



SHE'S GOT ISSUES

Introduction

Welcome to *She's Got Issues*! I've got 'em. She's got 'em. We've all got issues. And I hope by the end of this study, you'll realize that when we get honest with God, you and I allow him to transform these everyday weaknesses into areas of strength and freedom. This is your guide to the video study. You are a busy woman, so my hope is that every minute of this experience will be meaningful to you.

I've designed our time together so that you'll get a little bit of everything:

WATCH (5 to 10 minutes): The study starts with an interview with one woman who's decided to get real about the issue she's facing. I hope you'll relate to and feel encouraged by her story.

JOURNAL (10 to 15 minutes): Next, you'll get a chance to spend a little time journaling as a way to interact with what you've read in *She's Got Issues* for the week.

HEAR (15 minutes): Then I'll share a short teaching that's designed to get you thinking about how God's Word and work intersect with our daily lives.

DISCUSS (20 to 25 minutes): Finally, you'll be given time to talk together in your group and encourage one another on in the process of being transformed by the presence of God in your lives.

If your group will be meeting six times, you'll want to read the first four chapters of *She's Got Issues* to prepare for the first week. If you prefer to meet for eight weeks, consider making your first session a fun night when participants can get to know one another and watch the short intro video for the first week. Your final session might include a meal and sharing time along with the short closing video.

If you are the group facilitator, please watch the facilitator video I've included for you. You can download some additional leader's tips at my website, <http://www.nicoleunice.com>. I would love to know how your group goes! Feel free to contact me via Facebook, Twitter, or e-mail (Nicole@takeheartministry.com).

Every Bible study I've read closes the same way, but now I know why: I really am praying for you, that God would use these words to plant truth within your heart, and that your time in your group and in Scripture would grow that truth into a flourishing life of freedom.



SESSION 1: Control

PREPARE

Read through Chapter 4 in *She's Got Issues*.

WATCH

Jamie's interview

JOURNAL

Do you tend to be a control freak in any of the following areas?

personal achievement
relationships with others
God

On a scale of 1 to 10, how willing are you to let God be in control of your life? Journal about this number by completing the following sentence:

"God, I want to surrender everything to you, except _____. God, I want to say 'anything' for you, but _____."

HEAR

When God created us in his image, he didn't just make us lawn ornaments for the Garden of Eden.

Then God said, "Let us make human beings in our image, to be like us. They will reign over the fish in the sea, the birds in the sky, the livestock, all the wild animals on the earth, and the small animals that scurry on the ground." (Genesis 1:26, NLT)

Fear and pride are often the deeper motivators behind our control issues.

The lie of your independence has left you lacking.

You're blessed when you're the end of your rope. With less of you there is more of God and his rule. (Matthew 5:3, The Message)

Full surrender to God's way is the gateway to *zao*—true, fresh, vigorous, active life.

DISCUSS

1. Review your control freak scores from pages 43–44. What did you learn about yourself?
2. What would life look like if you lived not as an "independent woman" but as a child of God? What would change in your life?
3. Read Isaiah 30:19–26. Where do you need to trust God to respond regularly, instantly, and specifically in your life? Review page 69 in *She's Got Issues* for the promises of that Scripture.
4. Close your time together by using the journaling question on pages 72–73 as a way to pray for one another. What situations and people do you need to surrender to God?



SESSION 2: Insecurity

PREPARE

Read chapters 5 and 6 in *She's Got Issues*.

WATCH

Jessica's interview

JOURNAL

Complete this statement:

"If I didn't have _____ [friendship, body shape, approval, etc.], I don't know who I'd be. If I am not (or don't end up being) a _____ [wife, great mother, hard worker, peacekeeper], I am (or will be) lost."

If you answer the first prompt honestly, you'll be facing your deepest places of potential insecurity. Now journal about why that thing or role is very important to you. Are there people, roles, or circumstances that have more power over you than you would like? Can you journal about a time or story that relates to the strength of this insecurity(ies)?

HEAR

Our deepest insecurities often reveal our most tempting idols.

Household gods give false advice, fortune-tellers predict only lies, and interpreters of dreams pronounce comfortless falsehoods. So my people are wandering like lost sheep, without a shepherd to protect and guide them. (Zechariah 10:2, NLT)

Insecurity is God's course correction.

Therefore, we who have fled to him for refuge can take new courage, for we can hold on to his promise with confidence. (Hebrews 6:18, NLT)

Fixing our minds on the promises of Christ allows the Holy Spirit to do the work in our hearts that we cannot do ourselves.

DISCUSS

1. Read the definition of a secure woman in the first two paragraphs on page 107; perhaps you can have some women read it aloud. Do you agree with the definition given? What would you add? In which ways are you secure? In which ways are you insecure?
2. Consider the five promises of Christ laid out in chapter 6: forgiveness from sin, freedom from guilt, eternal life, a continual relationship with God, and the gift of the Holy Spirit. Which of these promises do you feel like you embrace and understand? Which of these promises do you have a hard time believing?
3. Complete the journaling exercise on pages 107–108 together. What promise from Scripture do you need to grab hold of this week? Choose one on page 108 or find your own. Write it on a card and memorize it as a challenge this week. Consider it an investment in security, a strong foundational truth to return to whenever insecurity rises up in you.



SESSION 3: Comparisons

PREPARE

Read chapters 7 and 8 in *She's Got Issues*.

WATCH

Michele's interview

JOURNAL

Who is the last person you compared yourself to? Take a moment to listen to your own thoughts about that experience. What aspects of that person did you compare to your own? Did you compensate for feeling inadequate by cutting that person down in your mind for something else?

HEAR

The story of Cain and Abel reveals that God doesn't grade on a curve.

Comparisons love to keep us out of real relationships by treating everyone as competition.

God saw you and called his work "good."

*But now, thus says the LORD, your Creator, O Jacob, and He who formed you, O Israel,
"Do not fear, for I have redeemed you; I have called you by name; you are Mine!"*
(Isaiah 43:1, NASB)

Quitting comparisons starts with a healthy humility and a grateful heart.

With humility comes wisdom. (Proverbs 11:2, NLT)

DISCUSS

1. As a group, read the parable that Jesus taught in Matthew 20:1-16. What is your gut-level reaction to the landowner's generosity?
2. Do you have a problem with the landowner's definition of "fair"? What is your interpretation of what is fair and unfair in life? How does this line up with your understanding of God?
3. End your group time by trying to write down at least five things that no one would guess you were grateful for. Avoid the easy "go-to" answers like family and friends, (or, in my case, coffee) and use your imagination! You might be surprised by the unique things you learn about those in your group.
4. In the story of the Sunday school lesson in chapter 7 (pages 121–122), the point was "keep your eyes on your own bag." When you look into your "bag," what God-given gifts do you see? Why are you (or why are you not) pleased with those gifts?



SESSION 4: Fear

PREPARE

Read chapters 9 and 10 in *She's Got Issues*.

WATCH

Carrie's interview

JOURNAL

Take a mental inventory of your worry issue. Write at the top of your journal "What if?" Then spend ten minutes writing down every question that comes to mind in answer to that statement.

HEAR

Fear is a powerful decision maker.

Anxiety's greatest victory is keeping us from being present.

Fear and trembling overwhelm me. I can't stop shaking. Oh, how I wish I had wings like a dove; then I would fly away and rest! (Psalm 55:5-6, NLT)

God searches and God soothes.

When anxiety was great within me, your consolation brought joy to my soul. (Psalm 94:19, NIV)

Getting free from anxiety is a discipline of the mind.

His faithful promises are your armor and protection. (Psalm 91:4, NLT)

DISCUSS

1. True or false: Almost every decision we make in life comes out of a spirit of love or of fear.
2. Do you consider yourself an anxious person? How does that anxiety manifest itself?
3. Eleanor Roosevelt said, "You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. . . . You must do the thing you think you cannot do." Pain, failure, rejection, and being alone: Of these major fears, which one do you currently struggle with most? Are there others? Given Roosevelt's quote and Jean's story (pages 173–177), what practical steps can you take to face your fear?
4. What decisions would you like to make out of love instead of out of fear? Consider these areas in life: current relationships, work, money, and conflict/confrontation. Are there any particular people or circumstances about which you are more prone to worry?
5. Work together with your group to pick a go-to verse to memorize whenever you find yourself worrying.



SESSION 5: Anger

PREPARE

Read chapters 11 and 12 in *She's Got Issues*.

WATCH

Melissa's story

JOURNAL

Review your anger assessment on page 183. Are you more likely to be full of rage or resentful? Journal about a time in life when you remember being really angry. What were the circumstances around the situation? As you remember it, are you still angry? Is the situation reconciled? And are you more likely to underreact or overreact to anger?

HEAR

Anger is our warning light that something is wrong.

Once anger takes root, it chokes out love.

All of us must reckon with the disappointment and resentment we can feel about life not going as we planned.

I looked most carefully into everything, searched out all that is done on this earth. And let me tell you, there's not much to write home about. God hasn't made it easy for us. I've seen it all and it's nothing but smoke—smoke, and spitting into the wind. Life's a corkscrew that can't be straightened, a minus that won't add up. (Ecclesiastes 1:13-15, *The Message*)

I have a choice to make in anger. Will I acknowledge my poverty of spirit and invite God to stand in that place with me?

Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, "This is the way; walk in it." (Isaiah 30:21, NIV)

DISCUSS

1. Was anger expressed in your house when you were growing up? Did the way in which it was handled make it a positive or a negative experience for you?
2. What are some proactive measures you can take to help you maintain emotional balance?
3. Have you ever experienced God's intervention in your anger? How did that happen?
4. Discuss in your group the power of your words. Read Ephesians 4:29 together. What area do you need to improve: the wholesomeness of your words, the helpfulness of your words, or the timing of your words?



SESSION 6: Unforgiveness

PREPARE

Read chapters 13 and 14 in *She's Got Issues*.

WATCH

Becky's story

JOURNAL

Have you struggled to forgive? Take a few minutes to write out your thoughts, and perhaps a prayer, about the way God has grown you through forgiving yourself or someone else.

Do you need to grow in (a) letting go of grudges, or (b) confronting unresolved conflict in your life? What is the next step you might take in that process?

HEAR

Unforgiveness is a weight on your soul.

We want God to be merciful toward our sin and just to those who sin against us.

We must realize we have been forgiven much to find the strength to forgive others.

Here is a trustworthy saying that deserves full acceptance: Christ Jesus came into the world to save sinners—of whom I am the worst. (1 Timothy 1:15, NIV)

The power to forgive comes not by your strength.

Although he died on the cross in weakness, he now lives by the mighty power of God. We, too, are weak, but we live in him and have God's power—the power we use in dealing with you. (2 Corinthians 13:4, NLT)

DISCUSS

1. In Becky's interview, she is very honest about her tendency to compartmentalize her resentment and then believe it won't negatively affect her. Do you have a tendency to compartmentalize anything in your life? Have you experienced any negative effects?
2. Share with your group some of your reflections during your journaling time. Remember, it is often our own hurts and healing that spur another person on to have the courage to walk forward in her own issues. How is forgiveness a part of your testimony with God?
3. At the end of your time together, read the *She's Got Issues* creed on pages 244–245. Which of these statements do you most resonate with? Why? What is one thing you've learned from this study that has encouraged you? What is one thing you've seen in someone else in your group that has encouraged you?



CONCLUSION

You've done it! You've decided to come clean about your issues. You've waded into the deeper waters in your heart. And I hope you've been encouraged and empowered to change—not in your own strength, but in the power of God's Spirit within you.

Thank you for allowing me to journey with you and your group. Just like the women interviewed each week, you have your own story. And I hope over the past several weeks you've realized how significant your story truly is. If you want to share it, I'd love to hear it. Drop me a line . . . and, if God wills, perhaps one day we'll meet face-to-face at a retreat or a conference or a coffee shop somewhere, and I can tell you how proud I am of you for doing the hard work of choosing honesty, choosing life, and choosing freedom.