

ADRIENNE CAMP

AS FOR ME

LEADER GUIDE

Lifeway Press®
Brentwood, Tennessee

LEADER GUIDE

WELCOME!

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

As for Me: Life Through the Lens of the Psalms is a video- and discussion-based Bible study from Adrienne Camp. The teaching videos were filmed in gorgeous San Diego, California.

Our goal is for this leader guide 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

WEEKLY GROUP MEETING: SUGGESTED SCHEDULE

7-8 Group Meetings • Meeting Length: 1 hour

SESSION ONE—Distribute Bible study books, get to know one another, and set the expectations for your next seven weeks together. Watch the Session One video.

SESSION TWO—Discuss the Session One personal Bible study and watch the Session Two video.

SESSION THREE—Discuss the Session Two personal Bible study and watch the Session Three video.

SESSION FOUR—Discuss the Session Three personal Bible study and watch the Session Four video.

SESSION FIVE—Discuss the Session Four personal Bible study and watch the Session Five video.

SESSION SIX—Discuss the Session Five personal Bible study and watch the Session Six video.

SESSION SEVEN—Discuss the Session Six personal Bible study and watch the Session Seven video.

SESSION EIGHT: OPTIONAL WRAP-UP—Discuss the Session Seven personal Bible study, reflect on your weeks of study, and celebrate together.



HOW TO STRUCTURE YOUR GROUP TIME

Each group session contains the following elements. We've included a suggested amount of time based on a one-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 to get them talking. In the introductory session, you're provided with some general icebreaker questions. In the subsequent sessions, you'll find one to two icebreaker questions that set the tone for the study.

DISCUSS (30 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.

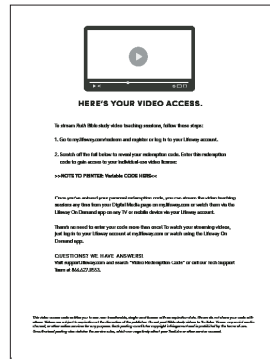
WATCH (10–15 MINUTES) During this time, play the teaching video, encouraging the women to take notes on the Watch page for that specific session.

CLOSE (10 MINUTES) Weekly prayer ideas and prompts have been provided, and you can use this however you wish to enhance or close the session.

HERE ARE A FEW TIPS TO HELP YOU LEAD.

HOW TO WATCH YOUR VIDEOS. The videos for this study are available for streaming through the digital access code on the last page of your Bible study book. Look for the cardstock page labeled “Here’s Your Video Access” and follow the two steps that prompt you to enter your unique redemption code to gain your video streaming access.

If your group doesn’t have adequate Internet connection for video streaming, DVD sets are available for purchase at lifeway.com/asforme.



Each video is intended to be viewed after completing the accompanying week of personal study. We strongly recommend you use the teaching videos as a part of this study, but you can still discover truth from Scripture and grow in your walk with God by simply doing the print portion if your setting doesn’t allow for video.

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 seven sessions long, which means you will meet seven or eight times. Visit lifeway.com/asforme 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 will watch the teaching video together and discuss what you’re learning. You’ll also 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 watch the teaching video together and then 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 cannot 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. We recommend watching the teaching video sessions prior to your meeting, taking note of anything you may want to highlight from the teaching. 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 His Word.

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.

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

SESSION ONE

GATHER Welcome women to the *As for Me* Bible study. 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, share basic get-to-know-you details, and answer this question: What is something creative you're working on right now?

Describe your familiarity with the book of Psalms. Do you have a favorite psalm or a favorite verse from the book? Is it a book you read often? Or maybe it's new to you?

Look over the list of psalm categories included in this study on page 9. As you look over this list, which category stands out as one you're curious to learn more about? Explain why that is.

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

WHAT TO EXPECT

- Give a short overview of the study. Use the Introduction material on pages 6–10.
- Share about the weekly structure and the five days of personal study to complete 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, 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.
- Let your group know about the *Psalms: A Prayer Journal* companion product for this Bible study, available for purchase on lifeway.com.

WATCH Play the teaching video for Session One. Encourage participants to take notes or jot down questions on page 14. Briefly discuss anything that stood out from the video.

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

REMIND Encourage group members to complete their personal study before the next session. Consider memorizing Psalm 91 together as a group, beginning this week with verse 1.



SESSION TWO

GATHER Welcome participants back to the study.

What do you give thanks for most often (not to be confused with what you are most thankful for)?

DISCUSS the Session One personal Bible study, using the following questions and prompts as a guide. Remind your group they can take notes on page 15.

What stood out to you or has stuck with you as you studied Psalm 1?
What surprised you or was new information?

How were you challenged in your relationship with God?

Share responses to the following question from page 30: *What is a way you have found yourself taking great pleasure in the Lord lately?*

On page 35, you were asked to consider ways to “practice setting the Lord before you and letting Him guide you.” Discuss ideas your group came up with and encourage one another in your efforts.

WATCH Play the teaching video for Session Two. Encourage participants to take notes or jot down questions on page 44.

What is one quote or point from the video that stood out to you?

Adrienne pointed out that the thanksgiving psalms “aren’t always flowing with positivity” but were written “to recalibrate our hearts with God’s and renew hope in us through all of life’s ups and downs.” Does a heart of gratitude come easily to you?

What are some ways we can remind ourselves to frame our days with gratitude?

CLOSE your group in prayer. Ask a few volunteers to pray for God to show you if there are any snares or hindrances in your life that continually distract or shift your eyes off Jesus. Ask Him to renew your love for and gratitude to Him today.

REMIND Encourage group members to complete their personal study before the next session and to work on memorizing Psalm 91:2-4 this week.



SESSION THREE

GATHER Welcome participants back to the study.

If you could go back in time, what are three things you would tell your middle-school self?

DISCUSS the Session Two personal Bible study, using the following questions and prompts as a guide. Remind your group they can take notes on page 45.

What stood out to you or has stuck with you as you studied psalms of thanksgiving? What surprised you or was new information?

How were you challenged in your relationship with God?

Which psalm had the most impact on you and why?

On page 56, you considered stones of remembrance in your life, reminders of God's faithfulness. Encourage anyone willing to share what they came up with.

Spend a few minutes reading your "but as for me" declarations aloud (p. 60).

WATCH Play the teaching video for Session Three. Encourage participants to take notes or jot down questions on page 70.

What is one quote or point from the video that stood out to you?

“The Bible tells us we will be blessed when we find wisdom and understanding. That even though it costs, it will protect us and watch over us.” As you prepare to study the wisdom psalms this week, take some time to discuss together what some of the costs that come with following the wisdom of God might be.

CLOSE your group in prayer. Begin your prayer time and designate a person to close it. Then, give everyone an opportunity to express a prayer of thanksgiving or pray aloud one of the psalms of thanksgiving.

REMIND Encourage group members to complete their personal study before the next session and to work on memorizing Psalm 91:5-6 this week.



SESSION FOUR

GATHER Welcome participants back to the study.

If you could have any four people (living or dead) at your next dinner party, who would they be?

DISCUSS the Session Three personal Bible study, using the following questions and prompts as a guide. Remind your group they can take notes on page 71.

What stood out to you or has stuck with you as you studied psalms of wisdom? What surprised you or was new information?

How were you challenged in your relationship with God?

Which psalm had the most impact on you and why?

Discuss responses to these questions from page 77: *What are some specific areas in your life where you need wisdom from the Lord? What would it look like to cultivate a greater hunger for wisdom today in that specific aspect of life?*

At the end of Day Four, you were asked to consider if you have an “as for me” declaration you need to make. Encourage a few women to share what they wrote down.

WATCH Play the teaching video for Session Four. Encourage participants to take notes or jot down questions on page 98.

What is one quote or point from the video that stood out to you?

In the video, Adrienne lays the groundwork for how so many of the royal psalms point forward to the rule and reign of Jesus the Messiah, which is a big theme you'll study this week. Why is it important for us to understand Jesus as King?

What are some of the future promises of His reign that you take hope in?

CLOSE your group in prayer by praying this adaptation of Psalm 119:9-16 over your group: *How can a young man keep his way pure? By keeping Your word. We have sought You with all our hearts; don't let us wander from Your commands. We have treasured Your word in our hearts so that we may not sin against You. Lord, may You be blessed; teach us Your statutes. With our lips we proclaim all the judgments from Your mouth. We rejoice in the way revealed by Your decrees as much as in all riches. We will meditate on Your precepts and think about Your ways. We will delight in Your statutes; we will not forget Your word. Amen.*

REMIND Encourage group members to complete their personal study before the next session and to work on memorizing Psalm 91:7-8 this week.



SESSION FIVE

GATHER Welcome participants back to the study.

Share a song or Bible verse you turn to when you feel sad.

DISCUSS the Session Four personal Bible study, using the following questions and prompts as a guide. Remind your group they can take notes on page 99.

What stood out to you or has stuck with you as you studied the royal and prophetic psalms? What surprised you or was new information?

How were you challenged in your relationship with God?

Which psalm had the most impact on you and why?

Spend time reviewing the prophecy chart from pages 106–107 and responses to the questions on page 105. What is one takeaway you have from this exercise?

READ PSALM 145 TOGETHER. What words or phrases did David use to describe God in Psalm 145 (p. 115)? Assemble a list and reflect on what these descriptions teach you about your relationship with Him.

WATCH Play the teaching video for Session Five. Encourage participants to take notes or jot down questions on page 124.

What is one quote or point from the video that stood out to you?

Adrienne noted, “The psalms of lament give us a picture of how the psalmists came hungry to hear from God in the midst of their pain, their fear, and their grief. . . . Lamenting is meant to move us forward in our journey toward healing.” Is the biblical practice of lament something you’re familiar with or have practiced in your own walk with the Lord? What about in your church community?

What do you hope to take away from your week studying the psalms of lament?

CLOSE your group time in prayer. Encourage your group to pray silent prayers of adoration to God, thanking Him for sending Jesus the Messiah to redeem and rule. After a few moments, voice a closing prayer.

REMIND Encourage group members to complete their personal study before the next session and to work on memorizing Psalm 91:9-13 this week.



SESSION SIX

GATHER Welcome participants back to the study.

Who is the most trustworthy person you've ever known? Explain why you picked that person.

What would be on your list of "must dos" for someone who is trustworthy?

DISCUSS the Session Five personal Bible study, using the following questions and prompts as a guide. Remind your group they can take notes on page 125.

What stood out to you or has stuck with you as you studied psalms of lament? What surprised you or was new information?

How were you challenged in your relationship with God?

Which psalm had the most impact on you and why?

Share responses to this question from page 127: *What are some reasons you may feel reluctant to be completely honest with God?*

During Day Three, you learned about the biblical precedent for healing in community. Are there any burdens your group needs to lament together today?

WATCH Play the teaching video for Session Six. Encourage participants to take notes or jot down questions on page 152.

What is one quote or point from the video that stood out to you?

In the video, Adrienne made the point that if we trust God only when He's doing the things we want Him to do, we're not in a real relationship with Him. Why is it so easy for us to treat Him this way?

Do you have a story to share about learning to trust God when things weren't going your way?

CLOSE your group time with an extended time for lamenting together. If anyone shared specific burdens during your discussion, ask another group member to pray for her now. If not, think beyond your group to your community or even global concerns and take turns praying for those.

REMIND Encourage group members to complete their personal study before the next session and to finish memorizing Psalm 91 with verses 14-16 this week.



SESSION SEVEN

GATHER Welcome participants back to the study.

Ask participants to share which day of study they found most interesting and which one had the most impact on them.

DISCUSS the Session Six personal Bible study, using the following questions and prompts as a guide. Remind your group they can take notes on page 153.

What stood out to you or has stuck with you as you studied the trust and imprecatory psalms? What surprised you or was new information?

How were you challenged in your relationship with God?

Which psalm had the most impact on you and why?

Spend a few minutes sharing responses to the chart on page 156.

At the beginning of today's discussion, you were asked to make a list of things that make a person trustworthy. Now do the same for God, using your study this past week to help. How can we know God is trustworthy? What evidence do we see in His Word? In your own life?

WATCH Play the teaching video for Session Six. Encourage participants to take notes or jot down questions on page 178.

What is one quote or point from the video that stood out to you?

Adrienne described psalms of praise as “the best antidote to the apathy and distraction that creeps into our hearts. They reorientate our focus back to where it should be—on God.” How have you felt that apathy lately?

What are some reasons why praising God and reading psalms of praise helps fight back against feelings like apathy and distraction that interfere with our relationship with God?

CLOSE your group time. Take the list you made earlier of reasons why God is trustworthy and assign each item to a different woman. Then, turn that list into prayers of gratitude and praise God for His trustworthiness and faithfulness.



OPTIONAL WRAP-UP

GATHER Welcome participants back to the study. Begin with a time of fellowship to celebrate the end of your study.

DISCUSS the Session Seven personal Bible study, using the following questions and prompts as a guide. Remind your group they can take notes on page 179.

What stood out to you or has stuck with you as you studied the trust and imprecatory psalms? What surprised you or was new information?

How were you challenged in your relationship with God?

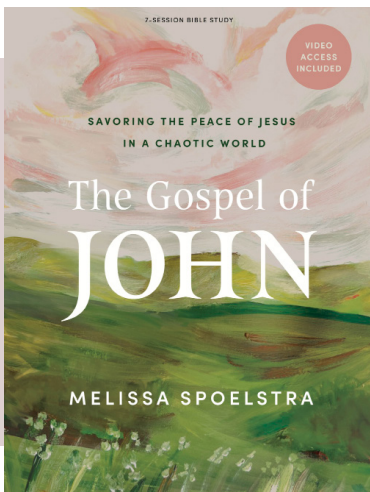
Which psalm had the most impact on you and why?

Reflect on your time studying the psalms. What is a key takeaway you have from your study?

CLOSE your group time by taking turns reading aloud the psalms of praise you wrote (p. 195). Sharing is optional, but encourage women with the reminder that your group is a safe place, and their words will only serve to encourage one another and celebrate the Lord.

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 *The Gospel of John* by Melissa Spoelstra.

lifeway.com/gospelofjohn



VIDEO ACCESS STUDY

INTRODUCING BIBLE STUDIES with VIDEO ACCESS INCLUDED!

As trends in media consumption change from DVDs to streaming video, Lifeway made the decision to invest in technology that would allow for Bible studies to be accessed through mobile devices and smart TVs in addition to our website.

The concept of a Bible study book with video access allows us to use the technology to give all participants easier access to teaching videos. This will alleviate a concern we have heard from many group leaders of members who stop coming to their group after they miss a week of study.

How will customers access the videos that come with their Bible study book with video access?

There is a unique access code printed in each Bible study book. They will access their video content at my.lifeway.com or through the Lifeway On Demand app.

How long will they have access to the videos that come with their Bible study book?

There is no expiration date on the video access that comes with their Bible study book. They'll be able to access it as long as it is available through our Lifeway On Demand video apps.

What are the benefits of video access being included in each Bible study book?

- This provides more flexibility for group meeting time. Groups now have the option to have group members watch video sessions outside of group meetings to allow more time for discussion.
- If a group member misses a weekly group meeting due to sickness or travel, they will be able to access the video content on their own and continue in their study.
- Group members can rewatch video sessions that were particularly impactful on their own time.

- This simplifies what a group leader needs to facilitate Bible study. You'll now get everything you need with just the Bible study book.
- Our goal is to provide an affordable option for both individuals and churches who are looking for Bible study options.

What do churches and individuals need to lead a group?

Each group member will need a Bible study book, which will include video access. There is also a DVD option for groups who want a non-streaming viewing option. In addition, select studies provide a Video Streaming – Group option for groups who choose not to use the Bible study books. For the best experience, we recommend each group member have a Bible study book.

When do group leaders need a DVD Set?

Because the Bible study book includes video streaming access, the purchase of the DVD set is optional (not essential) for group leaders. This option is for groups who may not have reliable streaming internet access.