

The Yes Step



Leader's Note: Before class begins, be sure to make copies of the Participant Handout for the session. Begin by welcoming the ladies and open the class in prayer. Before you watch the video, introduce the topic by spending approximately five minutes going over the definition and Session Opening. After you watch the video, open the floor for discussion and move into your selected group exercise(s).

The group exercises are designed to generate meaningful discussion. Depending on how much time you have, you may not have time to discuss all of the exercises. Before class begins, select the exercise(s) you want to focus your session on. Remember, the goal is not to “get through” all of the exercises, but to create an atmosphere where revelation comes through group dialogue that creates “aha moments”. When women bond through shared experiences and increased knowledge of God’s word, healing comes and creates an opportunity where safe and solid relationships can be built that can last well beyond the group study.

Can you believe this is your last Love U session before next session’s celebration? You have fed life into these ladies for the last several weeks! I wish I could have been with you to experience your group along with the sorrows and joys you’ve shared. I so want to thank you for investing in the lives of women. May God richly bless you and the relationships you’ve built and encouraged.

If your ladies desire, make plans to exchange contact information if you haven’t already done so. That way your group participants can stay in touch and continue their relationships. You can exchange that information at next session’s celebration.

Definition of Yes:



Yes is the practice of surrendering our **will** and allowing God to lead our lives.



Session Opening:

Before class begins, print out page 6 of the Yes Step of this Leader’s Session Guide and place the Yes acronym in a prominent position in the classroom to serve as a visual reminder.

Explain that **saying YES to God means we Yield Every Step**. As a facilitator share your perspective on the topic of yielding your life to God’s plan. You can either share insight you received from the book or experience you have gained from your own life. Be honest. Is

following God's plan easy or hard for you? Do you typically resist His plan or surrender? What joys have you experienced when you finally surrendered to His will?



Video & Discussion Time: Watch the video for Session 9. Afterward, discuss the video before you transition into the group exercises. Pitch out a question or two to the group. Here are some to get you started:

- ? If you could do anything with your life and no obstacles (lack of funds, education or experience) stood in your way, what would you do? How do you think this desire relates to God's direction for your life?
- ? Is there anything in your life that you need to yield to God? What do you think is standing in the way? (for example, fear, uncertainty, doubt, etc.)



Group Exercises

Group Exercise A

Go around the room and have the participants take turns reading the bulleted items from their handout. Encourage group members to share and make comments after each item is read.


When your yes is compromised you may:

- Have trouble understanding how the Bible applies to your life today
- Base your peace and contentment on your circumstances
- Think God wants you to make all our own decisions in life
- Need to see a visible sign to sense God's leading
- Find it difficult to surrender because you like to be in charge
- Believe in self-sufficiency and that a strong leader rarely surrenders
- Strive for self-sufficiency and believe as long as you're responsible, everything will go according to your plans
- Struggle to hear God's voice and feel His presence
- Make your own plans the best you know how
- Have trouble discerning God's voice over the voice of the enemy

Group Exercise B


Go around the room and have the participants take turns reading the scriptures and questions from their handout. Encourage group members to share and each person reads.

Yes Scriptures

 Trust in the LORD with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight. Do not be wise in your own eyes; fear the LORD and shun evil. This will bring health to your body and nourishment to your bones. Proverbs 3:5-8 (NIV)


? When you are veering off of God's path for your life, how quickly do you discern His redirect?

- a. His voice is like the lady on my GPS. As soon as I've made a wrong turn, I hear Him announce, "Rerouting, rerouting."
- b. I usually don't notice until I'm miles off course.
- c. I'm typically so focused on the scenery, I never hear a word.


 The heart of the discerning acquires knowledge; the ears of the wise seek it out. Proverbs 18:15 (NIV)

? What areas of your soul-health are the most healthy? Which need the most improvement?


- Identity
- Forgiveness
- Imagination
- Prayer
- Resolve
- Accountability
- Yes

 For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future. Jeremiah 29:11 (NIV)

? Do you have a life verse, a scripture that profoundly speaks to your heart about God's plan and direction for your life? What is it and why is it so significant to you?

 In his heart a man plans his course, but the LORD determines his steps. Proverbs 16:9 (NIV)

? Has God recently asked you to surrender anything? What was your response?

 For to me, to live is Christ and to die is gain. Philippians 1:21 (NIV)

? What are some of the things in the area of relationships you have surrendered to Christ? Has it been difficult or easy? How was your faith challenged?

📖 Therefore, my brothers, be all the more eager to make your calling and election sure. For if you do these things, you will never fall. 2 Peter 1:10 (NIV)

📖 For God's gifts and his call are irrevocable. Romans 11:29 (NIV)

📖 Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus. Philippians 1:6 (NIV)

? Through reading Love Junkies, how has your awareness about your own soul-health changed?

? Have you ever experienced generational shame like John did in his story on page 236-238? How did it affect your life? Have you been able to release it? If so, how?

📖 Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance. Perseverance must finish its work so that you may be mature and complete, not lacking anything. James 1:2-4 (NIV)

? Have you endured any relationship issues that, although painful at the time, you can now see how God used them for your deliverance? If you feel comfortable sharing, describe how God brought you through.

📖 We must pay more careful attention, therefore, to what we have heard, so that we do not drift away. God also testified to it by signs, wonders and various miracles, and gifts of the Holy Spirit distributed according to his will. Hebrews 2:1,4 (NIV)

Group Exercise C

The following action points are discussed in Love Junkies beginning on page 243. Read each action point. Participants can either follow along in their books or fill in the blanks on their handouts. After you read each bullet point, encourage group members to comment, giving their own insight or sharing their own experiences.

If you struggle with yes (Yielding Every Step) try these action points:

❖ Create an Atmosphere

Practice being in God's presence. Just as your relationship with your friends grows as you spend time with them, your intimacy with God will grow the more time you spend with Him.

❖ **Make a Gratitude List**

Often fear and uncertainty makes us hesitant about surrendering to God's direction. Think about the things God has done for you in the past. Write them down and reflect on them frequently.

❖ **Practice Surrender**

Developing a lifestyle of surrender takes faith and practice. You won't be able to surrender something significant to you if you've never surrendered something smaller. As you practice a lifestyle of surrender, however, soon you'll be able to surrender things you never dreamed possible.

❖ **Do a Trial Run**

Test serving in various areas and pay attention to how fulfilling each activity is for you. We all have different gifts according to the grace given us (Romans 12:6). You'll feel joy and Godly contentment when you are functioning where God wants you.

❖ **Find Encouragement**

Encourage yourself by reading books or biographies of other Christians in whose life you identify. Join a small group or make acquaintance with others that you know have overcome the issue you struggle with.

❖ **Pay Attention to Perceived Direction**

Keep a journal of how you perceive God to be directing you. Jot down anytime you think He is giving you additional insight. Over time, you may recognize repeated directions, advice and signs that confirm His will.

❖ **Talk it Over**

Discuss what you perceive as God's direction with a trusted advisor or friend. Often the wisdom and insight that other people bring gives us fresh perspective and clarity.

❖ **Pray for Vision**

Pray God will give you a vision for your future. Pray He confirms it in such a way that your hope and confidence is anchored.

**Assignment for Next Week**

Retake the Soul Assessment Profile and take joy as you note your areas of progress. Come ready next week to celebrate and share where you have improved and how you intend to Love U more in the years to come.

Celebration: The final session of Love U is a celebration. You might want to plan to have a party or do something special. If so, discuss the details with the ladies. You may want to pass around a list for everyone to bring a dish so that you can share a meal together or simply have snacks. Whatever you decide, plan time to celebrate what God has done in each of their lives.

The Yes Step

Yielding

Every

Step

**Recognizing God's Presence
& Discovering Divine
Direction**