

Sisterhood

2024 JOURNAL

sisters,

Welcome to the Sisterhood Journal—a sacred space crafted just for you! Whether you're using it alongside your life group meetups or during your personal reflections, this journal is designed to be a companion on your journey with Jesus.

Within these pages, you'll discover podcasts, reflective questions, scripture studies, and much more—all tailored to deepen your relationship with Jesus and help root your identity in Him.

As you embark on this journey, my prayer is that you not only use this journal but that it serves as a catalyst for spiritual growth. May it draw you closer to Jesus and empower you to live out your faith like never before.

Know that you are loved deeply, and I am cheering you on every step of the way.

With all my love,

Kristin Hill

s.o.a.p. method

Never heard of the SOAP method? It's a fantastic way to dive into the Bible in a structured and meaningful way. Instead of just skimming the surface, SOAP encourages us to engage with Scripture. The acronym "SOAP" stands for Scripture, Observation, Application, and Prayer. We'll walk you through each step and show you how to make the most of your time in God's Word. Let's get started!

S – SCRIPTURE: Physically write out the Bible verse

You'll be amazed at what God shares with you when you slow down to write or reflect on what you are reading!

O – OBSERVATION: What observations can you make from the verse you're reading?

Who is the audience? Is there a repetition of words? What words stand out to you?

What is the main lesson or theme?

A – APPLICATION: When God's Word becomes personal

What is God saying to me today? How can I apply what I just read to my life?

Are there any changes I need to make?

P – PRAYER: Take time to talk to God

If He has revealed something to you during this time in His Word, pray about it. Confess if He has revealed some sin that is in your life. Take time to thank Him for His goodness in your life.

discussion question notes

Find discussion questions and more from Sisterhood Night at first.church/sisterhood

let's reflect...

1. What are you grateful for today?
2. What is God trying to teach you in this season?
3. What steps can you take to respond to the goodness of God this week?



April

John 14:6 (NIV)

Jesus answered, "I am the way and the truth and the life.
No one comes to the Father except through me."

strong roots podcast



podcast notes / overcoming anxiety

- Trust Jesus with IT ALL
- Fear of the Lord

let's reflect...

1. Is there something in your life that you are feeling afraid or anxious about? What will it look like for you to trust God with your fear?
2. What does your relationship with God look like now? How would you like it to look? What will you intentionally choose to do to grow closer to Him?
3. How have fear and anxiety stolen from your life? How has God redeemed it?

lets pray

Lord God, thank You that I do not have to live my life in a state of fear or anxiety. I surrender it all to You. Please help me to fear You alone and walk with a spirit of power, love, and self-control.

Write your prayers here and highlight them when God answers them.

Amen.



let's get to work!

Read JOHN 14 in the Bible using the SOAP method.

When you find yourself afraid or anxious, ask God to take your thoughts captive.

Practice aligning your thoughts with God's Word, nature, and character.

Intentionally pour into others.



write out a godly belief...

and say it for 30 days. (example: I have the mind of Christ—I have a spirit of power, love, and self-control)



Check out the
"Overcoming Anxiety"
Sisterhood Plan on YouVersion!



May

John 6:35 (NIV)

Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty."

strong roots podcast



podcast notes / overcoming loneliness

- Pursue God and His Word
- Pursue community

let's reflect...

1. How has loneliness and isolation affected your life?
2. Is there something that you are not intentionally pursuing God in and why?
3. Who in your life may be feeling lonely and isolated right now? What can you do to show them the love of Jesus?

lets pray

God, thank You that I am never alone as you are always with me and have experienced all that I am feeling. Please help me to lean into You whenever I feel emptiness aching in my heart. Thank You for laying down so much more for me so I can walk in freedom and victory.

Write your prayers here and highlight them when God answers them.

Amen.



let's get to work!

Read JOHN 6 in the Bible using the SOAP method.

Purposely reach out to someone when you are tempted to isolate.

Give God any stored-up bitterness or resentment you have towards others.

Pursue someone who is isolated.



write out a godly belief...

and say it for 30 days. (example: God is always with me—I am not ever alone.)



Check out the
“Overcoming Loneliness”
Sisterhood Plan on YouVersion!



June

John 11:25 (NIV)

Jesus said to her, "I am the resurrection and the life. The one who believes in me will live; even though they die.

strong roots podcast



podcast notes / loving your body

- God looks at our hearts
- Invest well

let's reflect...

1. In what areas do you feel pressured to look or perform a certain way?
2. Knowing that you were created by God, what part of your mindset about yourself should change?
3. What walls can you take down to love God and others well?

lets pray

God, what a privilege it is to be made in Your glorious image. Thank You. Will you please help me to see myself the way You see me and to point others to You?

Write your prayers here and highlight them when God answers them.

Amen.



let's get to work!

Read JOHN 11 in the Bible using the SOAP method.

As you get ready for the day, thank God for who He has made you to be.

Point yourself and others to eternity.



write out a godly belief...

and say it for 30 days. (example: I clothe myself with beauty that comes from within and store my treasures in heaven.)



Check out the
"Loving Your Body"
Sisterhood Plan on YouVersion!



July

John 15:1-4 (NIV)

I am the true vine, and my Father is the gardener. 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. You are already clean because of the word I have spoken to you. Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.

strong roots podcast



podcast notes / give up control

- Trust God and give up your own way
- Humility and self-control

let's reflect...

1. Is there anything that you are holding back from trusting God with fully?
2. How often do you typically want to control the situations you find yourself in? What changes do you need to make?
3. What freedom have you experienced by giving control over to God?

lets pray

Thank You, Lord, for the beautiful gift of life. Will you point out anything that I still need to surrender to You? Please grow my trust in You.

Write your prayers here and highlight them when God answers them.

Amen.



let's get to work!

Read JOHN 15 in the Bible using the SOAP method.

Start making a habit of praying before making decisions—big and small.

Choose someone godly in your life to be vulnerable with this week. Ask them for prayer and accountability for your struggles.



write out a godly belief...

and say it for 30 days. (example: I trust God with my life—it is in His hands.)



Check out the
“Give Up Control”
Sisterhood Plan on YouVersion!



August

2 Corinthians 7:1 (NIV)

Therefore, since we have these promises, dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God.

strong roots podcast



podcast notes / sexuality

- Trust God and His plan
- Your sexuality does not define you
- Protect your heart

let's reflect...

1. Where do you attempt to find satisfaction in your life?
2. What influences are you allowing to shape your identity?
3. Is there anything you need to confess to God? To a godly person?

lets pray

Jesus, thank you that no matter what the world tries to throw at me, You define me alone. Please help move that truth from my head to my heart and help me to understand that my sexuality does not define me, but rather, Your love does. Guide me to protect my heart, keeping it pure and steadfast in Your truth.

Write your prayers here and highlight them when God answers them.

Amen.



let's get to work!

Read 2 Corinthians 7:1 in the Bible using the SOAP method.

Begin asking God to give you a 'pure heart and pure desires' every morning.

Determine ways you can FIGHT to protect your heart.



write out a godly belief...

and say it for 30 days. (example: God's plans are better than my own.)



Check out the
"Sexuality"
Sisterhood Plan on YouVersion!



September

Matthew 5:23-24 (NIV)

Therefore, if you are offering a gift at the altar and there you remember that your brother or sister has something against you, leave your gift there in front of the altar. First, go and be reconciled to them; then come and offer your gift.

strong roots podcast



podcast notes / people pleasing

- God always confronts out of love
- Love people enough to confront

let's reflect...

1. Is there someone in your life that you need to confront? What is stopping you?
2. When you are confronted, how do you typically respond?
3. In what ways do you need to shift your perspective to an eternal one?

lets pray

Thank You for Your loving confrontation which guides me towards growth and truth. Help me embrace Your truth that confrontation breeds deeper intimacy with You and others. Help me to love people enough to gently show them where they may be hurting themselves and be a person who receives confrontation with grace and humility.

Write your prayers here and highlight them when God answers them.

Amen.



let's get to work!

Read Matthew 5:23-24 in the Bible using the SOAP method.

Become someone who is easy to confront. Start viewing every confrontation as a gift from God to become more like Him.

Shift your thoughts to an eternal perspective daily.



write out a godly belief...

and say it for 30 days. (example: I seek to please God alone.)



Check out the
"People Pleasing"
Sisterhood Plan on YouVersion!



discussion question notes

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let's reflect...

1. What are you grateful for today?
2. What is God trying to teach you in this season?
3. What steps can you take to respond to the goodness of God this week?



sticker scrapbook

As you attend your Sisterhood Life Group, you can collect your monthly stickers here and any other memorabilia from this sisterhood season!

sisterhood resources

Discussion Questions
Podcasts
Online Journals
Kids Challenges
and more!



want to join the after party?

Scan the QR code to sign up for a
Sisterhood Life Group

