



# Meet the New You

LEADER'S GUIDE

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# 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 while still being 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 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.com, 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 bring you 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 FORMATS

*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 three proposed study schedules.

- The 6-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 8-week commitment spaces the content of each phase over two weeks, except for Phase 3 and 5. This allows for a shorter meeting time, such as an hour-and-half, and yet more depth to the discussion.
- The 5-week online format simplifies the study and provides key questions for posting discussion in a closed Facebook group.

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.

## **Pick-Your-Track Options**

You may want to present to your group the option of “picking-a-track” for how they want to approach the content, as some women might find they are stretched on time and emotional reserves more than others. Regardless of the track they complete, they should be able to participate in the discussion simply by reading each chapter.

### **Track 1: All In, All the Way**

- Read each chapter within each phase.
- Answer the reflection questions.
- Complete all the Trap & Transform exercises.

### **Track 2: Just the Basics**

- Read each chapter within each phase.
- Answer the reflection questions.

- Choose one or two Trap & Transform exercises.

**Track 3: Skimming this Time**

- Read each chapter within each phase.
- Skip the reflection questions.
- Skip the Trap & Transform exercises at this time.

# SIX WEEK FORMAT

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## MEETING FLOW

*approximately 90 minutes up to 2 Hours*

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)



# SCHEDULE

## 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.*

### **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.

### **Key Verses:**

- ◆ Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. (Romans 12:2 NIV)
- ◆ We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. (2 Corinthians 10:5)
- ◆ Therefore, if anyone is in Christ, the new creation has come:[a] The old has gone, the new is here! (2 Corinthians 5:17)
- ◆ . . . 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)
- ◆ Let this be written for a future generation, that a people not yet created may praise the Lord. . . (Psalm 102:18)

### **Format for Meeting & Discussion Questions:**

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 participants may have.
13. Close in prayer.

## Week 2: Phase 1: Fresh Awareness

### Focus:

Days 1 - 5

### Key Verses:

- ◆ Where God is making new life, not a day goes by without his unfolding grace. (2 Corinthians 4:16 msg)
- ◆ Make the most of every opportunity. (Colossians 4:5 msg)
- ◆ Whatever you do, work at it with all your heart, as working for the Lord. (Colossians 3:23)
- ◆ Your very lives are a letter that anyone can read just by looking at you. (2 Corinthians 3:3 MSG)
- ◆ I get to the heart of the human. I get to the root of things. (Jeremiah 17:10 MSG)

### Discussion Questions:

1. What in your life feels "as is"?
2. How do you view time—is it an enemy that's always short-changing you, or is "time on your side"? Explain your thoughts.
3. Which area of your life—responsibilities or relationships—do you feel needs the most attention right now?
4. 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?
5. What are some of the challenges you are facing today? What can I/we do to help you in those areas?

### Activities to Discuss:

Day 1: Life Mapping Exercise

Day 4: Story Timeline Exercise

## Week 3: Phase 2: Assess the Goods

### Focus:

Days 6 - 10

### Key Verses:

- ◆ The old has gone, the new is here! (2 Corinthians 5:17)
- ◆ My grace is sufficient for you, for my power is made perfect in weakness. (2 Corinthians 12:9)
- ◆ Each of you should use whatever gift you have received to serve others. (1 Peter 4:10)
- ◆ I am fearfully and wonderfully made. (Psalm 139:14)
- ◆ For it is God who works in you to will and to act in order to fulfill his good purpose. (Philippians 2:13)

### Discussion Questions:

1. What experiences and relationships have influenced your identity?
2. What would you consider your strengths and weaknesses?
3. How might God want to use you, not only because of your strengths but also because of your weaknesses?
4. What talent(s) would you say God has given to you? How have you enjoyed using them? Or have you neglected them, and if so, why?
5. "God didn't mess up when He made you." What would it take for you to believe this statement and move forward in a God-given confidence?

### Activities to Discuss:

Day 7: Personality Assessments

Day 8: Spiritual Gift Assessments

Day 9: Learning Style Assessments

## Week 4: **Phase 3: Overcome Obstacles**

Discussion of Days 11 – 15

### **Focus:**

Days 11 - 15

### **Key Verses:**

- ◆ For the word of God is alive and active. (Hebrews 4:12)
- ◆ Follow the example of Christ. (1 Corinthians 11:1)
- ◆ Don't compare yourself with others. (Galatians 6:4 MSG)
- ◆ They exchanged the truth about God for a lie, and worshiped and served created things rather than the Creator. (Romans 1:25)
- ◆ Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. (Ephesians 4:32)

### **Discussion Questions:**

1. How often do you allow your emotions to trump the truth? What could you do to counteract this reaction?
2. What core values did you inherit from your family of origin? Can you find Scriptures to support those values? If not, what Biblical values do you need to embrace while putting aside those inherited values?
3. "You are a key part of a timeless story meant to reveal the glory of God." How does this statement make you feel?
4. Is it possible that a good thing has turned idolatrous for you? Give examples and how you want to go about rectifying this problem.
5. If you gave God all the hurts stored up in your heart -- seeking His forgiveness for your own offenses and choosing to forgive those who have hurt you -- how would your life be different?

### **Activities to Discuss:**

Choose the activity that feels most pressing to the group at this time.

Day 11: Mental Makeover

Day 12: Core Values Exercise

Day 13: Comparison Trap Exercise

Day 14: Idol Crushing Exercise

Day 15: Forgiveness Exercise

## Week 5: **Phase 4: Stick with Solutions**

Discussions of Day 16 - 20

### **Focus:**

Days 16 - 20

### **Key Verses:**

- ◆ In the morning, Lord, you hear my voice; in the morning I lay my requests before you and wait expectantly. (Psalm 5:3)
- ◆ Am I now trying to win the approval of human beings, or of God? (Galatians 1:10)
- ◆ 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)
- ◆ For where your treasure is, there your heart will be also. (Matthew 6:21)
- ◆ Teach the older women. . . . These older women must train the younger women. (Titus 2:3-4 NLT)

### **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. Do you struggle with feeling like you need the approval of friends? People at church? If so, what would it look like to seek the approval of God alone?
3. Is it time to surrender to God’s pruning? If so, what areas is He leading you to cut back on? Can you imagine the rewards?
4. Are you hanging onto things for comfort and security when God is calling you to trust Him more?
5. What would it take for you to engage in heart-deep, life-changing, biblical-mentoring relationships?

### **Activities to Discuss:**

Choose the activity that feels most pressing to the group at this time.

Day 16: Starting Point Plan

Day 17: Your “No” Script

Day 18: A Schedule with Margin



Day 19: Eliminate and Concentrate

## Week 6: **Phase 5: A Vibrant New Vision**

Discussion of Day 21 with a Celebration Brunch or Coffee

### **Focus:**

Days 21

### **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)

### **Discussion Questions:**

1. What is your keeper take-away from this study?
2. Have you been able to pinpoint your God-designed wiring in way that reveals your life purpose?
3. What is your mission statement, even if you can only form a rough draft at this point? Remember, it's not carved in stone. You can change it!
4. What are some short-term and long-term goals you've been able to set as you think about the future? How do your goals reflect your life purpose?
5. How can you purpose to live a life for His glory and become a part of His kingdom work?

### **Activity to Discuss:**

Day 21: Mission Statement with Goals

# 8 Week Format

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## MEETING FLOW

*approximately 75 minutes up to 2 Hours per meeting*

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, 30 – 45 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 minutes)

# SCHEDULE OVERVIEW

- Session 1:     **Phase 1: Fresh Awareness**  
Discussion of Introduction and Days 1 – 2
- Session 2:     **Phase 1: Fresh Awareness**  
Discussion of Days 3 – 5
- Session 3:     **Phase 2: Assess the Goods**  
Discussion of Days 6 – 7
- Session 4:     **Phase 2: Assess the Goods**  
Discussion of Days 8 – 10
- Session 5:     **Phase 3: Overcome Obstacles**  
Discussion of Days 11 – 15
- Session 6:     **Phase 4: Stick with Solutions**  
Discussions of Day 16 - 17
- Session 7:     **Phase 4: Stick with Solutions**  
Discussions of Day 18-20
- Session 8:     **Phase 5: A Vibrant New Vision**  
Discussion of Day 21

## Session 1: Fresh Awareness

### Focus:

Introduction and Days 1 -2

### Key Verses:

- ◆ Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. (Romans 12:2 NIV)
- ◆ We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. (2 Corinthians 10:5)
- ◆ Therefore, if anyone is in Christ, the new creation has come:[a] The old has gone, the new is here! (2 Corinthians 5:17)
- ◆ Where God is making new life, not a day goes by without his unfolding grace. (2 Corinthians 4:16 MSG)
- ◆ Make the most of every opportunity. (Colossians 4:5 MSG)

### Introduction

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. Invite the participants to share why they are excited (or hesitant) about this book study and the journey of transformation and what they hope to get out of the study and out of the group?
3. Discuss what it means to respect each others privacy but not sharing each other's stories outside of the group.
4. 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.

5. Encourage participants 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.
6. 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.

**Discussion Questions:**

1. What in your life feels "as is"?
2. Why is it important to look at your life from a bird's-eye perspective?
3. How would you like your life map to look different a year from now?
4. How do you view time—is it an enemy that's always short-changing you, or is "time on your side"? Explain your thoughts.
5. In what areas could you make better use of your time?

**Activity:**

Day 1: Life Mapping Exercise

## Session 2: Fresh Awareness

### Focus:

Introduction and Days 3 -5

### Key Verses:

- ◆ Whatever you do, work at it with all your heart, as working for the Lord. (Colossians 3:23)
- ◆ Your very lives are a letter that anyone can read just by looking at you. (2 Corinthians 3:3 MSG)
- ◆ I get to the heart of the human. I get to the root of things. (Jeremiah 17:10 MSG)

### Discussion Questions:

1. Which area of your life—responsibilities or relationships—do you feel needs the most attention right now?
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?
3. What are some of the challenges you are facing today? What can I/we do to help you in those areas?
4. What are your favorite excuses for not attempting to change?

### Activity:

Day 4: Story Timeline Exercise

## Session 3: Assess the Goods

### Focus:

Days 6 - 7

### Key Verses:

- ◆ The old has gone, the new is here! (2 Corinthians 5:17)
- ◆ My grace is sufficient for you, for my power is made perfect in weakness. (2 Corinthians 12:9)

### Discussion Questions:

1. If you had to introduce yourself, what would you say?
2. How does your “introduction” compare to what God says about you?
3. What experiences and relationships have influenced your identity?
4. What would you consider your strengths and weaknesses?
5. How might God want to use you, not only because of your strengths but also because of your weaknesses?

### Activity:

Day 7: Personality Assessments

Day 8: Spiritual Gift Assessments



## Session 4: Assess the Goods

### Focus:

Days 8 - 10

### Key Verses:

- ◆ Each of you should use whatever gift you have received to serve others. (1 Peter 4:10)
- ◆ I am fearfully and wonderfully made. (Psalm 139:14)
- ◆ For it is God who works in you to will and to act in order to fulfill his good purpose. (Philippians 2:13)

### Discussion Questions:

1. What talent(s) would you say God has given to you? How have you enjoyed using them? Or have you neglected them, and if so, why?
2. Can you determine how God is leading you to use your gifting in your church, family, community, work, or ministry?
3. "God didn't mess up when He made you." What would it take for you to believe this statement and move forward in a God-given confidence?
4. When it comes to your smarts, have you struggled with not feeling good enough?
5. When do you feel God's pleasure? What might God want you to do that delights both you and Him?

### Activity:

Day 9: Learning Style Assessments

## Session 5: Overcoming Obstacles

### Focus:

Days 11 - 15

### Key Verses:

- ◆ For the word of God is alive and active. (Hebrews 4:12)
- ◆ Follow the example of Christ. (1 Corinthians 11:1)
- ◆ Don't compare yourself with others. (Galatians 6:4 MSG)
- ◆ They exchanged the truth about God for a lie, and worshiped and served created things rather than the Creator. (Romans 1:25)
- ◆ Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. (Ephesians 4:32)

### Discussion Questions:

1. How often do you allow your emotions to trump the truth? What could you do to counteract this reaction?
2. What core values did you inherit from your family of origin? Can you find Scriptures to support those values? If not, what Biblical values do you need to embrace while putting aside those inherited values?
3. "You are a key part of a timeless story meant to reveal the glory of God." How does this statement make you feel?
4. Is it possible that a good thing has turned idolatrous for you? Give examples and how you want to go about rectifying this problem.
5. If you gave God all the hurts stored up in your heart -- seeking His forgiveness for your own offenses and choosing to forgive those who have hurt you -- how would your life be different?

### Activity:

Choose the activity that feels most beneficial at this time. If you don't know, then start with Days 11 and 12.

Day 11: Mental Makeover

Day 12: Core Values Exercise

Day 13: Comparison Trap Exercise

Day 14: Idol Crushing Exercise

Day 15: Forgiveness Exercise

## Six: Sticking with Solutions

### Focus:

Days 16 - 17

### Key Verses:

- ◆ In the morning, Lord, you hear my voice; in the morning I lay my requests before you and wait expectantly. (Psalm 5:3)
- ◆ Am I now trying to win the approval of human beings, or of God? (Galatians 1:10)

### 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. What is your plan for cultivating a habit of meeting with God daily and digging into the Word?
3. Do you struggle with feeling like you need the approval of friends? People at church? If so, what would it look like to seek the approval of God alone?
4. What situations do you need to say no to today?

### Activity:

Day 16: Starting Point Plan

Day 17: Your “No” Script

## Seven: Sticking with Solutions

### Focus:

Days 18 - 20

### Key Verses:

- ◆ 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)
- ◆ For where your treasure is, there your heart will be also. (Matthew 6:21)
- ◆ Teach the older women. . . . These older women must train the younger women. (Titus 2:3-4 NLT)

### Discussion Questions:

1. Is it time to surrender to God's pruning? If so, what areas is He leading you to cut back on? Can you imagine the rewards?
2. Are you hanging onto things for comfort and security when God is calling you to trust Him more?
3. How can you create beauty by eliminating a few "things" from your life?
4. Are you hanging on to things for comfort and security when God is calling you to trust Him more?
5. What keys to effective listening do you want to practice today?

### Activity:

Day 18: A Schedule with Margin

Day 19: Eliminate and Concentrate (Clothes & Room)

## **Eight: Vibrant Vision**

### **Focus:**

Days 21

### **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)

### **Discussion Questions:**

1. What is your keeper take-away from this study?
2. Have you been able to pinpoint your God-designed wiring in way that reveals your life purpose?
3. What is your mission statement, even if you can only form a rough draft at this point? Remember, it's not carved in stone. You can change it!
4. What are some short-term and long-term goals you've been able to set as you think about the future? How do your goals reflect your life purpose?
5. How can you purpose to live a life for His glory and become a part of His kingdom work?

### **Activity:**

Day 21: Mission Statement with Goals

# Online Study



If you'd like to host an online study, such as in a closed Facebook group with your friends or tribe, the following format would work well. The 5-week format provides questions you can post for discussion each day. You might also choose a 6-week format and link to the content on posted on *More to Be* for the online book club, which can be found [here](#).

## Prep: **Promote and Invite**

At the point you begin promoting and inviting women to join you in the study, encourage them to grab a copy of *Meet the New You* wherever books are sold and read the Introduction and How to Use chapters prior to the first gathering.

### **Optional Discussion Questions:**

1. How do you respond to this statement? "The truth is that you're not stuck permanently. You can change."
2. In what ways do you want to change? What obstacles are standing in your way?
3. What ways can you see that God began a good work in you?
4. What would it look like to begin the practice of trapping and transforming your thoughts according to what 2 Corinthians 10:5 and Romans 12:2 describes?
5. What does it means for God to transform you for the sake of impacting the next generation?

## Week 1: Phase 1: Fresh Awareness

### Focus:

Introduction and Days 1 - 5

### Key Verses:

- ◆ Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. (Romans 12:2 NIV)
- ◆ We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. (2 Corinthians 10:5)
- ◆ Therefore, if anyone is in Christ, the new creation has come:[a] The old has gone, the new is here! (2 Corinthians 5:17)
- ◆ . . . 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)
- ◆ Where God is making new life, not a day goes by without his unfolding grace. (2 Corinthians 4:16 msg)
- ◆ Make the most of every opportunity. (Colossians 4:5 msg)
- ◆ Whatever you do, work at it with all your heart, as working for the Lord. (Colossians 3:23)
- ◆ Your very lives are a letter that anyone can read just by looking at you. (2 Corinthians 3:3 MSG)
- ◆ I get to the heart of the human. I get to the root of things. (Jeremiah 17:10 MSG)

### Discussion Questions:

1. What in your life feels "as is"?
2. How do you view time—is it an enemy that's always shortchanging you, or is "time on your side"? Explain your thoughts.
3. Which area of your life—responsibilities, relationships, or resources—do you feel needs the most attention right now?
4. 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?
5. What would life look like if your root issues no longer had a stronghold on you?



## Week 2: Phase 2: Assess the Goods

### Focus:

Days 6 - 10

### Key Verses:

- ◆ The old has gone, the new is here! (2 Corinthians 5:17)
- ◆ My grace is sufficient for you, for my power is made perfect in weakness. (2 Corinthians 12:9)
- ◆ Each of you should use whatever gift you have received to serve others. (1 Peter 4:10)
- ◆ I am fearfully and wonderfully made. (Psalm 139:14)
- ◆ For it is God who works in you to will and to act in order to fulfill his good purpose. (Philippians 2:13)

### Discussion Questions:

1. What experiences and relationships have influenced your identity?
2. What would you consider your strengths and weaknesses?
3. How might God want to use you, not only because of your strengths but also because of your weaknesses?
4. What talent(s) would you say God has given to you? How have you enjoyed using them? Or have you neglected them, and if so, why?
5. "God didn't mess up when He made you." What would it take for you to believe this statement and move forward in a God-given confidence?

## Week 3: **Phase 3: Overcome Obstacles**

Discussion of Days 11 – 15

### **Focus:**

Days 11 - 15

### **Key Verses:**

- ◆ For the word of God is alive and active. (Hebrews 4:12)
- ◆ Follow the example of Christ. (1 Corinthians 11:1)
- ◆ Don't compare yourself with others. (Galatians 6:4 MSG)
- ◆ They exchanged the truth about God for a lie, and worshiped and served created things rather than the Creator. (Romans 1:25)
- ◆ Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. (Ephesians 4:32)

### **Discussion Questions:**

1. How often do you allow your emotions to trump the truth? What could you do to counteract this reaction?
2. What core values did you inherit from your family of origin? Can you find Scriptures to support those values? If not, what Biblical values do you need to embrace while putting aside those inherited values?
3. "You are a key part of a timeless story meant to reveal the glory of God." How does this statement make you feel?
4. Is it possible that a good thing has turned idolatrous for you? Give examples and how you want to go about rectifying this problem.
5. If you gave God all the hurts stored up in your heart -- seeking His forgiveness for your own offenses and choosing to forgive those who have hurt you -- how would your life be different?

## Week 4: **Phase 4: Stick with Solutions**

Discussions of Day 16 - 20

### **Focus:**

Days 16 - 20

### **Key Verses:**

- ◆ In the morning, Lord, you hear my voice; in the morning I lay my requests before you and wait expectantly. (Psalm 5:3)
- ◆ Am I now trying to win the approval of human beings, or of God? (Galatians 1:10)
- ◆ 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)
- ◆ For where your treasure is, there your heart will be also. (Matthew 6:21)
- ◆ Teach the older women. . . . These older women must train the younger women. (Titus 2:3-4 NLT)

### **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. Do you struggle with feeling like you need the approval of friends? People at church? If so, what would it look like to seek the approval of God alone?
3. Is it time to surrender to God’s pruning? If so, what areas is He leading you to cut back on? Can you imagine the rewards?
4. Are you hanging onto things for comfort and security when God is calling you to trust Him more?
5. What would it take for you to engage in heart-deep, life-changing, biblical-mentoring relationships?

## Week 5: **Phase 5: A Vibrant New Vision**

Discussion of Day 21

### **Focus:**

Days 21

### **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)

### **Discussion Questions:**

1. What is your keeper take-away from this study?
2. Have you been able to pinpoint your God-designed wiring in way that reveals your life purpose?
3. What is your mission statement, even if you can only form a rough draft at this point? Remember, it's not carved in stone. You can change it!
4. What are some short-term and long-term goals you've been able to set as you think about the future? How do your goals reflect your life purpose?
5. How can you purpose to live a life for His glory and become a part of His kingdom work?

# A Commissioning

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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 likely 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, would you mind if I prayed 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 (Psalm 102:18). In Jesus's Name, Amen.*

I'd love to hear what God has done through this study!

Drop me a line at [elisa@elisapulliam.com](mailto:elisa@elisapulliam.com) or  
swing by <http://www.elisapulliam.com> or <http://www.moreto.be.com>  
to leave me a message.