
Online Library STUCK STUDY GUIDE BY JENNIE ALLEN

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BX2PAA - JOHANNA REBEKAH

You don't have anything to prove. Too many of us walk through life feeling as if we don't measure up. We always seem to thirst for more. We think if we could only work harder or be better, we could be enough. But the truth is, we will never be enough. And thankfully, we don't have to be. In this 8-session study, Jennie Allen walks through key passages in the Book of John to demonstrate how only Jesus is enough. We don't have to prove anything because Jesus has already proven everything. Discover how our thirsty hearts can only be quenched by the living water. Features: - Leader helps to guide questions and discussions within small groups Seven weeks of personal study segments to complete between eight weeks of group sessions Five days of study within each week of personal study Benefits: - Learn to take hold of what has already been given to you in Christ - Stop trying to prove yourself because Jesus has already proven everything - Look to Jesus for your satisfaction - Overflow with Christ's abun-

dance, and bring life to others - Remind yourself of who you are in Christ with Scripture - Grow in biblical literacy with this exploration of the Gospel of John

Celebrate the 25th anniversary of this Newbery and Coretta Scott King Honoree about a hilarious family on a road-trip at one of the most important times in America's history. This special edition makes a perfect gift and includes bonus content! Enter the hilarious world of ten-year-old Kenny and his family, the Weird Watsons of Flint, Michigan. There's Momma, Dad, little sister Joetta, and brother Byron, who's thirteen and an "official juvenile delinquent." When Byron gets to be too much trouble, they head South to Birmingham to visit Grandma, the one person who can shape him up. And they'll be in Birmingham during one of the darkest moments in America's history. "Every so often a book becomes a modern classic almost as soon as it arrives on bookshelves. That happened in the mid-'90s when Christopher Paul Curtis released his first book, *The Watsons Go to Birmingham--1963*." --NPR "One of the best novels EVER." --Jacqueline

Woodson, Newbery Honor and National Book Award-winning author of *Brown Girl Dreaming*

We live in a culture that's all about self, becoming the best "me" I can be instead of becoming like Jesus. This me-centered message affects every area of our lives--our friendships, our marriages, even our faith--and it breaks each one in different ways. The self-focused life robs our joy, shrinks our souls, and is the reason we never quite break free of insecurity. In this book, Sharon Hodde Miller invites us into a bigger, Jesus-centered vision--one that restores our freedom and inspires us to live for more. She helps readers - identify the secret source of insecurity - understand how self-focus sabotages seven areas of our lives - learn four practical steps for focusing on God and others - experience freedom from the burden of self-focus Anyone yearning for a purpose bigger than "project me" will cherish this paradigm-shifting message of true fulfillment.

What Keeps Us from Flourishing? We all long to live out our faith with daily joy, but so often that joy eludes us. Why is that? More often than we realize, it's because we've absorbed messages that curve us in on ourselves. These messages have even crept into the church, disguised as truth. It's time we learn to discern teaching that's toxic from that which is true and pure. *Flourish* equips us with tools to identify the lies that come at us about where to find real life. As we dig deep into what God says in his Word, we will learn to discern the worldly influences that threaten to warp our understanding of what it really means to be a Christian, and emerge with a faith that flourishes—full of the abundant life Jesus promises.

In *Restless*, an 8-session, video-based small group Bible study, Bible study teacher and author Jennie Allen helps you discover a practical plan to identify the threads of your life and how to weave them together for God's glory and purposes. *Restless* explores this important question: "Do I matter?" And Jennie asks, "We livewith lots of things, lots of people...but do we live for something?" Using the story of Joseph, Jennie explains how his suffering, gifts, story, and relationships fit into the greater story of God-and how your story can do the same. She also introduces *Threads* - a tool to help you see your own personal story and to uncover and understand the raw materials God has given you to use for his glory and purpose. Filled with practical tools and biblical teaching, *Restless* will equip you to: Make sense of the seemingly random relationships and activities of life Redeem life's hurts and scars Place your story in context with God's greater story Sessions include: Introduction God's Story Gifts Scars Place People Passion Holy Spirit Kit includes DVD, study guide, leader's guide, and discussion card set.

We are often so stuck in invisible struggles in our hearts and minds, we barely have space for God. These deep struggles, these stuck places, are familiar to every one of us: brokenness, anger, discontentment, fear, and sadness. *Stuck* takes on these struggles within us so that we can encounter God. Because until we recognize that we are stuck and in need of God, we will miss what He has for us. Designed for use with the *Stuck* DVD-based study (9781418548735), this companion study guide breaks the mold of typical women's curriculum. Story, Bible study, and simple but highly interactive projects play a major role. From drawing, journaling, or interacting with the homeless, women will have

the opportunity to connect with each other and Scripture in deep and authentic ways. Features include: 8 sessions Simple but highly interactive projects Story-driven teaching Scripture study

Do you feel like you're just waiting to find your purpose? Do you want to live like you were made for more? Many of us feel restless, and that might not be a bad thing. . . . When our restlessness awakens our longing to be woven into God's story, it can launch us into living the life of purpose God designed for us. In this video-based small group Bible study (DVD/video streaming sold separately), Bible study teacher and author of *Get Out of Your Head* Jennie Allen helps you discover a practical plan to identify the loose threads of your life and how to weave them together for God's glory and purposes. Jennie uses the story of Joseph in the book of Genesis to explain how his suffering, gifts, story, and relationships fit into the greater tapestry of God's narrative—and how our story can do the same. In this study you will: Explore practical ways to identify the threads of your life. Learn how to intentionally weave those threads together. Discover how your gifts, passions, places, and relationships aren't random; they're deliberate and meaningful. Speak the truth about your suffering: it's possible it has produced the very thing you want to give back to the world. The *Restless Leader's Guide* serves as a tool to prepare you in leading this study and to encourage you along the way. It helps you as the leader to effectively point your group to the overarching theme of each lesson. This guide includes: The vision for *Restless*. Session-by-session helps to guide your group through the study, addressing the needs of the various types of learners in your group. Walk-through for using each piece of the study: Study Guide, Videos, and the Conversation Cards. Tips for

leading a group, and much more. Designed for use with the following items, each sold separately: *Restless Study Guide* (9780849922367) *Restless Video Study* (9780879922374) *Restless Conversation Card Deck* (9780879922824)

What are spiritual gifts? Author and pastor Sam Storms has spent several decades teaching on the topic of the spiritual gifts and equipping believers in the faithful practice of God's gifts. Yet there remains a great deal of confusion about the nature of the gifts and how they best function in the body of Christ. In this comprehensive guide to the spiritual gifts, Storms addresses the many bizarre and misleading interpretations that abound and confronts the tendency to downplay the urgency of spiritual gifts for Christian living and ministry. He explains how spiritual gifts, both the more miraculous and the somewhat mundane, are given to build up the body of Christ. God has graciously provided these "manifestations of the Spirit" so that believers might encourage, edify, strengthen, instruct, and console one another, all with a view to an ever-increasing, incremental transformation into the image of Jesus Christ. Throughout this guide, Storms unpacks the glorious truth that there is a supernatural and divine energy or power that fills and indwells the body and soul of every born-again believer. God does not call upon us to speculate about the nature of this power or to embrace it as a mere idea. His desire is that we avail ourselves of it to partner with him in his purposes on the earth. His desire is that we cry out to him that he might intensify, expand, increase, and deepen the manifestation of this power through us in ever more demonstrative and tangible ways in our lives. *Understanding Spiritual Gifts* is useful as a reference to address common questions about the gifts, but it also serves

as a training manual for using and exercising the gifts in ministry. It is perfect for any individual or group who wants to grow in their understanding of the gifts for today.

Author and pastor Craig Groeschel helps you uncover who you really are—a man created in the image of God with a warrior's heart—and how to fight the good fight for what's right. You will find the strength to fight the battles you know you need to fight—the ones that determine the state of your heart, the quality of your marriage, and the spiritual health of your family. Craig will also look at examples from the Bible, including our good buddy Samson. Yep, the dude with the rippling biceps and hippie hair and a thing for Delilah. You may be surprised how much we have in common with this guy. By looking at his life, you'll learn how to defeat the demons that make strong men weak. You'll become who God made you to be: A man who knows how to fight for what's right. And don't you dare show up for this fight unarmed. Learn how to fight with faith, with prayer, and with the Word of God. It's time to fight like a man. For God's Sake, FIGHT.

This short story is regarded as an important early work of American feminist literature, due to its illustration of the attitudes towards mental and physical health of women in the 19th century. Narrated in the first person, the story is a collection of journal entries written by a woman whose physician husband (John) has rented an old mansion for the summer. Forgoing other rooms in the house, the couple moves into the upstairs nursery. As a form of treatment, the unnamed woman is forbidden from working, and is encouraged to eat well and get plenty of air, so she can recuperate from what he calls a "temporary nervous depression - a

slight hysterical tendency", a diagnosis common to women during that period.

In this seven-session study, Jennie covers the breadth of God's plan for His people from Genesis to Revelation and participants will discover how five life patterns can transform the way they connect with others.

"The Yellow Wallpaper" is a short story by American writer Charlotte Perkins Gilman, first published in January 1892 in *The New England Magazine*.^[1] It is regarded as an important early work of American feminist literature, due to its illustration of the attitudes towards mental and physical health of women in the 19th century. Narrated in the first person, the story is a collection of journal entries written by a woman whose physician husband (John) has rented an old mansion for the summer. Forgoing other rooms in the house, the couple moves into the upstairs nursery. As a form of treatment, the unnamed woman is forbidden from working, and is encouraged to eat well and get plenty of air, so she can recuperate from what he calls a "temporary nervous depression - a slight hysterical tendency", a diagnosis common to women during that period.

Bestselling author and Bible teacher, Jennie Allen steps through the book of Philippians breaking down the simple, but difficult truth of allowing ourselves and our minds to be transformed in the name of Christ.

NEW YORK TIMES BESTSELLER • OVER ONE MILLION COPIES SOLD! You can choose hope in the midst of chaos. The visionary behind the million-strong IF:Gathering challenges you to exercise your God-given power to shift negative thinking patterns and

take back control of your thoughts and emotions. “A must-have resource for anyone looking to get control of their thoughts.”—Lysa TerKeurst, #1 New York Times bestselling author and president of Proverbs 31 Ministries CHRISTIAN BOOK AWARD FINALIST • NAMED ONE OF THE BEST BOOKS OF THE YEAR BY COSMOPOLITAN Are your thoughts holding you captive? I’ll never be good enough. Other people have better lives than I do. God couldn’t really love me. Jennie Allen knows what it’s like to swirl in a spiral of destructive thoughts, but she also knows we don’t have to stay stuck in toxic thinking patterns. As she discovered in her own life, God built a way for us to escape that downward spiral. Freedom comes when we refuse to be victims to our thoughts and realize we have already been equipped with power from God to fight and win the war for our minds. In *Get Out of Your Head*, Jennie inspires and equips us to transform our emotions, our outlook, and even our circumstances by taking control of our thoughts. Our enemy is determined to get in our heads to make us feel helpless, overwhelmed, and incapable of making a difference for the kingdom of God. But when we submit our minds to Christ, the promises and goodness of God flood our lives in remarkable ways. It starts in your head. And from there, the possibilities are endless.

Stopping the spiral of toxic thoughts. Are your thoughts holding you captive? Jennie Allen knows what it's like to swirl in a spiral of destructive thoughts, such as I'll never be good enough. Other people have better lives than I do. God couldn't really love me. But Jennie also knows we don't have to stay stuck in toxic thinking patterns. As she discovered in her own life, God built a way for us to escape that downward spiral. Freedom comes when we

refuse to be victims to our thoughts and realize we have already been equipped with power from God to fight and win the war for our minds. In *Get Out of Your Head*, a six-session video-based Bible study, Jennie inspires and equips us to transform our emotions, our outlook, and even our circumstances by taking control of our thoughts. Our enemy is determined to get in our heads to make us feel helpless, overwhelmed, and incapable of making a difference for the kingdom of God. But when we submit our minds to Christ, the promises and goodness of God flood our lives in remarkable ways. It starts in your head. And from there, the possibilities are endless. Sessions include: Introduction: Spiraling Out Make the Shift Weapons We Use, Part I Weapons We Use, Part II A New Way to Live A Mind Like Christ Designed for use with *Get Out of Your Head* Video Study (9780310116394), sold separately. Streaming video, Leader's Guide, and Conversation Cards are also available.

** A New York Times Bestseller ** "A complex, smart and ambitious book that at first reads like a self-help manual, then blossoms into a wide-ranging political manifesto."—Jonah Engel Bromwich, *The New York Times* Book Review One of President Barack Obama's "Favorite Books of 2019" NAMED ONE OF THE BEST BOOKS OF THE YEAR BY: Time • The New Yorker • NPR • GQ • Elle • Vulture • Fortune • Boing Boing • The Irish Times • The New York Public Library • The Brooklyn Public Library Porchlight's Personal Development & Human Behavior Book of the Year In a world where addictive technology is designed to buy and sell our attention, and our value is determined by our 24/7 data productivity, it can seem impossible to escape. But in this inspiring field guide to dropping out of the attention economy, artist and

critic Jenny Odell shows us how we can still win back our lives. Odell sees our attention as the most precious—and overdrawn—resource we have. And we must actively and continuously choose how we use it. We might not spend it on things that capitalism has deemed important ... but once we can start paying a new kind of attention, she writes, we can undertake bolder forms of political action, reimagine humankind's role in the environment, and arrive at more meaningful understandings of happiness and progress. Far from the simple anti-technology screed, or the back-to-nature meditation we read so often, *How to do Nothing* is an action plan for thinking outside of capitalist narratives of efficiency and techno-determinism. Provocative, timely, and utterly persuasive, this book will change how you see your place in our world.

"A book you will want to read and read again." -- Eugene Peterson Afterword by Bono. How can we find a more transparent, resilient, and fearless life of faith? The book of Psalms has been central to God's people for millennia, across all walks of life and cultural contexts. In reading it, we discover that we are never alone in our joys, sorrows, angers, doubts, praises, or thanksgivings. In it, we learn about prayer and poetry, honesty and community, justice and enemies, life and death, nations and creation. *Open and Unafraid* shows us how to read the psalms in a fresh, life-giving way, and so access the bottomless resources for life that they provide. "David Taylor's take is 'open and unafraid' alright. He really goes there, exposing himself before God in the most beautiful way. He might have called the book *Naked*, because if you don't find your own self feeling a little exposed here, it might be time

to take some armor off." -- Bono, from the Afterword "A book that you will want to read and read again, and yet again, in order to discover the wisdom of the Psalms that shows us how to walk in the life-giving way of Jesus." -- Eugene Peterson, from the Foreword "A winsome, accessible entry into the Book of Psalms...Connects the poetry of the psalms to real-life wonders and struggles." -- Walter Brueggemann, Columbia Theological Seminary "Taylor reads these biblical prayers with Dr. Seuss, rappers, and other poets, along with theologians and the daily news....Guides readers in tracing out patterns of holy speech that have the potential for healing our hearts and our communities." -- Ellen F. Davis, Duke Divinity School "I have always loved the psalms--for their defiant devotion, their deep joy, and their brutal yet beautiful honesty. And after reading this fantastic book about them, I love them even more." -- Matt Redman, worship leader and song writer "In these fraught and fearsome days, we need the psalms more than ever. And we need more faithful artists and thinkers like David Taylor to mine the infinite gifts the psalms offer across the ages." -- Karen Swallow Prior, author of *Fierce Convictions* "It just shouldn't be this hard!" Raise your hand if you've ever had a day where everything that could go wrong does go wrong—you lock your keys in the car while it's running, lose control with your kids, make a mistake at the office that results in hours more work. And just when you think not one more thing could possibly happen . . . well, fill in the blank. The struggle is real, friends. It may not be major stuff. Lives are not on the line here. But it makes us feel awful . . . and then we feel guilty for stressing when other people have "real" problems that are so much more serious. Yet the fact remains: We live in a world that

often feels harder than we think it should be. And so it can be easy to believe the stories we tell ourselves—that we're doing it wrong, that we'll be stuck in this place forever, that God doesn't love us. We struggle to practice gratitude, to make godly choices, and to live our daily lives with confidence and contentment. So what can we do? Join popular Bible teacher and counselor Nicole Unice to discover why the struggle is real . . . and what to do about it. Nicole offers practical tools to help you navigate the daily ups and downs, and ways to rewrite your struggle into a new, God-centered life story. *The Struggle Is Real* is an invitation to take the hard, hurtful, and confusing moments and turn them into opportunities to grow in wisdom, strength, and joy. Includes access to free online video streaming for 90 days!

What are you chasing? Through deep Bible study and practical exercises with Jennie Allen, discover that God has carved out a space in each of us that only he can fill. Are you doing everything right but still feel empty? Are you so busy doing things for God and everyone else that you altogether miss him? Do you ever, in your busy life, stop and see him, really see him? Jennie Allen once felt paralyzed in her relationship with God. It occurred to her that maybe she was chasing the wrong things. Maybe God was after something else. When she stumbled across the phrase in 1 Samuel 13, "David was a man after God's own heart," she was intrigued. She knew David was both completely broken, and completely sold out for God. David's life shatters our ideas of what God wants from us. In *Chase*, Jennie shows us a man who spent his life chasing after God, which points to several things we shouldn't be chasing: Don't chase self-worth by achieving more Don't chase freedom by protecting yourself Don't chase approval

by being moral Don't chase satisfaction by rebelling Don't chase fulfillment. Chase God! Whether you're running from God or working your tail off to please him, David's journey will challenge your view of God. He is the only thing we can chase that won't leave us feeling more empty. The *Chase Study Guide* uses projects, stories, and Bible study in the life of David to engage the mind and heart. Designed for use with the *Chase Video Study* (9780529104342), sold separately.

NEW YORK TIMES BESTSELLER • The author of *Get Out of Your Head* offers practical solutions for creating true community, the kind that's crucial to our mental and spiritual health. "My dear friend Jennie Allen shows us how to make true emotional connections with the right people so that our authentic relationships can be healthy for all."—Lysa TerKeurst, author of *It's Not Supposed to Be This Way* In a world that's both more connected and more isolating than ever before, we're often tempted to do life alone, whether because we're so busy or because relationships feel risky and hard. But science confirms that consistent, meaningful connection with others has a powerful impact on our well-being. We are meant to live known and loved. But so many are hiding behind emotional walls that we're experiencing an epidemic of loneliness. In *Find Your People*, bestselling author Jennie Allen draws on fascinating insights from science and history, timeless biblical truth, and vulnerable stories from her own life to help you: • overcome the barriers to making new friends and learn to initiate with easy-to-follow steps • find simple ways to press through awkward to get to authentic in conversations • understand how conflict can strengthen relationships rather than destroy them • identify the type of friend you are and the types of friends you need •

learn the five practical ingredients you need to have the type of friends you've always longed for. You were created to play, engage, adventure, and explore—with others. In *Find Your People*, you'll discover exactly how to dive into the deep end and experience the full wonder of community. Because while the ache of loneliness is real, it doesn't have to be your reality.

Beloved pastor Steve Poe helps Christians identify and break free from the destructive patterns that are keeping them from the joy-filled, flourishing life Jesus promised. We all have both good and bad habits in our life. *Creatures of Habit* reveals how to remove bad habits and replace them with godly ones. But it's not a matter of working hard, of "pulling ourselves up by our bootstraps." That approach simply doesn't work. True transformation is God's work—our job is to listen, obey, and put into practice what he's already directing us to do. Steve Poe has pastored large, growing churches for more than thirty-four years, and during that time he has counseled hundreds of people. He's seen that poor choices often become bad habits that in turn cause people a lot of problems. Hundreds of things can become a bad habit in our lives, but Poe focuses on the most common, among them: anger, lust, worry, cynicism, pride, self-centeredness, and greed. Each chapter provides insights, biblical examples, and tangible tools that will help you break the bad habits that can become spiritual strongholds in your life.

We all know Jesus commands us to disciple others. But how are we supposed to do this in everyday life? How can women, no matter what stage of life they are in, be a disciple who makes disciples? How can we find time to invest ourselves into others when

it feels like our schedules are already full? What is our place in carrying out the Great Commission? In this practical book, Kandi Gallaty helps you develop an effective disciple-making strategy in your life and the lives of others. *Disciple Her* is filled with Kandi's personal stories, more than a decade's worth of discipleship experiences, and most importantly, her commitment to the Word of God. Kandi doesn't stop at helping women understand what discipleship is—she gives them a practical game plan for weaving it into their weekly lifestyle, and teaching those they disciple to do the same. *Disciple Her* will be a point of reference for women to use time and time again in the years to come as women intentionally obey Jesus' command to invest their lives into others.

Complement shines a compelling light on the beauty of marriage as God intends it. Through storytelling and real-life examples, Aaron and Jamie Ivey will dismantle the distorted cultural views of submission, servanthood, and leadership within a marriage, instead offering a better view of healthy, godly marriage. In this study, readers will walk through the purpose of marriage as the Scripture relates it, and tackle topics such as family mission, sex, leadership, fighting, and forgiveness. The Iveys explain how marriage is meant to not only give life and hope to both husband and wife, but also point the world to Christ. Just as complementary colors come together to make a more vibrant painting, so husband and wife bring strength, beauty, and dignity to a marriage relationship and together leverage their individual giftings on the unique mission God has for their family. Features: 6 weeks of personal study to complete between 7 group sessions Leader guide to help guide group meetings Teaching videos, approximately 15-20 minutes per session, available for purchase or rent

Benefits: Replace cultural lies about love and marriage with biblical insight about what God intends marriage to be. Be challenged to build a marriage that reflects Christ's love for His people. Learn how to embrace God's mission for your family. Be reminded that your marriage is worth fighting for.

Please, God, no more hard things. Nicki Koziarz knows what it's like to whisper those words to God. She understands what it feels like to be flooded by hopelessness and hard situations, wondering if it will ever stop. Hard circumstances often stir something so destructive in a soul: doubt. Through the painful loss of her mom to a brain tumor and her brother to suicide, she has learned that if doubt is left undealt with, it can cause the presence of unbelief to flood our lives--to the point that faith becomes unrecognizable. In the midst of her pain, Nicki looked through the lens of the biblical account of Noah and discovered five decisions a person can make to help deflect the destruction of doubt. When you are wrestling with doubt and fighting back hopelessness, *Flooded* will help you:

- Quiet the fear that God won't come through by discovering the difference between wishful thinking and biblical hope.
- Resist the urge to control the uncontrollable by finding peace in between the problem and the promise.
- Find the familiar faithfulness of God in His Word when it feels like nothing is normal and everything is falling apart. The reality of hard times holds a decision for each of us to find hope. And the decision to find it is yours. But you don't have to do it alone. It's time to rise above doubt, together.

If God has placed a dream on your heart, this book will help you overcome the obstacles and cooperate with Him to fulfill it. Have

you dreamed about doing something but don't know where to start? Or maybe you just need a little nudge (or a firm yet loving shove) to get you moving toward what God has in store for you. *Dream Come True* shows you how to ditch the doubts, eliminate the excuses, and prevent the procrastination keeping you from achieving your greatest goals. You'll discover how God pours passion and vision into your life, and you'll find practical answers to that all-important question "What do I do next?" This guide leads you on the path to pursuing what matters most to you and empowering you to identify and answer God's call on your life. Dreams do come true when you partner with God to make them a reality. This book shows you how.

Stopping the spiral of toxic thoughts. In *Get Out of Your Head*, a six-session video-based Bible study, Jennie inspires and equips us to transform our emotions, our outlook, and even our circumstances by taking control of our thoughts. Our enemy is determined to get in our heads to make us feel helpless, overwhelmed, and incapable of making a difference for the kingdom of God. But when we submit our minds to Christ, the promises of goodness of God flood our lives in remarkable ways. It starts in your head. And from there, the possibilities are endless. This Kit serves as a tool to prepare you in leading this *Get Out of Your Head* study and to encourage you along the way. It helps you as the leader to effectively point your group to the overarching theme of each lesson and point them to the themes of each study. Tools included in the Kit: Study: The study guide uses projects, stories, and Bible study to engage the mind and heart. There are six weeks of Bible study for your group. See: Six short but deep videos provide a starting place for meeting God and for transparent conversations.

Each video is approximately 18 minutes long. Ask: Conversation cards offer questions for spontaneous and authentic discussion time. You choose the questions that speak to you. Lead: The leader's guide prepares you to lead this study and encourages you along the way. Sessions include: Introduction: Spiraling Out (17:00) Make the Shift (18:00) Weapons We Use, Part I (17:00) Weapons We Use, Part II (15:00) A New Way to Live (17:00) A Mind Like Christ (18:30) The Get Out of Your Head video-based study Kit includes DVD, Study Guide, Leader's Guide, and Conversation Cards.

God. He has a plan for these spaces inside of us, the places we feel broken, but we have to go to Him. Stuck is a journey to take an honest look at the fight going on inside, leading us to the God who has a plan to restore it, to restore us.

Too many of us walk through life feeling as if we don't measure up and can never be enough. But the truth is, we will never be. And thankfully, we don't have to be. The Gospel of John teaches us that in Jesus, we have nothing to prove. He alone is enough.

So many of us live stuck. Stuck trying to seem perfect. Stuck in the sadness. Stuck feeling numb. Stuck pursuing more stuff to make us happy. Stuck in something we can't even name. These stuck places often go unattended inside of us and they are shaping our lives more than we would like to think. We've been trying to fix this feeling with everything but... God. He has a plan for these spaces inside of us, the places we feel broken, but we have to go to Him. Stuck is a journey to take an honest look at the fight going on inside, leading us to the God who has a plan to restore it, to restore us. This guide serves as a tool to prepare you in lead-

ing this Stuck study and to help you, the leader, understand how to lead a group effectively and meet the needs of the various types of learners in your group. This leader's guide provides you with helpful tips to effectively point your women to the overarching theme of each lesson, and explains how to use the session tools, including the video, the personal study projects, and the conversation cards. Designed for use with Stuck Video Study 9780849922541 and Stuck Study Guide 9781418548742 (sold separately).

The visionary behind the million-strong IF:Gathering challenges Christian women to discover what it means to do life with God rather than always striving to impress him, in this trade paperback edition of her perspective-shifting work, which now includes bonus material to enhance your book club experience, including discussion questions and easy-to-create recipes. All too many of us struggle under the weight of life, convinced we need to work harder to prove to ourselves, to others, and to God that we are good enough, smart enough, and spiritual enough to do the things we believe we should. Author and Bible teacher Jennie Allen invites us into a different experience, one in which our souls overflow with contentment and joy. In *Nothing to Prove* she calls us to... * Find freedom from self-induced pressure by admitting we're not enough—but Jesus is. * Admit our greatest needs and watch them be filled by the only One who can meet them. * Make it our goal to know and love Jesus, then watch what He does in and through us. As you wade into the refreshing truth of the more-than-enough life Jesus offers, you'll experience the joyous freedom that comes to those who are determined to discover what God can do through a soul completely in love with Him. * * *

* * “These pages are what your soul is begging for” —Ann Voskamp “Nothing to Prove takes us on a journey toward freedom from the need to measure up.” —Mark Batterson We love this glorious and universally resounding message.” —Louie and Shelley Giglio “This book will help you take your eyes off your problems and put them back on God’s promises.” —Christine Caine

Have you ever asked yourself, “Why am I here?” Recognize your calling, find your place of service, and follow God to a life of purpose. This 40-day journey is for you—and it might surprise you. What if God hasn’t hidden His purposes for your life from you? That life doesn’t have to be so exhausting and heavy and confusing all the time? That God has given you everything you need to live out the calling He has placed on your life right this minute as you read this? In *Made for This*, a beautiful blend of bestselling books *Anything* and *Restless*, join Bible teacher Jennie Allen on a 40-day interactive journey that takes you through a step-by-step process to guide you in answering life’s ultimate question. This unique book will help you: Stop living afraid and insecure by discovering how God can use your dreams and passions for a greater purpose Identify the threads in your life and how they intentionally weave together Trade control and safety for a life of God-honoring adventure by praying one prayer Discover how to fully surrender to God and identify the threads of gifts, passions, places, relationships, and sufferings in your life—not to get what you want, but to find what God wants of you.

Girl, read your Bible. You can eat all the kale, buy all the things, lift all the weights, take all the trips, trash all that doesn’t spark joy, wash your face and hustle like mad, but if you don’t rest your

soul in Jesus, you’ll never find peace and purpose. You’ve had enough of the hustle. You’ve given up trying to meet social media’s impossible standards, and you’re done living a life ruled by busyness. But where do you go from here? For Alisha Illian, it wasn’t until she learned to abide in God’s truth that she finally found fulfillment. In *Chasing Perfect*, Alisha shares how God awakened her heart to prioritize what matters to Him. She’ll help you learn what it means to look beyond each day’s diversions and live in surrender to the Savior. You’ll see why it’s so important to... separate yourself from the self-first attitude of self-help culture savor each blessing God has given you schedule—rather than squeeze in—daily time to spend with God You don’t have to keep filling your calendar to the brim with unsatisfying distractions. *Chasing Perfect* will help you submit to God and experience His perfect renewal and rest.

Women feel the storm activity all around. We find ourselves teetering somewhere between everyday chaos and crisis. We can feel a storm brewing, we are in the middle of a storm, or we are facing the aftermath of a storm. But don't be afraid because it is possible to grow through turbulent times. Storms show you what's really going on inside, reveal what you really believe, and actually make you stronger. In this powerful book Sheila will help you: Redefine your failures as a new beginning instead of an end. Replace the words always and never in your life with positive declarations of hope. Know with confidence how to help a friend in chaos or crisis.

What if you promised God you would do anything . . . and he took you up on it? Anything is a prayer of surrender that will move you

to stop chasing happiness and start living a surrendered life that matters. If you've ever felt lonely, lost, or like there must be more to life than constantly keeping up with the Joneses, then this book is for you. Previously caught in the dizzying haze of worldly happiness and empty pursuits, Jennie had had enough. She and her husband Zac prayed a courageous prayer of surrender: "God, we will do anything. Anything." They went on to begin living out the adventure God had written for them. This revised edition is updated throughout to include a new introduction and an in-depth Bible study component for those who have been wanting to lead a study on this topic. Join Jennie on an adventure to discover your anything, including: Factors that inhibit us from living a life of surrender to God What praying "Anything" really means What your life might look like having prayed it Jennie Allen shares the biblical truth that our lives are not meant to be safe and comfortable, but radical and profound. Discover how little worldly pursuits mean until you know the God who's truly worth giving up everything for. And when you do. . . everything will change. Anything is also available in Spanish, *Lo que me pidas*.

Study #1 in the Focus on the Family Women's Bible Study Series, *The Worth of a Woman Bible Study* will help women discover their true identity in Christ and develop a closer relationship with their Savior. The Focus on the Family Women's Ministry Series provides the opportunity for women to reconnect with their Savior and one another through Bible study, prayer, fellowship and activities.

Do you live for something? Or do you feel like you're just waiting to find your purpose? Many of us feel restless, but that might not be a bad thing. When our restlessness awakens our longing to be

woven into God's story, it can launch us into living the life of purpose God designed for us. In *Restless*, Bible study teacher and bestselling author Jennie Allen will help you discover a practical plan to identify the loose threads of your life and how to weave them together for God's glory and purpose. Jennie uses the story of Joseph in the book of Genesis to explain how his suffering, gifts, story, and relationships fit into the greater tapestry of God's narrative—and how our story can do the same. In this book you will: Explore practical ways to identify the threads of your life. Learn how to intentionally weave those threads together. Discover how your gifts, passions, places, and relationships are deliberate and meaningful, not random. Speak the truth about your suffering: it's possible it has produced the very thing you want to give back to the world. What would happen if you spent the rest of your life running without reservation after His purposes for you? To dive deeper into the *Restless* message and further explore *Threads*, look for the *Restless Study Guide* and *Video Study* from HarperChristian Resources.

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In *You Are Never Alone*, pastor and New York Times bestselling author Max Lucado will show you that you're stronger than you think because God is nearer than you know. You'll be comforted by the living, loving, miracle-working God who doesn't think twice about stepping into the thorny thickets of your world to lift you out. When life feels depleted, does God care? When I hear him say "No", does he have a response? I'm facing an onslaught of challenges, will he help? When life grows dark and stormy, does he notice? I'm facing the fear of death, will he help me? The answer

er in the life-giving miracles in the Gospel of John is a resounding yes. Do you know them? Do you believe in a Jesus who has, not only power, but a passionate love for the weak and wounded of the world? Do you think he cares enough about you to find you in the lonely waiting rooms, rehab centers and convalescent homes of life? You and I long for Someone who will meet us in the midst of life's messes. We long to believe in a living, loving, miracle-working God who won't think twice about stepping into the thorny thickets of our world and lift us out. If this is your desire, take a good look at the words of John and the miracles of Christ and see if they don't achieve their desired goal: "That you may believe that Jesus is the Christ, the Son of God, and that believing you may have life in his name" (Jn. 20:31).

Mothering is messy. Our joy and hope in raising children doesn't change the reality that being a mom can be frustrating, stressful, and tiring. But just as God is using us to shape our children, God is using our children and motherhood to shape us. In *The Better*

Mom, author Ruth Schwenk, herself a mother of four children, encourages us with the good news that there is more to being a mom than the extremes of striving for perfection or simply embracing the mess. We don't need to settle for surviving our kids' childhood. We can grow through it. With refreshing and heartfelt honesty Ruth emboldens moms to: Find freedom and walk confidently in purpose Create a God-honoring home environment Overcome unhealthy and destructive emotions such as anger, anxiety, and more Avoid glorifying the mess of mom-ing or idolizing perfection Cultivate life-giving friendships At the heart of *The Better Mom* is the message that Jesus calls us to live not a weary life, but a worthy life. We don't have to settle for either being apathetic or struggling to be perfect. Both visions of motherhood go too far. Ruth offers a better option. She says, "It's okay to come as we are, but what we're called to do and be is far too important to stay there! The way to becoming a better mom starts not with what we are doing, but with who God is inviting us to become."