

sisterhood

2023 Journal



to gather, build up, and empower women to be all that Jesus has called them to be in their home, their workplace, the church and beyond

● *our vision*

I am beyond grateful that you have decided to deepen your relationship with Jesus by opening up this journal and being a part of a Sisterhood Life Group! Throughout these pages, you will find QR codes for podcasts to watch before life group meet-ups, questions that will be asked at life group, space to take notes and resources to grow deeper in your relationship with Jesus and others.

I am excited to see how God blesses our friendships through this season of Sisterhood. I want to encourage you to make a commitment to follow through and finish strong. Stay the course – show up to life group – do the work. I am confident that this journey will be a blessing and a gift to you if you don't give up!

I want you to know that I am personally praying for you – no matter what this year brings, I am asking that God draws you closer to Him, deepens your relationship with others, and empowers you to live out your faith like never before.

Cheering you on and lifting you up!

Kristin Hill



2023 Sisterhood Nights

Hebron//Wheatfield

Friday, March 10th @ 5:45 pm

The One Where Friends Become Sisters
“Putting Our Hope in Jesus, Not People”

Hebron//Wheatfield

Friday, November 10th @ 5:45 pm

Friendsgiving at Sisterhood
“Pushing Past Feelings and Showing Up”



Your HOW TO Guide

Inside, you will find monthly spreads for the 2023 Sisterhood season. These have been curated to give you the best experience in your Sisterhood Life Group. Here's how to use them!

** We recommend printing this journal TWO SIDED and inserting it into a three punch folder!*

march and november

FIRST PAGE

- » Take notes on Kristin's message on the night of Sisterhood

SECOND PAGE

- » Take notes at your March and November Life Group meetings
- » Record prayer requests from your group

april through october

FIRST PAGE

- » Scan the QR code to watch this month's Strong Roots podcast
- » Take notes while watching the podcast

SECOND PAGE

- » Answer the discussion questions to discuss at Life Group
- » Record prayer requests from your group
- » Meditate on this month's Key Verse

for access to all things
sisterhood



Goodies in the Back

- » Extra note taking space
- » "Prayer Requests and Prayers Answered" catalog
- » Bible plans for personal study

let's do this

MARCH



sisterhood night

THE ONE WHERE FRIENDS BECOME SISTERS

notes _____

key points from the message

sisterhood lifegroup

Discussion Question Notes:

prayer requests

discussion questions

1. What are the attributes of Jesus that make Him such an incredible example of what a wholehearted friend is?
2. What are ways in your life Jesus has transformed you into a better friend?
3. Have you ever run from a godly friendship out of selfishness? If yes, what could God have done in your life and friendship if you would have fought for it instead of run away?
4. How does Jesus bring purpose and vision to your friendships?
Key thought from podcast: Love them like Jesus and point them to Jesus.
5. What are tangible ways you can root your identity in Jesus and not in your friendships?

prayer requests

John 13:34-35 | Love One Another

“A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another.”

discussion questions

1. What does godly pursuit look like in friendships? Give specific examples.
2. How do we bring purpose to our pursuit of others?
Key thought from podcast: Giving people life in Christ
3. What holds you back from inviting people into your life?
4. Pursuing others and being rejected can hurt. As Christians, why are we called to pursue others even though we may be rejected?
5. What are ways you want to grow in your pursuit of others? I.e. send more encouraging texts, initiate hangouts, do more Bible plans with others, make Life Group a priority, etc.

prayer requests

1 John 3:18 | Love With Action

“Dear children, let us not love with words or speech but with actions and in truth.”

discussion questions

1. How would you define godly boundaries in a relationship? Why do you think this matters?
2. What are practical ways you can set healthy boundaries?
Key thought from podcast: Visualize the win and define boundaries ahead of time
3. When we don't set boundaries, we end up in a mutually unsatisfying place relationally. Share an example from your own life where your own failure to set boundaries hurt a relationship.
4. Why is it so important to love and dignify people when setting boundaries?
5. How does God model boundaries for us?
Key thought from podcast: By defining what sin is.
 - Sin is sin because it hurts relationships
 - Sin is sin because it offends a holy God
6. How could boundaries lead to better friendships? If you have experienced this personally, share an example from your own life.

prayer requests

Philippians 2:3-4 | Consider Others

“Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of others.”

discussion questions

1. What percentage of conversations do you take some sort of offense because of something someone has said?
2. Share examples of how taking offense hurts you?
3. What are things you have missed out on because you have chosen to take an offense?
4. What does Jesus say about taking offense?
5. What are habits you can develop to not pick up an offense?

Key thoughts from podcast:

- Look to Jesus' example

- Take your 'thoughts captive'

Philippians 4:8 ESV - Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

- Pray for the other person and yourself

prayer requests

1 Peter 5:6 | Be Humble

"Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time."

AUGUST



sisterhood watch party

ENVIIOUS? AS IF!

notes _____

key points from the message

sisterhood lifegroup

Discussion Question Notes:

prayer requests

discussion questions

1. How much does apologizing cost you? In light of that truth, what are the biggest barriers in your life to admitting you're wrong?
2. What areas of your life are the hardest to apologize in? I.e. at work, marriage, friendships, kids, etc. Specifically, how would those relationships change if you started leading the way by owning your 'percent of the pie'?
3. What are practical ways we can push past our negative emotions and pride to be the first to apologize?
4. What are the components of a godly apology?
Key thought from podcast: Communicate
 - What you did
 - How what you did hurt the other person
 - How truly sorry you are for your actions
 - Ask, 'will you forgive me?'
 - Is there anything I'm missing?
5. What is the biggest lie that you tell yourself that keeps you from apologizing?

prayer requests

Luke 16:10 | Steward Well

"Whoever can be trusted with very little can also be trusted with much, and whoever is dishonest with very little will also be dishonest with much."

discussion questions

1. In confrontation, what is your biggest struggle?
2. Share an example of a great confrontation in your life.
3. What area of your life has the most 'mismanaged conflict' and why?
4. How do you know when something is worth confronting?
Key thought from podcast: Ask yourself these questions,
“Why do I want to confront?”
“What is the outcome I want this to produce?”
“If I don't confront this now, what is this going to look like later?”
5. What are ways we can make sure we confront in a godly way?
Key thought from podcast: Deal with your own hurts before you confront so that you can genuinely go into the confrontation desiring the best outcome for them.
Visualize the specific behavior change that you are confronting them on and desired outcome beforehand.

prayer requests

James 4:17 | Be Obedient

“If anyone, then, knows the good they ought to do and doesn't do it, it is sin for them.”

NOVEMBER



sisterhood night

FREINDSGIVING

notes _____

key points from the message

sisterhood lifegroup

Discussion Question Notes:

prayer requests

● *bible plan resources*

on the YouVersion Bible app

ON FRIENDSHIP

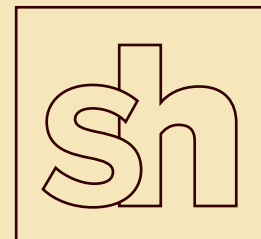
Forgiving What You Can't Forget: A 5-Day Challenge (Lysa Terkeurst)
Everybody Always (Bob Goff)
Becoming a Well-Watered Woman in a Parched World (Gretchen Saffles)
Godmothers with Lisa Bevere
Relat(able): Making Relationships Work (Louie Giglio)

GROW IN YOUR FAITH

Foundations Of Christianity (Calvary Chapel Ft. Lauderdale)
What's Next? (Life.Church)
Divine Direction (Craig Groeschel)
New Life In Christ (YouVersion)
God, Where Are You?! With John Bevere
BibleProject | How to Read the Bible

SISTERHOOD PLANS

Enduring Pain (First Church)
Pushing Through Pain (First Church)
Pray Bad (First Church)
Praying in the Waiting (First Church)



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Psalm 27:17