



THE WHOLE WOMAN

DISCUSSION GUIDE

CHAPTER 1 _____

1. How do you define “biblical womanhood”?
2. Why is it important to consider first a woman’s nature and not her role or function?
3. What are the implications for women living biblically because we are humans made in the creator’s image?

CHAPTER 2 _____

1. Why is it important for women to study Scripture?
2. What does Scripture reveal of the range and type of God’s authority?
3. Why is obedience to God’s word necessary if we are to live as biblical women?

CHAPTER 3 _____

1. Read Mark 12:28-34. In your own words, describe what it means to love God and love others. Give examples of both from your life or from the lives of others.
2. Why should women’s ministry focus on the whole woman?
3. What does it look like to minister to women’s hearts, minds, souls, and strengths? Give specific examples of each.

CHAPTER 4 _____

1. Discuss the importance of understanding that God is an emotional being. What does that truth mean for women?
2. How do you understand that emotions are a good gift from the Lord?
3. How does proper expression of your emotions benefit your relationship with God?

CHAPTER 5 _____

1. How would you describe your motivations and desires?
2. What does it look like to align your desires with God’s desires?
3. What is the benefit to possessing pure and healthy motives? What happens when your motives are impure?

CHAPTER 6

1. What is the soul?
2. How does the soul impact a woman's life?
3. Why is it important to go beyond the checklist of spiritual disciplines when we look at the true state of our (and others') souls?

CHAPTER 7

1. What is the benefit of adopting spiritual disciplines into our routines?
2. Discuss some of the common obstacles for women when it comes to enjoying spiritual disciplines.
3. What are some practical ways you can strengthen the spiritual disciplines in your life?

CHAPTER 8

1. What is a renewed mind? How do we get a renewed mind?
2. What role does a renewed mind play in a woman's life?
3. Give practical examples of how to saturate yourself with Scripture.

CHAPTER 9

1. What is theology and why is it important that we define it properly?
2. How does God reveal himself to us so that we can know him?
3. What are some effective ways to use your mind in theological reflection?

CHAPTER 10

1. What does it mean that our bodies are a temple of the Holy Spirit?
2. Describe the role of the body as it relates to life, relationships, needs, and spiritual matters.
3. What do you learn from Jesus about tending to the needs of the body?

CHAPTER 11

1. Why are community and relationships important for Christians?
2. Discuss the tension (and the resulting struggles) between God's creation of community and our tendency to focus on a personal spirituality. What are some ways you can overcome these struggles?
3. What are some practical ways to build community in your life?

CHAPTER 12

1. Give a few examples from pop culture that demonstrates the concept that in order to be healthy, we must love ourselves first. How does this contradict Jesus' command?
2. How does meditating on God's love for us equip and empower us to truly love God? To truly love others?
3. Discuss the four steps to putting a ministry to the whole woman into practice. How will you commit to doing this in your church?