

The background is a solid teal color. It features decorative floral patterns in a lighter shade of teal. On the left side, there are two flowers with long, curved stems and leaves. On the right side, there is one flower with a similar stem. The overall design is elegant and modern.

Meet the New You

Leaders Guide

CHANGE IS POSSIBLE.

In *Meet the New You*, Elisa Pulliam empowers women to take charge of their own life transformations by engaging in a meaningful relationship with God and His Word. Each chapter gives practical and interactive ways to address some of the biggest obstacles that stand in the way of permanent change. Through stories, biblical application, personality assessments, thought-provoking questions, and life-coaching principles, *Meet the New You* helps women develop real, deep, lasting change.

What People Are Saying About the Book:

"With beautiful integrity and an open heart, Elisa Pulliam encourages women to embrace life. The attitude-focused lenses she recommends reveal vibrant color in daily living." —Rachel Wojo, author of *One More Step*

"Meet the New You is a fresh road map for those who are really ready to carve out a new path for themselves in life. [It] is more than an enjoyable read; it is a transformational coaching experience offering true personal growth to all who enter into its pages." —Trish Blackwell, Confidence Coach and author of *Insecurity Detox*

"I love the way Elisa gently gets to the reader's heart—and then walks her through a transformation that results in real, life-giving, and life-improving change." —Mary Carver, coauthor of *Choose Joy*

"If you are ready for a change in direction or simply want to refresh your heart, walk through the pages of this book with Elisa. You will be so glad you did." —Stacy Thacker, coauthor of *Hope for the Weary Mom*

"With her conversational, caring tone, Pulliam reassures her readers that change is indeed possible. This twenty-one-day journey is a must-read for any woman longing for a fresh start—a do-over—and the spiritual makeover that makes it all possible." —Jenny Lee Sulpizio, author of *For the Love of God* and *Confessions of a Wonder Woman Wannabe*

"In Meet the New You, Elisa Pulliam becomes the personal life coach we all wish we could have. With practical daily focus points, she comes alongside us, helping pinpoint the obstacles holding us back and providing the motivation to reach our fullest potential." —Lynn Cowell, Proverbs 31 Ministries national speaker and author of *Magnetic: Becoming the Girl He Wants*

Meet the New You

LEADER'S GUIDE

Let's start right off with a dose of encouragement . . .

You are amazing, and not because you're perfect but because you're willing to be used will still be in progress!

Thank you for choosing to lead other women in the journey of embracing life change. Friend, that's no easy undertaking. We all have excuses as to why "as is" is the best we can expect. My guess is, however, that you have a morsel of hope that being stuck isn't how God intended for us to live. Maybe you've been through your own journey of transformation and see how this book can be a tool to help others along. Maybe you're still feeling stuck and would like some comrades to overcome the obstacles with you. Maybe you're a leader in your women's ministry and simply need another book to fill in the schedule, and hope this one might reach those non-churchy types.

Regardless of your reason, leading a group through *Meet the New You* is bound to be a blessing – even if some of those blessings come through pressing on in hard, honest conversations. Oh yes, there'll be plenty to discuss as you pursue God together, looking for Him to accomplish His best work in each of you. So, are you ready to see what the Lord is going to do with your submitted and willing heart?

Well, before you take another step, I urge you to pray. As I've learned the hard way, God wants our best effort and greatest intentions, but first He wants our heart to be moldable to His will.

Heavenly Father, I lay before you this idea and this desire to lead a group of women in a journey of life transformation using Meet the New You. God, I know I don't have to my mess all tidied up in order to lead, but I do know that my life needs to be in a place where I have the time, emotional capacity, and spiritual health to focus on doing this task well. Show me, Lord, if now is the right timing.

Father, if it is your desire for me to lead this study, then I pray for open doors and clear direction. Bring alongside me a sister-mentor, who can be a sounding-board, godly encourager, and wise counsel. If I am to fulfill that role in some else's life, so be it, Lord.

Prepare my heart with a dose of humility, an immeasurable portion of grace, and a cup overflowing with your love for the women your calling me to lead.

In Jesus' Name, Amen.

What will I need to do to prepare for launching the study and each week to follow?

Before you get ahead of yourself, take a minute to look below at the suggested schedules and how each of those schedules would require a different flow for the meeting time. Decide which one fits your life best, and launch with that idea.

As a leader, you should set aside time to read each chapter in the book, complete the *Trap & Transform* exercises, and answer the reflection questions in order to be adequately prepared. This can take anywhere from 20 minutes up to an hour per chapter. In addition, I would set aside an hour to review the content in the leader's guide in preparation for your meeting.

What will participants be expected to do?

The amount of preparation for participants will vary, depending upon how much time they would like to invest. Each chapter will take about twenty minutes to read. The *Trap & Transform* activity may take between twenty up to 60 minutes, or possibly more. The Reflections Questions may take 10 minutes on up. The goal should be for each participant to commit to reading each chapter and completing the reflection questions, as that will enable them to contribute to the discussion.

Should I lead this study by myself or with a co-leader or co-host?

While it's certainly easy to lead this study all on your own, the idea of partnering with another woman is definitely worth praying about. Ask the Lord to show you who you might invite to come alongside you and serve either through hosting, organizing the details, praying, or leading the discussion. Regardless of the roles you each fill, doing it together will be more enjoyable in the long run.

Who should I invite to do this study?

Any woman who is longing and ready for authentic life change by embracing fresh attitudes and focused habits, all in light of God's grace and truth, will find *Meet the New You* to be a practical resource. It can easily be used in a traditional Bible study setting through digging in deep to the Biblical principles, and yet, because of the practical information and discussion questions, *Meet the New You* would also work well as a selection for a book club. Below, you'll find suggestions for what content to cover over 6 or 10 weeks, as well as how to structure your meeting time.

You might like to encourage your participants to match up with accountability partners. Individually, they can encourage each other to read and study the book with a greater sense of purpose. They'll also be able to exhort each other to embrace the principles and share their own struggles, fears, and joys, hopefully resulting in a lasting friendship.

Where can participants buy the book?

Wherever books are sold online (Amazon, ChristianBooks, Barnes & Noble, and more). You can often find them at LifeWay, Family Christian, and Barnes & Noble, but supplies are limited. Call ahead to make sure the bookstore orders enough for your group.

What's in the book compared to what's in this leader's guide?

Meet the New You is organized with short chapters packed with practical opportunities to explore Biblical principles and ways to apply to the Word to everyday life. Each chapter includes a key Scripture focus, activity to work through, reflection questions, and a closing Scripture-based prayer. The chapters are divided into 5 key phases that follow a life-coaching approach: Awareness, Assessment, Obstacles, Solution, and Vision. The leader's guide highlights the key points to discuss and Scriptures to study together.

What else should I consider as I approach leading this study?

From the very beginning, I would recommend setting forth a commitment to privacy. You can share during the introductory session, and again as needed this principle: "If it is not our story, then it is not ours to tell."

In terms of your leadership, I would recommend checking your spirit before the Lord repeatedly so that you can stay in a posture of humility, compassion, and love. Leaders tend to be truth-tellers, and sometimes grace gets lost in the sauce. Keep at the forefront of your mind that grace without truth is compromise and truth without grace is condemnation.

As you lead, be cautious of teaching too much and not giving space for others to contribute. Likewise, if there's a dominating participant, gently steer her back toward the topic. A word of praise and thanks can be the segway back to the main point.

The best gift you can offer as a leader is a space to process out loud through asking thought-provoking questions. Hopefully, we've enabled you to do just that with the questions in this guide, but feel free to use them as your inspiration as you make this study your own.

Are there any additional resources?

There are a number of resources that go along with the content in *Meet the New You*. You can find them available at <http://thenewyou.elisapulliam.com/resources/>. You can also find life coaching opportunities and mentoring resources at <http://www.moreto.be.com>.

SUGGESTED SCHEDULES

Meet the New You makes for a great book or bible study option, because it offers plenty of content to discuss. As such, there are two proposed study schedules. The six-week schedule provides an introductory first session and five weeks of discussion time. It's recommended that this format set aside 2 hours per meeting. The 10-week commitment spaces the content of each phase over two weeks. This would allow for a shorter meeting time, such as an hour-and-half, and yet more depth to the discussion. If you find your group needs more time on one chapter or another, do what works best. No one is keeping track of how long you and the ladies take to complete the journey.

6-WEEK FORMAT

Week 1: Introduction to the Study with a Kick Off Brunch or Coffee

Use this first gathering as a get-to-know you time. Set the stage for intimacy with a Potluck Brunch or Evening Coffee. Have name tags on hand. Allow 30 minutes for people arriving before gathering everyone together for the meeting time. Start off with introductions and a get to know you game.

Week 2: Phase 1: Fresh Awareness

Discussion of Days 1 – 5

Week 3: Phase 2: Assess the Goods

Discussion of Days 6 – 10

Week 4: Phase 3: Overcome Obstacles

Discussion of Days 11 – 15

Week 5: Phase 4: Stick with Solutions

Discussions of Day 16 - 20

Week 6: Phase 5: A Vibrant New Vision

Discussion of Day 21 with a Celebration Brunch or Coffee

RECOMMENDED MEETING FLOW

1. Meet and greet one another, find seats. (5-10 minutes)
2. Open in prayer. (5 minutes)
3. Provide an overview of the week's theme phase and the key topics. (10 minutes)
4. Turn to the theme verse in your Bible and read together. (5-10 minutes)
5. Turn to each of the days in your book, drawing attention to the key verse (ask for volunteers to read these verses) and suggested focus questions. Review the key points, discuss the Trap & Transform activities, and finish with the takeaway questions for each day before moving onto the next day. (10 – 15 minutes per day, 50 – 75 minutes total)
6. Close in prayer, using the book's Give It Over prayer or your own. Add any prayer requests from the group on how they can apply what you've covered. (10 -15 minutes)

Total: Approximately 90 minutes up to 2 Hours

12-WEEK FORMAT

Week 1: Introduction to the Study with a Kick Off Brunch or Coffee

Use this first gathering as a get-to-know you time. Set the stage for intimacy with a Potluck Brunch or Evening Coffee. Have name tags on hand. Allow 30 minutes for people arriving before gathering everyone together for the meeting time. Start off with introductions and a get to know you game.

Week 2: Phase 1: Fresh Awareness

Discussion of Days 1 – 2

Week 3: Phase 1: Fresh Awareness

Discussion of Days 3 – 5

Week 4: Phase 2: Assess the Goods

Discussion of Days 6 – 7

Week 5: Phase 2: Assess the Goods

Discussion of Days 8 – 10

Week 6: Phase 3: Overcome Obstacles

Discussion of Days 11 – 12

Week 7: Phase 3: Overcome Obstacles

Discussion of Days 13 – 15

Week 8: Phase 4: Stick with Solutions

Discussions of Day 16 - 17

Week 9: Phase 4: Stick with Solutions

Discussions of Day 18-20

Week 10: Phase 5: A Vibrant New Vision

Discussion of Day 21 with a Celebration Brunch or Coffee

RECOMMENDED MEETING FLOW

1. Meet and greet one another, find seats. (5 - 10 minutes)
2. Open in prayer. (5 minutes)
3. Provide an overview of the week's theme phase and the key topics. (10 minutes) Turn to the theme verse in your Bible and read together. (5 - 10 minutes)
4. Turn to each of the days in your book, drawing attention to the key verse (ask for volunteers to read these verses) and suggested focus questions. Review the key points, discuss the Trap & Transform activities, and finish with the takeaway questions for each day before moving onto the next day. (10 – 15 minutes per day, 30 – 45 minutes total)
5. Close in prayer, using the book's Give It Over prayer or your own. Add any prayer requests from the group on how they can apply what you've covered. (10 minutes)

Total: Approximately 75 minutes up to 2 Hours

INTRODUCTION

Overview of Introduction

When you flip open to the introduction of *Meet the New You*, you'll discover that this book is really like a letter written from my heart to you. It's all the years of lessons I've learned, especially as I've allowed Lord access to my heart. Oh how He's transformed my life from the inside out, and it's a humbling privilege to share with you how.

The teacher in me, which I refused to actually become in college, can't help but take these lessons and make them applicable for others to learn from. Combined with my life coaching passion, and VIOLA . . . you have way more than a memoir, even though my story is tucked inside. You have a workbook inviting you to experience a fresh encounter with God.

Meet the New You is one of those types of books that you just might find yourself picking up every new year as you take a pulse on the state of your heart and inventory your mind to see if how you're actually living lines up with the truth.

Discussion Questions & Important Points

1. Introduce yourself and invite each person to introduce themselves. Ask them to share:
 - About their Family
 - Who they are connected to in the group . . . or how they got there today.
 - If they could do anything in life, what would they choose to do.
 - How is their life similar or different to what they imagined it would be at this age.
2. Read aloud the introduction in the book and the how to section together. Skim through the Table of Contents and look at the format of the chapters for a sense of how the book is laid out, noting the 5 key phases of life coaching: Awareness, Assessment, Obstacles, Solutions, and Vision. Encourage participants to take note of the Trap & Transform portions and the reflections questions in preparation for next week's discussion.
3. Read aloud Philippians 1:6, 2 Corinthians 10:5, Romans 12:2, and 2 Corinthians 5:17 in at least two different translations. You may want to print out a sheet with those Scripture verses in various translations. Ask the participants the following questions:
 - In what ways can you see that God began a good work in you?
 - What would it look like to begin the practice of trapping your thoughts according to what 2 Corinthians 10:5 describes?
 - What ways would you like God to not only transform you?
 - In particular, can you think of some habits that need to be changed?
 - What does it mean to you be new creation in Christ?

4. Lisa shares in the introduction, “The truth is that you’re not stuck permanently. You can change.” Ask the participants:
 - How do you feel stuck?
 - Does this feel permanent?
 - In what ways do you want to change?
5. Read Psalm 102:18 and talk about what it means for God to transform each of them for the sake of the next generation. Consider how this can be a source of motivation.
6. Invite the participants to share why they are excited (or hesitant) about this book study and the journey of transformation.
7. Ask the participants to describe in a sentence or two what they hope to get out of the study and out of the group?
8. Discuss what it means to respect each others privacy but not sharing each other’s stories outside of the group.
9. Lay the foundation for developing relationships by encouraging each participant to respond to each other’s contributions in a way that is affirming and encouraging, compassionate, grace-filled, and truth-filled. Suggest that sharing their own story as a response is not always helpful, and if they feel compelled to do so, they should ask permission first from the one who just shared.
10. Encourage members to pray about connecting with each other and matching up with accountability partners next session. You can invite them to do this independently or you can match up partners, if they prefer.
11. Review about the format of meetings and remind participants to invest in the process as much time as they can devote to it. You may want to suggest they use a journal, notebook, or even the Restart Planner (available at <http://www.elisapulliam.com/restart-planner/>) to keep track of their work.
12. Answer any questions members have.
13. Close in prayer.



PHASE 1:

A Fresh Awareness

Overview of Phase 1

Are you ready to discover not only who you really are but where you're going in life? Have you had enough of feeling stuck and would like to break out to find your new groove? Well, the adventure is about to begin as you turn the page and walk in Phase 1 and focus on becoming aware of your life as it is right now.

In this first phase, you'll have the opportunity to get honest about your time along with how you're investing in your priorities. You'll be challenged to consider your responsibilities along with the state of your relationships. And you'll even have a chance to look back at where you've come from while taking a peak at where you're heading.

This first phase isn't about making change happen. Rather, it's about taking inventory on what needs to change while prayerfully beginning the process of looking to God for His purposefully perfect solutions.

Opening question:

Are you ready to uncover the story God is writing through your life? Why now? What are you hoping for?



Day 1

Zoom Out: Sketch Your Life Map

Key verse:

Where God is making new life, not a day goes by without his unfolding grace. (2 Corinthians 4:16 MSG)

Supporting verses:

2 Corinthians 4:16-18; 2 Corinthians 3:16-18.

Key points:

- By zooming out, you'll see the pieces of your life with new clarity as you make strides toward balance and purpose.
- The Lord is on our side. He doesn't want us to give up and settle on life "as is."
- While you wait to meet Jesus face-to-face, God has business for you to accomplish.

Discussion questions:

1. Why is it important to look at your life from a bird's-eye perspective?
2. How would you like your life map to look different a year from now?

Trap & Transform Takeaway:

1. When have you gotten stuck on the Zoom-in button and obsessed over a problem?
2. What was the result?
3. Looking at your life map, what issues or obstacles do you see?

Day 2

The Days of Our Lives: What Fills Your Time

Key verse:

Make the most of every opportunity. (Colossians 4:5 MSG)

Supporting verses:

Genesis 1; Job 14:5; Psalm 90:12; Psalm 139; Ephesians 5:11-16.

Key points:

- Instead of seeing time as something that consumes us, let's view it as a tool we get to use.
- Our days, hours, and minutes are God's. And He has a purpose for every one of them.
- Just a little tweak in how you use your time to act on your God-given passion and priorities will change your overall sense of life purpose.

Discussion questions:

1. How do you view time—is it an enemy that's always shortchanging you, or is "time on your side"? Why?
2. In what areas could you make better use of your time?

Trap & Transform Takeaway:

1. How would a God-influenced perspective would impact the way you use your time?
2. How would allotting time for your God-given passion make your life more satisfying?

Day 3

Whatever You Do: Order Your Priorities

Key verse:

Whatever you do, work at it with all your heart, as working for the Lord. (Colossians 3:23)

Supporting verses:

Colossians 3:23-24; Psalm 90:17.

Key points:

- Your life is like a jar. Only so much can fit into it.
- Your work is significant, not because of the outcome but because of the motive.
- The mundane becomes holy when it's done for the glory of God.

Discussion questions:

1. Are you embracing the work God has for you or rejecting it? Why?
2. Which area of your life—responsibilities, relationships, or resources—do you feel needs the most attention right now?

Trap & Transform Takeaway:

1. Is someone waiting on you because you're avoiding your responsibilities? Explain.
2. Where do you see God at work? How can you join Him?

Day 4

Mind the Gap, Please: Look at Your Story Time Line

Key verse:

Your very lives are a letter that anyone can read just by looking at you. (2 Corinthians 3:3 MSG)

Supporting verses:

2 Samuel 7:22; Psalm 73:28; Genesis 37:16-21; Genesis 50:20; Matthew 6:34; Romans 8:17-18.

Key points:

- Your past, present, and future circumstances all play a relevant part in the story God is writing through your life—a story meant to declare His work.
- God can use for His glorious purposes even those parts of your story marred by pain.
- God cares as much about our here and now as He does about eternity.

Discussion questions:

1. When have you seen God redeem a seeming disaster—in your life or in someone else's?
2. Looking back on your life story, can you see times in which you had a plan for your future but God had something altogether different in mind? How did you respond? What was the outcome?

Trap & Transform Takeaway:

1. What do you see in the gap between where you've been and where you want to go?
2. Describe how God was present during an especially dark time.

Day 5

Say Good-Bye to the “As Is” Life: Deal with Your Root Issues

Key verse:

I get to the heart of the human. I get to the root of things. (Jeremiah 17:10 MSG)

Supporting verses:

2 Corinthians 5:17; Jeremiah 17:9-10.

Key points:

- While the objects in our lives might be “as is,” as living, breathing human beings we have the power to change.
- The wounds you have endured are not yours alone. They are His too.
- Giving God your past doesn’t erase it but rather enables God to redeem it.

Discussion questions:

1. What are your favorite excuses for not attempting to change?
2. What would life look like if your root issues no longer had a stronghold on you?

Trap & Transform Takeaway:

1. Describe a major root issue you have and its effect on you and those you love.
2. What will happen if you don’t learn to manage this issue?

Close in prayer.

PHASE 2:

Assess the Goods

Overview of Phase 2

Have you ever considered the way your unique wiring has been crafted on purpose by the God of the universe? In other words, can you see how your personality, strengths, weaknesses, learning style, and spiritual gifts come together to not only make a uniquely created you but serve a God-appointed need in this world?

As you move into Phase 2, the goal is to help you begin to see a vision for your life as you discover the amazing and wonderful ways God has made you. Over the course of days 6 through 7, you'll begin the process of identifying your personality type and how both your strengths and weakness make you whole person, intended for holy use by God. Moving into days 8 and 9, you'll have the chance to pinpoint your learning style and spiritual gifts. This vision phase will round out on day 10 with a look a how to discern your calling.

If you truly want to embrace the vision of who God made you to be and how God wants to use you in this world, then discovering how He made you is a complete, fearfully and wonderfully put together package, is the critical next step.

Opening question:

What is one thing you can affirm in yourself in the way God made you that you'd be comfortable sharing with the group? Remember, this isn't a prideful thing to do when your heart's motive is to give glory to God.

Day 6

You're Made New: Understand Who You Are

Key verse:

The old has gone, the new is here! (2 Corinthians 5:17)

Supporting verses:

1 Peter 2:9-10.

Key points:

- God defines us by who we are in light of what He's done.
- You are His holy and dearly loved daughter, set apart for a divinely appointed purpose.
- You are His instrument, meant to sing out His praises.

Discussion questions:

1. If I asked you to introduce yourself, what would you say?
2. What experiences and relationships have influenced your identity?

Trap & Transform Takeaway:

1. What three truths stand out to you from the list on page 00?
2. Why are they so important to you?

Day 7

A Complete Package: Embrace Your Strengths and Weaknesses

Key verse:

My grace is sufficient for you, for my power is made perfect in weakness. (2 Corinthians 12:9)

Supporting verses:

2 Corinthians 12:7-10

Key points:

- Studying the personality types not only helps you connect the dots of why you do what you do, it also helps you understand others better.
- If you got rid of all your weaknesses, you'd have to wipe out the related strengths too.
- God promises to show up and work His wonder in us through our weaknesses.

Discussion questions:

1. Can you imagine what God might want to accomplish through your strengths and weaknesses as you yield both to Him?
2. As you look at your strengths, can you see how you've been perfectly made for certain roles or opportunities?

Trap & Transform Takeaway:

1. What "thorn" distracts you or makes you feel weak in your witness?
2. How can you begin to see it as Priscilla Shirer does: "Weakness is a key"?

Day 8

Satisfyingly Good: Discover Your Talents and Spiritual Gifting

Key verse:

Each of you should use whatever gift you have received to serve others. (1 Peter 4:10)

Supporting verses:

1 Corinthians 12:4-11, 14, 19, 27-28; Romans 12:4-8; 1 Corinthians 13-14; Ephesians 4:11-13.

Key points:

- We all have talents but don't always recognize them, especially when we compare our talents to those of the people around us.
- Consider how a little investment of time in nurturing your talents would breathe life into your soul.
- We get to use our spiritual gifts as vehicles of His love.

Discussion questions:

1. Can you think of a talent God has given you that you have devalued, neglected, or simply ignored?
2. Can you determine how God is leading you to use your gifting in your church, family, community, work, or ministry?

Trap & Transform Takeaway:

1. Can you think of a talent that you have devalued, neglected, or simply ignored? Describe.
2. What would it look like for you to enjoy your God-given talents without having to use them for a particular purpose?

Day 9

Set Apart with Distinction: The Impact of Learning Styles

Key verse:

I am fearfully and wonderfully made. (Psalm 139:14)

Key points:

- When you lack confidence about your intelligence, it undermines God's purposes for your life.
- Your imperfections are not mistakes.
- Determining your learning styles will help you understand the way God made you and how you can be the most effective student of life.

Discussion questions:

1. When it comes to your smarts, have you struggled with not feeling good enough?
2. Now that you know your learning styles, how will you approach new opportunities in the future?

Trap & Transform Takeaway:

1. Has someone ever made you feel "less than"? How did you respond?
2. Respond to the author's affirmation, "God didn't mess up when He made you." Do you believe it?

Day 10

The Pursuit of Purpose: Calling, Career, and Everything In-Between

Key verse:

For it is God who works in you to will and to act in order to fulfill his good purpose. (Philippians 2:13)

Key points:

- We want to know what God has made us to do.
- Your passions may work into your career, or you may need to explore your passions outside your career.
- Passions reflect the beauty of how God made you as well as how He wants to use you.

Discussion questions:

1. What if you found your purpose in simply enjoying all that He accomplishes through you every single day?
2. How would your life change if you harnessed your God-given passions as you sought God for His purposes?

Trap & Transform Takeaway:

1. When do you feel God's pleasure?
2. What might God want you to do that delights both you and Him?

Close in prayer.

PHASE 3

Overcome Obstacles

Overview of Phase 3

Are you ready to finally get unstuck? Well, this phase is going to help you pinpoint the various ways you might find your stuck in any given day, week, month or even lifetime, along with providing solutions to minimize times in those ruts in the future.

As you turn into this phase, you'll be starting off with a thought-provoking look at how your core beliefs and core values are influence your decision-making and relationships.

Then, you'll focus on bringing an end to the number one joy-stealer . . . comparison. Finally, you'll dive into the root issues undermining your life, as you consider both the stronghold of unforgiveness and this little-talked about matter of idolatry.

Friends, this phase can be life-changing for you, if you choose to face these every-day obstacles with humility and a teachable heart. With the foundation of Scriptures outlined in each day's focus combined with the rich life coaching exercises, you'll most certainly be on your way to meeting the new you.

Opening question:

Are you ready to put on your boxing gloves and knock down the obstacles keeping you from real life change? What's an obstacle you know you need to tackle?

Day 11

A Mental Makeover: Understand Your Core Beliefs

Key verse:

For the word of God is alive and active. (Hebrews 4:12)

Supporting verses:

John 14:26; Romans 12:2; 2 Corinthians 10:5; John 8:44; Genesis 3:1.

Key points:

- It is wise to be instructed by those who know Scripture well, but we also need to dig into the Bible for ourselves.
- When you spend time in Scripture, the Holy Spirit draws upon the truths you've learned and brings them to mind when you need to act.
- It takes a disciplined mind to choose the truth over feelings, and it takes diligence to ward off the lies that seep into your soul.

Discussion questions:

1. Have you ever considered the beliefs you've inherited from your family and other influential people? List them.
2. How often do you allow your emotions to trump the truth? What could you do to counteract this reaction?

Trap & Transform Takeaway:

1. Name one lie you believed was biblical, but it wasn't.
2. When that lie comes to mind, how can you refute it?

Day 12

A Values-Driven Life: Reshape Your Core Values

Key verse:

Follow the example of Christ. (1 Corinthians 11:1)

Supporting verses:

Matthew 6:21; Colossians 3:1, 1 Timothy 1:16

Key points:

- Your values are caught and taught throughout your life as you watch, listen, and respond to what is modeled by those around you.
- Values are often the silent partner guiding your decision-making.
- As you draw closer to the Lord and immerse yourself in the Word, it will be impossible for your values to remain unchanged.

Discussion questions:

1. As you look at your life, can you identify any clashing values?
2. In what ways have your values influenced your relationships, reactions, resources, and responsibilities?

Trap & Transform Takeaway:

1. What core values did you absorb from your childhood household?
2. Can you find Scriptures to support those values? If not, what will you do with them?

Day 13

Break Free: Get Out of the Comparison Trap

Key verse:

Don't compare yourself with others. (Galatians 6:4 MSG)

Supporting verses:

Exodus 3; Judges 6–7; Luke 1; Acts 9; John 18; Matthew 16:18; 1 Peter 2:9; Galatians 6:4-5; 2 Corinthians 12:20; 1 Corinthians 3:3.

Key points:

- The Enemy erodes joy with a comparison game of should-haves, could-haves, and would-haves.
- God, who took nobodies and made them somebodies, longs to do something freshly amazing in you.
- The only way out of the comparison trap is through shifting your attention from outward to upward.

Discussion questions:

1. Are you pining away for someone else's story and missing the one He is writing in your life?
2. What good things do you see God doing in your life that are totally unique to your story?

Trap & Transform Takeaway:

1. Respond to this statement: "You are a key part of a timeless story meant to reveal the glory of God." How does it make you feel?
2. Do you think your life can reflect His glory? Why or why not?

Day 14

Let It Go: Crush Your Idols

Key verse:

They exchanged the truth about God for a lie, and worshiped and served created things rather than the Creator.
(Romans 1:25)

Supporting verses:

Acts 17:24-25; Psalm 106:36; Proverbs 4:23; 1 John 5:21.

Key points:

- When you give something or someone else the attention God deserves, that's idolatry.
- You know there's a problem when your pursuit of a good thing trumps your devotion to the Lord and your pliability in His hands.
- Loosen the grip on your must-haves and must-dos, and free yourself to live within His precious will.

Discussion questions:

1. Where is God on your to-do list?
2. Who can hold you accountable in this idol-crushing process?

Trap & Transform Takeaway:

1. Has a need to please others ever kept you from being your best? How?
2. Is it possible that a good thing has turned idolatrous for you? Give examples.

Day 15

Unchained: Walk in Forgiveness

Key verse:

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. (Ephesians 4:32)

Supporting verses:

Ephesians 4:31-32; Matthew 6:14-15; Joel 2:25; Matthew 26:28.

Key points:

- Choosing to hold on to hurt—choosing not to forgive—leads to that pain becoming part of you.
- Forgiveness is not letting him or her off the hook but trusting God to put the person on His hook.
- Forgiving others unloads the weight of the wound to the One who can carry it best.

Discussion questions:

1. Why do we resist the process of forgiveness?
2. If you gave God all the hurts stored up in your heart, how would your life be different?

Trap & Transform Takeaway:

1. Respond to this statement from R. T. Kendall: “Forgiveness and reconciliation are not always the same.” Do you believe it’s true? Give an example.
2. Have you experienced the relief the author describes: “Oh, the peace that came over me after I surrendered the whole situation into His hands”? When?

Close in prayer.

PHASE 4:

Stick with Solutions

Overview of Phase 4

Congratulations on making it this far through the journey, friends. I know Phase 3 wasn't easy. It was heart work, head work, and soul work all in the course of five days! But can you see the fruit of it already? Do you feel the freedom of being set free from false thinking and the strongholds of comparison, unforgiveness, and idolatry?

Now it's time to continue that freedom journey with even more solutions as you look again at your schedule, expectations, and priorities in light of all you've discovered about yourself and choose to embrace a new way of thinking. In Day 16, you'll focus on making time with the Lord and in His Word your starting point, followed by considering what it means to live for an audience of One. Next you'll consider how to make room for margin space while learning how to eliminate the excess of "stuff" in your life while concentrating on what's most important. And finally, you'll wrap up with a beautiful example of mentoring relationship and how listening well is a gift we all need to receive.

These solutions are key in setting a foundation for the transformation work God is eager to accomplish in you. May you embrace them with a willing heart and eager mind.

Opening question:

What provides oxygen for your soul and helps you live a God-glorifying life?

Day 16

Your Starting Point: Growing in Your Relationship with God

Key verse:

In the morning, LORD, you hear my voice; in the morning I lay my requests before you and wait expectantly.
(Psalm 5:3)

Supporting verses:

John 10:4; John 14:26; Psalm 50:1; Psalm 17:6; Psalm 46:10

Key points:

- One step of faith—one spiritual discipline—is the starting point of living a changed life.
- When you make this kind of quiet time the foundation on which you build your life, you will see real life change happen.
- Being still with God is more than not moving . . . it's drawing closer to the Lord through getting to know Him in a whole new way.

Discussion questions:

1. Would you say that God is on your “to-do” list? If so, what will it take to start having a real relationship with Him?”
2. How can you make studying the Bible a richer and more fulfilling experience?

Trap & Transform Takeaway:

1. Have you tried, in the past, to maintain a routine of daily quiet times? Describe.
2. What worked, and what didn't?

Day 17

Live for an Audience of One: The Art of Saying No

Key verse:

Am I now trying to win the approval of human beings, or of God? (Galatians 1:10)

Supporting verses:

1 Thessalonians 2:4

Key points:

- Approval addiction undermines a person's decision-making and throws life out of balance.
- We sometimes fear man's disapproval more than God's.
- Ongoing, never-ending, always open communication with God combats approval addiction like nothing else.

Discussion questions:

1. Have you found yourself struggling with wondering, "What would the church ladies say?" If so, what should you do in the future?
2. What situations do you need to say no to today?

Trap & Transform Takeaway:

1. What would your life look like if you decided to live for God's approval rather than people's?
2. Is there anyone from whom you are withholding approval until he or she behaves to your standards? Are you being fair?

Day 18

Make Room for Margin: Cut Back and Carve Out

Key verse:

He cuts off every branch in me that bears no fruit, while every branch that does bear fruit he prunes so that it will be even more fruitful. (John 15:2)

Supporting verses:

1 Corinthians 10:23; Proverbs 16:9; Ecclesiastes 3:8; Psalm 39:4-5

Key points:

- A marginless life is jam-packed with commitments and obligations, chores and projects, relationships and responsibilities.
- If you and I don't build margin into our schedules, we'll be chronically late, unprepared, overwhelmed, frustrated, and worn down.
- Creating a life with margin requires cutting back on commitments and carving out unscheduled time.

Discussion questions:

1. Is it time to surrender to God's pruning?
2. As you consider the process of cutting back, what do you think the rewards might be?

Trap & Transform Takeaway:

1. Describe your ideal margin-filled life.
2. In order to create life-giving margin in your life, what small step can you take today?

Day 19

The Beauty of Less: Eliminate the Excess and Concentrate on What's Best

Key verse:

For where your treasure is, there your heart will be also. (Matthew 6:21)

Supporting verses:

Matthew 6:19-21.

Key points:

- That stuff piled up in your home may be stealing your time, slowing you down, and keeping you from living life the way God intended.
- Eliminating and concentrating will enable you to focus on the good things, great relationships, and life-giving opportunities God brings into your life.
- Let's make sure we love in the right order: God first, people second, and everything else third.

Discussion questions:

1. What would happen if you spent less time and money on stuff and more investing in the lives of the people God has put in your life?
2. Are you hanging on to things for comfort and security when God is calling you to trust Him more?

Trap & Transform Takeaway:

1. How can you create beauty by eliminating a few "things" from your life?
2. What losses have you experienced from being distracted by clutter?

Day 20

Don't Go It Alone: Cultivate Mentoring Relationships Through Listening Well

Key verse:

Teach the older women. . . . These older women must train the younger women. (Titus 2:3-4 NLT)

Supporting verses:

Titus 2:3-5; Exodus 18:7-9, 13-16, 17-19, 23-24.

Key points:

- You have much to learn from the generation that has gone before you, and just as much to pour into the one that is following close on your heels.
- Biblical mentoring means following Christ purposefully while inviting the next generation to join the journey.
- The best way to mentor is to learn how to listen well and ask questions to enable a mentoree to solve her own problems.

Discussion questions:

1. What would it take for you to engage in heart-deep, life-changing, biblical-mentoring relationships?
2. What keys to effective listening do you want to practice today?

Trap & Transform Takeaway:

1. Do you get “tivy” when it comes to mentoring? What holds you back?
2. Why would you be a good mentor? What experiences/lessons can you pass along?

Close in prayer.



PHASE 5:

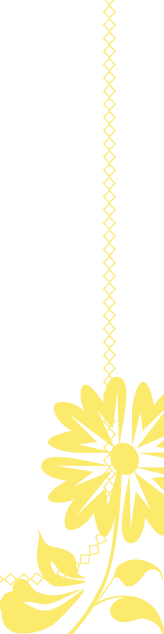

A Vibrant New Vision

Overview of Phase 5

The end is in sight! You've made it to the very last phase in which you get to decide how you're going to launch forward in the journey of meeting the new you. While there's only one day of reading, there's a week-long focus sketched out for you in order to give you plenty of time to craft a mission statement and goals. It's time, friends, to summarize all that you've learned about yourself, God, and His purposes for your life, while being free to dream prayerfully and walk faithfully before the Lord.

Opening question:

How would it feel to meet the Lord and know that you lived every breath for Him? Describe how that vision could motivate you pursue living according to the Word in every area of your life.



Day 21

Embrace the New You: Define Your Vision and Set Your Goals

Key verse:

Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. (Philippians 3:12)

Supporting verses:

2 Corinthians 3:18; Ephesians 3:7; 1 Peter 2:9; John 15:16.

Key points:

- With each intentional step toward whole life change, a new woman emerges.
- Your vision statement continually grows in depth and breadth as you mature in your faith and experience twists and turns in life.
- Writing down your goals gives you a reminder to praise God when you see how He's working in your life.

Discussion questions:

1. Now it's time to put on your spiritual running shoes and press on to the finish line. How do you feel about that?
2. What is your keeper take-away from this study?
3. A year from now, what do you think will be the reward of living out the truths you've learned here?

Trap & Transform Takeaway:

1. Have you been able to pinpoint your God-designed wiring in way that reveals your life purpose?
2. What is your mission statement?
3. What are some goals you've been able to set as you think about both the short-term and long-term future?
4. How do your goals reflect your life purpose?
5. How will this study help you live a life for His glory and become a part of His kingdom purposes?

A COMMISSIONING

Well done! You made it to the end of this journey of leading your group. I'm sure you've got some great stories to tell about how God worked in you and through this experience. And I bet some of those stories may not be all pretty. Doing life together is messy. Pressing on is the goal, and that's not always pretty.

Now that your group journey is over, what's next? Have you considered continuing meeting and doing another study together? What about committing to a monthly meet up and devote that time checking on the new you journey? How about a bi-weekly prayer time? There are so many options, and like just as many obstacles. I encourage you to seek the Lord for direction and be willing to say "yes" to the way He leads you in leading your group to embrace a life of transformation with Him.

So, will you let me pray for you and your group right now?

Heavenly Father, thank you for the privilege of lifting up this precious woman and her group before you. While I don't know who she is, you do. You know the challenges she faced in leading this group – you know the obstacles the entire group faced. And you know the blessings you poured forth. I thank you God for both, as you worked in them and through them to transform these women from the inside out. May they walk away from this journey having experienced a fresh encounter with You, Lord, and a desire to press on toward real life change. Lord God, may your will be done in their lives. May they be courageous in seeking you together. May they be humbled as they walk before you together. And may they be filled to the top with joy, as they praise you for the marvelous work you have done and will continue to do in their lives. Let it be true that a future generation, that a people not yet created, may praise you for what you have done in these precious women, your beloved daughters (Psaom 102:18). In Jesus's Name, Amen.

I'd love to hear what God has done through your study. Drop me a line at elisa@elisapulliam.com or swing by <http://www.elisapulliam.com> or <http://www.moreto.be.com> to leave me a message.