

simply relevant

Relational Bible Series for Women

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6 Sessions on **Spiritual Refreshment**

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Relational Bible Series for Women

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Credits

Author: The Lovely Linda Bever

Editor: Amber “Snaps” Van Schooneveld

Senior Editor: Amy “Danger” Nappa

Copy Editor: Jovial Julia Wallace

Chief Creative Officer: Joyful Joani Schultz

Art Director and Cover Art Director and Designer: Artsy Andrea Filer

Production Manager: DeAnne Lear

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Relational Bible Series for Women



Loveland, Colorado



Welcome to Simply Relevant: HeartSpa™! This is your totally relevant six-week Bible series that will help you develop relationships with other women as you grow in your relationship with God. OK, so what's a Bible series got to do with a spa, you ask? Well, this series is all about how we find refreshment in Jesus—how much he wants to renew and bless us. And what better metaphor for that than a spa?

A spa-themed Bible series also gives women who aren't quite convinced about coming to a church activity that extra little nudge to come. Paul's words, "I try to find common ground with everyone, doing everything I can to save some" (1 Corinthians 9:22) have never been so nicely applied!

Each week you'll learn about a different aspect of God's refreshment and how it applies to your life. You'll explore how to find rest in Jesus; you'll reflect on where you've turned for rest in the past; and you'll learn about God's healing, how we are refreshed in relationships, and how we can bring the message of Christ's living water to others. Whew! That's a long list, so we've given you pampering spa activities to deepen and enrich your learning in a way you can really understand.

You can do this Bible series with five to 50 women—or even more! And you want women to really grow in relationships with each other, so remember to get in small groups of four or five for discussion if you have a larger group. Women at any place in their faith journeys can feel right at home with this Bible series. The discussion questions can be understood and applied by women who don't know Jesus yet or women who are long-time friends with him. All the Bible passages are printed out for you, so those who aren't familiar with the Bible have the verses right in front of them.

So what will you be doing each week? Here's the structure of the sessions:

- *Note to the Hostess*

Your hostess will be the woman facilitating your Bible series. She'll read the session through before the meeting, prepare for the activities, gather any supplies needed, and get the snacks ready. This box contains special tips just for the hostess, such as supplies to gather for the Experience, the atmosphere for the week, and ideas for snacks.

- *Mingling*

Each week, you're going to start with snacks, mingling, and a short prayer. And this is key: Take time to share how you did with your previous week's commitment.

- *Experience*

Together, each week you'll engage in an experience that will bring a new depth of meaning to the topic you'll explore. The experiences will get every woman involved and having fun. There might be a little bit of preparation or supplies needed, which the hostess will supply.

- *The Word*

Each week, you'll read a Scripture passage together and then discuss what it means with questions from this guide. The questions are surprising, personal, and relevant to women today.

- *A Closer Look*

This is a quick look at the Bible passages you'll be digging into each week. You can read this box together during the session or on your own at home. These insights will help you develop a deeper understanding of the verses at hand while discussing their meaning in your lives.

- *Take Action*

This is where women put faith into action. You'll all commit to apply what you've learned in the coming week in a practical way. You can write your own commitment or choose from the suggested commitments. Then next week, you'll check in with each other to see how you did.

- *Prayer*

At the end of each session, you'll spend time in prayer together. You can ask for prayer requests and also pray about the commitments you've made for the upcoming week. We've also given you a verse to read together to focus your minds for prayer.

- *Girlfriend Time*

If you want some more hangout time together after your session is over, we've given you fun suggestions for easy activities to do together to reinforce the session's topic or to just relax. This is an optional bonus that will help you grow deeper in your friendships.

• *Still Thirsty?*

If you want to explore the week's topic more, we've given you additional verses and reflection questions to read and consider in the coming week.

We pray that in the next six weeks, this study will help you grow as friends of Jesus and each other, and, most of all, learn to be refreshed in Jesus daily!

—*Group's Women's Ministry Team*



Rest

Finding Rest in Jesus

Note to the Hostess:

OK, it's time to pamper the socks off your friends. Since this is the first meeting, go the extra mile to create an atmosphere that will relax women and prepare them to rest in God. They may be coming from screaming babies, demanding bosses, or road ragers.

Create a haven of tranquility with low lighting, a few flickering candles, and soft music. If you have a small desk fountain, place it in your meeting area. (It'll really emphasize the theme.) And serve simple spa snacks to set the mood, such as bottled water or herbal tea, cucumber rounds topped with store-bought red pepper hummus, and fresh fruit.



Get It...Got It?...Good.

- refreshing spa snacks
- flickering candles
- stopwatch or clock for the Experience section
- cucumber slices for Girlfriend Time (optional)

Mingling

Enjoy the snacks and make sure you all know each other's names. Need a little help? Here's a conversation starter:

Hi, my name's [your name], and when I really need to rest, I:

.....

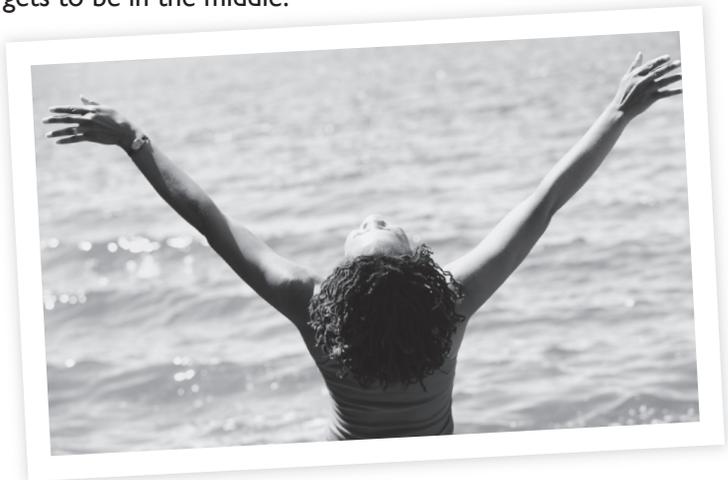
Before starting, pray something like this:

God, thank you for bringing each individual woman here. Help us to put everything that's crowding our minds aside so that we can find our rest in you. In Jesus' name, amen.

Experience

(Note: The hostess will prepare this experience.) Many of us have heard over and over about how God gives us rest—so much so that our eyes glaze over when we hear those words before really giving a second thought to what they mean. Do this activity that will help you experience what it feels like to have your burdens lifted.

Get into groups of three and stand next to one another. Have the two women on the outside hold down the middle woman's arms while she tries as hard as she can to raise them to the side. Use a clock or stopwatch, and have women let go of their partners' arms after 30 seconds. Switch roles so that each woman gets to be in the middle.



Ahh, didn't it feel good to have your burdens lifted?

Q: Quick, name all of the words that come to mind that describe how it felt to have your arms held down.

Q: How about when your arms were released?

Q: When have you felt like this after having a burden in your life lifted?