



Hey, Sisters! We are so glad you are finding community with other women through your LifeGroup! Over the next four weeks, you and your group will go over an episode of The Messy Table Podcast, a podcast partnered with Sisters, and discuss it using the questions provided. Along with questions, each week has a Bible Plan and an optional book you and your group can go through together. We have provided links to listen to every episode, but feel free to listen on your favorite podcast apps.

Week 1: “It’s Not Supposed to Be This Way” Episode 47 with Lysa TerKeurst

You and your group will need to listen to [this episode](#) before you meet. Make sure you share the episode with your group before meeting. Use the questions below to discuss the episode with your group.

1. What stood out to you most in this episode?
2. Share about a time you’ve gone through that was hard or unexpected. What steps did you take to bring healing and restoration to the situation?
3. Read [James 1:2-5](#) together. How do these verses help put things in perspective?
4. In the podcast, Lysa reminds us that when we are going through hard times to turn the critics down so that we can turn the right things up. Who or what is a critic in your life you need to turn down? (*Examples: social media, reality television, Netflix, etc.*)

Next Step: Be sure to check out the [It’s Not Supposed To Be This Way YouVersion Bible Plan](#) and use the “Plans with Friends” option. Want to go even deeper? Consider buying the *It’s Not Supposed to Be This Way* book and going through it together.

Week 2: “Living Unashamed + On Purpose” Episode 43 with Christine Caine

You and your group will need to listen to [this episode](#) before you meet. Make sure you share the episode with your group before meeting. Use the questions below to discuss the episode with your group.

1. What stood out most to you in this episode?
2. Talk about a time when you experienced shame. What steps were crucial in you finding freedom?
3. Read [Galatians 5:1](#) together. What stands out to you? What are some things that can keep you from living in freedom?
4. What assignment do you think God has given you to live out?
5. What are you doing to grow your relationship with Jesus? What are you doing to grow your relationship with your family?

Next Step: Be sure to check out the [Unashamed YouVersion Bible Plan](#) and use the “Plans with Friends” option. You can also consider getting the *Unashamed* book to discuss with your group.



Week 3: “Comparison Trap + Breathing Room” Episode 25 with Sandra Stanley

You and your group will need to listen to [this episode](#) before you meet. Make sure you share the episode with your group before meeting. Use the questions below to discuss the episode with your group.

1. What stood out to you most in this episode?
2. What is your favorite part about the season of life you’re in right now?
3. What is something you often compare yourself against? Why do you think that is?
4. Read [James 3:16](#). Talk about a time when you experienced envy. What happened?
5. In this episode, we learn some ways to combat comparison, like praying for the person or people we are comparing ourselves to, praying for ourselves, being self-aware, and being grateful for the things God has given us. Have any of these steps helped you fight comparison? Are there other steps you have taken that have helped?

Next Step: Check out the [Breathing Room Bible Plan in the YouVersion Bible App](#). Select the “Plans with Friends” feature to invite your group to do it together throughout the week. Sandra has two books, *Breathing Room* and *The Comparison Trap*. Consider leading a book study with either of them. We also have the *Breathing Room* group study videos available. Consider going through that study at www.life.church/breathingroom.

Week 4: “She Rises—And Sometimes Throws Confetti” Episode 33 with Holly Wagner

You and your group will need to listen to [this episode](#) before you meet. Make sure you share the episode with your group before meeting. Use the questions below to discuss the episode with your group.

1. What stood out to you most in this episode?
2. Share about a time when God met you in the trenches of your life. What happened?
3. Read [Revelation 12:11](#) together. What does this verse mean to you?
4. Sometimes when we say yes to something God is calling us to, we start to experience hard trials. Has this ever happened to you? If so, what happened?
5. What are some habits you might need to start now to help you if things fall apart later? (*Examples: Putting verses around your house, getting a mentor, journaling, etc.*)

Next Step: Go through the [Find Your Brave Bible Plan in the YouVersion Bible App](#) together. Use the “Plans with Friends” feature to do it as a group. Consider going even deeper with the *Find Your Brave* book. You could use it as another study for your group. Or, consider selecting even more Messy Table podcasts to discuss together next time you meet.