

“GET OUT OF YOUR HEAD”

BOOK STUDY

Date/Time: Mondays, 6:30pm – 8:30pm

- ❖ Begins January 29th
- ❖ February 12th & 26th
- ❖ March 11th & 25th
- ❖ April 8th
- ❖ April 22nd (Testimony Night)

LEADERSHIP TEAM

Pastor Lisa Miyoshi

Mary MacDonald

Karen Leardi

Betsy Esteves

Meka Harris

Jinny Reyes

Jade Jackson

*Questions? Email us at womensministry@newhopelasvegas.com.
You can also call the church office at (702) 487-8439 and leave a message.*

THE VISION FOR “GET OUT OF YOUR HEAD” BOOK STUDY

1. For the women to realize that the greatest spiritual battle of our generation is being fought between our ears. We have a choice to set our minds on sin and death OR life and peace.
 2. For the women to see that God gave us a choice. We can choose to believe the truth of God’s Word rather than the lies of the enemy, and we can choose to interrupt the chaos of our minds. We get to choose moment by moment what we live for.
 3. For the women to believe that our focus on Christ changes our behaviors and the more we stop believing lies, the more we will live like Him.
- ❖ *We destroy arguments and every lofty opinion raised against the knowledge of God and take every thought captive to obey Christ. (2 Corinthians 10:5)*
 - ❖ *Finally (sisters) whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is any worth of praise, think about these things. (Philippians 4:8)*
 - ❖ *Let this mind be in your which was also in Christ Jesus, who being in the form of God did not consider it robbery to be equal with God, but made Himself of no reputation, taking the form of a bondservant, and coming in the likeness of men. (Philippians 2:5-7)*

GET OUT OF YOUR HEAD - DISCUSSION QUESTIONS

January 29th – SPIRALING OUT (Session One)

Assignments and Discussion Questions

1. Write down the 10 things you've spent the most time thinking about lately.
Read Page 21.
2. What are the primary emotions you tie to or associate with those things?
Read Page 22.
3. Take the strongest emotion and write it at the center of the blank space on Page 24. Write out your "Mind Map". See example on Page 23.
4. Take the time to pray on what you have written and talk to God about it. Ask Him to reveal His truths about your life. Look for patterns and themes in your Mind Map.
5. If you were to make one shift in the way you think, what would it be? Write it down and ask God to help you in this area.
6. Write down a daily log of what you have been thinking about most lately. What themes emerge from it?
7. What is your relationship with Jesus like TODAY? How does your thinking affect your connection and relationship with God? Write your responses on Page 27.
8. Start reading the book of Philippians in the Bible.

Reflect on your relationship with God and consider how close or far you feel towards God today. Please share your thoughts with the group. You are invited to pray for the struggles you are going through, as well as have the women in your group take turns praying for one another. If you feel uncomfortable praying, the leader can pray for you. You can also ask for other prayer requests as well.

February 12th – MAKE THE SHIFT (Session Two)

Romans 8:5-11 (NIV)

⁵ Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires. ⁶ The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace. ⁷ The mind governed by the flesh is hostile to God; it does not submit to God's law, nor can it do so. ⁸ Those who are in the realm of the flesh cannot please God.

⁹ You, however, are not in the realm of the flesh but are in the realm of the Spirit, if indeed the Spirit of God lives in you. And if anyone does not have the Spirit of Christ, they do not belong to Christ. ¹⁰ But if Christ is in you, then even though your body is subject to death because of sin, the Spirit gives life because of righteousness. ¹¹ And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of His Spirit who lives in you.

Assignments and Discussion Questions

1. In light of reading Romans 8:5-11, ask the Lord this question:
"Who are you Lord and what do you want for me?" According to these scriptures, what is God speaking to your heart? Write it down on Page 43.
2. Read Page 44-45. Make the two lists describing the mind that is set on the flesh and the mind set on the Spirit.
3. Read and complete Page 46.

When you live by the flesh, your mind is set on the things of the flesh, which is selfish, sinful human wants and desires. The flesh is hostile to God and leads to death. The flesh does not want to submit to God or do His will. The flesh cannot please God. However, when you are in Christ, you desire to live by the Spirit. You set your mind on the things of the Spirit, you desire to obey God and His Word, and you focus on the things of the Spirit and drawing closer to God which leads to life and peace.

4. Read Page 50 and complete. What is the thought you are laying down this week? What truths are you replacing it with? Find a scripture that will help you with this. For example, if you are struggling with fear and worry, you can Google: Scriptures about fear and worry. God will lead you to a scripture.

Pray and ask God for help in your life and to release all that you are struggling with in prayer. The women in your group can pray for you. You can also ask for other prayer requests as well. Believe that God will do a deep work in your life!

February 26th – WEAPONS WE USE – Part 1 (Session Three)

Assignments and Discussion Questions

1. Read and complete Pages 56-59. Answer the questions found in Philippians 2. The NIV (New International Version) and the NLT (New Living Translation) versions of the Bible are easier to understand. If you don't have an actual Bible, you can download the Bible app on your phone.

We are transformed by the “renewal of our mind.” We renew our minds by filling our minds with truth, with who God says we are, and then holding our thoughts up to those truths. Those truths are our weapons and they stop the spirals in our minds.

2. Read on Pages 60-66 about the “Weapons of Humility, Silence and Delight”.
3. In light of reading Psalm 19:1-6, ask the Lord this question:
“Who are you Lord and what do you want for me?” According to these scriptures, what is God speaking to your heart? Write it down on Page 67.
4. Complete the Project 3 Inventory on Page 73-75 concerning Humility vs. Self-Serving.

*The other projects are optional for you to complete.

Reflect on God's Word that you have read and share what these scriptures have spoken to your life. What truths of God's Word challenged you to lay down your flesh and to walk in the Spirit as a Believer? Read through the scriptures on Page 9-10 in this handout; declare and pray it over your life. Have the women in your group agree in prayer for breakthrough over your life!

March 11th – WEAPONS WE USE – Part 2 (Session Four)

Assignment and Discussion Questions

1. Read Pages 84-85. Do you see these areas in your spirit right now? (Spirit of Discontentment, Disillusionment, Discouragement, Disengagement) Write out your responses on page 85.
2. Read on Pages 86-92 about the “Weapons of Connection, Intentionality, Gratefulness”.
3. In light of reading Hebrews 3:12-14, ask the Lord this question:
“Who are you Lord and what do you want for me?” According to these scriptures, what is God speaking to your heart? Write it down on Page 93.
4. Complete Project 1 and 2 on Pages 96-97.
5. Project 3 is optional, but consider connecting with the ladies in this book study, as well as in our church. There are friendships waiting for you that God wants to bless you with!

Reflect on God’s Word that you have read and share what these scriptures have spoken to your life. What truths of God’s Word challenged you to lay down your flesh and to walk in the Spirit as a Believer? Read through the scriptures on Page 9-10 and pray and declare it over your life! Share it with the women in your group and agree together in prayer!

March 25th – A NEW WAY TO LIVE (Session Five)

Philippians 3:13-16 (NIV)

¹³ Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, ¹⁴ I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

Assignment and Discussion Questions

1. Read Pages 112-114. Complete Page 115 on Forgetting.
2. In light of reading Romans 7:15-25, ask the Lord this question:
“Who are you Lord and what do you want for me?” According to these scriptures, what is God speaking to your heart? Write it down on Page 116.
3. Complete Projects 1, 2, 3 and 4.

Reflect on God’s Word that you have read and share what these scriptures have spoken to your life. What truths of God’s Word challenged you to lay down your flesh and to walk in the Spirit as a Believer? Read the scriptures found on Page 9-10 in this handout and declare it over your life. Believe for God to give you breakthrough and share the praise report with the women in your group!

April 8th – A MIND LIKE CHRIST (Session Six)

Philippians 3:13-16 (NIV)

¹³ Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, ¹⁴ I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

March Assignment and Discussion Questions

1. Read and complete Pages 131-137.
2. Read Page 138 on the Weapons of Trust and answer the questions on Page 139.

How can you apply these truths to your life?

3. Read Pages 140-141 on “Fight It”. Apply these principles of fighting and applying the truth about contentment in your life.
4. In light of reading 1 Corinthians 2:11-16, ask the Lord this question:

“Who are you Lord and what do you want for me?” According to these scriptures, what is God speaking to your heart? Write it down on Page 142.

5. Complete Projects 1, 2, 3 and 4.

Reflect on God’s Word that you have read and share what these scriptures have spoken to your life. What truths of God’s Word challenged you to lay down your flesh and to walk in the Spirit as a Believer. Share the victories on how God has helped you overcome your obstacles and struggles through this book study.

You are encouraged to write out your testimony by and share it with the Women of Hope Ministry by April 15th. Please send to the following email: womensministry@newhopelasvegas.com.

Please attend our Testimony Night on Monday, April 22nd at 6:30pm. Some of the women will be sharing their testimonies on how God has given them breakthrough in their lives! God bless!

April 22nd – TESTIMONY NIGHT

**** We will select 7 women from each group to share their testimony.***

SCRIPTURES TO MEMORIZE AND DECLARE OVER YOUR LIFE

- ❖ I can do all things through Christ who strengthens me. (Philippians 4:13)
- ❖ God is able to make all grace abound to me. (2 Corinthians 9:8)
- ❖ I am accepted by Christ. (Romans 15:7)
- ❖ I am alive with Christ. (Galatians 2:20)
- ❖ I hunger and thirst after righteousness therefore I will be filled. (Matthew 5:6)
- ❖ The anointing I receive from God remains in me (1 John 2:27)
- ❖ I am Christ's ambassador. (2 Corinthians 5:20)
- ❖ I am adopted; I am a child of the heavenly Father. (Galatians 4:5-7)
- ❖ I am Christ's bride adorned in jewels, clothed in garments of salvation and arrayed in a robe of righteousness. (Isaiah 61:10)
- ❖ I am an heir of God and a co-heir with Christ. (Galatians 3:29, 8:17)
- ❖ I am being conformed to the image of Christ. (Romans 8:29)
- ❖ I am becoming mature and attaining to the whole measure of the fullness of Christ. (Ephesians 4:13)
- ❖ I have been given to and belong to Christ. (John 17:9)
- ❖ I am chosen; I am part of a royal priesthood and a holy nation; I belong to God. (1 Peter 2:9)
- ❖ I have been called out of darkness into God's marvelous light. (1 Peter 2:9)
- ❖ I am blessed with every spiritual blessing in Christ. (Ephesians 1:3)
- ❖ I am free. (Romans 8:2)
- ❖ I am a friend of God. (John 15:14-15)
- ❖ I lack no wisdom. (James 1:5)
- ❖ I do not have the spirit of fear, but rather I have power, love and a sound mind. (2 Timothy 1:7)
- ❖ I have the mind of Christ. (1 Corinthians 2:16)

- ❖ I am favored. (Psalm 5:12)
- ❖ I am God's masterpiece. (Ephesians 2:10)
- ❖ God will never forsake me. (Hebrews 13:5)
- ❖ I am yielded to God. (Romans 6:13)
- ❖ I have victory through Jesus Christ. (1 Corinthians 15:57)
- ❖ I am precious, honored in God's sight and loved. (Isaiah 43:4)
- ❖ Keep your tongue from evil, and your lips from speaking deceit. Turn away from evil, and do good; seek peace and pursue it. (Psalm 34:13)
- ❖ Death and life are in the power of the tongue, and those who love it will eat its fruit. (Proverbs 18:21)
- ❖ The Lord God has given me the tongue of the learned, that I may know how to sustain him who is weary with a word. (Isaiah 50:4)
- ❖ A soft answer turns away wrath, but grievous words stir up anger. (Proverbs 15:1)
- ❖ Set a guard, O Lord, over my mouth, keep watch over the door of my lips. (Psalm 141:3)
- ❖ No weapon turned against you will succeed. You will silence every voice raised up to accuse you. These benefits are enjoyed by the servants of the LORD; their vindication will come from Me. (Isaiah 54:17)
- ❖ You dear children are from God and have overcome them, because the One who is in you is greater than the one who is in the world. (1 John 4:4)
- ❖ If God is for us, who can be against us? (Romans 8:31)
- ❖ Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand. (Isaiah 41:10)
- ❖ For the LORD your God is living among you. He is a mighty Savior. He will take delight in you with gladness. With His love, He will calm all your fears. He will rejoice over you with joyful songs. (Zephaniah 3:17)



WOMEN OF HOPE MINISTRY
New Hope Las Vegas Christian Fellowship

VISION

Transforming lives of women by bringing HOPE and LOVE in Jesus Christ

MISSION

Encourage women to KNOW and follow Jesus Christ.

Engage women to GROW in relationship with Christ through discipleship and community.

Empower women to GO and live out their purpose as they serve and reach others for Christ.

SCRIPTURE

We can rejoice too when we run into problems and trials, for we know that they help us develop endurance. And endurance develops strength of character, and character strengthens our confident hope of salvation. And this hope will not lead to disappointment. For we know how dearly God loves us, because He has given us the Holy Spirit to fill our hearts with His love. Romans 5:3-5 (NLT)

CORE VALUES

WE BELIEVE EVERY WOMAN IS...

- ❖ Valuable to God and His Kingdom
- ❖ Committed to Growing Spiritually (Read God's Word; Journaling; Praying)
- ❖ Growing in Genuine Love and Caring Relationships (Sisterhood)
- ❖ Reaching and Inviting Women with the Love of Christ
- ❖ Serving and Doing Church as a Team; Identifying & Utilizing Spiritual Gifts
- ❖ Identifying and Training Emerging Leaders
- ❖ Displaying a Spirit of Excellence:
(4 C's – Commitment; Communication; Community; Christ-Like Character)

Social Media

Instagram: #NHLVWOMENS

Facebook: WOH HOPE

Email: womensministry@newhopelasvegas.com

Revised January 2023