

10 SESSION STUDY GUIDE

for

The Divine Invitation Course: 10 Steps to Enter the Dance of Becoming Fully Alive

Participants: Congratulations for stepping up to study this book! Here are some steps of preparation you will need to do to receive the most benefit from the study if you are doing it with a group.

- Step 1 - Read the book and the discussion points before beginning so you have a good grasp of the whole message. If you have asked yourself the questions in the Discussion Points already, you will be a step ahead!
- Step 2 – If you are unable to read the whole book ahead of time, at least read the chapters and Discussion Points for that session. Be ready to engage!
- Step 3 - Determine the time, place and schedule for the 10 sessions. Setting up a group email, text or other method of communication would be helpful.
- Step 4 – Keep a journal of what you experience/gain from each of the 10 sessions. Bring it to every session. This helps preserve the blessings!

Facilitators; Congratulations for stepping out to lead a group study of this book! Here are some steps of preparation you will need to be ready to lead well.

- Step 1 - Read the book and the discussion points before beginning so you have a good grasp of the whole message. If you have asked yourself the questions in the Discussion Points already, you will be a step ahead of the others!
- Step 2 - Encourage the participants to read the whole book before beginning the study. At least they need to have already read the chapters being discussed in each session.
- Step 3 - Determine the number of participants, time, place and schedule for the 7 sessions. Setting up a group email, text or other method of communication would be really helpful.
- Step 4 – Encourage everyone to keep a journal of this study and to bring it to every session. This will help preserve the blessings!

Session 1 – F- Fully Alive Woman, Ch.1 The Encounter

Chapter 1 The Encounter

- How were you impacted by reading about this Encounter?
- What God-encounters of your own have you had? Please share!
- What does “being fully you with Jesus in you” mean to you?
- What are your thoughts about the “grace gift exchange”?
- Envision the woman in the last part of the encounter, the Fully Alive Woman—describe what she looks like to you.
- What are some divine invitations God has give you that you rsvp-ed "yes" to? Anything that you rsvp-ed "no" to?

Session 2 – U -Understanding Your Story, Ch.2 The Backstory

Chapter 2 The Backstory

- If you were to draw a timeline of your life, what key points would you include?
- If you/your group desires, use an online or printable timeline, e.g. <https://storyterrace.com/en-GB/book-about-your-life-timeline> or <https://mymeander.com>). Another one created by Tony Stolfus, follows the pattern of King David’s life as a template for our own calling-journey <http://www.thecallingjourney.com/buildyourtimeline.php> .You can use this to reflect on your life, get more in touch with your story, and tell your stories to your group.
- Sharing your stories with others is important! You could meet up in groups of 2 or 3 outside of the group study and share your timelines that way.
- Alternatively you could do sessions 1 and 2 together and use the 2nd session to share your timelines with one another.

Session 3 – L – Looking for a Better Way, Ch.3 The Better Way

Chapter 3 The BETTER WAY (aka *The Radical Middle*)

- What are your thoughts about the definition of THE BETTER WAY/Radical Middle presented in this chapter?

- Think about the cross as the “great crossroad of life” – when have you found yourself at that crossroad – tell everyone in your group about that.
- Specifically, what’s your personal situation regarding the dilemma described in the section on THE BETTER WAY for the Vocation of Virtuous Women? What does love look like for everyone concerned in your life, including you?
- Watch Fiddler on the Roof and journal what this story stirs up in you.

Session 4 – L – Learning the Dance, Ch. 4 The Invitation to the Dance

Chapter 4 The Invitation

- What dancers have you seen that depicted the kind of oneness described in the first part of this chapter? Who do you know that exhibits this kind of oneness in their relationship?
- What fears, if any, do you have about entering this dance?
- Step Up – to Be the Beauty – where do you think you still need to just BE, to grow in knowing who you are and whose you are?
- Step Out – to Do the Beauty – what good works do you believe God may have for you to do that you haven’t yet done? Your hearts’ desires can help you here.
- The three core desires of a woman described in the book *Captivating* are: to be romanced, to play an irreplaceable role in a great adventure, and to unveil beauty. Take a moment to reflect on each one. Which of these do you feel has been fulfilled in your heart? Where do you feel your heart may have shut down/given up? Pray through this with your friends/study group until your heart opens up again.
- What does the Virtuous Woman described in Proverbs 31 evoke in you?
- How do the 28 virtues described in this encounter impact you?

Session 5 – Y – You Bearing the Fruit of the Spirit, Ch. 5 The Virtues Part 1

Chapter 5 The Virtues Part 1 (Fruits of the Spirit)

- Unfailing Love, Merry Heart, Peaceful Tranquility, Lady Longsuffering, Lovingkindness, Shirley Goodness, Faithful and True, Gentle and Meek, Ms. Temperance

- What's the difference between real fruit and fake fruit as defined in this video?
- Which of these 9 virtues stood out most to you?
- Describe how the virtue you've chosen affects your life at this time.
- What would you need to let go of right now to receive something you value more, i.e. the gift God is offering you?
- Pray out loud the prayer in the book associated with the grace-gift you are receiving. If you are doing this in a group, pray with and for each person. Be sure to journal this—make it a “memorial stone”—date it and keep it. Stay with it until this area is securely rooted in your life.
- When the Lord emphasizes another grace-gift He wants to give you, go through the same process.

Session 6 – A – Adding to Your Relationships, Ch. 6 The Virtues Part 2

Chapter 6 The Virtues Part 2 (Relationships/Roles)

- Beloved Daughter, Mama Bear, Precious Bride, Soul Sister, Faithful Friend
- In this video, the real currency of life is _____. You will be wealthy if you _____.
- Beloved Daughter, Mama Bear, Precious Bride, Soul Sister, Faithful Friend
Which one of these, if any, was highlighted to you?
- What is happening in your life right now that sets the stage for receiving this grace-gift?
- What might you need to release to make room for it?
- Pray out loud the prayer in the book associated with the grace-gift you are receiving. If you are doing this in a group, pray with and for each person. Be sure to journal this—make it a “memorial stone,” date it and keep it. Stay with it until this area is securely rooted in your life.
- When the Lord emphasizes another grace-gift He wants to give you, go through the same process.
- If you would like to learn more, check out the 19 Relational Brain Skills that keep your relational circuits ‘On’! <https://lifemodelworks.org/wp-content/uploads/2018/08/19-relational-skills-the-lifeboat-in-your-brain.pdf>

Session 7 – L - Living Nobly, Ch. 7, The Virtues Part 3

Chapter 7 The Virtues Part 3 (Qualities of Nobility)

- Lady Pure Heart, Divine Forgiveness, Maid of Honor, The Lord’s Princess, Del Gratia, Regina
- How do you respond to the statement, “Since you are a descendent of the King of King, you are the true nobility?”
- When have you found that you act like you are royalty? When not?
- Imagine the Lord in His royal robe, standing before you with a scepter. As He extends the scepter to bless you, which of these titles is He bestowing on you?
- Why do you think He is offering this to you right now?
- What lesser “title” would you need to give up to receive this new one?
- Pray out loud the prayer in the book associated with the grace-gift you are receiving. If you are doing this in a group, pray with and for each person. Be sure to journal this, make it a “memorial stone,” date it and keep it. Stay with it until this area is securely rooted in your life.
- When the Lord emphasizes another grace-gift He wants to give you, go through the same process.

Session 8 – I – Infusing Strengths of Character, Ch.8 The Virtues Part 4

Chapter 8 The Virtues Part 4 (Character Strengths)

- Fearlessly Courageous, Personality Plus, Total Security, Graceful Dancer, Timeless Beauty, Grateful (Appreciated), Job’s Sister, Unsinkable Hope, Passionate Sage
- Moral fiber is synonymous with strength of character. Read Romans 5:3-5. Would you agree that trials are the common denominator for transforming your character?
- Remember a time in your life when you can now say that you were able to turn your trials into treasure. Share about it with your friends.
- Which of these 9 character strengths confirmed something the Lord has on the “front burner” in your life right now?
- Why is this on the “front burner” now, in your understanding?
- What would you need to relinquish in order to free up the space needed to receive this grace-gift?

- Pray out loud the prayer in the book associated with the grace-gift you are receiving. If you are doing this in a group, pray with and for each person. Be sure to journal this make it a “memorial stone,” date it and keep it. Stay with it until this area is securely rooted in your life.
- When the Lord emphasizes another grace-gift He wants to give you, go through the same process.

Session 9 – V – Virtues Combined, Ch. 9 The Finale – Fully Alive

Chapter 9 The Finale – The Fully Alive Woman

- Do you believe that your destiny is to become a fully alive, fearless and free woman of God?
- Respond to the painting by Caravaggio shared here, with Mary crushing the head of the serpent with Jesus’s foot on top of hers, showing him that ‘this is what our people do.’ Here’s the link for that photo and an article written about it: <https://thinkingthroughchristianity.com/2018/07/how-to-crush-a-serpent.html>
- What does Redeemed Eve mean to you?
- Read through the encounter again, it is repeated in this chapter. What do you notice this time that you may not have the first time you read it?
- Go to this part of the chapter and do the visualization exercise: “Take a deep breath now and close your eyes. Visualize YOURSELF as that woman. Put your face in the picture I just described ...” What do you see? Share it!
- Look at the declaration in big bold letters – say it or shout it out loud!
- Write down the “statement of faith” in the space provided or in your journal. Date it. Keep it safe. Come back to it and say it again and again, visualizing yourself as “that woman.” You are HER! Repeat these as often as you can!
- A good friend of mine, Janet Johns, who was one of the first women to hear about this encounter, really personalized it. She had a painting made with her face on it as the Fully Alive Woman! She still has it to this day, for over twenty years now. Consider doing something like this, either a sketch or whatever else would be meaningful to you—so that you can personalize it and “make it your own!”
- Summarize the experiences you’ve had since you started this study, share with each other and pray for one another. Take extra time for this in this session.

Session 10 – E – Evaluate, Ch. 10 Where Are You Now?

You can use this session to apply the “next steps” of Ch. 10, helping each other identify where you are now and where you want to grow. Determine how to use these tools to add virtues to your lives as an ongoing practice.

Chapter 10 – Where Are You Now?

- *The Lord’s Prayer*. For those of you who would like to come into relationship with Jesus Christ. Follow the prayer like “stepping stones” of faith. If you’d like, let me know about it via email: terrissully@gmail.com . Make sure to get involved with a healthy, vibrant church near you, and tell any Christian friends you may know that you have invited Jesus into your life and surrendered yours to Him. Welcome to the Dance! Link for the prayer: <https://fullyalive5.com/how-to-begin-your-personal-relationship-with-god/> (document to download and print below)
- *Spiritual disciplines* – where are you with regard to these disciplines and where do you want to be? Scriptures to reference: *1 Peter 3:4 ESV; Matthew 6:6 AMP*. The hidden person of the heart – our inner sanctum/holy place. Resource: ***Renovated – God, Dallas Willard and the Church that Transforms*** by Dr. E. James Wilder. <https://www.amazon.com/Renovated-Dallas-Willard-Church-Transforms/dp/1641581670/>
- *The Immanuel Life*. Read the description of the Immanuel Life in the book. This is the goal of all I have written – to lead you into living in communion with Jesus 24/7, 365 days a year. Scriptures about Enoch: *Genesis 5:21-24 NLT*. Feel free to use the tools provided in this section. (links and downloads below) There are many others, but these are ones I have found particularly helpful. Find out more at www.lifemodelworks.org .