



LEADER GUIDE

Alive

GROWING IN YOUR
RELATIONSHIP WITH JESUS

LIFEWAY WOMEN

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LEADER GUIDE

WELCOME! Before you read any further, we want to say how thankful we are for you, the group leader. Thank you for your willingness to dive into Scripture, brew the coffee, place the chairs, and regularly set aside the time to meet with other women.

Alive is a 5-week, discussion-based Bible study from Lifeway Women about the fundamentals of the Christian faith. What does it mean to be alive in Christ, and how do we live as those who are?

Our goal in this leader guide is to help you feel equipped to facilitate and guide your Bible study group gatherings in a way that fosters deep conversation and prayer for you and the women you're leading.

We want to encourage you to use this study however it works best for you and your group. If you want to follow this leader guide to the letter, do that! If you want to do your own thing, feel free! Our goal is to give you all the tools you might need, but we are certain God has ordained your time with your specific group in your specific setting.

We are grateful for you and praying for you as you lead this study.

Lifeway Women

SUGGESTED SCHEDULE

OPTIONAL INTRODUCTORY SESSION—Distribute Bible study books if participants don't have them yet, get to know one another, and discuss the questions found on page 6 of this leader guide.

WEEK ONE—Discuss the Week One personal Bible study using questions found on page 7 of this leader guide.

WEEK TWO—Discuss the Week Two personal Bible study using questions found on page 9 of this leader guide.

WEEK THREE—Discuss the Week Three personal Bible study using questions found on page 11 of this leader guide.

WEEK FOUR—Discuss the Week Four personal Bible study using questions found on page 13 of this leader guide.

WEEK FIVE—Discuss the Week Five personal Bible study using questions found on page 15 of this leader guide.

LEADER NOTE *Alive is a detailed study about the Christian life. Depending on the spiritual maturity of the women in your group, you may want to consider a slower pace than the five weeks of study outlined in the book. If this is the case, we recommend splitting each week into two: Days 1–3 (first week); Days 4, 5, and Reflect (second week).*

HOW TO STRUCTURE YOUR GROUP TIME

Each group session contains the following elements. We've included a suggested amount of time based on a 1-hour group meeting. Adjust as you need to for the time you have together!

GATHER (10 MINUTES) This is a time to greet and welcome everyone and get them talking. In the first session, you're provided with some icebreaker and general discussion questions to help group members get to know each other and introduce the study. In the subsequent sessions, you'll find 1-2 icebreaker questions that set the tone for the study.

DISCUSS (40 MINUTES) You'll find a suggestion of questions for each week in this Leader Guide. Pick and choose the ones you want to discuss with your group. These questions are designed to help you facilitate conversation around the week's Bible study and personal reflection. As you go through your own study during the week, put a star by any questions or statements you might want to discuss with your group.

CLOSE (10 MINUTES) Brief closing activity ideas and/or prayer prompts have been provided. You can use this however you wish to enhance or close the session.

HERE ARE A FEW TIPS TO HELP YOU LEAD.

GET THE WORD OUT. Be sure to advertise the study early and utilize all methods for getting the word out. Post it on your church's website, send emails to potential attendees, and promote it on all forms of social media. It's best to start advertising the study four to six weeks before it begins. The study is five sessions long, which means you will meet five or six times. Visit [lifeway.com/alive](https://www.lifeway.com/alive) for free promotional materials to help get the word out about your study.

SCHEDULE. Be sure to make everyone aware of the schedule ahead of time and start promptly each week to honor everyone's time. In your group time, you'll dig into Scripture together, discuss what you're learning through your personal study, and be encouraged to spend a good bit of time in prayer.

STAY IN TOUCH. Prepare a sign-up sheet with space for names, email addresses, and phone numbers. You may also include information like birthdays, social media handles, and favorite candy so that you can foster community among group members.

GET COZY. Make an effort to create a comfortable environment for group meetings. Arrange chairs in a circle to encourage conversation. If your group is large, you may want to split into smaller groups for the discussion time. If you choose to do so, enlist discussion leaders for each group to keep the conversation moving and focused.

CHILDCARE. Be sure to check with participants to see if childcare is needed, and organize leaders and space for the children in advance.

BIBLE STUDY BOOKS. Each participant will need a Bible study book. Make sure you leave plenty of time for all the books to be ordered and received between announcing and starting your Bible study. Consider offering a scholarship or buy one-give-one option for those who can't afford a study book on their own.

EARLY PREP. We encourage you to read through the entire leader guide before the first session and evaluate how this will work best for your group. Highlight specific questions from the leader guide you want to make sure you cover during your group time. And be sure you stay on top of your own personal study between each meeting! We've left room in the leader guide for you to write down additional talking points and questions you want to pull in from the personal study.

PERSONAL STUDY. Between each meeting, there are five days of personal study to complete in the Bible study book.

PRAYER. Most importantly, be sure to pray for the women who attend the study. And pray for yourself as you prepare to lead. Ask God to draw the women closer to Him as they learn more about what it means to be alive in Christ.

EVALUATE. At the end of each group session, ask yourself: *What went well? What could be improved? Did you see women's lives transformed? Did your group grow closer to Christ and to one another?* Also, do a final evaluation at the close of the study.

CONNECT. Find ways to interact and stay engaged with each member of your group throughout the study. Make use of social media, email, text messages, and handwritten notes to encourage them. Continue these connections even after the study ends.

Next, we've provided a discussion guide for each session. Remember these are simply suggestions for how to use your time together. We want to empower you as you lead to do what is best for your group!

DISCUSSION GUIDE

OPTIONAL INTRODUCTORY SESSION

GATHER

Welcome women to the introductory session of *Alive*. Provide name tags and distribute Bible study books if participants don't have them yet.

MEET AND GREET one another! This will be the main point of today's meeting, so spend as much time getting to know one another as you can. (We highly recommend snacks, coffee, and tea!)

DISCUSS

Here are a few discussion ideas, especially if you're leading a brand-new group.

Invite each woman to introduce herself and share basic get-to-know-you information.

Describe an activity or situation that makes you feel alive—something that invigorates and thrills you or reminds you of the gift that life is.

Share a word that describes your relationship with Jesus today.

What do you hope to gain from this Bible study and this group?

PREVIEW THE STUDY

Give a short overview of the study. Share about the weekly structure and the five days of personal study to complete in each week. Encourage women to do what they can. If they are unable to finish all five days of the personal study, they can still learn and contribute to the group time each week. Brainstorm specific times when they might try to complete their personal study each day.

Set the commitment and time expectations you have for your group meetings, and take the opportunity now to cover any important housekeeping notes.

Remind your group to complete Week One of the Bible study book before your next group gathering.

PRAY

Close with prayer. Ask how the group can be praying for one another over the coming week, and then do that now.

WEEK ONE: TRANSFORMATION

GATHER

Welcome participants back to the study. Allow a time of introductions for any newcomers. (If your group skipped the optional introductory week, begin with the “Meet and Greet” section on the previous page.) Ask the following question to get your group talking:

If you had unlimited power and resources to change one thing in your life, what would you change and why?

DISCUSS

Encourage discussion by asking some of the following questions, along with any you flagged in the days of personal study.

What stood out to you from this week of personal study? What has stuck with you? What surprised you or was new information?

What questions from the personal study do you want to talk about with our group?

This first week of study describes the transformation that happens when a person comes to know Jesus. Discuss the chart you filled in on page 36 based on Ephesians 2:1-10. How do you feel as you look over the two columns?

Think back to what you learned in Day Five of study this week, and envision someone who is living as a new creation, fully alive. What does that look like?

Come up with a collective list of the things you’ve learned about God through the Bible passages you studied this week. List as many of His character traits and actions as you can.

On page 39, you were asked: *What needs to change this week—a habit, an attitude, a thought, an action—for you to live like someone who is all the way alive in Christ?* Invite a few group members to share what they wrote down. Begin by sharing your own thoughts.

Discuss your responses to the reflection questions on page 41:

How have you been challenged and encouraged in your relationship with Jesus through what you've learned?

What is one way you can use what you've learned this week to encourage someone else?

PRAY

Provide time for some members of your group to share their stories of how they came to Christ. Consider asking a couple of volunteers in advance. Focus your closing prayer time on thanking God for the change He has made in your lives through Christ and the gift of salvation.

CLOSE

Remind your group to read and complete the “Week Two” personal Bible study (pp. 42-71) before your next group meeting.

Encourage your group to practice memorizing Ephesians 2:4-5.

WEEK TWO: IDENTITY

GATHER

Welcome participants back to the study. Allow a time of introductions for any newcomers. Ask the following question to get your group talking:

When you were little, what did you want to be when you grew up?

DISCUSS

Encourage discussion by asking some of the following questions, along with any you flagged in the days of personal study.

What stood out to you from this week of personal study? What has stuck with you? What surprised you or was new information?

What questions from the personal study do you want to talk about with our group?

On page 47, you were asked to define *believe*. Share the definitions you wrote down and your responses to the question that followed: *With that definition in mind, what do you think it means to believe in the name of Jesus?*

Is it hard for you to believe that God knows you? Overwhelming? Unnerving? Share your thoughts and feelings about being truly known by God.

So much of who we are in Christ has to do with the ongoing work of the Holy Spirit in us—empowering us, keeping us, gifting us. Did you learn new information about the Spirit this week? How are you encouraged as you think about His presence with you?

This week's study focused on the following truths: *I am a child of God. I am known. I am empowered. I am secure. I am gifted.* Which of these truths was a needed reminder for you in your current walk with Jesus?

Share about your spiritual gifts (Day Five). What gift do you have that can benefit our group? How can we put our gifts to use in our church?

Discuss your responses to the reflection questions on page 71:

As you reflect on the Bible passages you read this week, what stands out to you about the character of God?

How have you been challenged and encouraged in your relationship with Jesus through what you've learned?

What is one way you can use what you've learned this week to encourage someone else?

PRAY

Make time for each woman to write down one truth about her identity in Christ that really stood out to her this week, and ask a few of the women to share what they wrote. Encourage the group to put these truths somewhere visible to them over the next week (this could be their phone lockscreen, a mirror sticky note, or on the fridge), and to speak these truths over themselves as they go through their days. Spend time as a group thanking God for these truths and asking Him for help in living from them.

CLOSE

Remind your group to read and complete the "Week Three" personal Bible study (pp. 72-105) before your next group meeting.

Encourage your group to continue memorizing Ephesians 2:4-5.

WEEK THREE: COMMUNITY

GATHER

Welcome participants back to the study. Ask the following question to get your group talking:

What is your favorite thing to do with friends?

DISCUSS

Encourage discussion by asking some of the following questions, along with any you flagged in the days of personal study.

What stood out to you from this week of personal study? What has stuck with you? What surprised you or was new information?

What questions from the personal study do you want to talk about with our group?

The New Testament clearly communicates the importance of local church community. Take a few minutes to share thoughts related to the following questions from page 79: *What are some excuses you've used or heard for neglecting to be a consistent member of a local church?*

What may be holding you back from fully participating in a local church?

Leader Note: For the days of study related to baptism and the Lord's Supper, group members were asked to record any lingering questions they have about these church practices (p. 85; pp. 90-91). Invite them to share their questions during your group time. If you're uncomfortable answering some of the questions, be sure to connect that group member with your women's ministry leader or church pastor.

Based on what you've learned from God's Word this week, why did God design us for community?

How have you seen the benefits of this design in your life recently?

Discuss your responses to the reflection questions on page 105:

As you reflect on the Bible passages you read this week, what stands out to you about the character of God?

How have you been challenged and encouraged in your relationship with Jesus through what you've learned?

What is one way you can use what you've learned this week to encourage someone else?

PRAY

Read Psalm 96 aloud as a closing prayer of worship and praise.

CLOSE

Remind your group to read and complete the "Week Four" personal Bible study (pp. 106-137) before your next group meeting.

Encourage your group to continue memorizing Ephesians 2:4-5.

WEEK FOUR: JOURNEY

GATHER

Welcome participants back to the study. Ask the following question to get your group talking:

What's your favorite way to travel—car, plane, train, or boat—and why?

DISCUSS

Encourage discussion by asking some of the following questions, along with any you flagged in the days of personal study.

What stood out to you from this week of personal study? What has stuck with you? What surprised you or was new information?

What questions from the personal study do you want to talk about with our group?

Think about the practice of prayer. How does your daily prayer life compare with the way prayer is described in the texts you studied? What is one of the biggest obstacles that keeps you from a more fruitful prayer life?

Share responses to these questions from page 117: *What do you think it means for the Word of God to be a light for your path (v. 105)? Rewrite this verse in your own words. How have you seen this proven true?*

Brainstorm ways your group can hold one another accountable to being in God's Word daily.

Discuss your responses to the reflection questions on page 137:

As you reflect on the Bible passages you read this week, what stands out to you about the character of God?

How have you been challenged and encouraged in your relationship with Jesus through what you've learned?

What is one way you can use what you've learned this week to encourage someone else?

In the Day Five study, group members were encouraged to share their story of coming to know Jesus. Plan in advance for one person to share her story with your group at the close of today's meeting.

PRAY

For your closing prayer time, pray the Lord's Prayer (Matt. 6:9-13) together and out loud.

CLOSE

Remind your group to read and complete the "Week Five" personal Bible study (pp. 138-167) before your next group meeting.

Encourage your group to continue memorizing Ephesians 2:4-5.

WEEK FIVE: FOREVER

GATHER

Welcome participants back to the study. Ask the following question to get your group talking:

If you could spend one day on earth with one person from the Bible (besides Jesus), who would you choose, and why?

DISCUSS

Encourage discussion by asking some of the following questions, along with any you flagged in the days of personal study.

What stood out to you from this week of personal study? What has stuck with you? What surprised you or was new information?

What questions from the personal study do you want to talk about with our group?

Encourage group members to share some of their thoughts from the questions about endurance on page 145.

The Day Two study reminded us that suffering is an unfortunate but expected aspect of living for Christ in a broken world. How has your relationship with Jesus been strengthened through a time of suffering? Or how have you been drawn to Jesus by watching this happen in someone else's life?

Look together at the list of ideas for investing in the spiritual growth of others (p. 155), and share ideas and next steps that group members feel challenged to take. Come up with practical ways to hold one another accountable and urge one another on.

Discuss your responses to the reflection questions on page 167:

As you reflect on the Bible passages you read this week, what stands out to you about the character of God?

How have you been challenged and encouraged in your relationship with Jesus through what you've learned?

What is one way you can use what you've learned this week to encourage someone else?

PRAY

Use today's prayer time as a chance for group members to voice their own prayer of praise and adoration to God for who He is and who they are in Him. Encourage women to pray as they are comfortable and feel led. Then bring your prayer time to a close by praying for the growing faith of the women in the room with you.

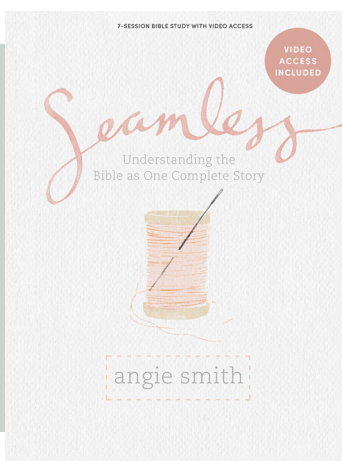
CLOSE

Recite Ephesians 2:4-5 together as a group and celebrate your memorization efforts!

Spend some time at the end of your group meeting reflecting together on the truths you've learned from God's Word and from your time together. We know a lot was covered in this study, so encourage the women to dive deeper into any aspects of their relationship with Jesus that they are curious to learn more about. Be sure to connect women with others in your church or with additional resources as needed.

FINISHING WELL

NEXT STEPS Even after the study concludes, follow up and challenge women to stay involved through another Bible study, church opportunity, or anything that will continue their spiritual growth and friendships. Provide several options of ministry opportunities the members can participate in individually or as a group to apply what they have learned through this study.



What's Next?

If you enjoyed this study, check out *Seamless* by Angie Smith.

lifeway.com/seamless