

GOD'S STORY

- What does it mean to you to be part of God's big story for the world?
- What brings you the most joy when you think about your role in bringing God's word to the people around you?
- What Bible verses inspire you to think about God's story of eternal life through Jesus?
- How has God's word instructed you in your life story so far? How would you like to grow in your journey of faith?
- Prayer point—Thank God for giving us his Word as a reminder that he knows us and loves us. Thank him for the way his Word provides guidance and hope.

MY STORY

- What are the significant milestones in your life, such as your childhood, job changes, or personal achievements? How did these moments shape your journey?
- Can you recall instances when you faced challenges or adversity? How did you overcome them, and what lessons did you learn in the process?
- How have your passions and hobbies played a role in your story?
- Can you recount instances where your faith and beliefs guided your decisions or reactions?
- Prayer point—Thank God for all the elements of your life story and that God isn't finished with you yet!

HER STORY

- Who are the women who have been role models of faith for you? Are there any specific family members, mentors or teachers who played a significant role in shaping your beliefs and values?
- Can you think of any women whose personal stories of faith and resilience have inspired you during challenging times?
- How have you been part of any women's groups or communities that have provided you with a sense of belonging and nurtured your faith?
- Can you recall a specific moment when a conversation or advice came at just the right time?
- Prayer point: Thank God for the faithfulness of women in the Bible and in your life who have provided inspiration and guidance.

THE STORIES WE TELL OURSELVES

Three tools to deal with negative thinking:

- Write down the things that aren't going well—then ask yourself 'What do I want?' or finish the sentence 'I'm the kind of person who...'
- Interrupt the negative pattern: speak positive words to yourself: 'I can't do it YET', 'I'm working on getting this done!'
- Ask yourself the question 'where is Jesus in this? What is he saying to me?' Do any Bible verses come to mind when you are asking God about your situation?