
LEADER'S GUIDE

SHE HEARS

Learning to Listen to Jesus

A Six-Week Bible Study By Rachael Groll



Videos and more resources can be found at shehears.org.

Hey, Sis!

I am so excited to walk with you through the next six weeks. It is a privilege and honor to be in this space with you, and I want you to know that I am praying for you and your group. Specifically, I am praying God will use this time not only to help you hear Him more clearly through His Word but also that He would bring your group closer together, whether it's through Zoom, in-person studies, or even through text messaging. What I have come to learn is that the Holy Spirit knows no distance, and He can work in some powerful ways if we allow Him.

Perhaps you are a small group leader and have been leading groups for years. For that, I want to say thank you! Thank you for serving your church in this way and for opening your heart to lead other women. This is a very special gifting, and I pray that studying *She Hears* will be a special time for your group.

Or...

Maybe this is your first time leading a group. Maybe you are sitting there thinking you are NOT a leader and that you are in over your head. You know what I want to say to you?

You can *do* this! This whole study is about not just hearing from the Lord but also being obedient to Him. You already are walking in obedience if you felt called to lead and said yes, even though you have never done this before. My prayer is that this study can be a time for you to learn and grow together with your group. Thank you! Thank you for walking in obedience, even if it is one baby step at a time.

I would love to connect with you in all the places. You can check out some fun freebies I have for you on my website, shehears.org, where you will find some social media posts to share, lock screens, and a playlist I created just for you! You can also join me on the *She Hears* Facebook page to connect with other women who are learning to hear from Jesus, just like you are.

There is power in your testimony, Sis. And I can't wait to hear it!

Be blessed,

Rach



P.S. Scan the QR code to access the FREE study videos on the *She Hears* website!

Preparing Your Heart to Lead

Here are some helpful things to get you started as you prepare your heart to lead this study.

Prepare Physically:

We will be using the Color Method of study for this Bible study. It is explained in Chapter One, and I will be walking you through the process as we get started. However, it might be a good plan to look this over before introducing the study to your group. Some people will jump right in and do a great job with this. Others may need a little reassurance that they are on the right track. In this stage, it can be really helpful if you are already familiar with the Color Method. It will help you connect with your group members, as you share with them how this method can be helpful during their study. I would suggest reading through the method, then using it with your favorite passage of Scripture. Perhaps the Lord will reveal something new, something you never saw before. God's Word is living and active, which means He can place something new in you now, in this season, that speaks to the very heart of what He is trying to say to you.

Prepare Emotionally:

As we walk through the next six weeks together, some things will likely rise to the surface as you are working through the material. It's okay. Let those things come up and out. One thing leaders sometimes try to do is to portray that they "have it all together." Sis, let me be honest with you. None of us have it all together. None of us. That's why we need Jesus. So allow yourself to experience the raw emotions that the Lord reveals, so He can work through them with you. That's how we heal. Apart from Him, we can do nothing.

Prepare Spiritually:

There is space throughout this study to just be silent before the Lord. Silence can be hard for people, but the silence is a holy place.

"In those moments the Lord can work in your heart, and you will find that you are starting to hear from Him as He uses His Word to speak to you."

We need to learn to be okay with silence. This is an amazing thing to allow into your groups as well. Moments spent together, silent before the Lord, can be a powerful place where He can not only speak a word to you but sometimes give you wisdom for someone else. These moments can bring so much healing. Don't shy away from them.

Know that I am praying for you.

Rach

Getting Started: Resource Day

The goal of this introductory group meeting is simply to gather together, pass out materials, review the study, and get ready for what God wants to do in and through your group over the next six weeks. Here is a sample format and some discussion questions to get you started.

Suggested Group Meeting Format

Welcome: Spend some time greeting each other, just connecting with each other. Especially in the beginning, this is a really important aspect of establishing your group. For this first week, you may want to share a meal or have an extended time just being with each other and getting to know each other. Go over confidentiality and trust as being part of the group.

Opening Prayer: This should be done by the leader to set the stage for the time you are gathered together. Allow space for the Holy Spirit to work in the hearts of your group members. Suggested areas to pray over: expectations, distractions, understanding, and healing.

View Video: Watch the “Getting Started” video at shehears.org.

Discussion Questions:

1. What made you decide you wanted to do this study?
2. What are your current ideas or thoughts about women in the Bible? In leadership? In their relationship with God?
3. What reservations do you have about this study?
4. Are you committed to going “all in”? To allowing God to do in your heart what He wants to do?
5. What is your plan for study? What time of day will you do it? Where will you do it? Have you told your spouse/family you are doing it?
6. Do you have all the resources ready?
 - Subscribed to the weekly emails at shehears.org
 - Downloaded the weekly study playlist/lock screen
 - Have the colored highlighters/pens
 - Have a Bible available
 - Own a copy of the book

Open Sharing Time: This time allows women to share anything else that wasn’t mentioned during the group discussion times. In future weeks this will be guided by the study content. For this week, it can be a place to discuss any barriers or insecurities about studying Scripture or other things that are on the hearts of your group members.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Study Instructions: Instruct everyone to start their study and come next week with the first week finished. The following group sessions are to be done after the personal study has been completed as a way to reflect and process what God was doing in and through your group as you studied.

WEEK ONE

Mary, Mother of Jesus

Woman of Authority

Welcome: Spend some time welcoming everyone in. Be sure to greet them, look them in the eye, and make them feel seen, heard, and loved. This can be a challenge with a new group or if you are online. I will be praying for you during this, and remember that God chose these women to be part of your group. That means He has something in store for these relationships. Isn't that exciting?!

Opening Prayer: This should be done by the leader to set the stage for the time you are gathered together. Allow space for the Holy Spirit to work in the hearts of your group. Suggested areas to pray over: expectations, distractions, understanding, and healing. Pray with the expectation, looking toward what God might want to do in your group during this session.

View Video: Watch the "Mary, Mother of Jesus" video at shehears.org.

Discussion Questions: Feel free to change things up. These are suggested discussion questions taken from the reading. Be sensitive to the Holy Spirit's nudging. If you need to spend more time in a particular area, that's okay. These questions are just a gentle guide to keep you from getting stuck.

1. Have you ever studied Mary, the mother of Jesus, before? Why do you think a lot of people shy away from studying her?
2. After trying out the Color Method this week, did you notice anything different in the Scripture passage that you may not have seen before?
3. Have you ever had someone form an opinion of you based on one situation? Have you ever formed an opinion of someone based on one situation? What was that like?
4. How does reading through the lens of Jesus change how we read and understand Scripture?
5. What areas of hurt do you need to surrender? Is there something you have been holding on to that God wants you to let go of?
6. What's one area of your life that you tend to hesitate to bring to Jesus?
7. How have you recognized and handled seasons of authority and their endings in your life?
8. Have there been times where you have been tempted to quit because you didn't know what God was doing? Or because the situation was taking longer to resolve than you thought it would?
9. What role did the servants play in this first miracle? Why do you think Jesus used them? Why do you think He uses us? How does that affect how we serve?
10. How did the content of this week's study change your perspective?

Open Sharing Time: Allow women to share anything else that wasn't mentioned during the group discussion time.

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WEEK TWO

Samaritan Woman at the Well

A Woman of Testimony

Welcome: As your group filters in, make sure to greet them personally, helping them to feel welcomed into the group. Help them make connections with each other because, Sis, we need each other. Studies like this can bring up so many things in our hearts, and God designed us to live in community.

Opening Prayer: Despite the ways God may be working in your heart, He chose you to lead this group. Thank you for stepping out and continuing to be obedient. This time of prayer will allow you to step into a role of spiritual authority as you are leading this group. Don't take that lightly. The enemy may try to distract or discourage you. Don't allow him. Pray for your group session tonight as the leader you are—faithful and obedient, just like we saw in Mary last week. You've got this, Sis!

View Video: Watch "A Woman of Testimony" at shehears.org.

Discussion Questions:

1. How has it felt to use different versions of Scripture? Is that something you would normally do? Why or why not? Have you gained any insight from using some new versions?
2. As women, we can have a tendency to almost like it when someone is caught up in more sin than us. It gives us that feeling of, "Well at least I'm not as bad as she is." Do you ever struggle with that? Why do you think that is?
3. Do you regularly hear from the Lord? If not, why do you think that is? Do you realize that you can? Share your experiences with this.
4. Was there ever a moment in your life when you were forced to make a decision between two bad options?
5. Jesus' pursuit of the woman at the well was not accidental. It was intentional. Jesus, breaking the cultural and religious traditions of the time, sought out this woman. He was there, waiting for her. His pursuit of you is intentional, too. What are your thoughts on this?
6. Jesus knows what you hide from everyone else. That's the thing He wants you to give Him. How did that fact hit you this week?
7. The disciples had been down in the town for quite some time. Yet, we only see people coming to Jesus as the result of her words, not the disciples'. It's like that for us, too. You see, God has perfectly selected you, for your community, for your circle of influence. Why?
8. You have a message no one else can speak. What do you think God might be telling you through this message?
9. Who might God want you to share His "living water" with? Is there someone He is bringing to mind?
10. How did the content of this week's study change your perspective?

Open Sharing Time: Allow women to share anything else that wasn't mentioned during the group discussion time.

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WEEK THREE

Woman

A Woman of Forgiveness

Welcome: Hopefully by this point, your group is starting to feel more comfortable together. Use this informal time to welcome everyone personally, and perhaps follow up on prayer requests they had the previous weeks. This helps group members know that you care for them and think about them throughout the week.

Opening Prayer: The content this week is on the heavy side. Some of the women in your group may not be ready to share yet, and that's okay. As you pray, look to the Lord for guidance and wisdom in how to walk through the discussion questions together this week. You may also want to remind the group that all of us can reach a place where things are overwhelming sometimes. That's when we find ourselves in a place of surrender. This can be a powerful element for your group, if they are willing to be vulnerable enough to get there. Setting the spiritual climate through prayer is really important, as the Holy Spirit can minister through His presence.

View Video: Watch "A Woman of Forgiveness" at shehears.org.

Discussion Questions:

1. Have there been times in your life when your struggle has become part of your identity?
2. Think back to a time when you were caught "red handed." Take a minute to reflect on the way it made you feel. What emotions surface?
3. How did you feel about naming and confessing our sin on Day 3? Did you rip the page out? Did you skip that part?
4. Did your concept of judging someone by their sin change this week?
5. What times in your life have you needed the love and grace of other believers? Did you get what you needed?
6. How did their behavior impact your situation?
7. How would your experience be different if the believers in your life had acted differently?
8. Is there someone in your life who you have been quick to accuse, to condemn, to judge? How might your present attitude toward them affect them—not just today, but for eternity?
9. Did the Lord reveal someone He is calling you to reach out to in love? What is your plan to deal with that? Write down their name and what day you are going to reach out to them: _____
10. How does the message of grace change things about the sin in your own life?
11. How did the content of this week's study change your perspective?

Open Sharing Time: Allow women to share anything else that wasn't mentioned during the group discussion time.

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WEEK FOUR

Martha

A Woman of Assertiveness

Welcome: Spend this time connecting with your group, encouraging them to keep coming even if they are behind in the study. Sometimes, around this time in a study, people can start falling behind a little. Offer them accountability and encouragement in a way that helps them to feel loved, not judged.

Opening Prayer: It's important to recognize that the women in your group could be coming in from different church backgrounds and from different places in their walk with the Lord. Perhaps this could be addressed in prayer, with a focus on unity in the body of Christ. Despite where we come from, God cares about the ways that we connect with each other as we build each other up.

View Video: Watch "A Woman of Assertiveness" at shehears.org.

Discussion Questions:

1. Have you ever thought about whether you are more of a Martha or a Mary?
2. What do you think the significance was about the location of Martha's house?
3. Have you ever felt like you were the only one doing the work? How did you feel?
4. You are loved for who you are, not what you do. How does that statement affect you?
5. Have you ever felt like you had something die inside while you were waiting on Jesus?
6. Have you ever ranted to God about a promise He made and you felt like He didn't come through?
7. Is there something in your life, even now, that you need to trust Him with?
8. How does knowing that Jesus *is* the Resurrection change the way you view Him or your relationship with Him?
9. Do you believe that He *is* the Resurrection? What does that mean, practically, in our lives?
10. Do you believe Jesus when He speaks to your heart the only words that can heal it?
11. How did the content of this week's study change your perspective?

Open Sharing Time: Allow women to share anything else that wasn't mentioned during the group discussion times.

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WEEK FIVE

Mary of Bethany

A Woman of Discipleship

Welcome: This week, as you greet your group, pay attention to what the Lord may be helping you sense about each person as she comes in the door. What do you notice about her posture? Her countenance? Her ability to make eye contact? By this point in the study, some women who may not have known Christ, or didn't realize they didn't know Him, may be ready to talk about giving their hearts to the Lord. Be sensitive to that as you lead the group, looking for ways that God opens the door to those conversations.

Opening Prayer: By now, you are starting to learn your group, learn how God is using this study, and make connections between the two. Pray as you feel led.

View Video: Watch "A Woman of Discipleship" at shehears.org.

Discussion Questions:

1. After working through the material over the last two weeks, do you see yourself as a Martha or a Mary? Has that changed at all during this study?
2. What do you think of the fact that Mary, a woman, assumed the position of a disciple at the feet of Jesus?
3. No matter where you are sitting, the Master has come and calls for you. Where are you sitting?
4. Have you ever felt like you wasted something on Jesus? In what ways might God be redeeming that very thing?
5. Jesus as Defender. Have there been times in your life where your heart was postured toward the Lord, yet still someone attacked you? How did you handle that?
6. Do you have a special gift that was intended to be used for Jesus?
7. How does the way Jesus interacts with these women speak to how He interacts with us?
8. In what ways do you display the aroma of Christ?
9. What emotions do you see in each of the Mary scenes?
10. Where are you seated right now in your life? How does that impact your emotions?
11. At what times in your life have you felt like you needed a Defender?
12. How did the content of this week's study change your perspective?

Open Sharing Time: Allow women to share anything else that wasn't mentioned during the group discussion times.

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WEEK SIX

Mary Magdalene

A Woman of Response

Welcome: We did it, Sis! We made it through the whole six weeks! As your group enters today, consider sharing a meal together. Sharing a meal can be a powerful way to open your hearts and allow some space to grow together as a group.

Opening Prayer: Pray as you feel led and as you “hear” from the Lord.

View Video: Watch “A Woman of Response” at shehears.org.

Discussion Questions:

1. How did you feel when you learned you would be handling this week “on your own”?
2. Have you ever studied the Word like this before?
3. What insights did you gain, day by day, as you studied?
4. Did using different translations change anything for you?
5. Does the fact that Jesus used women—that they were His disciples—change your perspective at all?
6. Have you seen Him, Sis? Have you heard Him?
7. How did the content of this week’s study change your perspective?
8. What is your plan moving forward? What will you study next?
9. Make sure to share what you are learning on social media with the hashtag #shehears.

Open Sharing Time: Allow women to share anything else that wasn’t mentioned during the group discussion times.

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