



Thought Life Preparation

Before this session, you'll need to...

1. Pick your **book** for the NEXT session and make sure it's in your hands or the hands of your ladies. Print copies for each woman of:
 - **Mentee Homework Assignment** for NEXT MONTH'S session and **any other handouts** that are referred to on the *Homework Assignment* sheet. If there are additional handouts for next session, you'll want to mention these when you give out the materials, so they'll be aware of any extra work for the month.
 - **Marriage Exercise** (*if applicable*)
2. Prepare **your place** where the group will gather.
3. Plan your agenda and lay out your **timeline** for the session.

Your Story

What have you learned about the importance of being aware of what you allow your mind to focus on? How have you grown in allowing God's truth to transform your mind? What challenges have you faced in your thought life, and what tips can you share to help each of the women to find victory in this area? So much of what women struggle with, whether it is with their identity, their circumstances and challenges, or their feelings, is rooted in their thought life. As we focus on allowing God's Word to be our "truth", we start experiencing real freedom as His daughter. Ask the Lord to give you wisdom on how to encourage and challenge these women to *"take every thought captive to the obedience of Christ"* (1 Corinthians 10:5).

4. Prepare the Peer Challenge Assignment pairings for your group.
5. It's good to meet one-on-one with each woman every 2 to 3 months, if possible. The one-on-one time is very helpful in 1) building your relationship with each woman, 2) getting feedback on how the mentoring experience is going, and 3) providing an opportunity for her to share anything on a more personal level that she doesn't feel comfortable sharing in the group.

If it's time to do that, look at your calendar and come up with dates and times you're available. You may want to write these on a sheet of paper to pass around your group for the women to select one and write their name beside it.

6. Pray for each of your women. Get into the habit of praying for each of your women every day. Ask God to grow them into the women He designed them to be.