

PARTICIPANT WORKBOOK

Serving from the Heart

Finding
Your Gifts and
Talents
for Service

An Eight Week
Study for Small Groups

Serving From The Heart Participants Workbook

Melissa Spoelstra



Serving From The Heart Participants Workbook:

Serving from the Heart, 2002 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 *Thrive Women's Bible Study Participant Workbook* Jennifer Cowart, 2023-08-15 Walking in Faith even when times are tough In Thrive author and teacher Jen Cowart helps women develop the habits and attitudes necessary to thrive whatever their circumstances Leading readers through the Book of James a letter written about enduring hardships she lifts up six characteristics of mature Christians From endurance and humility to controlling our words Jen helps participants find the divine and the practical in living faithfully Jen's teaching has inspired thousands of women across the country Her authenticity inspires others to open their hearts and minds One reviewer wrote Her realness and her vulnerability just work together to open your heart to dig deeper and deeper Through this study women will find inspiration and tools around six traits Endurance Embracing obstacles as a means to maturity Wisdom Using a heavenly perspective on earthly issues Action Living a life where actions match faith Control Taming the tongue Humility Developing the attitude of Christ Prayer Exercising the power tool of the faith Additional components for this six week Bible study each available separately are a Leader Guide and six video sessions 8 to 13 minutes long with closed

captioning Zenstudies: Making a Healthy Transition to Higher Education - Module 3 - Participant's Workbook Diane Marcotte, Carole Viel, Marie-Laurence Paré, Cynthia Lamarre, 2021-08-03 The Zenstudies Making a Healthy Transition to Higher Education program aims to prevent depression and anxiety among first year students in post secondary school It includes three modules or prevention levels Module 3 of Zenstudies presented here is a targeted indicated prevention program led by two mental health professionals Module 3 takes place in a small group setting and consists of 10 sessions that will help students develop coping skills Some of these skills include identifying stresses linked to making the transition from high school to higher education better managing anxiety by facing stressful situations instead of avoiding them increasing the number of pleasant activities they take part in reflecting on their professional goals learning social communication problem solving conflict management and studying skills questioning unrealistic thoughts as well as participating in many activities linked to practising mindfulness Published in English The Manager and Social Service: Participant's workbook Temple University. Center for Social Policy and Community Development, 1980 Get Their Name: Participant Workbook Bob Farr, Kay Kotan, 2016-05-17 The Participant Guide is a workbook to facilitate the layperson's experience as the church studies Get Their Name It includes group and individual activities and personal devotional material Church leaders and members should all read the original Get Their Name book during the month of this church wide experience **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 **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 **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 *Romans - Women's Bible Study Participant Workbook* Melissa Spoelstra, 2019-08-06 Find the good news that brings hope and spiritual renewal We live in a world full of bad news The media recounts stories of natural disasters violence and conflict

In the midst of all this heartbreak we can't lose sight of the fact that God has given us good news. We call it the gospel. It reminds us that God loves us and longs to redeem our suffering. He stepped out of eternity and into time to send us His one and only Son. The gospel truths shared with the early church at Rome echo into our day, reminding us that we still have good news to embrace personally and to share with others. In this six-week study of the Book of Romans, we will be highlighting significant concepts regarding the good news about faith, grace, daily life, God's plan, relationships, and eternity. Whatever bad news we may receive in Romans, we will find good news to encourage and transform us. Join Melissa in taking a posture of listening and learning as we approach this powerful book packed with good news. Let's ask God to do a mighty work in and through us as we study so that we might be inspired with a spiritual renewal that spreads to those around us.

Bible Study Features: A six-week study of the Book of Romans. Encourages women with the good news of the gospel regardless of what bad news they are facing. Women will be inspired with a spiritual renewal that spreads to those around them. Study offers different levels of commitment for women in every season of life. Strong, solid Scripture study from popular Bible teacher Melissa Spoelstra. All too often, God's Word can seem intimidating and hard to understand, even especially with books like Romans. In this study, Melissa helps us take in the truths of Romans in a way that makes a difference in our lives today. Getting beyond the surface of reading God's Word, for we feel good feelings. Melissa helps us read to know God better and, as a result, build godly confidence that will stand no matter what may come in our lives.

Lynn Cowell, Author of *Make Your Move* and *Brave Beauty* and *Proverbs 31 Ministries* speaker and writer. In a bad news world, how deeply we need to bathe our hearts afresh in the good news of the Gospel. Melissa's beautiful study on Romans makes room for an invigorating encounter. Her teaching and insight caused the words to leap off the page, leaving me more deeply enthralled with this important book of God's great narrative.

Allison Allen, Speaker and Author of *Shine and Thirsty for More*. Discovering God's Unexpected Blessings in a Desert Season. Other components for the Bible study available separately include a Leader Guide, DVD, and boxed Leader Kit, an all-inclusive box containing one copy of each of the Bible study's components.

Untangling Faith: Women's Bible Study Participant Workbook by 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.

An Introduction to Concepts of Nutrition: a Participant Workbook by Anja Morris-Paxton, 2019-02-13. The concepts of nutrition encompass two kinds of knowledge and ability. The first one is a knowledge and understanding of the individual nutrients that we need as human beings to work, learn, socialize, and exercise at our best. We need to understand what they

are what they do and what happens if we do not have these nutrients The second one is the ability to use these nutrients together to understand which foods they come from and what to do with these foods so that we get all the nutrients we need in the amounts that we need them This program looks at nutrition from a holistic point of view that it not only gives facts about the nutrients we need but also looks at what to do with our newfound knowledge and understanding

Determined - Women's Bible Study Participant Workbook Heather M. Dixon, 2019-04-02 Live intentionally and embrace abundant life Imagine waking up every single day convinced that the twenty four hours ahead of you are a precious gift to be used wisely Now imagine that you know exactly how to spend them to be a force for God's good All too often we wander through life without appreciating the gift of every moment we've been given The result An unsatisfying life missed opportunities to experience the joy of being in sync with God and days marked with apathy instead of passion Our time on earth is measured We should want to make every moment count not only because we aren't guaranteed the next one but also because this is exactly how our Savior spent His time here How then do we walk out unwavering joy filled faith every day determined to let go of the things that keep us from experiencing abundant life and fulfilling the plans God has for us The answers are found in following the footsteps of the One who lived fully because He was determined that we might do the same In this six week study of Luke we will follow the life and ministry of Jesus as we consider the choices He made on His way to the cross We'll intimately connect with a Savior who remained laser focused on His mission to love the world In return we'll receive a model for intentional living that we can replicate to ensure we are living each day to the fullest and making a difference for God's kingdom And together we'll determine to embrace the abundant life we are promised in Jesus The participant workbook includes five days of lessons for each week combining study of Scripture with personal reflection application and prayer It's time to stop wandering and start living

Lose Control - Women's Bible Study Participant Workbook Mary Shannon Hoffpauir, 2020-10-20 Learn to live in total dependence on God through a study of 1 Samuel Have you ever thought you had life under control until you didn't Perhaps thinking God is in control but living as if you are It's like walking around with a hot cup of coffee afraid that with one wrong move it will spill and be a burning hot mess Then you realize what little control you have and how dependent on God you truly are In Lose Control Mary Shannon Hoffpauir takes you on a six week journey through the Book of First Samuel which is an epic story about a fight for control Despite God's warnings through the prophet Samuel the nation of Israel was determined to take control by having their own king As you dig into the saga of King Saul and David who would become the next anointed king of Israel you will discover that no plan or purpose of God can be thwarted by human beings Even the worst of circumstances can be used by God to accomplish His purposes in your life In her no nonsense authentic teaching style that endears her to women of all ages Mary Shannon encourages you to lose control so that you can find your soul through a trusting relationship with your faithful God Components for this six week Bible study each available separately include a Participant Workbook a Leader Guide and a DVD with six 25 minute segments with closed

captioning **Breakthrough - Women's Bible Study Participant Workbook** Barb Roose,2021-04-06 Let go of feeling like you are not a good enough Christian and find freedom in Christ by studying Paul's letter to the Galatians in Breakthrough by Barb Roose Have you ever felt that being a good Christian means you've got to follow a bunch of rules and measure up If so you aren't alone In this six week Bible study of Galatians Barb Roose shows us that even the believers in the early church struggled to let go of rule keeping and performance in order to embrace God's free gift of grace In his letter to the Galatians Paul pours out his heart and faith to set them straight addressing so many of the same questions and problems we still face today such as Who has led you to believe you have to follow rules and measure up Why do you think you have to be perfect for God Does God only show up or love you when you get it right If you've ever struggled with these questions or felt trapped by rules or religion this study will provide a path to discover your freedom in Christ Through this study women will learn to Stop trying to measure up and embrace God's grace Distinguish between lies and truth Embrace God's promise of freedom 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 *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 **Messy People - Women's Bible Study Participant Workbook** Jennifer Cowart,2018-09-04 God can turn your messy life into a masterpiece Every life gets messy at times Sometimes these messes are literal like a house that would be easier to condemn than to clean But sometimes they are intangible messes such as illness conflict depression abuse bankruptcy divorce and job loss And these messes can be painful hurting our hearts and our homes But as we see in the Bible God loves to use messy people In this six week study we will dig into the lives of biblical heroes who were messy people just like us but who were used by God in powerful ways Together we

will examine the stories of five wonderful but messy people and one messy parable character Rahab the Prodigal Son Josiah Mary David and Daniel From their stories we will learn how God can use broken people restore damaged hearts and relationships give us power to handle our critics and help us deal with the hard moments of life Along the way we ll discover that we don t have to just endure messy lives but can actually learn to thrive with God s guidance and help In the hands of God our messes can become His masterpieces 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 and DVD with six 10 15 minute sessions

Zenstudies: Making a Healthy Transition to Higher Education - Module 1 - Facilitator's Guide and Participant's Workbook

Diane Marcotte,Cynthia Lamarre,Marie-Laurence Paré,Carole Viel,2021-08-03 The Zenstudies Making a Healthy Transition to Higher Education program aims to prevent depression and anxiety among first year students in post secondary school It includes three modules or prevention levels Module 1 presented here is an in class universal prevention program designed to be delivered by a post secondary instructor that helps students develop mental health awareness and understand the transition to higher education equipping them with preventive strategies so they can successfully adjust This first module of Zenstudies endeavours to ease the transition to higher education and thereby lower the risk of dropout while providing students a better grasp of the issues surrounding internalizing problems such as anxiety and depression and equipping them with a few prevention strategies The facilitator s guide has been specifically designed for teachers who want to use the program in their classrooms The participant s workbook was developed for students and accompanies the facilitator s guide which will be used by your teacher In Section 1 of the program your teacher will give you information about the difficulties of transitioning from high school to college or university for example the challenges in the transition to adulthood and the importance of effective time management Then in Section 2 the teacher will provide indicators that will help you recognize symptoms of anxiety and depression that you might experience during this transition Finally in Section 3 you ll learn a few preventive techniques and strategies for anxiety and depression The program is accompanied by an online component available via the website of the Research Laboratory on School Based Mental Health at the Universit du Qu bec Montr al s Psychology Department www.labomarcotte.ca/en Published in English

Zenstudies: Making a Healthy Transition to Higher Education - Module 3 - Facilitator's Guide

Diane Marcotte,Carole Viel,Marie-Laurence Paré,Cynthia Lamarre,2021-08-03 The Zenstudies Making a Healthy Transition to Higher Education program aims to prevent depression and anxiety among first year students in post secondary school It includes three modules or prevention levels Module 3 of Zenstudies presented here is a targeted indicated prevention program consisting in 10 small group sessions no more than 12 students led by two mental health professionals This is the guide for Module 3 the targeted indicated prevention program It presents the 10 small group sessions 6 to 10 students that will be led by two mental health professionals The sessions include

15 components and are tailored to first year students experiencing anxious or depressive symptoms The goal is early intervention aimed at preventing mental health disorders in at risk students It has been shown that the presence of symptoms is a strong predictor of a future mental health disorder which is why intervention is vital at symptom onset By reducing symptoms of depression and anxiety the program also facilitates the transition from high school to college or university thereby lowering the risk of dropout It also raises awareness about anxiety and depression which are both internalizing disorders and equips students with different preventive strategies Published in English Short-Term Missions Workbook Tim Dearborn, 2018-10-16 Going on a short term missions trip can be a life transforming experience but it can also involve weeks of physical and spiritual challenges In this revised and expanded ten week course you will find a concise summary of crosscultural principles help in facing spiritual warfare tips on avoiding a tourist mentality spiritual preparation through individual or group Bible study and discussion and reflection questions

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own letter name street address city state zip date mm dd yyyy dear scholarship selection committee as a friend of his family i have had the pleasure of knowing name since he was born

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