

Untangled Leader's Guide

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A Note from Angela and Laura for Leaders

Thank you for your willingness to lead this study! While it can be done individually, we think the full benefit comes from sharing this journey with some safe friends! One feedback we received over and over about this study was, "It was so amazing to see and hear from other women... I am not the only one!" This is something so powerful about fellowship and connection. We can't stress the importance of walking together honestly and graciously.

We have structured this short guide by session so you can easily prepare for each class. We recommend having the members of your group do the homework before each class so you can all be on the same page for the discussions. If your group is larger than 8-10 people, we recommend breaking up into smaller groups for the discussion questions.

15 Week or 30 Week study

If you want to complete the full study it will take 15 weeks. Alternatively, you could space out the study by watching the videos every other week to allow more discussion time. Or just pick a few topics for a shorter study.

15 Week Class Structure

- Open with Prayer and review of Homework
- Watch video
- Small group discussion with provided questions
- Go through Tools as a large group and allow time to work on them individually
- Close with prayer requests (if time allows)

30 Week Class Structure

Odd number weeks

- Open with Prayer and review of Homework
- Watch video
- Small group discussion with provided questions

Even number weeks

- Go through Tools as a large group and allow time to work on them individually

- Allow more discussion time for thoughts on video, homework, tools, etc.
- Share prayer requests and pray for each other.

Proposed Schedule

If you are using the video in class we recommend the following 2 Hour schedule for your sessions:

First week:

- **First 15 minutes** – Welcome the class members, have them fill out the Introduction Interviews.
- **15 minutes to 60 minutes** – Allow the members to introduce each other using the interview questions.
- **60 minutes to 90 minutes** – Watch the Untangled Introduction.
- **90 minutes to 2 hours** – Complete the SWOT analysis individually and then discuss as a group. Share prayer requests and pray.

Regular sessions:

- **First 15 minutes** – Review the homework. Ask for any questions or insights from last week's topic.
- **15 minutes to 60 minutes** – Watch the video for this week pausing for discussion when appropriate.
- **60 minutes to 90 minutes** – Break up into smaller groups to go through table discussions.
- **90 minutes to 2 hours** – In a large group go through tools and allow time to work individually. If you have time, share prayer requests in class (if not, record prayer request for praying outside of class)



Introduction Interview Questions

What's your name/go by name? _____

Where are you from? _____

Describe your family life (Who do you live with? Married/Single/Divorced/Widowed? Kids? Etc):

What kind of work (paid/unpaid) do you do/have you done?

Where are you in this season of your life?

What kind of a learner are you? (visual, touch, hearing, thinking)

What do you enjoy (passion, hobbies)?

What “called” you to Untangled?

What would surprise us about you?

Untangled

SWOT Analysis

My prayer life is a ____ on a scale of 1-10 with 10 being STRONG.

STRENGTHS:

Example: My faith is a spiritual gift and also a daily discipline. My strength of working and opening up to being untangled is my faith which will keep me “in” this and “strong.”

WEAKNESSES:

Example: I have a short term memory! I often forget what I KNOW!!! This is a big problem!

OPPORTUNITIES:

Example: I have an opportunity to listen to what God has been telling me to do: to speak up and share my story for His glory. I have an opportunity to be part of what He is doing!!!!

THREATS:

Example: I have a tendency to think I have to have it all together and well in advance...I know I won't be able to keep up with that. That threatens me from learning and growing. My plan for this threat is to call Angela so she can remind me the Holy Spirit is working in me and through me. I don't have to know all the answers!!

My desired takeaway for Untangled is:

Example: I hope to make an impact for Christ while co-leading this course and leave participants with helpful tools for the emotional issues that entangle us.

Untangled Confidentiality Agreement (optional)

Instructions: Ask each member of your group what helps them feel safe sharing in a group. What things have made them not feel safe in groups in the past? List all of these things on this sheet and have each person sign at the bottom showing they agree to keep the group “safe”.

Untangled ~ Fear and Worry Discussion Questions

1. What situations cause the most fear and worry for you? How has it changed over the years?
2. How do you usually cope with your fear or worry? Does it work?
3. How has fear or worry prevented you from doing something that you felt God wanted you to do?
4. How would your life look different if your fear/worry were gone?

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Untangling from Insecurity – Discussion Questions

Let's take some time to look at God's word to find out Who He is...Whose we are! When we know whose we are we can determine who we are! Creator and the Created!

Read Psalm 136 “Give thanks to the Lord...”

What are some key points from this verse as it relates to Who God is?

How might these words from God give us a sense of security?

Prepare to read this aloud to the whole group and share just a few nuggets about Whose we are

Table 2 – Read Revelation 1:8 “I am the A...”

What are some key points from this verse as it relates to Who God is?

How might these words from God give us a sense of security?

Prepare to read this aloud to the whole group and share just a few nuggets about Whose we are

Table 3 - Read Genesis 1:27 “So God created man... “

What are some key points from this verse as it relates to Who God is?

How might these words from God give us a sense of security?

Prepare to read this aloud to the whole group and share just a few nuggets about Whose we are

Table 4 – Read Colossians 1:16 “For by him all things...”

What are some key points from this verse as it relates to Who God is?

How might these words from God give us a sense of security?

Prepare to read this aloud to the whole group and share just a few nuggets about Whose we are

Untangling - Guilt and Shame Discussion Questions

1. What part of the talk resonated most with you?
2. In what ways does guilt and shame affect you?
3. What do you think about trying to “balance it all”? How does that work for you?
4. What are some of the lies you have believed?
5. What helps you untangle from guilt and shame?

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Untangling from Rejection – Discussion Questions

Read your verses. Note who was rejected, how they felt, what they did. The purpose of this exercise is to see what can happen when we are rejected or when we reject someone else. We will have a brief time of sharing.

Read Genesis 37:3-8 and 37:24 & 28

Who was rejected? _____

What did they feel? _____

What did they do?

What can we learn?

Read your verses. Note who was rejected, how they felt, what they did. The purpose of this exercise is to see what can happen when we are rejected or when we reject someone else. We will have a brief time of sharing.

Read Job 23:8-12

Who was rejected? _____

What did they feel? _____

What did they do?

What can we learn?

Read your verses. Note who was rejected, how they felt, what they did. The purpose of this exercise is to see what can happen when we are rejected or when we reject someone else. We will have a brief time of sharing.

Read Luke 15:22-31

Who was rejected? _____

What did they feel? _____

What did they do?

What can we learn?

Read your verses. Note who was rejected, how they felt, what they did. The purpose of this exercise is to see what can happen when we are rejected or when we reject someone else. We will have a brief time of sharing.

Read Luke 17:25, Luke 22:42, Luke 23:34

Who was rejected? _____

What did they feel? _____

What did they do?

What can we learn?

Untangling - Anger and Resentment Discussion questions

1. Which reaction to anger do you typically have? Exploder? Stuffer? Or with whom are you each?
2. In what ways do anger and resentment affect you? Your family?
3. What is the biggest contributor to your anger/resentment? Expectations? Boundaries?
4. What are some of the lies you have believed that contribute to your anger?
5. What helps you untangle from anger/resentment?

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Untangling from Comparison and Judgment – Discussion questions

1. What are some of the things for which you've felt judged?
2. If you feel comfortable, how have you been the one judging?
3. What are your spiritual gifts?
4. In what areas of your life do you feel you are serving/working/etc. that are **NOT** in your area of strengths/gifts?

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Untangling from People Pleasing Discussion

Instructions: 1. Each table will have two to four verses from the verses below (don't do anything with them initially). 2. Without looking at the verses, have discussion time, sharing about messages we get from the world about people pleasing. What messages do we receive from our parents? What messages do we receive from our bosses? What messages do we receive from teachers, coaches, professors? 3. Look up the verses in the Bible. Discuss the verses. What can we learn from these verses about people pleasing and approval seeking?

"He received honor and glory from God the Father when the voice came to Him from the majestic glory, saying, "this is my Son, whom I love; with Him I am well pleased." 2 Pt 1:17

"For it is God who works in you to will and to act in order to fulfill his good purpose." Phil 2:13

"Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you. For on him God the Father has placed his seal of approval." Jn 6:27

"What did Jesus do to gain God's approval: Sought His will, carried it out enduring separation, suffering and death." Jn 6:27

"I do not accept glory from human beings." Jn 5:41

"And a voice from heaven said, this is my son, with whom I am well pleased." Mt 25:21

"Do not be conformed to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—His good, pleasing and perfect will." Rom 12:2

"For it is not the one who commends himself who is approved, but the one whom the Lord commends." 2 Cor 10:18

"Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ." Gal 1:10

"Do your best to present yourself to God as one approved, a worker who does not need to be ashamed and who correctly handles the word of truth." 2 Tim 2:15

"No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money." Mt 6:24

"Do not be afraid of those who can kill the body but cannot kill the soul. Rather be afraid of the One who can destroy both the body and the soul." Mt 10:28

“What good will it be for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul?” Mt 16:26

“I am the Lord’s servant, Mary answered. May your word to me be fulfilled.” Lk 1:38

“As surely as I live, says the Lord, every knee will bow before me; every tongue will acknowledge God.” Rom 14:11

“I am the Lord your God, who brought you out of Egypt (captivity) to be your God. I am the Lord your God.” Nr 15:41

“Be still and know I am God. I will be exalted.” Ps 46:10

“A person can do nothing better than to eat and drink and find satisfaction in their own toil. This too, I see is from the hand of God for without Him, who can eat or find enjoyment? To the person who pleases Him, God gives wisdom, knowledge and happiness, but to the sinner He gives the task of gathering and storing up wealth to hand it over to the one who pleases God. This too is meaningless, a chasing after the wind. “ Ecc 2:24

“But if serving the Lord seems undesirable to you, then choose for yourselves this day whom you will serve, whether gods your ancestors served beyond the Euphrates, or the gods of the Amorites, in whose land you are living. But as for me and my household, we will serve the Lord.” Jos 24:15

“Many are the plans in a person’s heart, but it is the Lord’s that prevails.” Prov 19:21

“Hope in the Lord and keep his way. He will exalt you to inherit the land; when the wicked are destroyed, you will see it.” Ps 37:94

“You know what He wants; you know what is right because you have been taught the law.” Rom 2:18

“Praise the Lord, all his heavenly hosts, you his servants who do his will.” Ps 103:21

“And now, Israel, what does the Lord your God ask of you but to fear the Lord your God, to walk in obedience with Him, to serve the Lord your God with all your heart and with all your soul.” Dt 10:12

“So Samuel said to all the Israelites, ‘If you are returning to the Lord with all your hearts, then rid yourselves of the foreign gods and the Ashtoreth’s and commit yourselves to the Lord and serve Him only, and He will deliver you out of the hand of the Philistines.’” 1 Sm 7:3

Untangling from Sadness, Grief, and Depression – Discussion questions

1. What helps you identify when sad feelings might be grief or depression?
2. What are some unhelpful ways people have responded to your pain?
3. What are some helpful ways other people have responded to your pain?
4. What things help you when you are sad? Grieving? Depressed?
5. How could you be more accepting of your feelings?

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Untangling from Running on Empty – Discussion questions

1. What helps you identify your legitimate needs?
2. What are some difficulties you have in getting those needs met?
3. What have been some of the consequences to not getting your needs met?
4. What things help you when you are going through a season of unmet needs?
5. What “monuments” can you build to remind yourself of God’s past faithfulness?

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Untangling from Stress – Discussion Questions

Blessed, not Stressed!

The Bible gives us many tips on managing stress in our lives. We can learn how to handle stress in health ways. Complete the “Blessed, not Stressed” Tips for NOVA stress management. Use key word “takeaways” from Scripture.

1. D _____ how your purpose aligns with God’s purpose.
2. P _____ for clarity and God’s power, focusing on His will for your life.
3. S _____ His timing for all things in your life.
4. F _____ on your priorities in carrying out His will / your purpose.
5. D _____ what fits into that and what does not.
6. R _____ of any sin in your life.
7. R _____ temptation with the help of the Holy Spirit.
8. P _____ your schedule with a gracious yes or no.
9. B _____ and know He is God.
10. B _____ t _____ in all circumstances.
11. R _____ !
12. R _____ with endurance the race that is set before us.

Ps 138:8 The Lord will fulfill his purpose for me; your steadfast love, O Lord, endures forever. Do not forsake the work of your hands.

Romans 12:2 Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

Is 40:31 But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.

Matt 6:33 Seek first the kingdom of God and his righteousness, and all these things will be added to you.

James 1:12 Blessed is the man who remains steadfast under trial, for when he has stood the test he will receive the crown of life, which God has promised to those who love Him.

Matt 3:2 Repent, for the kingdom of Heaven is at hand.

Luke 22:40 And when he came to the place, he said to them, “Pray that you may not enter into temptation.”

Prov 22:24 A soft answer turns away wrath, but a harsh word stirs up anger.

Ps 46:10 Be Still and know I am God

1 Thess 5:18 Give thanks in all circumstances; for this is God's will for you in Christ Jesus.

Rom 5:3 More than that, we rejoice in our sufferings, knowing that suffering produces endurance.

Heb 12:1 And let us run with endurance the race God has set before us.

Untangling from Perfectionism – Discussion questions

1. From where does your Perfectionism come?
2. How has Perfectionism affected you?
3. How has Perfectionism affected your relationships with God and others?
4. What are some helpful ways you've learned to deal with Perfectionism?
5. What has helped you deal with others struggling with Perfectionism?

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Untangling from Appearances – Discussion questions

1. From where did you learn your values about Appearances?
2. How has that affected you through the years?
3. How has your struggle with Appearances affected your relationships with God and others?
4. What are some helpful ways you've learned to deal with your struggle with Appearances?
5. In what areas do you still need help?

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Untangling from Lack of Purpose Discussion Time

Bible Verses

Instructions: 1. Give each table 3 or more verses. Have the women circle key words like: Enjoy, Obey, Live, Trust, Relate, Love, Enjoy, Glorify, Seek, Testify. 2. Have each table share key takeaways regarding purpose from these verses.

*For from Him and through Him and for Him are all things. To Him be the glory forever! Amen.
Ro 11:36*

And this is love: that we walk in obedience to his commands. As you have heard from the beginning, his command is that you walk in love. 2 Jn 1:6

But I have raised you up for this very purpose, that I might show you my power and that my name might be proclaimed in all the earth. Ex 9:16

Many are the plans in a person's heart, but it is the Lord's purpose that prevails. Pr 19:21

Therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence—continue to work out your salvation with fear and trembling, for it is God who works in you to will and to act in order to fulfill his good purpose. Php 2:12 – 13

And we know that in all things God works for the good of those who love him, who have been called according to His purpose. Ro 8:28

For in Him all things were created: things in Heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through him and for him. Col 1:16

You make known to me the path of life; in your presence there is fullness of joy; at our right hand are pleasures forevermore. Ps 16:11

He has saved us and called us to a holy life—not because of anything we have done but because of His own purpose and grace. 2Ti 1:9

The end of the matter; all has been heard. Fear God and keep his commandments, for this is the whole duty of man. Ecc 12:13

Everyone who is called by my name, whom I created for my glory, whom I formed and made. Is 43:7

For the Son of Man came to seek and save the lost. Luke 19:10

And every tongue shall confess that Jesus Christ is Lord, to the glory of God the Father. Phil 2:11

May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit. Rom 15:13

And he said with a loud voice, "Fear God and give Him glory, because the hour of His judgment has come; worship Him who made the heaven and the earth and sea and springs of waters." Rev 14:7

Worthy of You our Lord and our God to receive glory and honor and power; for You created all things, and because of Your will they existed, and were created. Rev 4:11

But grow in the grace and knowledge of our Lord and Savior Jesus Christ to Him be the glory, both now and to the day of eternity. 2 Pet 3:18

Whether, then you eat or drink or whatever you do, do all to the glory of God. 1 Corinth 10:31