

forgiveness workbooks for women

forgiveness workbooks for women are essential tools for personal growth and healing. They provide a structured approach to understanding and practicing forgiveness, which can be particularly beneficial for women facing unique emotional challenges. These workbooks often combine exercises, reflections, and practical advice designed to help women navigate their feelings of hurt and resentment. In this article, we will explore the importance of forgiveness in women's lives, the benefits of using workbooks, key elements to look for in these resources, and a curated list of recommended forgiveness workbooks. By the end, readers will have a comprehensive understanding of how to effectively use these workbooks to cultivate a forgiving mindset and foster emotional well-being.

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The Importance of Forgiveness for Women

Forgiveness is a powerful process that involves releasing feelings of resentment and anger towards those who have caused harm. For women, who often juggle multiple roles and responsibilities, the emotional burden of holding onto grudges can be particularly heavy. Engaging in forgiveness can lead to improved mental health, enhanced relationships, and greater overall life satisfaction.

Women may find themselves in situations where they need to forgive partners, family members, friends, or even themselves. The societal expectations and pressures on women to maintain harmony can complicate these situations, making it essential to approach forgiveness thoughtfully. Understanding the psychological and emotional aspects of forgiveness can empower women to navigate their feelings and experiences more effectively.

Benefits of Using Forgiveness Workbooks

Forgiveness workbooks offer numerous benefits, making them valuable resources for women seeking personal growth. Here are some notable advantages:

- **Structured Guidance:** Workbooks provide a step-by-step approach to understanding and practicing forgiveness, making the process less overwhelming.
- **Self-Reflection:** Many workbooks include prompts and exercises that encourage self-reflection, helping women to explore their feelings in depth.
- **Skill Development:** Through various exercises, women can develop skills such as empathy, compassion, and emotional regulation.
- **Community Support:** Some workbooks are designed for group settings, allowing women to share experiences and support each other in their journeys.
- **Empowerment:** Engaging with forgiveness workbooks can empower women to take control of their emotional health and foster positive change.

Key Elements of Effective Forgiveness Workbooks

When selecting a forgiveness workbook, it is important to consider certain key elements that can enhance the effectiveness of the resource. Here are some features to look for:

Research-Based Techniques

A good workbook will incorporate scientifically validated methods of forgiveness. Look for resources that reference psychological theories or studies that support their exercises and strategies.

Diverse Exercises

Effective workbooks should include a variety of exercises. This can range from journaling prompts to guided meditations and visualization techniques. The more diverse the exercises, the more likely women will find approaches that resonate with them.

Personal Stories and Examples

Workbooks that include personal anecdotes or case studies can provide relatable examples that inspire and motivate women to engage in their own forgiveness journeys.

Progress Tracking

Many workbooks include sections for tracking progress. This feature allows women to reflect on their growth and recognize how far they have come throughout the process.

Support Resources

It can be beneficial for a workbook to provide additional resources, such as references to further reading, support groups, or online communities where women can seek additional help.

Recommended Forgiveness Workbooks for Women

Here are several highly recommended forgiveness workbooks that have proven effective for many women:

- **The Forgiveness Workbook: A Step-by-Step Guide to Forgiveness** by Karen A. McMahon - This workbook offers practical exercises and guidance for women looking to let go of past grievances.
- **Forgiveness is a Choice: A Step-by-Step Process for Resolving Anger and Restoring Hope** by Robert D. Enright - Based on years of research, this workbook provides a comprehensive framework for understanding and practicing forgiveness.
- **Letting It Go: Relieve Anxiety and Toxic Stress Now** by David S. W. Lee - This workbook combines forgiveness with techniques for reducing anxiety and toxic stress, making it a great holistic resource.
- **The Art of Forgiveness: A Guide to Understanding Your Feelings** by Anna D. DeVries - This workbook focuses on emotional literacy and includes exercises aimed at helping women articulate and process their feelings.

How to Use Forgiveness Workbooks Effectively

To maximize the benefits of forgiveness workbooks, it is essential to approach them with intention and

commitment. Here are some tips for effective use:

- **Set a Regular Schedule:** Dedicate specific times each week to work through the exercises. Consistency is key to developing a forgiving mindset.
- **Create a Safe Space:** Find a quiet, comfortable environment where you can reflect and write without distractions.
- **Be Honest with Yourself:** Engage with the exercises authentically. The more honest you are, the more you will benefit from the process.
- **Share Your Journey:** Consider discussing your insights and experiences with a trusted friend or therapist. Sharing can enhance understanding and accountability.
- **Practice Patience:** Forgiveness is a process that takes time. Be patient with yourself as you work through your feelings.

Conclusion

Forgiveness workbooks for women serve as invaluable tools for personal healing and growth. By engaging with these structured resources, women can navigate the complex emotions surrounding forgiveness and cultivate a more peaceful, empowered life. Whether through structured exercises, self-reflection, or community support, the journey of forgiveness can lead to profound emotional transformation. Embracing the process with intention and dedication can unlock new paths toward healing and well-being.

Q: What are forgiveness workbooks for women?

A: Forgiveness workbooks for women are structured resources that guide individuals through the process of understanding and practicing forgiveness. They typically include exercises, reflections, and practical advice tailored specifically for women's emotional needs.

Q: How can a forgiveness workbook help me?

A: A forgiveness workbook can help you explore your feelings of hurt, release anger and resentment, and develop healthier emotional habits. It provides structured exercises that promote self-reflection and emotional healing.

Q: Are there specific themes addressed in forgiveness workbooks for women?

A: Yes, many workbooks address themes such as self-forgiveness, the impact of societal expectations, and the importance of emotional resilience. They often provide insights tailored to women's unique experiences with forgiveness.

Q: Can forgiveness workbooks be used in a group setting?

A: Yes, some forgiveness workbooks are designed for group use, allowing women to support each other in their journeys. Group settings can enhance the experience by fostering community and shared growth.

Q: How long does it typically take to work through a forgiveness workbook?

A: The time required to complete a forgiveness workbook varies based on the individual's pace and the workbook's structure. Many women find it helpful to commit to a regular schedule, allowing them to engage deeply with the material over weeks or months.

Q: Can I use a forgiveness workbook on my own?

A: Absolutely. Forgiveness workbooks are designed for individual use, allowing you to work through your feelings at your own pace. However, seeking support from a therapist or a trusted friend can enhance the experience.

Q: What should I look for in a forgiveness workbook?

A: Look for workbooks that provide research-based techniques, diverse exercises, personal stories for relatability, progress tracking options, and additional support resources for a comprehensive experience.

Q: Is forgiveness always a necessary process?

A: While forgiveness can be a valuable process for emotional healing, it is not always necessary for everyone. Each individual's journey is unique, and it is important to assess personal needs and circumstances.

Q: How do I know if a forgiveness workbook is right for me?

A: Consider your emotional needs, past experiences, and what you hope to achieve through the process. Read reviews and descriptions to find a workbook that resonates with you and addresses your specific challenges.

Q: Can forgiveness workbooks help with self-forgiveness?

A: Yes, many forgiveness workbooks specifically include exercises focused on self-forgiveness, helping women to let go of guilt and embrace self-compassion as part of their healing journey.

Forgiveness Workbooks For Women

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forgiveness workbooks for women: Becoming Heart Sisters - Women's Bible Study Participant Workbook Natalie Chambers Snapp, 2017-02-21 Friendships with other women are as important to our mental, physical, and spiritual health as rest, exercise, and prayer. We don't just want friends—we need friends. God created us for relationship. Yet despite being more connected than ever before, we struggle to feel connected. From the false intimacy of social media to busyness and relational conflict, there are many challenges to developing authentic relationships. If you've ever been hurt by a friend, struggled to balance friendship with everyday life, seen a friendship end too early, or longed for deeper and more authentic friendships, this Bible study is for you. As Natalie leads you in a deep exploration of timeless truths in the Old and New Testaments, you will learn how to develop and nurture the kind of enriching and satisfying friendships that build up the body of Christ and bring honor to God. Personal testimonies and stories of successes and failures add a level of authenticity that is refreshing and insightful. As you learn to cultivate God-honoring relationships, you will become more like Christ and demonstrate His love to a broken world. Study participants will find deep study of Scripture's principles for God-honoring friendships; help for navigating conflict, setting boundaries, and learning to forgive; in-depth study of Scripture with testimonies and stories that ring true, the do's and don'ts of authentic friendships; and Bible-based guidance for building stronger and deeper relationships. The participant workbook includes five days of lessons for each week, combining study of Scripture with personal reflection, application, and prayer. Other components for the Bible study, available separately, include a Leader Guide, DVD with six 16-20 minute sessions, and boxed Leader Kit. "Becoming Heart Sisters is a beautiful reminder of how powerful walking hand in hand with a loyal friend can be. After completing this study, you will be better equipped to be this kind of God-honoring friend. Thank you, Natalie, for the charge to sacrificially love and serve our friends." —Lysa Terkeurst, New York Times best-selling author and

president of Proverbs 31 Ministries

forgiveness workbooks for women: Forgiveness Workbook: A Workbook for Emotional and Spiritual Freedom (A Workbook For Cultivate Compassion, Release Resentment, and Find Peace) Christopher Reichel, 101-01-01 Forgiveness doesn't mean forgetting what happened or returning to the way things were before: it means choosing to release resentment and live a freer, happier life. For anyone seeking a starting point on the path to forgiving themselves or someone else, Forgiveness Workbook can light the way. This simple and straightforward guide gets right to the heart of what forgiveness means and why it can feel so hard to do. Explore all the ways that practicing empathy and forgiveness encourages healing and growth, with activities, quizzes, and guided prompts that offer support for every step of the process. Discover how to: · Distinguish true forgiveness from dangerous misconceptions that keep you stuck · Identify your unique pain points and heal them at their source · Release toxic resentment without compromising your boundaries · Master self-compassion techniques that dissolve shame and guilt · Rebuild trust (when appropriate) and create healthier relationships · Transform your daily life through sustainable forgiveness practices I understand you may have tried other books before, only to feel disappointed. But this workbook offers more than just theory. It's a carefully crafted guide with actionable steps, designed to fit into your life, no matter how busy you are. Each exercise is tailored to gently guide you through confronting emotions and embracing self-love, all while encouraging a holistic approach to your well-being.

forgiveness workbooks for women: Forgiveness Workbook: The Complete Step-by-step Guide to Release Emotional Blocks (Your Guide to Healing From Deep Wounds and Forgiving When It Feels Impossible) Charles Whitfield, 101-01-01 Discover a life of self-love and forgiveness by cultivating compassion, awareness, and insight. Do you find yourself seeking clarity, guidance, and inner strength on your journey through life? Yearning for a supportive guide to help you navigate these challenges? You're not alone in this quest for self-discovery and healing. Many people face similar struggles. But it's time to break free and embrace a path of self-compassion and forgiveness. Discover how to: • Distinguish true forgiveness from dangerous misconceptions that keep you stuck • Identify your unique pain points and heal them at their source • Release toxic resentment without compromising your boundaries • Master self-compassion techniques that dissolve shame and guilt • Manage the seemingly impossible challenge of forgiving the unforgivable • Break free from overthinking and negative thought spirals • Rebuild trust (when appropriate) and create healthier relationships This book has been developed as a mindfulness strength and conditioning training program. It will recalibrate your demeanor and expand your ability to counteract negative self-talk by dedicating mental devotion to family and friends. Meditation cultivates an intimate relationship within yourself via various attention techniques, such as daily breathing techniques, thought management, and stillness modifications.

forgiveness workbooks for women: Forgiveness Workbook: A Powerful Workbook to Overcome Avoidant Attachment (A Guide to Healing From Past Hurts, Letting Go of Resentment & Embracing a Life of Inner Peace) Dennis Coleman, 101-01-01 Are you trapped in a prison of your own pain? Are you tired of being held captive by the ghosts of your past? Do resentment and hurt cast a long shadow over your present, stealing your joy and peace of mind? Every sleepless night replaying old wounds... Every relationship tainted by past betrayals... Every opportunity for joy overshadowed by resentment that refuses to fade. The weight of unforgiveness isn't just emotional baggage—it's a chain that binds you to your worst moments, preventing you from moving forward into the life you deserve. Discover how to: • Distinguish true forgiveness from dangerous misconceptions that keep you stuck • Identify your unique pain points and heal them at their source • Release toxic resentment without compromising your boundaries • Master self-compassion techniques that dissolve shame and guilt • Manage the seemingly impossible challenge of forgiving the unforgivable • Break free from overthinking and negative thought spirals • Rebuild trust (when appropriate) and create healthier relationships • Transform your daily life through sustainable forgiveness practices Designed with both beginners and experienced

practitioners in mind, this workbook is packed with exercises, journal prompts, and techniques grounded in Carl Jung's principles of shadow work and inner child healing. It's your ultimate resource for psychological self-improvement, offering a pathway to understanding and integrating your unconscious mind.

forgiveness workbooks for women: *Untangling Faith Women's Bible Study Participant Workbook* Amberly Neese, 2023-04-18 Reclaim your hope! Have you ever felt you struggled to find your faith footing? Join Amberly Neese as she explores the questions Jesus asked as a way to reclaim that faith. Chapters explore our own questions like Can God Be Trusted? and How Can I Grow in Faith. Amberly's unique humor and wit help the whole group find their way through deep and rich issues of personal faith, doubt, and growth. Components for this six-week Bible study, each available separately, include a Participant Workbook with daily reading and reflection, a full Leader Guide to help plan full group sessions, and video sessions with six 20 to 25-minute segments (with closed captioning).

forgiveness workbooks for women: *The Forgive for Good Recovery Workbook* Frederic Luskin, Lyndon Harris, 2025-03-01 Essential skills and strategies for lasting recovery—based on groundbreaking research from the Stanford University Forgiveness Project. If you struggle with substance use, you're far from alone. Studies show that alcohol and drug addiction has reached epidemic levels. If you've tried traditional treatments—only to relapse—perhaps it's time for a new approach. This workbook will help you heal the underlying drivers of substance abuse and empower your long-term recovery. Grounded in decades of research and written by a team of Stanford University mental health researchers and psychologists, this evidence-based workbook offers a proven-effective method for lasting recovery from drug and alcohol abuse—forgiveness. Through the practice of forgiveness—both toward yourself and others who may have contributed to past traumas—you'll learn to heal the pain at the root of your addiction and look toward the future with renewed hope and optimism. In order to truly heal from addiction, you must first heal the emotional pain and trauma that drive your substance use. By forgiving yourself and others for past mistakes or offenses, you'll feel less burdened and more open to life's possibilities. You'll also gain the clarity needed to truly beat your addiction and thrive. If you're ready to begin your journey toward lasting recovery, let this be your road map.

forgiveness workbooks for women: *Never Alone - Women's Bible Study Participant Workbook* Tiffany Bluhm, 2018-02-06 From the time we're little girls, we long to be loved and accepted—from the playground to the lunchroom to the places where we live and work as grown women. We do our best to prove we're lovable and to avoid being left all alone. But the truth is that it's impossible to walk through life without experiencing the pain and loneliness of betrayal, shame, guilt, loss, judgment, or rejection. These wounds can shape our views of ourselves, others, and God and even make us question if we are worthy of love and acceptance. Whether old or new, our heartache can convince us there's no one who understands or cares. Yet Jesus tells us a different story, promising us that we are never alone. In this six-week study, Tiffany Bluhm reveals the depth and healing power of Jesus' unconditional love for us through a refreshing look at encounters He had with six shame-filled, hurting women in the Gospels: the woman caught in adultery, the hemorrhaging woman, the woman at the well, the woman who anointed Him, Mary Magdalene, and Mary, the mother of Jesus. Each life-changing encounter reveals a compassionate Redeemer who offers hope, second chances, and grace-giving love—helping us to recognize and embrace our own incredible value as well as our indispensable role in the Kingdom. With powerful teaching and authentic sharing from her own life and the lives of others, Tiffany invites us to find healing for our deepest hurts as we experience the unfailing companionship of Jesus—the Rescuer and Redeemer of broken lives and wounded hearts. The participant workbook includes 5 lessons for each week with space for recording reflections and answers. Other components for the Bible study, available separately, include a Leader Guide, DVD with six 20-25 minute sessions, and boxed Leader Kit (an all-inclusive box containing one copy of each of the Bible study's components).

forgiveness workbooks for women: *Workbook for Lectors 2010* Graziano Marcheschi,

Marcheschi, 2009

forgiveness workbooks for women: *Fierce - Women's Bible Study Participant Workbook*

Jennifer Cowart, 2019-09-03 Learn from the fierce women of God who changed the world. The word fierce is trendy. It is used to describe women who are extreme athletes, high-level executives, or supermodels. Women at the top of their game. But what about the rest of us? Can we be fierce? Absolutely! In fact, women like us have been changing the world for thousands of years—many who received little fanfare yet lived fiercely anyway. In this six-week study we will look at lesser-known female characters in the Bible and the ways they changed the world by living into God's calling, including: The midwives of Egypt (Shiphrah and Puah), who made hard decisions in the face of evil Deborah, who was an unlikely and powerful leader Naaman's slave girl, who bravely points others to God's healing power The Woman at the Well, who boldly repented and shared her faith Lois and Eunice, who parented with intentionality and effectiveness Dorcas, who showed kindness to those in need. As we explore their lives, we will discover how we too can live into our callings, honor the Lord, and even change the world through our courage, faithfulness, and obedience. Bible Study Features: A six-week study of lesser-known female characters in the Bible. Helps women consider how they can be fierce women of God. Workbook includes five devotional lessons for every week of study. Each DVD segment features an opening "fierce" vignette followed by engaging Bible teaching with practical life application. Other components for the Bible study, available separately, include a Leader Guide and DVD.

forgiveness workbooks for women: *The Miracles of Jesus - Women's Bible Study*

Participant Workbook Jessica LaGrone, 2017-09-05 Jesus demonstrated the presence and power of God by performing miracles. He turned water into wine, healed the sick, calmed the storm, opened blind eyes, and raised the dead. While these beloved stories draw our attention to divine power, they also have something else in common: human desperation. Every time we see Jesus performing a miracle, we also get a glimpse into the gift of desperation, a gift that opens us to the dramatic power of God through our desperate need for him. In this six-week Bible study, Jessica LaGrone leads us in a captivating exploration of the miracles of Jesus, helping us to see that our weakness is an invitation for God to work powerfully in our lives and reminding us that we need God on our best days just as much as we do on our worst. Themes and miracle stories include: the gift of desperation (turning water into wine and other signs of God's response of fullness in our times of emptiness) the miracle of abundance (feeding the 5,000 and other abundance stories) miracles on the water (calming the storm, walking on water, the abundant catch) Jesus our healer (5 stories of healing) death and resurrection (Lazarus, Jairus' daughter) the miracle we all receive (the Incarnation) The participant workbook includes five days of lessons for each week, combining study of Scripture with personal reflection, application, and prayer. Other components for the Bible study, available separately, include a Leader Guide, DVD with six 20-25 minute sessions, and boxed Leader Kit.

forgiveness workbooks for women: *Elijah - Women's Bible Study Participant Workbook*

Melissa Spoelstra, 2018-08-07 Go the distance in the life of faith. Life is like a rollercoaster. One day it seems that everything in life is good, and the next day it can feel like everything is falling apart. Then there are those in between days when we're coasting along without much thought to the highs or lows. The prophet Elijah experienced this rollercoaster ride as well. One moment he was hiding out in the wilderness during a famine, being fed by the ravens, and the next he was on the mountaintop where God showed up in a powerful way with fire and then rain. Even Elijah grew weary of all the ups and downs, telling God, "I have had enough" (1 Kings 19:4). He needed spiritual stamina in order to keep on going and fulfill all the plans God had for his life. We do too! In this six-week study grounded in 1 and 2 Kings, we will examine the life of the prophet Elijah, an ordinary man who did extraordinary things for God in the midst of the highs and lows of life. We'll learn some of the spiritual stamina secrets that helped him to hold on and persevere in faith, including practical habits related to making decisions, caring for the soul, accepting his circumstances, mentoring, and finishing well—which was his ultimate legacy. Whether we're currently in a mountaintop season where we're experiencing God's power and blessing, a valley season where we feel like running

away, or somewhere in between, Elijah's life will inspire us to go the distance in the life of faith. Best of all, his story will challenge us but not shame us, because we'll discover that Elijah was just as human as we are. He doubted and struggled just as we do, but ultimately, he chose to believe God. As we study his life, we will grow in faith and develop spiritual stamina that will help us not only to survive but actually thrive in every season. Bible Study Features: - Examine the life of the prophet Elijah. - Learn practical disciplines that give us spiritual stamina for every season in life. - Grow in faith and be inspired by an ordinary man who did extraordinary things for God. - Be enabled to not just survive but thrive in the midst of the ups and downs of life. The participant workbook, to be used along with the study's DVD, includes five days of lessons for each week, combining study of Scripture with personal reflection, application, and prayer. Other components for the Bible study, available separately, include a Leader Guide, DVD with six sessions of about 25 minutes each, and boxed Leader Kit (an all-inclusive box containing one copy of each of the Bible study's components). A companion Prayer Devotional is also available.

forgiveness workbooks for women: The Names of God - Women's Bible Study

Participant Workbook Melissa Spoelstra, 2020-08-04 Know God better through a study of His names. Today's culture and others' views, even those of other Christians, can present a distorted view of God. Some suggest God exudes qualities He does not possess such as being unloving or apathetic toward His creation. In a world where we find people creating God in their own image, studying God's names can remind us that we are created in His. In fact, one of the best ways to know God's true character and grow closer to Him is to study His names. In *The Names of God*, Melissa Spoelstra leads women on an exploration of the many names of our triune God—from El and Elohim to Yahweh and its many combinations to names such as Abba, Jesus, and Holy Spirit...and many others. As women study the names of God, their ideas about God will become more grounded in what His names tell them, and thus more personal, allowing a greater trust in Him to share the details of their lives. Whether having walked with God for many years or just starting out in a relationship with Him, by the end of this study women will not only know more about God but will know Him better—because through the discovery of God's names, they will discover Him! Components for this six-week Bible study, each available separately, include a Participant Workbook, a Leader Guide, DVD with six 25-minute segments (with closed captioning), and a boxed Leader Kit containing one of each component. This Bible Study Includes: - A six-week study of the names of God. - Inspires women to have a more personal and trusting relationship with God. - DVD features dynamic, engaging teaching in six 25-minute segments. - Strong, solid Bible study from popular Bible teacher and speaker Melissa Spoelstra.

forgiveness workbooks for women: *You Don't Need to Forgive* Amanda Ann Gregory LCPC, 2025-02-25 Featured in *The New York Times*, 10 Ways to Keep Your Mind Healthy in 2025 A valuable resource for clinicians and patients that navigates questions of forgiveness with tact.--Foreword Reviews You can find peace, whether or not you forgive those who harmed you. Feeling pressured to forgive their offenders is a common reason trauma survivors avoid mental health services and support. Those who force, pressure, or encourage trauma survivors to forgive can unknowingly cause harm and sabotage their recovery. And such harm is entirely unnecessary--especially when research shows there is no consensus among psychologists, psychiatrists, and other professionals about whether forgiveness is necessary for recovery at all. *You Don't Need to Forgive* is an invaluable resource for trauma survivors and their clinicians who feel alienated and even gaslighted by the toxic positivity and moralism that often characterizes attitudes about forgiveness in psychology and self-help. Bringing together research and testimony from psychologists, psychotherapists, criminologists, philosophers, religious leaders, and trauma survivors, psychotherapist and expert in complex trauma recovery Amanda Ann Gregory explores the benefits of elective forgiveness and the dangers of required forgiveness. Elective forgiveness gives survivors the agency to progress in their recovery on their own terms. Forgiveness is helpful for some, but it is not universally necessary for recovery; each person should have the power to choose.

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Canada ,

forgiveness workbooks for women: Surrendered - Women's Bible Study Participant Workbook Barb Roose, 2020-04-07 Learn How to Surrender Like Jesus Are you facing a problem in life that you just can't fix, no matter what you do? Perhaps you've heard the phrase Let go and let God. But it's easier said than done. Is it possible that giving up on what you can't change is God's path to peace for your life? In this six-week Bible study of Jesus in the wilderness, Barb explores Jesus' time of testing and contrasts it with the Israelites' failures in the wilderness. As you learn from Jesus' example, you'll discover six principles that will equip you to let God lead you to victory despite your circumstances as you deal with the problems and pain you are facing: 1. Recognize You Can't Handle It 2. Stop Following Your Feelings 3. Give Up Control and Reach for God 4. Embrace God's Better Blessing 5. Let Go of Fear 6. Experience the Blessings of a Surrendered Life If you're tired of following your feelings or being disappointed by unchanging circumstances, learn how to surrender like Jesus and experience God's power and peace in your life as never before. Bible Study Features: A six-week study of Jesus in the wilderness. Helps women find the path of peace through genuine surrender, following the example of Jesus. Workbook includes five lessons for every week of study. DVD features dynamic, engaging teaching in six 20-minute segments. Other components for the Bible study, available separately, include a Leader Guide and DVD. Praise for Surrendered Surrendered is the antidote for women like me who struggle with the dreaded c-word, control. Through rich biblical teaching, vulnerable personal stories, and gentle (but insistent) beckoning, Barb Roose leads us to a new place of freedom through trust in God. Finally . . . we can learn to release our white-knuckled grip and rest. —Amy Carroll, Proverbs 31 Ministries speaker and writer, author of Breaking Up with Perfect and Exhale This study is full of transformative principles to free you from the grip of control. Whether you are tempted to flee difficult circumstances, fix outcomes, or force your way forward, Barb lays out a clear path to experience God's lasting peace, power, and provision as you live surrendered to Him. —Katie M. Reid, author of Made Like Martha, Bible teacher, and host of The Martha + Mary Show podcast In this study, you'll be learning from a friend who is familiar with the painful parts of life and a guide who has traveled the hard road of surrender. She won't lead you astray; she'll lead you straight to the heart of God. —Tiffany Bluhm, speaker, podcaster, and author of She Dreams Barb's surrender principles free us from the need to control others and from anger or frustration over life's disappointing and hurtful circumstances. As a Bible study teacher, I highly recommend this study. —Janet Holm McHenry, best-selling author of twenty-four books including Prayer- Walk and The Compete Guide to the Prayers of Jesus

forgiveness workbooks for women: Pursued - Women's Bible Study Participant Workbook Jennifer Cowart, 2021-04-20 Discover how God is pursuing you. We all want to be loved. We long to be desired, pursued—whether by a special someone, our friends, or others in our lives. This longing for love and acceptance is the underlying story of many of our lives, and it's the overarching story we see throughout the Scriptures. Although the Bible tells many stories, the main theme is God's relentless love for us. In Pursued, a six-week Bible study by Jennifer Cowart, we will explore God's great love for us from Genesis to Revelation. We will see that God passionately pursues people who do not deserve His love, and we are those people! Like Cain, Abraham, Sarah, Rebekah, David, the woman caught in adultery, Peter, and so many others, we are the ones who have broken relationship with God. But He runs after us anyway to bring us home. In this study, we will explore God's love as evidenced in the stories of creation, the patriarchs, the judges and prophets, Jesus, and the early church. Together we will dive into a great love story and discover that it is our story! Through this study women will: - See the big picture of God's love for them throughout the Scriptures - Discover that God wants a personal relationship with them - Experience God's relentless love for them individually - Realize that God never stops pursuing them Components for this six-week Bible study, each available separately, include a Participant Workbook, a Leader Guide, and video sessions with six 25-minute segments (with closed captioning).

forgiveness workbooks for women: Elijah - Women's Bible Study Leader Guide Melissa

Spoelstra, 2018-08-07 Go the distance in the life of faith. Life is like a rollercoaster. One day it seems that everything in life is good, and the next day it can feel like everything is falling apart. Then there are those in between days when we're coasting along without much thought to the highs or lows. The prophet Elijah experienced this rollercoaster ride as well. One moment he was hiding out in the wilderness during a famine, being fed by the ravens, and the next he was on the mountaintop where God showed up in a powerful way with fire and then rain. Even Elijah grew weary of all the ups and downs, telling God, "I have had enough" (1 Kings 19:4). He needed spiritual stamina in order to keep on going and fulfill all the plans God had for his life. We do too! In this six-week study grounded in 1 and 2 Kings, we will examine the life of the prophet Elijah, an ordinary man who did extraordinary things for God in the midst of the highs and lows of life. We'll learn some of the spiritual stamina secrets that helped him to hold on and persevere in faith, including practical habits related to making decisions, caring for the soul, accepting his circumstances, mentoring, and finishing well—which was his ultimate legacy. Whether we're currently in a mountaintop season where we're experiencing God's power and blessing, a valley season where we feel like running away, or somewhere in between, Elijah's life will inspire us to go the distance in the life of faith. Best of all, his story will challenge us but not shame us, because we'll discover that Elijah was just as human as we are. He doubted and struggled just as we do, but ultimately, he chose to believe God. As we study his life, we will grow in faith and develop spiritual stamina that will help us not only to survive but actually thrive in every season. The Leader Guide, to be used along with the study's workbook and DVD, contains six session plan outlines, complete with discussion points and questions, activities, prayers, and more—plus leader helps for facilitating a group. Bible Study Features: Examine the life of the prophet Elijah. Learn practical disciplines that give us spiritual stamina for every season in life. Grow in faith and be inspired by an ordinary man who did extraordinary things for God. Be enabled to not just survive but thrive in the midst of the ups and downs of life. Other components for the Bible study, available separately, include a Participant Workbook, DVD with six sessions of about 25 minutes each, and boxed Leader Kit (an all-inclusive box containing one copy of each of the Bible study's components). A companion Prayer Devotional is also available.

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