

A Heart Surrendered  
GUIDEBOOK

Deb Entsminger



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# Introduction

In The Beginning...

If you have a desire to start discipling women but have never been discipled yourself, here's hope!

You don't need a seminary degree or to have graduated from a Bible college to do this. You just need to know Jesus and be F.A.T.!

**F = Faithful** to do what Jesus tells you to do even when it's not what you want to do. I'm not saying you have to be perfect. But have you surrendered your life to following Jesus? A disciple isn't only one who knows something, but one who follows someone and makes His teachings the basis for her conduct and life. You also need to be faithful to those you seek to invest in. When you say you are going to do something or be somewhere, it's important you do what you say.

When I first started passing on to others what was helping me as a brand new believer I was pretty shaky in this area (being the descendant of a pirate didn't help), but I was eager to grow. So maybe the best question is, are you willing to keep growing in being faithful? For me, that's a lifelong quest.

**A = Available!** Most importantly, are you available to listen to the Lord, to hear what He wants to say to you? In Isaiah 55: 8-9 God reveals His thoughts aren't our thoughts and His ways aren't our ways. In fact they are as high as the heavens are above the earth compared to our thoughts. Unless we are available to listen to Him, we will never know what we need to know.

And are you available to do whatever the Lord wants you to do? Can you truly say to Him, "Not my will, but yours be done?" Even if it's scrub toilets? Or spend time with a difficult person? Or be still and know that He is God?

Finally, are you available to meet with someone? Discipleship takes time – and not only the time when you're meeting, but time to pray, time to listen to the Lord as He guides you in what to do with her, time to actively love her as the Lord directs.

**T = Teachable!** This is a biggie! Are you still growing yourself? Do you seek to learn all you can from the Lord? Or do you think you already know all you need to know? Or are you coasting on things you learned years ago? The moment you stop learning, you stop being a disciple and that's pretty key because...

You have to be a disciple of Jesus to help someone become a disciple of Jesus! And being Jesus' disciple is not a designation. It's not a position you attain but a direction you head. It doesn't matter how many years you've been a Christian or even if you are on staff with an organization noted for making disciples. If you stop heading in Jesus' direction, if you stop following Him and actively living out what you are currently learning from Him, you are no longer His disciple.

Someone who has recently begun following Jesus and is heading in His direction is more qualified than a fifty-year coaster.

So are you heading in Jesus' direction, committed to faithfully following Him, available to do whatever He wants you to do and hungry to learn from Him, even things that aren't a lot of fun to learn? If you are, you are His disciple. And you are qualified to begin helping someone else.

But here's the kicker, this side of heaven no one, except Jesus will ever be perfectly Faithful, 100% available, completely teachable. But are you committed to growing in this?

One tool that has helped me keep growing in all three of these areas is the booklet Get F.A.T., Be Beautiful. I find it's a wonderful way to assess when a woman asks me if I will consider discipling her, where she is at. But it's not only beneficial for those I'm discipling.

Each time I go through this booklet with younger believers, I keep getting spurred on to grow (and convicted at how much I still need to grow in each of these areas!).

This is why I firmly believe that discipleship isn't only a gift for the younger woman being disciplined but also for older women willing to share the journey. When we invest in the next generation, we are being invested in, too! I find it to be so life-giving and helpful going back over the basics. Especially as I am reminded how much I still need to keep growing.

So welcome to one of my favorite ways to share the journey with other women. May Jesus richly bless the time you invest in both your relationship with Him and the women around you as you follow Him in doing this.

Please note this guidebook is chock-full of suggestions for things you can do in your one-on-ones as you continue to explore the heart of discipling women. Feel free to pick and choose whatever works for

you and the woman you meet with. You never know when Jesus will give you new ideas that can take your discipling to a whole different level.

Above all, follow Him. He truly is The Great Discipler!



## DISCIPLING LIKE JESUS

## (Part 1)

One of the best ways to learn what to do with someone when you are discipling them is to look at Jesus' life and note what he taught his disciples. There is so much to learn from His example – not only about content but also how to pass treasure on.

For example, consider Luke 11:1-13...

*Now Jesus was praying in a certain place, and when he finished, one of his disciples said to him, "Lord, teach us to pray, as John taught his disciples." 2 And he said to them, "When you pray, say:*

*"Father, hallowed be your name.*

*Your kingdom come.*

*Give us each day our daily bread,*

*and forgive us our sins,*

*for we ourselves forgive everyone who is indebted to us.*

*And lead us not into temptation."*

*5 And he said to them, "Which of you who has a friend will go to him at midnight and say to him, 'Friend, lend me three loaves, 6 for a friend of mine has arrived on a journey, and I have nothing to set before him'; 7 and he will answer from within, 'Do not bother me; the door is now shut, and my children are with me in bed. I cannot get up and give you anything'? 8 I tell you, though he will not get up and give him anything because he is his friend, yet because of his impudence he will rise and give him whatever he needs. 9 And I tell you, ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. 10 For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened. 11 What father among you, if his son asks for a fish, will instead of a fish give him a serpent; 12 or if he asks for an egg, will give him a scorpion? 13 If you then, who are evil,*

*know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him!”*

In a recent one on one I read this passage with a friend, then asked her to take a few moments and answer the following questions (it’s helpful if you create a chart with three columns, with each question from below heading a column):

1. What can you learn about discipling from this interaction between Jesus and His disciples?
2. For each observation, consider: Why do you think Jesus did this?
3. How could you apply this when discipling the women you meet with?

It’s pretty fascinating if you take the time to do this! Why not take a few moments right now and dive in? Then, after you’ve made your chart and answered the questions above, dive into the next section (but no peeking before or you’ll miss out!).

## DISCIPLING LIKE JESUS

## (Part 2)

So...your first-hand "taste" continues of what I do when I meet with someone one-on-one and help her learn how to disciple others. I only wish I could be sitting on the couch with you doing this in person.

To get the full benefit of this, if you haven't yet read and done part one, go check it out, and after reading through Luke 11:1-13, create a chart and answer the three questions:

1. What can you learn about discipling from this interaction between Jesus and His disciples?
2. For each observation, consider: Why do you think Jesus did this?
3. How could you apply this when you are discipling the women you meet with?

There really is a ton to be learned from this passage! Here are a few things that stood out to me!

## 1. THE VALUE OF MODELING

Note this entire discourse begins with Jesus praying. I cannot stress how vital modeling is in discipleship – it's not just what you say. What you do has a much greater impact. Jesus wasn't doing this just to model for the disciples, but as he prayed, did it ever capture their attention. As we look at the Scriptures, we see that this was a way of life for him. Don't only meet one-on-one with someone; give them

the opportunity to see you live out your relationship with the Lord in your daily life.

## 2. CAPITALIZE ON CURIOSITY

And note this discussion was prompted by the disciples. They observed Jesus doing this as well as John teaching his disciples, and they were curious. People learn better when it's something they are interested in and want to learn. That's not to say there aren't times when it's important to cover things they may not have thought about before. But when possible, taking time to discover what someone is curious about and focusing there, can increase the impact of the lesson.

## 3. KEEP IT SIMPLE & ORGANIZED

Note how Jesus begins giving them something simple and organized, a model they can easily remember. This is impactful. Note Jesus didn't include everything he ever taught on prayer. He didn't feel like he had to cram all that could be learned into one lesson. But was it ever a great way to start.

This is why I love to use the Look, Listen, Live it out model for teaching someone how to have a quiet time. Not only is it easy for them to remember the next day, but it's also easy for them to remember so they can pass it on to someone else.

There's a fascinating book called [Making Things Stick](#) that explores how to present information in ways people will remember. This book stresses keeping things simple and organized really helps. As my friend Dave Hawes says, "The more organized something is, the more passonable it is." and not only from you to her, but also for her to pass onto others.

For example, I was doing a sexual purity video and had nine practical suggestions for how people who are struggling can experience victory in this area of life. Who can remember nine suggestions? So I asked the Lord if He'd give me an idea for how to communicate this in a way that would stick and He brought to mind the three parts of the briar: roots, stem, and flower. Using a large picture of a briar, I shared three suggestions for each of the three parts. Did that ever stick! (no pun intended.)

#### 4. UTILIZE REPETITION & REVIEW

Note Luke 11 wasn't the only time the Lord taught the disciples about prayer. In Matthew 6:5-14 we see the Lord teaching the disciples to pray using this model again. Repetition is so valuable. Don't teach something once and then move on, assuming she got it. Periodically, coming back to go over something again, teaching it in a bit of a different way, can be so helpful.

Note in Luke 11 Jesus only taught part of this model for prayer. In Matthew 6 we see an expanded version. But in Luke 11 Jesus spends more time talking about the parts He does present.

#### 5. PROMOTE UNDERSTANDING

So first, he teaches them part of a simple model, and then he takes time to help them understand. He starts with the whole, then breaks it down focusing on one part at a time.

He seeks to help the disciples understand the character of whom they are praying to as He does this. Just as in the Bible, the main character is always God, so in your one-on-ones, let Him be the focus.

And it's important the one you're meeting with understands what's not being said, as well as what's said. You want to try and anticipate ways the enemy might twist what you're teaching and get her off track. For example, after Jesus instructs the disciples, "ask and it will be given

to you,” He goes on to explain God only gives good gifts. So when you ask you will receive something, and it will be good. But you may not get exactly what you’re asking for.

Do you see how the enemy can have a heyday with this if someone is expecting always to get exactly what she asks for?

## 6. HIGHLIGHT A KEY APPLICATION IDEA

And then Jesus ends highlighting the best thing they can ever ask for and be given. Be sure to end your explanation by highlighting what is most important and giving her ideas for how she can practically apply what you’ve taught her in her daily life.

Note Jesus doesn’t exhaust them with a long dissertation on this subject. He briefly teaches a simple model. Then explains what they need to know to get started and be motivated.

We don’t know what happened next. Scripture provides brief snapshots, so I’m going to take the liberty to add on two more things that I’ve observed from other passages of Scripture that help me finish well when I’m meeting with someone.

## 7. DO IT WITH THEM! (Luke 9:13-17)

I have found it so helpful to not only tell people how to do something, but when I take time during our one-on-one to do it with them, that’s when it sticks. This provides a great launch for getting them started.

For example, when sharing the Lord’s prayer with someone, I don’t only tell them about it, I pray through it with them. And not rotely, remember it’s a model, not a verbatim prayer to pray. As we pray through this model, we take turns, with me going first, praying one phrase at a time, expanding it a bit to share what’s on our hearts that relates to each phrase.

#### 8. GIVE AN ASSIGNMENT (Mark 6:7)

And then I end with an assignment such as try praying through this model once a day for the next week (which is something I seek to do at the start of every day in my own life, right after I wake up each morning before I get out of bed When I do this, I've found it to be life changing!).

This is where the rubber meets the road – why you're sharing with them in the first place... so they'll do it!

Incorporating anything new into one's life rarely "just happens." That's why discipleship can be so helpful in the first place. Be sure you consider not only what you're going to tell them, but how to intentionally spur them on towards love and good deeds.

And as you do, can following Jesus' example ever help.

DISCIPLESHIP TIPS FROM DEB:  
LEADING A BIBLE STUDY FOR THE FIRST TIME? BE-  
WARE!)

The first time I led a Bible study the enemy had a heyday. Honest! After each meeting the accuser would rip me up one side and down the other, reminding me of every misspoken word, every uncomfortable silence, pointing out what I could've done better, making me feel like the biggest loser ever.

Thankfully, one of the girls I was meeting with one-on-one was in the study, and I asked her for feedback – and was she ever faithful! After I got home she'd call and talk through the study with me. When I shared how I thought I'd blown it she'd respond, "Oh no, I think it was good you said that. Didn't you notice how that helped to draw the girls into the discussion?"

She brought much needed perspective. And even when I had blown it, she encouraged me to learn from it and keep pressing on.

This was one of the freshmen I was meeting with. I was so blessed to have her in that study and in my life. Gracious feedback can be such a help!

A key time when the enemy loves to attack is right when someone first starts leading a Bible study. I cannot stress enough how vital it is that there be someone giving feedback, helping to bring perspective and process what transpired.

Otherwise, it can be easy to conclude, "See, I can't do this!" and stop and never attempt again. Which is exactly what the enemy wants. It is so much easier for him to stop someone at the beginning, when everything is new and you're struggling with insecurities.

This is such a vital time when support is needed as well as feedback.



Learning to lead a Bible study is a key part of helping someone grow spiritually—you always learn something better when you're helping others learn. In addition, this is a key way we can help advance God's kingdom—there is such a need for women who are willing to take the initiative and start Bible studies!

It is amazing to me how few women in the church ever think of leading a Bible study. So many women who've done Bible study for years and have so much to offer don't step up to the plate. Sometimes, it's because they believe the lie they don't have what it takes to do this, so they've never even tried. Other times, it's because the enemy gained a victory when they were younger and first tried.

If you are starting to lead a Bible study for the first time or if you are meeting with someone who is starting to do this, please be sure to make provision for feedback. I cannot stress how vitally important this is.

Never forget, there is a battle raging and the enemy is a devious and deadly accuser. Warning people in advance, giving them a heads up that he's most likely to attack can help fortify their souls in advance.

The enemy loves to take a little bit of truth and twist it to suit his purposes.

The truth is no one starts out as an amazing Bible study leader. There is a lot you can learn, and it's something, even after forty years of leading Bible studies, I'm still growing in. If I'd waited until I could do this well to start, I'd never have begun.

And in truth, the best Bible studies I've been in have been facilitated, not taught. You don't have to be Beth Moore or Kay Arthur to lead a life changing Bible study.

Give me a Bible study leader who allows people to share what they are learning from the Word, who asks questions to help them further process, and creates an environment where people actively seek to

apply God’s Word to their lives— that’s infinitely better than listening to the best Bible teacher and never doing anything with it.

And yes, you’re going to make mistakes. But thankfully God doesn’t only use those who get it perfect. As G.K. Chesterton said, “If a thing is worth doing, it’s worth doing badly as opposed to not at all.” Please note, this is not a justification to keep doing something poorly,\*\* remember, a disciple is a learner – so if you have a heart of a learner you are going to want to keep growing in your ability to do this and the more experience you get, the more opportunity you have to grow.

But here’s the kicker... to grow, to improve, you need feedback. Experience alone doesn’t automatically grow you – but evaluated experience sure can. Do you see how critical getting feedback is?

But until you get this, as you are starting out, remember what the Lord says in 2 Corinthians 12:9, “My grace is sufficient for you, for my power is made perfect in weakness.” And Paul writes in response, “Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.”

So here’s the irony – Satan is determined to pull out the stops to get people never to start or quickly stop leading Bible studies by attacking and making you think you can’t do this because you don’t have what it takes, but the truth is your weakness creates opportunity for God’s power to rest on you.

And with the power of God resting on you ~ is that ever an awesome way to lead a Bible study!

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*\*\* For further thoughts on what Chesterton meant by this quote check this out: <http://www.chesterton.org/discover-chesterton/frequently-asked-questions/a-thing-worth-doing/> (and I must say I absolutely*

*LOVE the definition given of an amateur! This so applies to raising spiritual babies too!!!)*



# Chapter 1

# A Heart That Surrenders

TRUE DISCIPLESHIP STORY:  
WHERE ARE YOU?

The very first question the Lord asked Adam and Eve after they sinned was, “Where are you?”

He didn't ask because He needed to know the answer. 1 John 3:20 makes it clear that God knows everything! Psalm 139 reveals He knows us even better than we know ourselves.

So why did God ask this? Because Adam and Eve needed to know. It's so important to understand where you are so you can see your need and be ready for help. Ever since the Fall we all need help. The problem is we aren't always aware of this.

So I listen to discern does she know Jesus. If so has she come to a place of surrender where she is willing to follow Him even when He leads in a way she doesn't want to go? And if so, is she willing to invest the time to listen to Him daily or at least open to growing into this?

If so I will often share with her a booklet I wrote twenty years ago called Get F.A.T., Be Beautiful. The booklet contains six weeks worth of quiet times exploring three key characteristics of a disciple: the first two weeks focus on what does it look like to have a heart that is Faithful, the next two weeks focus on growing a heart that is Available, and the last two weeks consider different aspects of having a heart that is Teachable. It considers these not only on a behavioral level but, even more importantly, at the heart level. I have found this can be a powerful way to help women discover what Jesus says about being a disciple and then in light of what they are learning from this study, consider whether they truly are one or not.

One of the first indicators is whether they will do it or not.

Just because someone is a Christian, doesn't necessarily mean they are a disciple or are ready to be discipled. The Greek Word for disciple is *mathetes* which means a learner and a follower. To truly follow Jesus you have to take time to listen so you can go where he goes and be where he is – even when that's not where you want to be.

It's easy to follow Jesus when he's going the way I naturally want to go. But a disciple follows God just like Jesus did – even when she has to say, "Not my will, but yours be done," regardless of cost.

This doesn't mean someone has to be super mature and have it all together! Remember being a disciple is a direction, not a designation or a position attained. I've seen brand new believers who are ready to follow Jesus wherever He leads. You especially see this in countries where Christians face severe persecution. Under those circumstances, no one becomes a Christian unless they are ready to die.

But if you try to disciple someone and they haven't yet truly surrendered their will, their hopes, their dreams to the Lord, you can really be setting yourself up for frustration. What that person needs is to be followed up, to have someone come alongside and help them get to

know God, understand what He's promised and start actively taking Him up on those promises so they can grow in trusting Him until they are ready to commit themselves to following Him wholeheartedly. (In that case I recommend checking out the main tools in *The Heart of Discipling Women* Library for Collections One (Jesus Cares for Women – if you aren't sure if she's a believer) or in Collection Two (*Tackle n' Trust: Growing in Trusting God through Taking Him Up On His Promises*).

What's fun with *Get FAT, Be Beautiful*, you can do the start of the study with her and share the first quiet time then tell her, let me know when you've finished the first seven quiet times and we can get together again if you'd like.

I've found it's incredibly telling how long it takes a person to complete this, that's why I always say, "Let me know when you finish it and we'll plan to get together then!" If they are ready to be discipled I usually hear back from them quickly. Sometimes I never hear back. Other times I don't hear back until they are ready to move forward! I will not commit to meeting one on one weekly with someone to disciple them until they've finished this. I've found it really does help us get off to a good start!

This booklet is also an excellent starting place for those with a heart to disciple others. Remember, you have to be a disciple to help someone become a disciple because when you meet one-on-one with them, it's not "let me tell you what you need to do," but rather, as Paul says, "Follow me, as I follow Christ."

Every time I go through this booklet with a woman, I complete it again myself. Because being a disciple is a direction, I find it so helpful to keep asking myself the same question. Where am I? . It's easy to get side tracked, to shift focus and not realize it. How am I doing being Faithful, Available and Teachable? Usually I end up with the socks

convicted off me! Best of all I'm reminded once again, how much I need Jesus to help me keep growing in these three areas. Does this ever spur me on to keep persevering myself! And every time I complete it there's always new treasure, always something the Lord wants to say to my heart through it.

So where are You? Consider yourself invited to enjoy sweet time with Jesus for six weeks facilitated by this booklet. And if you decide to do this, I'd love to hear your thoughts!

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*"Come, all you who are thirsty, come to the waters; and you who have no money, come, buy and eat! Come, buy wine and milk without money and without cost. Why spend money on what is not bread, and your labor on what does not satisfy? Listen, listen to me, and eat what is good, and your soul will delight in the richest of fare. Give ear and come to me; hear me, that your soul may live.*

*Isaiah 55:1-3a*

What do you learn about the Lord from reading these verses? How do you picture him as he gives this invitation?

Our concept of God can have a big impact on how eager we are to spend time with him.



### HEART TO HEART

Below is a suggested outline for what I have done during my first time meeting with someone to start going through this booklet. I usually spend two hours with each student I'm discipling, but if you meet for less than that you will need to adapt. The two main things I always do with women:

1. Spend time connecting (listening to really hear her heart and praying with her about what's shared!),

2. Then get in the word together (and close our time in prayer!)

As there is time I will then do the other ideas listed below. For example, if there isn't time to do 2 & 3 I will encourage her to read those on her own underlining what stands out to her. And I always find it takes our time in the Word so much deeper when we art journal, but that isn't always feasible!

I carry a small set of watercolors in my purse and a water bottle so I am able to art journal at a moment's notice. My favorite way to creatively process is espresso painting if we are at a coffee shop! Anyone can make an amazing picture with only a cheap paintbrush and a shot of espresso.

And you will want to be sure to go over fasting with her so she has a heads up this is coming!

Above all, follow Jesus! He knows best what each woman needs and what will bless both of you!

**CONNECTING**

1. Share one thing you'd love prayer for this semester.
2. What's one verse you'd like me to pray for you this semester?
3. Pray together!

**INTRODUCTION TO THE BOOKLET**

1. When you hear the word "diet" what comes to mind? What about when you hear the word "fat?" Why?
2. Read the introduction to the booklet together underlining anything that stands out to you.
3. In what way can a physical diet serve as a metaphor for spiritual health?
4. Show her the picture of the emaciated and well nourished child - explain how even believers can become emaciated and discuss: New Life In Christ - emaciated vs. Well nourished (scroll down to second page).pdf <https://drive.google.com/file/d/1oLQ1DOWB EIMjGP2kdXlCiIzS eGySkQLd/view?usp=sharing>

**TAKE THE FAT ASSESSMENT**

1. Share your results with each other.
2. Why did you circle the numbers you did?
3. Pray for each other.

**BIBLE STUDY**

1. Read the first chapter of Esther
  - a. Underline or highlight anything that catches your attention
  - b. What do you learn about Queen Vashti?
  - c. Why do you think the book starts with this story?
2. Read the second chapter of Esther
  - a. Underline or highlight anything that catches your attention
  - b. In what ways was Esther faithful?
  - c. In what ways was Esther available?
  - d. In what ways was Esther teachable?

*\*Note: If you have time it is absolutely fascinating what you can learn if you continue reading through Esther 7 looking for ways she was faithful, available and teachable!!!*

**CREATIVELY PROCESS**

1. Art journal a picture illustrating what stands out to you (you can use crayons, colored pencils, watercolors or draw a simple picture - anything you draw is using the other side of your brain to process!)
2. Share your picture with each other

3. Why do you think the Lord highlighted this for you?
4. How does this relate to your life?
5. What do you sense the Lord wants you to do in response?
6. Invite - Would you like to join me in this six week diet?

### **HEART CHALLENGE**

#### **1. Briefly go over the first week with her.**

- a. Have you ever fasted before?
- b. Share why, fasting before feasting, if she can, plays a key part in this unpacking this "diet" metaphor at a heart level.
- c. Ask if she's game for the fasting challenge?
- d. If so, share suggestions on How To Fast Well:
  - i. Keep praying 2 Corinthians 9:8 for all you need to do.
  - ii. Drink lots of water.
  - iii. Camp out in God's word - I find considering Jesus' temptation in the wilderness can be powerful - he went 40 days without eating. When I read that while fasting, I read the passage differently than I ever had before. And Jesus' response, "Man does not live on bread alone but on every word that proceeds from the mouth of the Lord" makes me think this was

pretty key for him surviving fasting.

- iv. Capture whatever treasure God gives you!
- v. Remember the 24 hour fast ends 24 hours after you last ate. So unless you got up at 3 am with the munchies, it will end before you go to sleep tonight, so feel free to eat before going to bed; otherwise, it will be a 36-hour fast!
- e. Encourage her to be sure to answer the questions in the booklet after fasting and write down what she learned from this experience.
- f. If she is not able to fast from food (eg., for medical reasons) can she think of another way she could fast (eg., from social media?) do not bring this up as an option unless it's physically impossible for her as it tends to not be as impactful or costly so people don't tend to get as much out of it.

### **HIGHLIGHTS**

As your time draws to a close ask her to share a highlight from your time together. What stood out to her? What does she want to remember from this time?

(NOTE: This helps her further process and provides you with helpful insight into what she heard and what's sticking with her.)

**PRAY**

1. End your time praying for each other, thanking the Lord for what He highlighted for you, asking for His help with your application and for the week ahead.

## Chapter 2

# A Heart That Is Faithful

TRUE DISCIPLESHIP STORY:  
FIZZLED FAILURES

I stepped on the scale and groaned. “Freshman fifteen is no joke!”

The next day I met Naomi, a senior involved with another campus ministry. When we discovered we both love to dance, an idea was born.

“Hey! What if we offered aerobic dance classes in a dorm for free? That could be a great way to reach out!”

*And, I think, to lose weight . . . “I’m in!”*

We put up fliers announcing our class, to be held twice a week at 9 am in the basement of North Hall. Naomi would teach Tuesdays, I would take Thursdays.

This was the ‘80s. I arrived sporting a bright pink leotard, purple tights, yellow headband and leg warmers, lugging a cassette player.

One girl showed up. I recognized her. She was in my introduction to speech disorders class. Sweat poured down as we moved to the music, not only because we were dancing: the basement was not air conditioned. As we shook, lunged, and twirled, I prayed she would come to know Jesus.

Weeks went by. Charlotte was still the only one coming. One Thursday a new friend asked after class, "Want to get some yogurt?"

I was supposed to teach aerobics, *but hey*, I reasoned, *this is still reaching out...* And frozen yogurt sounded better than sweating.

The next Wednesday, I ran into Naomi. "Charlotte said you didn't show Thursday?"

I mumble an excuse. Naomi pressed in. "Deb, we said we'd be there. Even if it's just one person, she is counting on us. And you never know when God might bring someone else. It's important we do what we say we're going to do. Remember, we are teaching aerobics to reach out. What kind of picture are we giving of the God we follow if they have no idea whether we'll do what we say we'll do or not?"

Ouch! Point taken. I didn't miss another Thursday. But eventually Charlotte stopped coming and the whole thing fizzled.

*Oh well, at least we tried.*

Fast forward seven years. I was married and seven months pregnant, headed into my first Lamaze class.

As Jim and I walked in, I gasped! On the other side of the room was that girl, Charlotte! The one, the only one, who came to that aerobics class my freshman year. The one I prayed for.

Later that week I ran into her in the grocery store. She'd already given birth once but it was such a difficult experience she decided to take Lamaze again.

As we talked, we discovered not only did we live near each other, we both loved cooking. "Any chance you'd like to get together once a



month to cook our way around the world?" I asked. She was excited. Starting with Armenia, we created meals from countries beginning with each letter of the alphabet.

After our babies were born and we cooked our way through Germany (our seventh month and country), Jim and I started a Bible study for married couples. When we asked Charlotte and her husband if they'd like to join, they jumped at the opportunity.

Want to guess who eventually became believers?

Eight years after our first meeting in that sweaty dorm basement, Charlotte and her husband began to follow Jesus!

You never know what our Almighty God might do with fizzled failures!

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*"...if we are faithless, he remains faithful, for he cannot disown himself."*

*2 Timothy 2:13*

**HEART TO HEART****CONNECTING**

1. Discuss the fasting metaphor:
  - a. What was it like to fast this week?
  - b. How did it impact you physically?
  - c. How did it impact you emotionally?
  - d. How did it impact you relationally?
  - e. What happens if you miss one day of food physically?  
What happens if you miss one day of food spiritually?
2. Discuss the verses you “ate” this week:
  - a. What was your favorite verse you read this week? Why?
  - b. Which verse challenged you the most? Why?
  - c. What did you learn about growing in faithfulness this week?
3. Pray
  - a. Thank God for what you learned!
  - b. Ask for His help where you are struggling!
  - c. Praise God for being The Faithful One! (I find knowing how difficult it can be to be faithful makes me appreciate his perfection in this all the more!)

**CREATIVELY PROCESS**

1. Draw a picture that illustrates your answer to the question:  
Where do I struggle being faithful?
2. Share your pictures with each other.

**DIGGING DEEPER:**

1. Read Galatians 5:22
  - a. What comes to mind when you consider faithfulness is a fruit of the Spirit?
  - b. Why do you think the word fruit is singular and not plural?
  - c. How does this relate to growing in faithfulness?
  - d. How does this relate to us applying God's Word?
  - e. What is God's part? What is our part?

**TOOLTIME:**

1. **Two Tools that can help with our part:**
  - a. **SPECK** -
    - i. On the back of her picture have her draw the acronym SPECK. And explain how this can sometimes help identify different ways to apply God's Word.
    - ii. Then share what each letter means as she adds this to

her list:

1. *Sin to confess*
2. *Promise to pray*
3. *Example to follow*
4. *Command to obey*
5. *Knowledge of God that's new which I can praise Him for*

iii. Share how this can help her identify possible ways the Lord might lead her to respond to His Word (or “exercise”!)

iv. Share an example of what this has looked like recently in your life

**b. SMART -**

i. Now have her write out the acronym SMART

ii. Explain how this can help her come up with applications that are more do-able - and you have to do an application for it to be of benefit!

iii. Then explain what each letter stands for:

1. S = specific
2. M = measurable
3. A = accountable

4. R = realistic
  5. T = timely
- c. Use SPECK and SMART to fine tune the application/exercise the Lord laid on your hearts during your shared quiet time. Share your revised applications with each other
- d. Pray for each other's applications

### SHARED QUIET TIME

1. Pray - Asking God to open your eyes so you can see wonderful things in His Word
2. Read Galatians 5:16-26
3. Select one verse to camp out in. Separately write that verse down, Chew on it as you journal about it, dialoging with Jesus, then ask Him how He wants you to exercise in response to this.
4. Put your pens down when you are done
5. Take turns sharing what stood out to you.

### HEART CHALLENGE

1. Continue in Get F.A.T., Be Beautiful, doing days 8-14
2. As she's able, apply the two acronyms to her "exercising" this week

**HIGHLIGHTS**

As your time draws to a close ask her to share a highlight from your time together. What stood out to her? What does she want to remember from this time?

Share your highlight and as you close in prayer thank the Lord for those highlights and for how He's met you during this time.

**CLOSE IN PRAYER**

# Chapter 3

# A Heart Devoted

## TRUE DISCIPLESHIP STORIES: WHY PRAY?

**B**efore attempting to answer the question “Why Pray?” it can be helpful to first consider what prayer is and isn’t! This isn’t an exhaustive list, but thoughts rumbling through my brain this morning.

### **1. Prayer is not informing God, but interacting with Him**

In Psalm 139 we’re told, “before a word is on my tongue you know it completely, O Lord.” Since God knows everything, even what we’re going to say before we say it, then why should we pray?

Quite simply, because prayer is not about informing God, but about interacting with Him.

Communication is vital for relationship. When I ask my husband

about his day, I'm not simply asking him to recount a list of facts regarding what he did, I'm desiring to share his life. Even if I already know the facts from someone else, I love to hear his take on it.

Prayer is how we share life with God. It is all about communicating with Him to interact with Him. It's not like an intelligence officer reporting to a general to inform him so he knows what to do. Instead, it is an opportunity to grow closer to the Almighty, all knowing God of the universe and in the process become more like Him.

## **2. Prayer is not about trying to change God's mind, but about aligning my heart with His**

As we communicate with each other there is also tremendous opportunity for growth. This is why we become like the people we spend the most time with. Prayer is how we spend time with God – and in the process do we ever have an opportunity to be transformed.

I've heard it estimated that the Bible records 288 questions Jesus asks. How many of those do you think He knew the answer to?

And in the book of Job when God responds, the majority of what He says are questions – and you better believe he alone knows the answers to them! So why does God ask questions?

When we communicate so much more is going on than transmission of information. As we dialogue our thinking is impacted – especially when we dialogue with people who are good listeners and questioners. In the process we learn to think and have the opportunity to gain a greater and broader perspective.



Consider Jesus in the garden of Gethsemane. He was about to be plunged into a nightmare of injustice and abuse where He would endure the cup of God's wrath on our behalf. And He, God Himself, chose to spend the time before praying. Do you remember what He prayed? "Lord if you are willing take this cup from me." Do you remember what He concluded? "Yet not my will but yours be done."

Prayer helps us see our circumstances from God's perspective (which according to Isaiah 55:8-9 is not the perspective we normally have!) – especially when we pray with thanks as instructed in Philippians 4:6-7 and it prepares us to surrender to His good, pleasing and perfect will. (Romans 12:2)

### **3. Prayer is not about me doing all the talking, but involves listening too!**

God gives us a wonderful invitation in Jeremiah 33:3, "Call to me and I will answer you and tell you great and hidden things you do not know." And again in Isaiah 55:2, "Listen, listen to me and eat what is good and your soul will delight in the richest of fare."

Prayer is about communicating – and that's a two way street. Don't forget to take time to listen. This is a vital part of prayer!

One of my favorite ways to pray occurs as I read through God's Word. I listen to what He says, then respond with whatever comes to mind after I read each paragraph. It is amazing how much what I'm reading relates to what's happening in my life and the lives of others around me!

I also find I listen best with pen in hand. I will ask God a question and then write out the thoughts that come to mind – time after time I am blown away at what I’ve written down, knowing that didn’t come from me!

But remember when we read scripture we know with certainty it is the Word of God (check out 2 Peter 1:21). But there are many voices that speak to us – so we need to test and approve what we “hear” to be certain where it’s coming from – it’s vital we compare this with what is written in God’s Word and can it ever help to get feedback from others!

#### **4. Prayer is not trying to get God to do something He doesn’t want to do, but joining in with His purposes**

God is good. All He does is good. And we are told in Psalm 84:12 “No good thing does He withhold from those whose walk is blameless.”

Did you catch that? If something is good, you can count on God to do it. You don’t have to convince Him!

So why pray?

##### ***a. Prayer helps us experience God more.***

Every single day God is at work in my life in so many ways providing for me and protecting me. When we get to heaven I expect we’re going to be blown away to see how much more active He was in caring for us and sustaining us than we ever imagine!

When we ask it helps us experience Him more. The more aware we are of our needs, the more alert we are to see Him in action providing for them – and the more thankful we become as we see Him respond!

*b. Because God always responds!*

Granted, it may not always be the way we want Him to. Consider John 16:24 “Until now you’ve not asked for anything in my name, ask and you will receive and your joy will be complete.” Now take a closer look at that verse. Does it say, “Ask and you will receive what you ask for?” No! It says “Ask and you will receive” and what you receive will make your joy complete.

According to James 1:17 every good and perfect gift comes from above. God is a giver of good gifts. But have you ever wanted something you thought was good only to find out later it wasn’t really? Do you want God to give you something if it really isn’t good?!

Good news – He won’t! But according to John 16:24 when you ask you will receive something. And because God is good and only does what’s good that something will be good. You can bank on it!

So when you ask, you never lose out! You never come away empty handed. You may not get what you ask for, but you will get something good.

It’s like if my son came to me at 5pm and asked for a candy bar. Well, that’s the last thing he needs right before dinner. But what’s behind his request? He’s hungry – a signal his body is in need of nourishment. If

dinner isn't going to be ready for a bit, while I'm not going to give him a candy bar, I will give him a healthy snack – and he will be better off because of it.

That may seem a silly and trite example, but the principle is true. I remember one of my friends shared how in college she was in a relationship with this Christian guy who seemed really great but God laid it on her heart to break up with him. It was hard, but she did. Years later she was watching the news and up pops his face, He'd been arrested for murdering his wife!

Things are not always what they seem. And remember God knows the future. That's why I love that the Holy Spirit intercedes for us when we don't know what to pray. I may not always pray for the right things – but God has made provision for this. I don't need to be afraid of praying the wrong thing.

So pray, pray, pray! God will respond when you do. But only with what is good!

*c. Prayer is one key way God invites us to join in with what He's doing.*

One of the most important things I ever do for anyone else is to pray for them. I believe this with all my heart. Does God need me to do a work in someone's life? No! But He chooses to involve me so I can have a front row seat seeing Him in action and as I experience Him more, do I ever grow closer to Him. And to those I'm praying for.

**5. Prayer is not an optional suggestion, but a vital command**

God never gives us commands to make us jump through hoops. Instead His commands are designed as boundaries to keep us where abundant life is. That doesn't mean life will be easy – Jesus said, “In this world you will have trouble!” But there will be peace, joy, love... all that makes for experiencing this life to the full!

## **6. Prayer is not a duty, but a precious gift**

Can you waltz in and see President Biden today? No Way! You need to make arrangements weeks in advance and even if you do manage to get an appointment it's going to be a short one. But the Almighty God of the universe has made Himself available to us day and night 24/7. How incredible is that?

I love the Old Testament! Does it ever help me appreciate all Jesus has made available to us! Especially as I study the way people worshipped back then. Do you know only the High Priest was allowed to enter God's presence in the Holy of Holies? And he was only allowed to do that once a year. And when he did they actually tied a rope around his leg so they could pull him out in case he was struck dead because of impurity.

Yet because of Jesus we can approach God's throne of grace at any time, anywhere with full confidence! This is an unbelievable privilege! One God encourages us to avail ourselves of “without ceasing.” Do you hear that? God wants to interact with you all day, every day. That's how much He loves you! That's how much He desires relationship with you! He doesn't just want you to show up and tell him about your day, He wants you to actively walk through it with Him, interacting with Him and enjoying His presence every moment of it.

You are desired! You are invited! You are delighted in! How incredible is that?

This is why I love praying!

But truth be told, every once in a while I hit a dry spell. I may still be showing up but not sure what to say. Well, do you know how they have those packs of questions you can use with your friends? The ones that get you asking things you'd never think to ask on your own?

That's the way I view books that contain other people's prayers. I find it can be so helpful to get the conversation going by reading what they pray. On some days this provides the jump start I need to get me going. One of my favorites is Ruth Myers' 31 Days of Praise – can praying through that book ever change your life. Because as you pray with Ruth through her book, it really can change your perspective in a beautiful way. It sure did mine!

Other favorites are *The Valley of Vision*, *Every Moment Holy* and *David's Crown* by Malcolm Guite. Though my favorite prayer prompts are the scriptures themselves!

Did you know an entire book of the Bible (and the longest book at that!) is really a compilation of prayers? Pray your way through the book of Psalms and I guarantee you will be blown away at what you learn about prayer.

Truly the best way to grow in prayer is by diving in and doing it! May

the Lord richly bless the time you spend enjoying Him as you share your life with Him.

One of the most important things you will ever do for the women you meet with is to be devoted to pray for them.

How available are you to pray?

## **HEART TO HEART**

### **CONNECTING**

1. What's one thing you've resolved to do in your life? (for example, routine tasks are really hard for me to do, so one of the hardest things I ever do is brush my teeth. I have resolved not only to brush my teeth but also floss them each night)
  
2. What's happened as a result? What difference can it make in your life if you're faithful to do this?

### **INTRODUCING THE WEEKLY INVENTORY**

1. Turn to the Weekly Meal Plan Review page in your Get FAT Booklet or use two blank pieces of paper (In the Heart of Discipling Women Library- Collection 3 under tools there is a fun video that demonstrates how to create a mini booklet out of a piece of paper. This is a creative way to review your week of quiet times for the first time together. You don't need to do this, but it is an option if you'd like to. You can find it here: [How to Create a Booklet](https://drive.google.com/file/d/1Q-iUXYgH2W9Qp0nUrXH1Ls80VOte2BEK/view?usp=sharing)<https://drive.google.com/file/d/1Q-iUXYgH2W9Qp0nUrXH1Ls80VOte2BEK/view?usp=sharing>
  
- a. Take ten minutes to go back through this past week in Get F.A.T., Be Beautiful. And record the main thing that stood out to you each day as well as what you did in response. (if you don't have the chart printed out you can use a blank piece of paper - bend it down the middle creating two long columns and draw seven boxes on each side of the page to record your highlights and applications). You may find it helpful to star one of the



days you really want to share about.

b. Share your highlights and key day.

c. At the top of the page Title your week to reflect the main theme you sense the Lord is highlighting for you.

### SHARED QUIET TIME

1. Pray.

2. Read Romans 12:12. Then read it in the context of Romans 12:9-21.

3. Turn to page 46. You are doing day 15 together.

4. Separately journal:

a. **Feast** -

i. Recording the verse or phrase that caught your attention (no more than one verse)

ii. Looking first to see what you learn about God from this

b. **Chew** - dialoguing with God as you record observations, questions, thoughts that come to mind regarding the passage

c. **Exercise**- ask God how He wants you to respond to what He highlighted for you

5. Hold up your pen when you are finished.
6. Share together from what you journaled (eg., the verse you selected, the thoughts that came to mind regarding it, especially how this relates to be faithful and available, as well as your intended responses.)
7. Pray for each other

### **CREATIVELY PROCESS**

1. Draw a simple picture related to the highlight from your quiet time
2. Doodle around it as you ponder what the Lord's communicated to you!

### **HEART CHALLENGE**

1. **Heart Challenge!** (aka your spiritual Aerobic Workout to Strengthen Your Heart!)
  - a. Enjoy time with Jesus each day this week continuing to work through Days 16-21 in Get F.A.T., Be Beautiful

## HIGHLIGHTS

As your time draws to a close ask her to answer these three questions:

1. I liked...
2. I wish...
3. I wonder...

*Note: I like to give a 3x5 card to have her fill this out (as she does I make notes in my discipleship record book (you can learn more about this in the article My Little Pink Book <https://theheartofdisciplingwomen.com/2013/08/06/keepingtrack/>) This helps her sort through what you've discussed, to identify the key things that stood out to her and provides you with excellent insight into what she heard and what is connecting with her. This can really help you grow in your understanding of her as well as reveal more of how the Lord is at work in her heart. When I read what she wrote for "I liked" I love to thank the Lord for the highlights He blessed her with. Her response to "I wish" can often give insights into how I can better utilize the time (I wish puts feedback into a positive light so people are more likely to share) and her response to "I wonder" lets you know what questions she's leaving with or what connections she's mentally making.*

## PRAY

1. Commit your plans to the Lord praying together (Proverbs 16:3)



## DEB'S DISCIPLESHIP TIPS

### **What if she only does a few of the days, should I slow down working through Get F.A.T., Be Beautiful?**

My first answer is always going to be “Follow Jesus.” If you sense him leading you to slow down by all means follow Him. He trumps anything I will ever say.

However, I have found moving forward, where she knows she’s missed something can really help affirm her understanding and give a vision for what being faithful and not being faithful looks like.

I take care not to ever shame anyone for not doing something - this is where she is at. It’s diagnostic, not prescriptive.

But the goal is to eat daily. I never lower the bar for this. We were created to need something outside of ourselves to live. Yes, you can survive for a while without eating, but it will impact you and if you keep it up, that’s living outside the way the Lord created you to live, it will impair your functioning. If you keep it up long enough bodies adjust to a starvation diet, so you don’t realize you are starving. Nevertheless, not eating or sporadically eating will take its toll.

This also lets you know whether she is a disciple. A disciple listens first and foremost to Jesus. (and remember any of us even on staff can stop being disciples if we stop listening to Him - for without listening to Him how can you learn from Him or follow Him?)

If she’s not at a place where she’s able to spend regular time listening to Jesus, she probably isn’t in a place where she’s ready to be disciplined by you on a regular basis. That’s where helping her learn the promises of God is so key (what we covered in the last module) - as she experiences God being faithful to His promises she will grow in trusting Him. And trusting Him is so key for being willing to make Him a priority. And that’s really at the heart of spending daily time

with Jesus. Is it a priority? If it's not, other things will crowd it out. The enemy and our sin nature will make certain of it.

This can save you a lot of heartache in the end. There are few things more frustrating than trying to disciple someone who hasn't yet surrendered to Jesus as Lord. And a huge part of that surrender is coming to the place of, "Not my will but yours be done" and recognizing there is no way I can ever do His will in my own strength let alone know what that will is if I'm not listening to Him.

We want to accept people where they are, but also call them higher. One of the great benefits of this tool is it can help you identify who you should (and shouldn't) commit to investing in.

### **What if she hasn't done any of the days?**

If someone is just starting out learning how to have a quiet time it is not uncommon for them only to "eat" when they are with you and you are facilitating them doing this. So if you are using this with someone who hasn't yet learned how to feed themselves daily, meet her where she is. Make certain she's at least eating when she is with you. Select one key day from the week and do it with her until she starts taking initiative to do this on her own.

You can still share from your times in the Word. And when you share stories of the applications the Lord laid on your heart and how they made an impact on your life, it often doesn't take long until she realizes, hey, this is something people do daily, and it sure can make a difference when you do it.

But I strongly advise against slowing down and extending the first week into seven weeks!

Move on to the next week. She will see that you are spending daily time in God's Word and you are modeling that for her.

*NOTE: I usually don't use this tool with someone as the first thing we do. Usually I have already gone through showing her how to have a quiet time and until she starts to spend daily time with Jesus on her own, every time we get together we share a quiet time. I don't go on to anything else.*

*As a mom, one of the most important things I ever did when my son was young was help him learn how to feed himself. Human beings need that for life! And so do children of God.*

*I usually start helping someone learn how to have a daily quiet time with the Special Treasures bookmark you will find in module 1. <https://drive.google.com/file/d/1Q9f6B4IZaH-MiMvuH5gQdgXdHUYWXkZvB/view?usp=sharing>*

Although when we first went to USF and most of the students and staff weren't enjoying daily time with Jesus, that's when I wrote this. And yes, the first few weeks many who came only did a couple days, so I had to split the group into two: those who did each day were in one group to discuss what they'd processed with Jesus, the others went through one day during our time together and shared that quiet time together. By the time we ended the semester it was amazing how many of the girls had learned how to eat daily and continued to do this!

Love is patient! Love accepts people where they are, but love also calls them higher and models what that can look like.

Remember we are told to let the Word of God dwell in us richly. (Colossians 3:16) A daily quiet time is just the start. But it is a wonderful start if people learn to eat daily from God's Word, listening to Him and responding to Him!

God tells us with the measure we use it will be given to us! (Mark 4:24-25) Start with the teaspoon, but don't stop there. God has buckets of treasure in store for those willing to invest the time.

Remember, these aren't just idle words for them. They are their life! (Deuteronomy 32:47)



## Chapter 4

# A Heart Available

TRUE DISCIPLESHIP STORIES:  
"I DON'T LIKE JESUS!"

I'd only planned to read through the Bible in a year once. But after hearing me share highlights from doing this, friends begged me to do it again and host a discussion group so they could do it, too. When we were in the middle of Leviticus, two sisters who didn't know Jesus started coming. I thought, "Oh no! What a place to start." But they kept coming and it wasn't long until one of them entered into a relationship with the Lord. Her sister, a legal secretary, stated, "I'm going to wait until I finish reading the whole thing." And sure enough, soon as we finished, she surrendered her life to the Lord! Their lives, and all of our lives, were radically changed as a result. Truly it was an amazing year experiencing the truth of 2 Timothy 3:16 "All scripture is given by inspiration of God and is profitable..."

But I'll never forget, when we started reading the New Testament, one friend showed up exclaiming, "I don't like Jesus!" She'd never read much of the Bible and was appalled by some of the things Jesus said. As we continued reading we discovered she wasn't the first to feel this way. In John 6:60 even Jesus' disciples said, "This is a hard teaching," and at that point many of them turned away and stopped following Him.

But note when Jesus asks the twelve, "Do you want to go away as well?" Peter replies, "Lord, to whom shall we go? You have the words of eternal life, and we have believed and have come to know that you are the holy one of God."

You get a whole different perspective when hard things are taken in the context of relationship and knowing who God is.

Jesus came from the Father full of grace and truth (John 1:14). If you separate one from the other, especially focusing on truth without the context of grace, can truth ever seem harsh, cold, and unappealing.

In my quiet time this past week, I was reading 1 Kings 20, where a certain man of the sons of the prophets said to his fellow, at the command of the LORD, "Strike me, please." And we aren't just talking about getting hit. This strike left this guy noticeably wounded, and what wounds come without pain? And I realized as I read this, "Sometimes to do God's work, we need to be willing to be wounded."

Can that ever sound harsh. Especially if we don't remember the context – and I don't just mean the rest of 1 Kings 20, But the entire Bible and what it reveals about who the Lord is.

A murderer and a surgeon may both stab you. But one does it for life! Context makes all the difference!

Now I'll be honest, there are times when the Lord allows hard things in my life I'm not happy about. In a broken and fallen world, this happens far more than I'd like. And yes, it often happens in the

context of ministry. Some of my deepest wounds have been inflicted by other believers I've been co-laboring with (sadly that's not just true for me – the responses to my post on “friendly fire” attest to this). It is so vital we help those we are discipling learn to run to the Lord and seek His perspective whenever they are wounded, taking time to process (for me, art journaling really helps, though I'm obviously not an artist!), letting Him provide a greater context for considering what they are going through.

However your best process, it's so key to consider, “What has the Lord revealed in His Word that applies to what I'm going through?”

The enemy is only too happy to provide you with a context that puts the Lord in a bad light! He desires to get us to go from “I don't like what's happening in my life” to “I don't like the One who is allowing these things to happen in my life!” so we'll avoid running to the Lord using such reasoning as, “God can do anything and yet He's letting you go through this?! Obviously He doesn't care about you!” But that is such a lie! Yet it's amazing how that lie can fester and impact us and our relationship with the Lord if we don't take the time to confront it head on and process in the presence of the Lord.

But when we do, not only do we gain a true perspective that can help us weather the worst storm but our relationship with the Lord is strengthened and we grow! This really is where the rubber meets the road!

All that to say, if you find yourself not eager about meeting with God, you might want to dig deep and consider, what is your current concept of Him? How are you hearing His voice? Is His tone gentle and lowly? Because that's what we're told he's like in Matthew 11:28-30.



## HEART TO HEART

**CONNECTING**

1. What was a highlight from your time with Jesus this past week? (discuss days 22-28)
2. How did you grow in your understanding of what it means to be available?

**TAKING YOUR PULSE**

1. Look back at your FAT assessment you did at the start of this study.
2. Are there any adjustments you need to make?
3. Would you still place yourself in the same places on the FAT scale? Why or why not?
4. How are you handling what you are learning about what being faithful and available looks like?

**BIBLE STUDY:**

1. The key role of Confession and Repentance in Growing in Being available to God.
  - a. Work through p. 90
  - b. Read Luke 7:36-50 (p. 91) and discuss

- c. Read Luke 18:9-14 (p. 92) and discuss.
- d. Read through pages 93-94 and discuss:
  - i. Have you ever felt like this?
  - ii. If so, what did you do?
  - iii. If not, what would you say to someone struggling with this? Why?
- e. Time In God's Word
  - i. Look up the verse on page 96-98
  - ii. What thoughts come to mind as you consider this?
  - iii. How does this relate to being available?

### **CREATIVELY PROCESS**

1. Draw a picture to summarize the main thing that stood out to you today.
2. Share your pictures with each other.

**HEART CHALLENGE** (aka your spiritual Aerobic Workout to Strengthen Your Heart!)

1. Enjoy time with Jesus each day this week continuing to work through Days 29- 35. in Get F.A.T., Be Beautiful

### **HIGHLIGHTS**

As your time draws to a close ask her to answer these three questions:

1. I liked...

2. I wish...

3. I wonder...

As she writes her responses to these three questions, record in your journal what you did with her and anything you want to remember from this time.

### **PRAY**

1. Commit your plans to the Lord praying together (Proverbs 16:3)

## Chapter 5

# A Heart That Selects

### TRUE DISCIPLESHIP STORY: THE CHALLENGE

**T**he first year I was a Christian, I devoured my Bible daily and was super active at my church; I even helped lead a service for handicapped people on Sunday afternoons. I eagerly read Christian books and even joined a discipleship group where we memorized Scripture and started learning about different spiritual disciplines. But I started noticing there was a big difference between what was happening in me and in how my friends who were being met with one-on-one were growing.

I was eager to grow. No doubt about that. And putting a ton of energy into it. But I was all over the place.

When I first asked Barb Choat if she'd disciple me, her response was, "If you can go for a month without saying yes to anything then I will." What a wise woman she was!

You can't even imagine how difficult that was for me, especially when my church called that night and asked if I'd design a mission



program for kids. I love kids! And I'm passionate about missions! And I love designing programs! But crying out to God for strength, I said, "No." And kept saying, "No" that whole month. I'm so thankful I did.

I desperately needed to slow down and focus. When you're talking about laying a solid foundation for a lifetime of following Jesus, slow and needed outside help to do this. A dear friend once told me, "If the enemy can't get you to stop, he'll get you so busy you don't do anything well." Was he ever having a heyday steady wins the race. But I so with me?

Barb's challenge also made me count the cost. How much did I want to be discipled? And what was I willing to give up to gain this? Every time I said "no" that month (and trust me, it was a lot), I was saying yes to being discipled. Instead of being another activity on an already packed list, being discipled became a priority I had time for. So when we finally started meeting, oh, blessed day! I was ready and available.

What a difference it made in my life because of this.

Beware of letting discipleship be something people try to cram into an already overpacked life – even if they ask for it. Being discipled requires time and energy. Where is that going to come from? What are women willing to give up to make this happen?

One key goal of discipleship is helping people focus on Jesus so they can learn from and follow Him. My first step towards this was initiated by the woman who discipled me before we met for the first time!

**HEART TO HEART****CONNECTING**

1. **What has it been like for you this week connecting to God? Why? What has that felt like? Consider the emotion words below and select three you can relate to. (be sure to share the three you select too)**

\*\*\*

**HAPPY.** SAD. ANGRY. EMBARRASSED. JOYFUL. IRRITATED. IMPATIENT. DISTRACTED. WARY. EXCITED. LEERY. BORED. ASHAMED. SHY. CONFIDENT. ELATED. DEJECTED. DEPRESSED. INSECURE. EXPOSED. EXPECTANT. DISAPPOINTED. BEWILDERED. PEACEFUL. AGITATED. CONTEMPLATIVE. LOUD. DEMANDING. ACQUIESCING. TALKATIVE. LOVED. SPECIAL. NEGLECTED. OVERLOOKED. PROUD. HURT.

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**TIME IN GOD'S WORD**

1. Prayer is Responding To God
2. Everything begins with God!
  - a. Read Genesis 1
    - i. Highlight or underline anything you observe about God that stands out to you
    - ii. Share what captured your attention
    - iii. Can you think of a story where you experienced this aspect of God? (eg., God hovered - Can you think of a time when you were aware of God's presence when you were a mess and didn't look like much? God set - Can you think of a time when God placed you exactly where you needed to be? God gave - can you think of a story when God provided exactly what you needed?)
    - iv. Pray about this, praising God for what you've observed in His Word and experienced in your life about him.
3. Being teachable doesn't mean you like to learn, it means you are open to learning whatever God wants you to learn - especially about Himself!

### **WEEKLY INVENTORY**

1. Use the Weekly Meal Plan Review or a Blank piece of paper

to reflect

- a. Take ten minutes to go back through this past week in Get F.A.T., Be Beautiful. Record the main thing that stood out to you each day as well as what you did in response. (if you don't have the chart printed out you can use a blank piece of paper - bend it down the middle creating two long columns and draw seven boxes on each side of the page to record your highlights and applications). You may find it helpful to star one of the days you really want to share about.
- b. What did you learn this week about being teachable?
  - i. Share your highlights and key day.
- c. At the top of the page Title your week to reflect the main theme you sense the Lord is highlighting for you. How does this theme connect with your life?

## **DIGGING DEEPER**

### 1. God's Promise: Psalm 32:5

- a. What does God promise in Psalm 32:5?
- b. Does this mean everyone is going to learn and grow?
- c. What can get in the way of God teaching us?

## **2. Assess Your Teachability**

1. Work through this assessment separately
2. Then share key thoughts that came to mind as you did this
3. How teachable are you?

## 1. SHARED QUIET TIME

- a. Pray
- b. Turn to page 94. You are doing **day 29** together.
- c. Read **1 Corinthians 8:2**
- d. Separately journal:
  - i. **Feast** -
    1. Recording the verse or phrase that caught your attention (no more than one verse)
    2. Looking first to see what you learn about God from this
  - ii. **Chew** - dialoguing with God as you record observations, questions, thoughts that come to mind regarding the passage
  - iii. **Exercise**- ask God how He wants you to respond to what He highlighted for you

- e. Hold up your pen when you are finished.
- f. Share together from what you journaled (eg., the verse you selected, the thoughts that came to mind regarding it, especially how this relates to be faithful and available, as well as your intended responses.)
- g. Pray for each other

### **CREATIVELY PROCESS**

1. Draw a simple picture related to the highlight from your quiet time
2. Doodle around it as you ponder what the Lord's communicated to you!

**HEART CHALLENGE** (aka your spiritual Aerobic Workout to Strengthen Your Heart!)

1. Enjoy time with Jesus each day this week continuing to work through Days 30-35 in Get F.A.T., Be Beautiful

### **HIGHLIGHTS**

As your time draws to a close, ask her to answer these three questions:

1. I liked...
2. I wish...
3. I wonder...

As she writes her responses to these three questions, record in your journal what you did with her and anything you want to remember from this time.

### **PRAY**

1. Commit your plans to the Lord praying together (Proverbs 16:3)

## Chapter 6

# A Heart That Is Teachable

### TRUE DISCIPLESHIP STORIES: THE PRESSURE'S OFF

Ever been to a Bible study where you watch a video or listen to a speaker talk and then break into small groups and your facilitator presents a second message? It can be a heady thing to speak and have a group listening to what you share. But is that really what's needed for life change to occur?

We live in a society that is information rich. At any moment of the day you can pull up a sermon online or read a book or listen to a radio broadcast. We've never had more access to the Word being taught – and struggled as much to live it out.

Consider what the Scriptures say:

*“But you are not to be called Rabbi, for you have one teacher and you are all brothers.” Matthew 23:8*



*“Neither be called instructors, for you have one instructor – the Christ.” Matthew 23:10*

*“As for you, the anointing which you received from Him abides in you, and you have no need for anyone to teach you; but as His anointing teaches you about all things and is true and is not a lie, and just as it has taught you, abide in Him.” 1 John 2:27*

Once someone is a believer their greatest need usually isn't for advice, but for someone to come along and help them learn how to listen to what the Lord is teaching them and help them process what they are hearing so they know how to respond and to encourage them to respond by living out what He is laying on their hearts. There are three key ways you can do this:

### 1. Modeling

Until the day we die we are all very much in process, in need of growing and becoming more like Jesus. As you share your weaknesses, where you struggle, and what helps you, there is a tremendous opportunity for people to learn how to process and apply as they see you doing this. The quote, “More is caught than taught” is so true! Whenever I'm asked to speak at a women's retreat or to a group I find it so helpful to keep this in mind. My goal isn't to teach but to share my journey, yes, even the ugly parts when it will be of help for them to hear, and what's been helping me.

### 2. Listening & Asking Questions, Then Listening More

In James 1:19 we are instructed, “Everyone should be quick to listen...” Is this ever vitally important to remember when you are facilitating a group discussion. There is nothing like listening to someone share their heart or their thoughts to make them feel loved and cared for. This creates a wonderful environment where growth can happen.

And is the second part of that verse, “slow to speak...” ever key for facilitators to remember. When I’m speaking I’m in control. So if I’m scared it’s so easy for that to be my default. Even if someone in the group asks a question, well, the natural response is to answer right away. But what a difference it can make if you first ask if anyone else in the group would like to respond. Creating a learning community, where you are all sharing your journeys together is so much more powerful and life changing than a quick correct answer being given. You want to be able to engage with each other as well as the material. Can that ever do wonders to help people grow as this takes place.

Now it can really help to identify whether the women in your group are internal or external processors. Those who process externally will usually be the first to share and sometimes the internal processors can get left out, so it takes extra intention to listen to them. I’ve found it can be so helpful to provide an opportunity for them to first process on their own and then listen and ask questions.

For example, when I’m facilitating a group discussion after a speaker has shared, I will often start our time encouraging them to first write down on a notecard what stood out to them in the message or draw a quick picture representing this. Even extroverts benefit from this opportunity to collect their thoughts (because writing is also a form of external processing) so when they share it tends to be more focused. But this is so key to being able to “listen” to internal processors. I can’t tell you how many times this makes it possible to listen to what’s going on inside them. Women who ordinarily would never share in a group will often open up when the group is conducted this way.

And it really is amazing how much more people are helped when we listen and ask questions, than when we just give answers!

### 3. Introducing different ways to process

As mentioned above, this can be as simple as having your group draw a picture or write a word or short paragraph that summarizes the key thing that stood out to them either from the message they just heard or from their Bible study that week. Or if you're reading the scriptures together and then discussing, it can be giving colored pencils and having them underline what stands out to them or circle key words. Or it can be as involved as having the group art journal a page reflecting what they learned and then sharing it afterwards with the group (more information on this and examples are available at <http://www.restfulheart.wordpress.com>)

All of these means help people focus in on the key thing that stood out to them, narrowing down what they heard so they can more easily come up with an application. That really is where the rubber meets the road. It can be so powerful when people have time to process together for helping them come up with an application and then for the group to provide an opportunity for accountability – it doesn't even have to be like drill sergeants checking up on you ~ just knowing someone is going to ask “how did it go this week?” or “What did you experience as you sought to live out what you learned last week?” can be a powerful motivator for actually doing what's on your heart to do.

Remember the difference between the wise and foolish builder isn't a matter of hearing the Word! The difference is what they do in response to it. And it wasn't that the wise builder got more gold stars – no! By responding to what he heard, by actively seeking to do it, to live it out, he was laying a solid foundation for when the storms of life came. And note it's not “If” they come but “when!”

Yes, there can be times when it is appropriate to give advice, but I like to filter that through Ephesians 4:29 speaking “only what is helpful for building others up, according to their needs, that it may

benefit those who listen.” Be sure to ask yourself – is this really helping them become wise? Helping them process what they’ve already heard and move towards application? Or am I just providing opportunity for them to “hear” more?

Whether you’re meeting one on one with someone or facilitating a group it can be so wise to keep asking yourself how much time am I talking? And what is happening as a result?

Best part of this? Does it ever take the pressure off you as a facilitator, discipler or mentor! You don’t have to have all the answers! And since no one does (according to I Corinthians 13:12 in this life we only know in part) what a relief! All you have to do is join in with what Jesus is doing, helping them learn to listen to him – not just hear him, but respond to him and yield to him as He guides them. And in the process, instead of remaining babes dependent on you they are learning how to walk with him and abide with him for life!

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**HEART TO HEART**  
**CONNECTING**

1. What's one of the hardest things you've ever learned? How did you learn it? Why did you learn it? (each of you share the answer to these questions with each other)
2. What do you learn about being teachable from this example?

#### REFLECT & PROCESS DEEPER

1. What was your biggest takeaway from your time with Jesus this week?
2. How does this relate to being teachable?

#### TIME IN GOD'S WORD

1. Read 2 Chronicles 26:1-22
  - a. As you read underline anything that stands out to you related to being teachable or unteachable
  - b. Take a moment to record your highlights on a page
  - c. Discuss
    - i. In what ways do you observe Uzziah being teachable?
    - ii. What was the result of him being teachable?
    - iii. What helped him be teachable?
    - iv. In what ways do you observe Uzziah not being teachable?

- v. What happened as a result?
- d. Read Leviticus 10:1-3
- e. Read Deuteronomy 17:18-20
  - i. Would Uzziah know what happened to Nadab and Abihu?
- f. How does all this relate to being teachable/unteachable?
- g. What do you learn from Uzziah about being teachable?
- h. How does Uzziah's story connect with your story?

## CREATIVELY PROCESS

### 1. Create a Visual Overview Booklet

- a. Show her how to make a booklet <https://youtu.be/xXkJnDJx2sU>
- b. Explain we're going to use this, this coming week to draw on each page a quick picture summarizing our time with Jesus each morning.
- c. Do not draw on the "cover" until the end - at the end of the week you will look at your drawings, zooming out to see if there are connections between what the Lord's been laying on your heart and then put the main theme of the week on the cover. This will really enhance our

sharing next week.

### SHARED QUIET TIME

1. Turn to Day 36 on page 109.
2. Read 1 Corinthians 4:15-17 and 1 Corinthians 11:2
3. Separately journal:
  - a. **Feast** -
    - i. Recording the verse or phrase that caught your attention (no more than one verse)
    - ii. Looking first to see what you learn about God from this
  - b. **Chew** - dialoguing with God as you record observations, questions, thoughts that come to mind regarding the passage
  - c. **Exercise**- ask God how He wants you to respond to what He highlighted for you
  - d. Draw - draw a picture summarizing what stood out to you. What do you sense the Lord wants you to remember from this time. Put your pen down when you are done.
4. Share your pictures with each other

HEART CHALLENGE (aka your spiritual Aerobic Workout to Strengthen Your Heart!)

1. Enjoy time with Jesus each day this week continuing to work through Days 30-35 in Get F.A.T., Be Beautiful
2. Take a minute at the end of your quiet time to draw the main thing that stood out to you in your Visual Overview Booklet
3. At the end of the week (before we meet next week) as you look at all your drawings, what do you sense was the main thing or theme the Lord was teaching you this past week? What do you sense He most wants you to remember? Draw a cover that illustrates this! Be sure to bring your booklet with you when we meet next week!

### **HIGHLIGHTS**

1. I liked...
2. I wish...
3. I wonder...

### **HIGHLIGHTS**

As your time draws to a close ask her to answer these three questions:



1. I liked...
2. I wish...
3. I wonder...

As she writes her responses to these three questions, record in your journal what you did with her and anything you want to remember from this time.

**PRAY**

1. Commit your plans to the Lord praying together (Proverbs 16:3)

## Chapter 7

# A Heart That Is Curious

TRUE DISCIPLESHIP STORIES:

THE WISDOM OF QUESTIONS

If someone came up to you and asked, “What do I need to do to get eternal life?” how would you respond?

Would you dive in sharing the bridge or another illustration? Ask them if they’d like to start reading through the book of John with you? Share your personal testimony?

At different times I’ve done each of these. But here’s the crazy thing... that’s not what Jesus did!

He responded with a question! (*Matthew 19:16*)

In fact, if you read through the gospels, nearly every time Jesus is asked a question, he responds with a question!

Not only can this help to clarify what the person is asking, it also engages them in dialogue, drawing them into the conversation.

This is not only helpful when doing evangelism, but especially when discipling someone. There's a fascinating verse in 1 John 2:27, "But you have received the Holy Spirit and he lives within you, so you don't need anyone to teach you what is true. For the Spirit teaches you everything you need to know, and what he teaches is true – it is not a lie. So just as he has taught you, remain in fellowship with Christ."

Once someone has entered into a relationship with Jesus, she has His Spirit living within her. And God's Spirit is so faithful to do what He's promised to do – to teach us... if we'll listen. Over and over I am amazed at how true this verse is.

As I grasp the reality of this I realize my main job in discipling someone is not to teach her, but to come alongside and encourage her to remain in fellowship with Christ, to help her learn how to place herself in a position where she is able to hear what God wants to teach her and to help her learn to persevere in doing this.

A great way to do this is to ask questions – and teach her to ask questions.

The first question I ever ask before meeting with someone is of God, "What do you want me doing with this woman today? How can I come alongside her and join in with what you're doing?"

Then I seek to start our time asking questions about how she's doing. I recently met with a precious young woman who wanted to learn about forgiveness. When I asked how she was doing she started to weep and share some painful things she was wrestling with. It quickly became apparent learning about forgiveness was not the main reason the Lord brought us together. When I asked, "What lies do you think the enemy is trying to get you to believe right now?" what followed was one of the most amazing one on ones I've had. And

I mostly listened! Then together we considered the truth God gives in His Word to combat those lies. And yes, we ended up in the last ten minutes talking about forgiveness as it tied in with what she was struggling with but do you see? Without asking questions I so easily could've missed out on what the Lord really wanted for our time!

When I'm having a shared quiet time with someone I'm helping her learn to ask, "Where do you want me to focus today in your Word, Lord?" "What do you want to say to me through this?" and "What difference do you want this to make in my life?"

You don't have a daily quiet time to "be a good Christian" or to earn God's favor. You have one because this is an incredible way to learn to listen to the Lord and remain in fellowship with Him, so when He wants to teach you something you're picking up on it and developing the discipline of responding and doing what He teaches you! I cannot stress how radically life changing this is!!!

Now while I initially may "teach" them what I do, note the focus is on them showing up to learn from the Lord. This helps them grow in their dependence on Him and not on me!

I need to be careful because it can be a heady thing having someone ask for your advice or ask you how to do something. My pride loves to demonstrate what I know. It's so easy for that to kick in without me even realizing it and suddenly a one on one becomes a monologue.

But you know, when I take time to ask questions that really helps save me (and the woman I'm meeting with!) from this!

Plus it's amazing how many times when I respond with a question I discover what she really is asking is rather different from what I first thought!

Good question asking is a skill. It's so much easier to "tell." But I have been amazed at how much more effective it is when my questions

help people discover on their own the answer the Holy Spirit is giving them.

The good news is this is something anyone can grow in! So I'm asking God for the grace to be more like Him in this. And as I do, what a difference it's making in my discipling!

## **HEART TO HEART**

### **CONNECTING**

1. Who was your most influential teacher and why?
2. What do you learn about being teachable from this example?

### **REFLECT & PROCESS DEEPER**

1. What did you learn this past week about being teachable?
2. If they or you drew pictures, have fun sharing them with each other!
3. Watch the first short video on the Transition Cycle (found in resources). How does this relate to being teachable?

### **GETTING F.A.T. FOR LIFE**

1. What's the difference between getting FAT and being FAT?
2. (optional) What can you learn from SUMO wrestlers about getting FAT? <https://youtu.be/4pyfSm9YVKA>
3. How long will you stay FAT if you aren't intentional?

**TIME IN GOD'S WORD**

1. Show her the Navigators 5x5x5 reading plan (either online or print out copies to give her one)
2. Read Mark 1
  - a. Share a quiet time together under the first forever FAT day
  - b. Discuss what stands out to you.

**HEART CHALLENGE** (aka your spiritual Aerobic Workout to Strengthen Your Heart!)

1. Enjoy time with Jesus each day this week continuing to work through the Forever FAT section in Get F.A.T., Be Beautiful
2. Take a minute at the end of your quiet time to draw the main thing that stood out to you in your Visual Overview Booklet
3. At the end of the week (before we meet next week) as you look at all your drawings, what do you sense was the main thing or theme the Lord was teaching you this past week? What do you sense He most wants you to remember? Draw a cover that illustrates this! Be sure to bring your booklet with you when we meet next week!

**HIGHLIGHTS**

1. I liked...
2. I wish...
3. I wonder...

**HIGHLIGHTS**

As your time draws to a close ask her to answer these three questions:

1. I liked...
2. I wish...
3. I wonder...

As she writes her responses to these three questions, record in your journal what you did with her and anything you want to remember from this time.

**PRAY!**

1. Commit your plans to the Lord as you pray together  
(Proverbs 16:3)



# Afterword

## TRUE DISCIPLESHIP STORY: IT IS FINISHED

One of the things I love about meeting with people is the way the Lord speaks to me and teaches me and challenges me through our time!

Just this morning I was camping out in Genesis 2 with a friend, showing her how when I pray through the scriptures I find it really helps if that flows out of rich time interacting with the Lord in them and then like to keep Him my focus as I pray. So we started with a shared quiet time, then together prayed our way verse by verse through Genesis 2. We didn't make it past the first few verses when the Lord started speaking to me. That whole idea of being finished just jumped right off the page!

You see, I never feel finished! At the end of every day as I take time to process my day with the Lord I'm nearly always asking forgiveness for all I didn't get done. Just this past week I began to wonder about

that. After reflecting on the sweet things that took place I journaled, "...but there was so much more I could've done. I wonder, am I off in my expectations? Or am I sinning? *Because of my handicap* I feel so tired after meeting with people and just want to veg. Is that a reasonable expectation? Yet there's still so much undone..."

Even when I "finish" something, well there's a long "to do" list waiting so I usually dive into the next thing.

Genesis 2 begins, "Thus the heavens and the earth were finished and all the host of them. And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation."

Now God is still at work... in my life, in the lives of those around me, all over this world! So it doesn't mean he finished all He was ever going to do. But when the heavens and earth were finished and all the host of them, he stopped. He rested. And it was a blessed, holy thing. He set a day apart to do this.

I wonder what difference it might make in my life if periodically after finishing I take time to acknowledge what's been done, to evaluate, to delight in it, rather than rushing on to the next thing?! God took time every day at the end of each day to do this. At the end of the fourth day, He wasn't bemoaning, "I didn't get the fish created today!" But celebrating the lights He had made and how He'd separated the light from the darkness. Then at the end of six days He took extra time, a whole day to rest and enjoy!

This is so not the pattern of this world! Or sadly, my world! I thought, "Today, I'm going to take some time to write down what I've finished this past week and celebrate that it got done!" But you know, I found it hard to remember what I'd finished...

My friend shared how she uses a post it app to keep track of what she needs to do. As soon as something is accomplished it's deleted. And we wondered, how might we be missing out by not taking time to reflect on and celebrate what we've accomplished?! I think I'm going to start keeping a list of what I finish each day!

And really I should be in awe that anything gets done at all! In Genesis 2: 7 we're told, "then the LORD God formed the man of dust from the ground and breathed into his nostrils the breath of life and the man became a living creature." Did you catch that? We came from dust! It's a miracle we can do anything!

Once again it seems the enemy has incited my pride and is royally robbing me because of it. I think more highly of myself than I ought and as a result I expect more from myself, rather than realizing, even washing the dishes is a miracle! What expectations do you have for the dust on your coffee table?!

So I wrote in my journal on top of the page where I'll be recording my end of the day prayers tonight, "Look what dust formed by God did! Isn't God amazing?" Because really this is all about Him. His works are wonderful! He is the breather, the life giver, the enabler!

And He is a finisher, evaluator, delighter, blesser and restor! How I long to keep growing and becoming more like Him! Did He ever give me new insights today in how I can...

Got to love the way I'm being disciplined as I meet with others!

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THE JOURNEY CONTINUES...

# About The Author

*"Glorify the Lord with me!  
Let us exalt His name together!"  
Psalm 34:2*

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Deb is the great, great, great, great granddaughter of a pirate who left a legacy of alcoholism, abuse and adultery. The Lord rescued her from this her first week at the University of Florida when she moved in next door to a bunch of Nav guys who were actively living out a personal relationship with Jesus Christ.

Truly, she who is forgiven much, loves much! Right from the start Deb had a deep hunger to know God and let His Word dwell in her richly as well as to pass onto others what she's learning. Her life was impacted radically when she was disciplined as a college student by a woman on staff with The Navigators. Since then, Deb has been discipling women for over 40 years.

Living in Florida, she travels to invest in women on college campuses, both one-on-one as well as speaking at conferences and retreats, helping women go deeper with Jesus and learn how to help others do so, too. She also creates materials that facilitate this, having written and filmed an online art journaling course to accompany Jerry Bridges' book *Who Am I?*, which was used to train new Navigator staff. And she has created The Heart of Discipling Women Library which is available for Navigator staff and the public at [www.collegiatenavigators.org/resources](http://www.collegiatenavigators.org/resources).

As Jesus' disciple she loves to learn and seeks to follow wherever He leads – which is usually way out of her comfort zone as she is deaf. One of her favorite verses is 2 Corinthians 9:8 as she experiences daily the Lord making His grace abound so she can abound in the good works He has for her to do!

Six years ago, she experienced two miracles when the Lord restored her hearing, first in her right ear, then in her left through receiving cochlear implants. She has gone from hearing nothing to now hearing 95%! What an amazing God we serve!