



LEADER GUIDE



FLOURISH

SISTERHOOD
CHRIST FELLOWSHIP





FLOURISH

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A NOTE TO SMALL GROUP LEADERS

Welcome, Amazing Women of God! We are excited you chose to take this six-week journey with us.

As the leader, be sure that you are preparing your heart each week through prayer. Pray for your Group members and for God's wisdom to guide your time together. Remember that God wants to speak to YOU over this next season. Your learning and transformation are the best example you can set as you lead your sisters through this journey together.

This curriculum is intended to be done along with the Flourish Book (daily devotional) and weekly videos. Encourage your group members to set aside time each day to read the devotional material, pray, and write out some thoughts.

Note that pages 106-119 of *Flourish* are intended for taking notes during the videos. **Videos can be found at ChurchoftheKing.com/SisterhoodGatherings.** Videos can be watched during small group or individually ahead of time. **Please email women@churchoftheking.com with any questions.**

We know that as you GROW in your walk with Jesus by serving as a small group leader, you will also be blessed by helping others GROW on their spiritual journey.

This guide is meant to partner with the session videos in order to facilitate discussion. Decide ahead of time, or as a group, if you will watch the videos together or individually. For each week, you will find:

- Theme for the week
- A format for group time
- An overview of the theme for each week
- Questions to help facilitate discussion
- A next step to go deeper into the study

WEEK 1

Let *the* Flourish Begin

WEEK 1 THEME

You are important, you were created to be fruitful, and you are an influencer.

GROUP OPENER

As a group, begin your time together by opening up in prayer. Use the following questions/icebreakers to open up your time together and to be able to get to know each other. **Make sure to introduce any new members who have come for the first time. Gather contact information for any new people.**

- Who are important influencers in the world today? Why would you call them an influencer? (Have them name someone they know personally as well as someone they don't know personally that has influenced their life.)

DISCUSSION

Watch the video (if your group members haven't watched it on their own).

- Read Genesis 2:18-23. What does this passage communicate about how God sees His daughters?
- How might God want to use you to bring a “finishing” or “completion”?

In Genesis 3:20, Eve receives her name: “The mother of all the living.” Note that this is declared *after* her sin. How might this passage bring us hope? What does it say about the character of God?

- What lies have you believed about your identity?

Julie explained that in Genesis 1:26-27, God's very first act towards humanity was to bless them and give them the ability to be fruitful. We were created with this seed of potential inside of us.

- How do we nurture this seed so that it produces fruit like uncontainable joy, unconditional love, and unleashed generosity?



WEEK 1

(continued)

- Have you experienced a “drought” season?
- How can we ensure that we are “rooted” and able to withstand heat and drought?

In Genesis, we see that Eve was an influencer. When she sinned, she brought others down. When she chose to worship, others followed her example. Think about the areas in your life where God has given you influence.

- Do you find it easy or difficult to lead others?
- Have you found offense to be an obstacle to your influence?
- How can we guard our hearts in order to remain “unoffendable”?

LIFE CHALLENGE

This week, we learned about being planted palms and potted orchids. How can we stay planted next to the water (His Word) and stay planted in the House? Encourage your group members to set aside some time each day to work through Week 1: Days 1-6 in the devotional. Take this time to encourage your group to dig in deeper by taking their next step for the week.

PRAY TOGETHER

Pray to close your time together. You might want to share prayer requests so your group can continue praying for each other during the week. You can use page 122 of *Flourish* to record prayer requests.

WEEK 2

Rooted *in* His Unearned Love

WEEK 2 THEME

Our true identity calls us out of our history into our destiny.

GROUP OPENER

Open up in prayer. **Make sure to introduce any new members who have come for the first time. Gather contact information for any new people.**

- What is your favorite TV show to watch?
- Do you think TV, movies, and other media affect the way we view ourselves? Why or why not?

DISCUSSION

Watch the video (if your group members haven't watched it on their own). Julie made a strong declaration: "Our true identity calls us out of our history and into our destiny."

- Read Psalm 139:13-18. When you hear the word *Father*, what comes to mind?
- Do you tend to view your heavenly Father through the lens of your earthly father?
- Do you have a significant symbol like Peter (rock), Zacchaeus (tree) and the lady who had the issue with the blood (hem) that represents a time and place where you settled your identity?
- What labels have other people put on you or that you have put on yourself? What "lesser label" have you settled for?
- How has this label affected the way you interact with God? With others?
- What lies are assaulting your identity?
- Read Jeremiah 29:11-13. What words does God use to describe the future?
- What action steps does God encourage in order for us to take hold of the destiny He has for us?

LIFE CHALLENGE

Encourage group members to set aside some time each day to work through Week 2: Days 1-6 and the character study of Peter. Pay close attention to when Peter saw his identity, and notice how it changed his history. (pages 101-102)

PRAY TOGETHER

WEEK 3

Cultivating Black Gold

WEEK 3 THEME
Soil must be tended to in
order to flourish.

GROUP OPENER

Open up in prayer.

- How many of you all enjoy learning something new?
- Pass out two small slips of paper to each group member. Have the participants write “I have learned that _____” and fill in the blank with a lesson they have learned, one non-spiritual lesson and one spiritual. Gather all the papers and have the group guess who the author is of each paper.

DISCUSSION

Watch the video (if your group members haven't watched it on their own).

- When you hear the word *Flourish*, what comes to mind?
- Dianne referred to the “work” required for a seed to flourish. Have you experienced a dark, hidden season where God was preparing you to flourish?

Review Matthew 13:1-9. We see that Jesus is describing the condition of our hearts through the illustration of soil.

- Where do you see yourself reflected in this passage?
- So many things can contaminate and crowd the soil of our hearts so that our roots have a hard time going deep. What have you found has contaminated the soil of your heart?
- The ladies shared in the video how prayer helps them tend the soil. Share some examples of how you tend the soil.
- What role do stress, busyness, and anxiety play in our prayer life? How can we combat these distractions?
- Julie mentioned that we should give God our best time. When is your best time? Why do you think consistency is important?

LIFE CHALLENGE

What scriptures can we memorize this week that will help us to remember to pray during those stressful and anxious days? Write them on a card and keep them where you will see them throughout the day. Work through Week 3: Days 1-6.

PRAY TOGETHER

WEEK 4

Connecting to the Vine

WEEK 4 THEME

Obeying God's Word brings us closer to God and the abundant life He has for us.

GROUP OPENER

Open up in prayer.

- Have you ever been in a situation where you got hurt because you didn't know what you didn't know?
- What is one thing that the Holy Spirit has shown you that you may not have seen on your own?

DISCUSSION

Watch the video (if your group members haven't watched it on their own).

- How does the word "obedience" make you feel?
- When have you seen obedience result in a reward?
- Read John 6:38-39. What was Jesus' response to obedience?

Julie referenced John 15, where Jesus tells us to remain in Him. Read John 1:1.

- How can we practically apply these principles to grow in our intimacy with God?
- What are some ways that we can "remain" in God's Word throughout the day?

Julie mentioned that counterfeit intimacy can rob us from a beautiful relationship with God.

- What are some other things that, if we believe the lies, can keep us from a deeper relationship with God?

Julie said, "You don't know what you don't know, and what you don't know can hurt you." Maybe, as we've been talking, you recognized something that you need to ask God's forgiveness for so that you can walk in freedom. As we close for prayer, whisper to God what has been robbing you from the life He has for you, and trust that it is finished!

LIFE CHALLENGE

Take steps this week to obey God's Word, ask God's forgiveness, and start walking in the freedom and purpose God has for you. Work through Week 4: Days 1-6.

PRAY TOGETHER

WEEK 5

Flourish *in* Every Season

WEEK 5 THEME
The Fruit of the Holy Spirit is supernatural fruit that allows us to flourish in every season.

GROUP OPENER

Open up in prayer.

- What is your favorite fruit?
- What has been the most exotic/different fruit you have ever eaten?
- Who can name all nine of the fruit of the Spirit?

DISCUSSION

Watch the video (if your group members haven't watched it on their own).

- How would you describe your current season?
- Do you find yourself pressing into God more during the hard seasons or easier ones?
- What role does endurance play in our walk with God?
- Read John 14:16-18. What are some things you've heard about the Holy Spirit?
- What role does the Holy Spirit play in your life?
- What is the evidence of the Holy Spirit in our lives?
- Read Galatians 5:22-23. Give a practical example of each fruit of the Spirit.
- What is one area that you might struggle to surrender, causing you to walk in the flesh instead of producing the fruit of the Spirit?
- Why can being joyful be a challenge? What are some things Satan uses to steal our joy?
- What are some ways we can combat comparison?
- How can gratitude lead to joy?

LIFE CHALLENGE

Write down what you are grateful for this week. Maybe there were things that you weren't grateful for last week, but you were able to produce supernatural fruit because of Jesus. Work through Week 5: Days 1-6.

PRAY TOGETHER

WEEK 6

Set Up for the Superbloom

WEEK 6 THEME
Committed people experience
the Superbloom for the
benefit of others.

GROUP OPENER

Open up in prayer.

- Do you have someone in your life that loves you enough to have difficult conversations when you get off track? How do you know this person?

DISCUSSION

Watch the video (if your group members haven't watched it on their own). Julie described the difference between being *connected* and being *committed*.

- What is something that you have committed to? A sport, relationship, etc.?
- Is there a time that your commitment ended in hurt?
- Do you feel committed to your church community?

Julie mentioned in her video that her perfect conditions to flourish and thrive are the hot desert ground of Death Valley.

- What do you think are the perfect conditions that need to occur for you to flourish and thrive in your job, in your school, and in your relationship and purpose?
- What do you sense God is saying for your new season?
- Was there someone in your life that believed in you when you didn't believe in yourself? Share a story of a godly person that mentored you, echoing God's voice over your life.
- How could you see God using your story to benefit others?
- How can you be a part of someone else's miracle?

LIFE CHALLENGE

Review the next page of this guide together, and discuss how you can make a difference as a group. Encourage your group to complete Week 6: Days 1-6 in the *Flourish* book.

PRAY TOGETHER



SERVE DAY

Saturday, May 4

At Church of the King, we want to **Go Make A Difference** together! One way we can do that is by serving our communities. To wrap up your group, **participate in a Serve Day project** together!

TWO WAYS TO PARTICIPATE IN SERVE DAY:

1. Lead a Project
2. Join a Project

To lead a project, find a need and meet it! It could be helping a single mom with yard work, or maybe someone you know had a family member pass and needs some meals, or it could be helping out at a nursing home or homeless shelter, or whatever God puts on your heart!

To see a list of all the Serve Day projects you can join and be a part of, or to sign up to lead a new project, visit ChurchoftheKing.com/ServeDay.