Heart

Taking action to help women and children at our Project Sparkle sites can be ineffective if our hearts are not ready. Despite the importance of all our detailed plans and preparations, the most important part of getting ready to take action is making sure our hearts are in the right place. Take some time to walk through the following exercises to prepare your heart and mind for the adventure ahead.

Exercise #1

Remembering why we're doing this

1. Look back to the vision and mission statements for your project and write them here:
2. In your own words, what is the main purpose of taking our faith into action?
3. Do you want to honor God through this effort? If so, what does that mean to you?

Exercise #2

Envisioning success

1. What would it look like for this effort to be a success?
2. How do you want people to feel when they engage with you in this project?
3. Review your goals above.
 - a. Write specific steps under each goal that would ensure its success.
 - b. Include a timeline.

Following My Heart continued

Exercise #3

Preparing for the unexpected

1. What are you most looking forward to with this project?
2. What are you most concerned about?
3. Imagine several things that may not work, and write them here.
4. If nothing worked out, would this project still be a valuable experience? Why or why not?

Exercise #4

Trusting God and having peace

"Do not be anxious about anything, but in everything, through prayer and petition, and 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

1. Can you trust God to be in control of this project? Why or why not?
2. Read Philippians 4:6-7 (above). What is the promise in this verse?
3. If you are struggling with worry or doubt, spend some time in prayer laying your concerns before the Lord. Be specific about what is bothering you.



Stop & Pray: Lord, help me to be an ambassador for you in all of my interactions. Help me be ready to show love and respect to people in every moment. Please bless our group's efforts so that we can have a meaningful impact on your world.



Stepping Stones

As we move through this final level of The Journey, we will use the Stepping Stones from previous topics to look back at where we have been so that we can gain a stronger sense of how the Lord might use us to impact the world.

Look back to your Personal Mission Statement from Level 2 ("Purpose"), and write it again here:

Compare your Personal Mission Statement with the project you have envisioned for The Enlighten Foundation. How do they compare?

Linking Arm in Arm

1. Share with your Journey group members what you are most excited about regarding your upcoming project.
2. Tell a friend or family member about your involvement with The Enlighten Foundation and your upcoming project.
 - a. What questions did they have?
 - b. Were they enthusiastic about the project with you?
 - c. Did they add any suggestions for your project?

SUMMARY

Write a one-page Action Plan summary that includes:

- A paragraph on the success you would like to achieve
- A section that describes your *action steps*
- A section detailing the *timeline* for those steps
- A section describing the *positions of responsibility*

Scripture Says



"Many are the plans in a person's heart, but it is the Lord's purpose that prevails."

(Proverbs 19:21)



"Therefore, preparing your minds for action, and being sober-minded, set your hope fully on the grace that will be brought to you at the revelation of Jesus Christ."

(1 Peter 1:13)



"Jesus replied, 'Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: Love your neighbor as yourself.'"

(Matthew 22:37-39)



"What good is it, my brothers and sisters, if someone claims to have faith but has no deeds? Can such faith save them? Suppose a brother or a sister is without clothes and daily food. If one of you says to them, 'Go in peace; keep warm and well fed,' but does nothing about their physical needs, what good is it? In the same way, faith by itself, if it is not accompanied by action, is dead."

(James 2:14-17)

Traveler's Log



Transformational Change

Soaring Above the World

Have you ever tried paragliding? Here's how it works: you drive or hike up to the top of a mountain, where you are strapped in tandem with a paragliding professional. Together, you run...off the edge of the mountain! The wind picks up the canopy that's trailing behind you and lifts you into the air for spectacular views.

Experiencing transformational change can be like running off the side of a mountain, strapped to a paragliding professional named Jesus, who is in complete control of your canopy. It's a little scary, but absolutely exhilarating when you suddenly find yourself soaring above the world!

—
“Do not conform to the pattern of this world, but be transformed by the renewing of your mind.” - Romans 12:2



Taking My First Step

Think about the most powerful or meaningful inward change you have experienced in your life, and draw a picture, write a poem, or fashion a creative representation of that experience:

Christ My Compass

Joanna Eckerdt

Mary Magdalene

Read Luke 8:1-3.

1. What do you think Mary Magdalene's life was like before she met Jesus?
2. How was Mary affected by her encounter with Jesus?
3. How was Mary's life different after her encounter with Jesus?
4. How many other people were affected by Mary's transformational change, and in what ways?
5. When the Lord does a work in your life, what kind of a response would be similar to that of Mary Magdalene's response?

Mary Magdalene was present throughout the most important events in Jesus' life. She followed Jesus from village to village throughout Galilee as he proclaimed the gospel and healed the sick. She was nearby as Jesus was put on trial, viciously beaten, and mocked. She was there with Jesus as he was nailed to the cross and hung, dying, for hours in the midday darkness. She witnessed Jesus' death. She stayed near him even as his body was brought to the tomb and buried behind the great rock. It is clear that Mary waited anxiously throughout the Sabbath, longing to rush to the tomb and be near Jesus again. The moment the sun rose on the following day, she went straight to his burial place to care for him, even after his death. And so, Mary Magdalene was one of the few who experienced the greatest event of all history. She was given the privilege of being the first, along with her friends, to see Jesus and to begin proclaiming the good news of his resurrection to the world.

1. Imagine some of the ways that Jewish women living in the villages of Galilee at that time period might have tried to better themselves or their families.
2. What actually caused transformational change in the lives of Mary Magdalene and her friends?
3. How does this relate to us in our culture today?
4. Why do you think God chose a group of women to be the first to witness the empty tomb and the resurrected Lord?

Following My Heart

No Turning Back

"When Jesus saw the crowd around him, he gave orders to cross to the other side of the lake. Then a teacher of the law came to him and said, 'Teacher, I will follow you wherever you go.' Jesus replied, 'Foxes have dens and birds have nests, but the Son of Man has no place to lay his head.' Another disciple said to him, 'Lord, first let me go and bury my father.' But Jesus told him, 'Follow me, and let the dead bury their own dead.'" - Matthew 8:18-22

After going through three levels of The Journey we begin to recognize that we ourselves are transforming. We are beginning to break through boundaries and labels that once separated us from others. We are broadening our scope of awareness and understanding of world issues. We are moving forward in personal growth and faith because of our love for God and our commitment to his work on earth.

Jesus cautions us that following him means that our home is never here on earth, that following him means leaving some parts of our lives behind. As we begin to feel the call of God on our lives, we realize that moving forward means there is no turning back. But don't worry! There are many extraordinary Christians with that same sense of spirit. We are all in community with the Lord.

Exercise #1

Is there anything you feel that you will need to leave behind in order to follow Jesus wholeheartedly along the path he has called you?

Open Eyes, Open Hearts

"We fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal." - 2 Corinthians 4:18

Do we grieve our old selves? Definitely. When we transcend our old selves we sometimes look back and think with a bit of melancholy that we can't return to that sense of not knowing, a sort of blissful ignorance. We may become frustrated as we see the world through new eyes, but diligence through these stages of frustration allows us to develop something quite calming; an inner core of peace and strength.

Your belief and faithfulness is transforming not only you but those you live with and those around you. Your spirit is being transformed by the Lord. Listening to the Lord is essential for everything you do because there are those around you who are on a very different journey, a different path. That's okay. For you, stay focused on truth. Keep your eyes open and fixed upon Jesus.

Following My Heart continued

Exercise #2

What is one new practice or habit you can incorporate into your life to help keep your eyes fixed on the Lord?

Same Path, Different Trails

"For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgement, 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." - Romans 12:3-5

As a community of Christian women, we all have faith in Christ, but we can get frustrated when some women seem less committed or devoted or knowledgeable than we are. Or, perhaps we feel uncomfortable because they have a different perspective on the Christian faith than we do. We all believe in the Lord, but we may be on different trails spiritually; one may feel she is just beginning her journey while another may feel she has been on this journey for most of her life. This juxtaposition at Enlighten can often be a critical place of trust and grace—trust in the Lord and grace between us.

The culture of The Enlighten Foundation will always encourage women seeking God's word and purpose in their lives. Just as the Lord puts wings of protection around us (Psalm 91), so do we put an arm of encouragement around others. We learned in previous Journey topics that each of us have different personalities with different ways of learning and interacting. So, too, do we have different ways of perceiving our walk with Christ. That's okay!

Remember that a person is not necessarily "wrong" if her perspective is different from yours: listen to her perspective with an uncritical ear and share your understanding of Christ. That's how we all grow and relate together. It's not necessary to be angry with someone regarding her beliefs. Instead, in patience and grace, and through the love of Christ, work alongside those who may have different perspectives and enjoy that difference together.

Following My Heart continued

Exercise #3

Is there a particular type of person, belief, or behavior that you struggle to show grace to? If so, journal your thoughts about this in your Traveler's Log.

Letting God Light the Path

"Your word is a lamp for my feet, a light on my path." - Psalm 119:105

"We also have the prophetic message as something completely reliable, and you will do well to pay attention to it, as to a light shining in a dark place, until the day dawns and the morning star rises in your hearts." - 2 Peter 1:19

Spiritual transformation doesn't come without pain, inner struggles, a sense of darkness, and an inordinate time of waiting and listening. All of this can cause anxiety, restlessness, discouragement, and exasperation. We see this in Christians who have come before us as they grappled with their relationship with the Lord and sought stronger communication with God. Although some Christians have had experiences where they saw or heard the Lord, the great majority of us never have that kind of encounter. We often feel like we are blindly following God. And this can be a lonely experience.

But the Lord tells us repeatedly to follow the light in the darkness: the light of God's word through the Bible and the light of God's word through prayer. Transformational change occurs here, where we reach the end of who we think we are and the beginning of who we actually become. Jesus states that it is easier for a camel to pass through the eye of a needle than for someone who is rich to enter the kingdom of God (Matthew 19:24). The "rich one" is more comfortable with the world as it is and would rather not travel through the darkness to transform as God would have her become.

Following the light of the Lord through the darkness requires courage and faith. But God leads us step by step. Follow Jesus and he will give you the light of life (John 8:12), greater than all the riches in the world.

Following My Heart continued

Exercise #4

What does the imagery of light in the Bible mean to you? Draw a picture to represent this meaning.

Transcending It All

"I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people, and his incomparably great power for us who believe." - Ephesians 1:18-19

You and I know them: women and men who seem to have an unflinching sense of calm. They're never really rattled with events. They don't become furious at the news or yell at drivers in traffic. They seem to transcend it all. How do we get to that level of faith? When do we realize that we don't need to live in angst and worry?

Transcending our daily frustrations is a daily discipline, focusing heart, mind, and spirit on the Lord's guidance of our lives. It means opening the eyes of our heart that we may be enlightened to know the One who created us and loves us unceasingly. The calm we see in others is the Lord's healing power. The Lord heals our loneliness, our failures, our disillusion and despair, and our sicknesses. He also heals us of jealousy, vanity, constant comparison, and worry. As we trip along our life's path, the light of the Lord leads the way, cutting through a world of hurt.

Jesus is our guiding light. The more time we spend with the Lord, the more his light shines out from within us. And this light that effuses from us becomes a beacon, drawing others to hope and healing in Christ as well.



Stop & Pray: Lord, I pray that you will enlighten the eyes of my heart in order that I might know the hope to which you have called me, that I might be filled with your glorious riches and incomparable power in Christ Jesus.



Stepping Stones

1. When you look at your life, what would you like to “transcend” from?
2. What would you like to transform to?
3. How can you maintain the transformational change that has occurred thus far?
4. Read Scripture Says and write down verses that apply to your personal transformation.

Linking Arm in Arm

1. Think about what transformational change means to you and any personal experiences you have had with transformational change, and share your thoughts with your Journey group.

SUMMARY

Write about the following:

- Your definition of transformational change as it relates to your life with the Lord
- What you would like to transform in your life and how you will do it
- How you will maintain that transformation
- How you will walk alongside others within your transformation

Scripture Says



"Now the earth was formless and empty, darkness was over the surface of the deep, and the Spirit of God was hovering over the waters. And God said, 'Let light be,' and light was."
(Genesis 1:2-3)



"The desolate land will be cultivated instead of lying desolate in the sight of all who pass through it. They will say, 'This land that was laid waste has become like the Garden of Eden.'"
(Ezekiel 36:34-35)



"I will make the valley of trouble a door of hope."
(Hosea 2:15)



"God gives life to the dead and calls into being things that were not."
(Romans 4:17)



"The angel answered, 'The Holy Spirit will come on you, and the power of the Most High will overshadow you. So the holy one to be born will be called the Son of God. Even Elizabeth your relative is going to have a child in her old age, and she who was said to be barren is in her sixth month. For no word from God will ever fail.'"
(Luke 1:35-37)

Liminality

Stepping into the Unknown

Liminality is a word that describes a transitional phase, a phase between who you were and who you are becoming. It comes from the Latin word for threshold—the doorway between one place and another. Experiencing liminality is often both scary and exciting. It's a conscious decision to step away from the old and step towards the new. Stepping towards the new requires stepping into the unknown, which is an opportunity for the Lord to strengthen our faith and confidence in him.



"This is no time for ease and comfort. It is time to dare and endure." - Winston Churchill



Taking My First Step

Imagine yourself stepping out in faith and with confidence into the unknown. Creatively describe what you look like:

Christ My Compass

Anne Griffith, Ph.D.

There is a Power whose care
Teaches thy way along the pathless coast—
The desert and illimitable air—
Love wandering, but not lost.

He who, from zone to zone,
Guides through the boundless sky thy certain flight,
In the long way that **I must tread alone**,
Will lead my step aright.

“To a Waterfowl” by William Cullen Bryant, from *The Savage My Kinsman*, by Elisabeth Elliot

In 1956, five missionaries, “all young, all married, all, except one, fathers” planned to make contact with the legendary Indian tribe, the Aucas, that dwell deep in the Amazon jungle. After months of great detailed preparation for their trip, they finally landed and set up their camp and waited for a contact from the tribe. After being greeted by several from the tribe, they waited for others, who came and speared them and left them to die. While their death seemed a tragic ending, it was only a new beginning. Elisabeth Elliot was the wife of one of the missionaries (Jim Elliot). Instead of returning to the states, she elected to stay in the area of the Indian tribes with her young daughter, doing medical work and translating the Bible into the native tongue. In fact, she wanted to go deep into the jungle where the tribes lived to try to fully understand why they killed the missionaries.

“The fact that Jesus Christ died for all makes me interested in the salvation of all, but the fact that Jim loved and died for the Aucas intensifies my love for them.” (p. 9)

After a year of praying, of learning as much as possible about the culture and translating the Bible into their language, and without warning, several Auca women emerged from the jungle and requested that she follow them into the jungle.

“It was clear to me that the central issue (of going into the jungle) was not one of methods. Something could go wrong with the very best plan. Some unexpected factor could throw off the wisest calculations. I simply asked the Lord to do what He wanted to do about it. For once in my life I had no suggestions to make to Him about how He was to do it. I placed myself in His hands, saying that if He wanted to give me a part in reaching the Aucas, I was ready. I had noticed throughout the Bible that when God asked a man to do something, the methods, means, materials, and specific directions were always provided. The only thing to do: obey.” (p. 15).

Christ My Compass continued

Anne Griffith, Ph.D.

Many tried to warn her, question her, told her she was mistaken, tried to forbid her.

"I certainly needed no stronger proof of the nature of the people I proposed to visit than their treatment of my husband. I knew that my position was quite indefensible. But I knew too that it was the duty which lay before me. I took that duty to be the will of God. I heard no voices, saw no visions. But it seemed to me that the Bible, which I regard as a book of principles by which we are to live if we want to know what real freedom is, was daily presenting to me fresh confirmation of the fact that I had not mistaken God's design, and so I went ahead." (p. 44)

Elisabeth lived with the Aucas for 2 years. During that time, she realized that their social standards, such as for marriage, taking responsibility for a child, and respect for elderly, were at times better than her own culture. So why was she there she asked? Her answer was always Jesus, "to obey Him, to present Him." (p. 123)

"The Son of Man came not to be ministered unto, but to minister. We must get this straight. We have come, not to be benefactors, but to be servants...the "savages" do not need Christ more than I do, for we are all of us sheep who have turned everyone to his own way." (p. 148)

Her experience as a missionary was complete transformation, for herself and the Auca tribe.

The man who killed Elisabeth's husband Jim asked God for forgiveness and became a minister. Over time, nearly 40% of the village of 2,000 found hope in Christ. In addition, tools and techniques that were brought to the village by missionaries saved the life of the tribe as a whole. Dentistry proved to be a primary need among the members of the tribe and health information for children and mothers enabled the Aucas to live a longer life.

Elisabeth Elliot became a well-known speaker and author of many bestselling books on the power and courage of faith. As an ambassador of the Lord she brought the hope of Christ to countless women and men around the world.

Christ My Compass continued

Anne Griffith, Ph.D.

As the story of the Aucas unfolds, did the Lord leave the bulk of this missionary work up to the original 5 men?

1. Does Christ give women lighter missionary work than men?
2. As a Christian woman, does the missionary work of Elisabeth Elliot seem alien to you? Something out of the ordinary?
3. As a follower of Christ, are you willing to go into the unknown for the Lord?
4. How does the term "everything works together for good for those who believe" become a reality for Elisabeth Elliot?

Pausing to Ponder

1. As a follower of Christ, does thinking about what the Lord might ask of you give you anxiety?
2. If the Lord is asking you to consider changing your life to some degree, do you have any hesitation?
3. What if you don't know the outcome of your work for the Lord? Would you still step forward for the Lord? Write your thoughts in your Travelers Log.

Following My Heart

The Alien Within You

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

It may sound strange, but at some point in your life you may discover an alien within you. Not a real alien! But a person whom you have never let yourself recognize. A person who has potential you wouldn't normally dream of. A person touched by God who has strength, endurance, direction, perception, and never-ending faith. That person is you. In Christ, you are a new creation. And while new is often beautiful, it can also seem strange, a little scary...alien.

Exercise #1

1. Write in your Traveler's Log who you think you could be but are not quite there yet.
2. What aspects of your true self seem out of reach and foreign right now?

Walking the Unknown Path

"Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. But small is the gate and narrow the road that leads to life, and only a few find it." - Matthew 7:13-14

As Christians, we often feel that we are "by faith" going through life on our own. The difference is that usually you are doing your life in terms of what other people expect of you: your family, your church, or society. Walking through that unknown to try to understand who you are is done only by you and the Lord. You are leaving behind the instructions from everyone else, including your mother, husband, sister, kids, and whoever else, to understand who God made you to be. That requires you to move along an unknown path.

Exercise #2

1. Do you ever feel like you have one foot in the world where you have to live and one foot in the new world where you want to live? Describe in your Traveler's Log that new world.
2. Think about the disciples - women and men - who left their homes to follow Jesus. What stress may this have caused with their families?
3. How might a follower of Jesus show love and respect to her family but still follow God's call on her life?

Following My Heart continued

Focusing on the Lord

"And we all, who with unveiled faces reflect the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit." – 2 Corinthians 3:18

It's not only essential, it is required of us as Christians to change our earthly focus to focus on the Lord. This is not an easy transition, particularly if you live with an oppressive family or in a repressive culture. But it is very possible. The Lord does miracles every day. As you take the liminal path and become transformed into the woman God created you to be, you will see issues fall away, situations changed, and your family and community begin to be transformed around you. Why? Because the Lord is with you. The key to becoming our true selves is to keep our eyes focused on the Lord.

Exercise #3

1. What are some specific ways that you can focus on the Lord each day?
2. How can you discern between what sounds like wisdom from our society and the true wisdom that comes from God?
3. Throughout The Journey, we have done our best to stay focused on the Lord. In what ways have you felt yourself being transformed?
4. Imagine the new you. A woman who has been radically changed through faith - not to become a "prototype" Christian, but a unique, vibrant reflection of God living in her. What is she like?
5. How do you feel about the new you? Do you think you can "go there"? Be that person? You are closer than you think!



Stop & Pray: Lord, I pray that you will continue to guide my heart and daily transform me into the woman you've created me to be. Thank you for loving me unconditionally just as I am and for taking joy in seeing me grow, mature, and become complete in Christ Jesus.



Stepping Stones

1. How do the verses in Scripture Says remind you of the Lord's love for you?
2. As we make transformational changes in our lives, we begin to walk through a liminal world. Describe that world as you see it.
 - a. Name one very pivotal piece of your identity that you feel can be left behind.
 - b. Name one new personal development that you would like to add to your identity.

Linking Arm in Arm

1. In your liminal world, rearrange the "puzzle" pieces of who you are.
2. Redesign the pieces into the person you have always thought you could and should be.
3. Write down as many expressive and descriptive words you can think of to describe yourself as this person.
4. Think about how you have changed as a result of The Journey, and share your thoughts with your Journey Group.
5. Consider writing a blog story about your experience on The Journey. Share this story with your friends on Facebook or other social media platforms. Submit your story to info@EnlightenFoundation.org for review, and we may post it on our blog as well!

SUMMARY

Write your story describing how, through the unknown, you are recreating and reconfiguring the woman God meant you to be.

- Include verses that have helped you.
- Include testimonies you have heard that affected you.
- Include experiences you have had that made a difference to you.
- Include new friends and women who have made a difference in your life.

Scripture Says



"I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength."

(Philippians 4:12-13)



"Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything."

(James 1:2-4)



"Indeed, we felt we had received the sentence of death. But this happened that we might not rely on ourselves but on God, who raises the dead."

(2 Corinthians 1:9)



"We also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character hope."

(Romans 5:3-4)

Scripture Says continued



“Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.”

(Romans 12:1)



“We have this treasure in jars of clay to show that this all-surpassing power is from God and not from us. We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed. We always carry around in our body the death of Jesus, so that the life of Jesus may also be revealed in our body.”

(2 Corinthians 4:7-9)

Traveler's Log



Giving Forward

The Ripple Effect

“Pay it forward” is an expression that describes the beneficiary of a good deed who, instead of repaying the deed back to the benefactor, pays it forward to others. At The Enlighten Foundation, we call this “giving forward.” Giving forward includes giving of the heart, mind, and spirit through encouraging, empowering, and educating others and supporting world changing initiatives through both prayer and funding. The concept of giving forward recognizes that transformational change is never stagnant but always creates a ripple effect, extending across borders, cultures, and even generations.

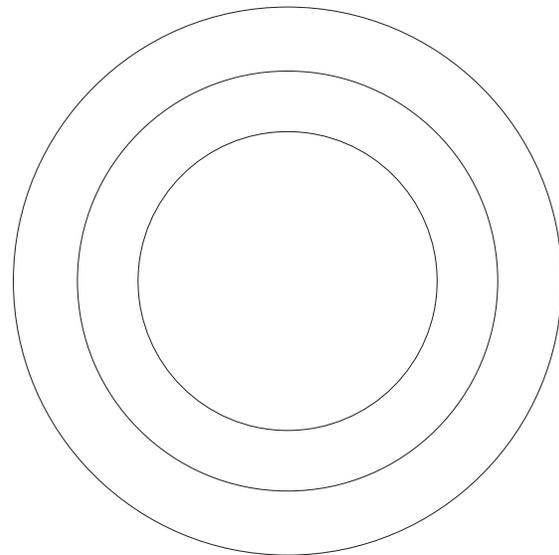


“There is never going to come a day when I stand before God and God looks at me and says, ‘I wish you would have kept more for yourself.’” - David Platt



Taking My First Step

In the inner circle of the diagram below, write one way that you have been changed or impacted as a result of your experience on The Journey. In the next circle out, write one way that you could impact a close friend or family member as a result of this change. In the outer circle, write one way that your friend or family member might then impact someone you don't even know.



Pausing to Ponder

1. Has someone ever done any of the following for you? Check all that apply.

- | | |
|---|--|
| <input type="checkbox"/> Taught you a new skill | <input type="checkbox"/> Shared a family recipe |
| <input type="checkbox"/> Written you an encouraging note | <input type="checkbox"/> Paid for your coffee or groceries |
| <input type="checkbox"/> Hosted you for dinner | <input type="checkbox"/> Held the door open for you |
| <input type="checkbox"/> Complimented you | <input type="checkbox"/> Invited you to an event |
| <input type="checkbox"/> Prayed for you in a difficult time | <input type="checkbox"/> Helped you with a chore |

2. How do you feel when you think about the small acts of kindness others have done for you?

3. How do you feel when you do similar acts of kindness for others?

4. As a Christian, what are some specific gifts that you receive from your relationship with the Lord?

5. How might you be able to give these same gifts "forward" to others?

Christ My Compass

Joanna Eckerdt

Phoebe

"I commend to you our sister Phoebe, a deacon of the church in Cenchreae. I ask you to receive her in the Lord in a way worthy of his people and to give her any help she may need from you, for she has been the benefactor of many people, including me." - Romans 16:1-2

From this short passage in Paul's letter to the Romans, there is so much we can learn about Phoebe!

Paul begins his letter to the Roman Christians by commending Phoebe to them and asking them to receive her well. This most likely means that she was the courier of Paul's letter to the Romans. Scot McKnight states in *The Blue Parakeet: Rethinking How You Read the Bible*, "Since couriers were charged with responsibility to explain their letters, Phoebe probably read the letter aloud and answered questions the Roman Christians may have had," making Phoebe quite possibly the first person to read and explain the book of Romans to others—to a large group of people, in fact (McKnight, Chapter 13).

Phoebe was a Christian in the early church in the days of Paul, meaning that she was part of the first generation to come to faith in Christ. After experiencing the saving grace of Jesus, she didn't simply file into a pew and fade into the background. She became a benefactor for many, including the Apostle Paul. In fact, the Greek word translated benefactor is usually *prostatis*, which means a patroness or protectress. Paul describes Phoebe as a female guardian or protector, one who is set over others to care for their affairs and aid them with her resources.

In addition, she is called a *diakonos*—a deacon or servant of the church. Paul uses this description after Phoebe's name, meaning this was likely her official role within the church. In 1 Timothy 3:8-13 we see that both women and men performed the role of deacon. As a deacon commended by Paul, Phoebe would have been "worthy of respect...temperate and trustworthy in everything" (1 Timothy 3:11). Throughout the New Testament, the word *diakonos* describes someone who is a servant leader, a person who is highly trusted with administering resources to the needs of others.

Christ My Compass *continued*

Joanna Eckerdt

1. Knowing that Phoebe was among the first generation to come to faith in Christ, imagine what Phoebe's life was like before and after she became a believer. In what ways might Phoebe have been radically changed?
2. In what ways did Phoebe make "giving forward" a habit of her new life?
3. What qualities earned Phoebe a position of respect and leadership within the church, as well as the esteem of the Apostle Paul?
4. Do you think Phoebe ever experienced conflict or attack from other church members? What might this have looked like?

Following My Heart

Note: All names in the following stories have been changed for protection and privacy.

Behind Closed Doors

Marcela (Project Sparkle Romania)

Marcela is a Roma (Gypsy) woman in her middle 40's. She had been a difficult woman to work with during the setup of the Project Sparkle Early Learning Program. She was boisterous, negative, and had temper tantrums. Then, one of her grandchildren attended the early Learning Program, and Marcela saw how her granddaughter started learning colors, numbers, shapes, and the Romanian language. Marcela began attending Bible Studies and met together with other Project Sparkle mothers to discuss the Lord.

On one Let's Go! trip, we brought together all the Roma women from the village to see how they were doing and talk about working together on a community project. We hugged each other and asked how life was treating them. In the course of the conversation, Marcela told us how the Lord had changed her life. And how she, in turn, was teaching her daughters and her grandchildren about God and how grateful she was that she could turn to the Lord for help.

We then asked Marcela how we could pray for her. She said to pray for her husband because he beat her. Every time Marcela went to church, she knew that when she returned home she would get a beating. Her husband beat her because he didn't want her to know more than he did, and he was jealous not only of what she was learning from the church but also of what she was learning from us on the Let's Go! team. She told us that when she went home after our meeting she would be beaten by him. As we teared up she said, "Don't worry. I've learned that the Lord is on my side. As long as I tell my children to seek the Lord first and no one else, perhaps they won't go through this kind of life." And she added, "I pray always that my husband will also be changed."

The lessons we learn from other women are often wrapped with tears, blood, sweat, and courage.

Following My Heart continued

Exercise #1

1. Can you name any women in the Bible whose suffering helped others?
2. Can you name any other women in history whose suffering has helped us today?
3. Has your suffering ever been used to help others?

The Silent Transfer of Teachings

Mariam (Project Sparkle Israel)

The Bedouin women in Israel are the safest Bedouins in the world. Although they are Muslims living within a Jewish culture, the State of Israel has been working fervently to bring education, infrastructure change, and employment opportunities to their communities. Yet many of the Bedouin women are still oppressed and marginalized, living in a strict, patriarchal culture with few rights in marriage and society.

While Bedouin women in Israel have many more opportunities to learn and advance their lives than Bedouin women in other countries, these women have relatives in all those countries. So, whatever these women learn in Israel, they often text to their mothers, sisters, and aunts in more restricted areas. We call this the ground-wire: teaching transferred through the underground. And it doesn't just pertain to Bedouin women. Women worldwide become the ground-wire for other women. It's the transference of knowledge without being "caught."

Following My Heart continued

Gathering in Journey Groups

Shari (Denver, Colorado)

At The Enlighten Foundation, we have seen over the years that more and more women find The Journey groups to be the safest venue for discussing issues. In many Journey groups, women sign a confidentiality agreement not to take their issues or discussions outside to others. Not only is The Journey group a safe space for discussion, the women in these groups find great strength in the friendships they form. Even at our Project Sparkle sites, the women meet together to walk through The Journey in a small group setting. Simply knowing they're not alone means so much to women everywhere in the world.

Shari is a member of a Journey group in Denver, Colorado. Before The Journey, Shari already had a lot of friends. She attended church, worked endlessly in various organizations, and was a retired nurse. She was close to her husband and children, although her children had moved to other states. Shari had gone through several serious health issues but was now able to do what she wanted. However, she really didn't know what she wanted to do.

Through the course of her Journey, Shari realized that no matter what age you are, you still have to renew yourself and your walk with the Lord. In the safety of her small home group, and through The Journey, she took one step at a time towards finding out that she had great skills in mentoring others. While mentoring others often paralleled her nursing skills, it was different enough for Shari to love this new direction in her life. Her experience with The Journey enabled her to walk alongside others to help them find their own path, and in the process, she became a Guiding Star donor to help women directly in their walk with the Lord as well as a Cornerstone member to help The Enlighten Foundation continue reaching more women worldwide.

Exercise #3

1. Is there anything in Shari's story that resonates with you?

2. Why do you think Shari chose to give forward financially as well as with her talents?

Following My Heart continued

What About You?

Giving forward at The Enlighten Foundation means walking alongside other women as leaders, speakers, mentors, facilitators, Directors, Regional Directors, Prayer Walkers, Ambassadors, Circle Members, Cornerstone Donors, Board Members, sisters, co-workers, and friends. That's right, the possibilities for taking action and giving forward within our Enlighten community are endless!

Giving forward brings us back to our mission: educating and empowering women and their families to create transformational change. As we educate women through our programs and empower them through the love of Christ, they become transformed. Being inspired and changed, they give forward the gift of that same journey of transformation to others in a ripple effect that reaches out to the ends of the earth.

What about you? Are you ready to start making waves?



Stop & Pray: Lord, thank you for walking alongside me in every step of my journey. Please help me to come alongside others, to encourage and bless them through the incredible love that I have the privilege of experiencing through Christ.



Stepping Stones

In this level, we have studied the topics of: Vision & Goals, Taking Action, Transformational Change, Liminality, and Giving Forward.

- If you could choose one bold step for giving forward what you have gained from your experience on The Journey, what would it be?
- Which verse from Scripture Says will help you remember to give forward when opportunities to do so arise?

Linking Arm in Arm

1. Have you ever had to do something brave in order to give forward? Write about that experience in your Traveler's Log and share with your Journey group.
2. Discuss with your Journey group the positive changes you have experienced as you have walked through your Journey.

SUMMARY

Write several paragraphs on Giving Forward:

- Write about your definition of "giving forward."
- Give an example of someone who gave forward to you and how that helped with the situation you were going through.
- Describe how you could give forward to others.
- Explain how you could give forward at Enlighten.

Scripture Says



"Just as a nursing mother cares for her children, so we cared for you. Because we loved you so much, we were delighted to share with you not only the gospel of God but our lives as well."

(1 Thessalonians 2:7-8)



"All the believers were together and had everything in common. They sold property and possessions to give to anyone who had need. Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts."

(Acts 2:44-46)



"In the midst of a very severe trial, their overflowing joy and their extreme poverty welled up in rich generosity. For I testify that they gave as much as they were able, and even beyond their ability. Entirely on their own, they urgently pleaded with us for the privilege of sharing in this service to the Lord's people. . . They gave themselves first of all to the Lord, and then by the will of God also to us."

(2 Corinthians 8:2-4)



"All these people were still living by faith when they died. They did not receive the things promised; they only saw them and welcomed them from a distance. . . These were all commended for their faith, yet none of them received what had been promised, since God had planned something better for us so that only together with us would they be made perfect."

(Hebrews 11:13, 39-40)

Traveler's Log



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LEVEL 04