



### Week 3: Whole

#### **Connect.**

- Take a few minutes to catch up! Go around the room and share about a time when you felt really confident about yourself. Why did you feel confident? When do you feel the most confident?

#### **Grow.**

- Watch "Whole" Video.

#### **Group Discussion Questions**

- What stood out to you in today's teaching?
- What does the word "shalom" mean? Where do you need "shalom" or wholeness in your life?
- Where does woundedness get the best of you at times?
- How might you be trying to earn God's favor? Who does God already say you are?
- Whose opinion is the loudest in your head and whose gets the most attention in your life? Explain.
- How can you focus this week on the work Jesus has accomplished to make you whole?

#### **Pray.**

- Take some time to pray for God to bring wholeness - spiritual, emotional, and physical - to each person in the group. Ask God to bring a greater awareness of what it means to know and be a woman MADE whole by and for God.

#### **Next.**

- Read Psalm 139 this week. Write down 5 truths about who God's Word says you are. Ask God to help you internalize those truths.