

# FIND BALANCE LEADER'S GUIDE

## LAUNCHING AND LEADING *FIND BALANCE: A LIFE READY WOMAN STUDY*

Thank you for leading *Find Balance: A Life Ready Woman Study!* In today's world, many Christian women are worn out as we struggle to do it all. Thankfully, the Bible has a blueprint we can follow to find and understand our unique callings from God, set a clear direction for our lives, and establish biblical convictions in our priorities and relationships. And as we do, we will find true balance for our lives.

Here is some brief information for you as a leader:

### GROUP STUDY INFORMATION

- This study is an 8-week, video and workbook study. It is designed to be easy-to-follow, require only minimal preparation time, with most of the personal application decisions taking place during the video session, and no mandatory homework.
- We suggest allowing roughly 90 minutes for the core of your meeting, which will allow time for the video teaching—which includes personal Guided Application Project (GAP) moments—and small group discussion.
- The study is most impactful when, after watching the video, participants can share and discuss in small groups of four to eight participants. Please assign a leader for each discussion group.
- Each participant will need her own *Find Balance* workbook. Additionally, many women will want to obtain a copy of *The Life Ready Woman*, which is the foundational companion trade book and serves as the optional homework throughout the study series.

### PREPARING FOR THE STUDY

- Assemble a leadership team to help you—especially leaders for each small discussion group. Group leaders will need to keep things rolling, ensure diverse participation, and deal in a mature way with any needs or concerns that arise.
- The study videos are free online at [FindBalanceBook.com](http://FindBalanceBook.com). You will need a device to show the videos and internet access (make sure you learn the wifi password in advance!). The code for the videos is in the first pages of your *Find Balance* workbook.
- Try to watch the video sessions before the study and complete your own personal Guided Application Projects (GAPs) in each session and your Life Ready Map – or assign one of your leaders to do so. (This will help you get a sense for how your women will respond, and be ready for questions.)
- Prepare the women to recognize the benefit of doing the whole 8 weeks. In any study, it is common for participants to drop off after the first 3-4 weeks. Show them that this is a journey to finding God's best for them, and every week they will narrow down their destination more and more precisely. They don't want to miss finding that point! If there is a week they simply cannot attend, suggest that they watch that video and do the study at home.
- Be sure to publicize your event. You'll find posters available at [FindBalanceBook.com](http://FindBalanceBook.com)!

### A FEW KEY TIPS

- To drive life change, make sure participants "get specific" on their Guided Application Projects (GAPs) and Find Balance/Life Ready Map. For example, instead of "I need to be more encouraging," a more specific application would be, "Each day for the next week, I will tell my husband one thing he does well."
- Watch for those who may be struggling with the content. For example, single women may push back when marriage and family are held up as two of the primary callings of God. Remind them that singles are affirmed throughout this study and all participants are challenged to see their lives from a holistic perspective, not just from the stage they are currently in. Or participants who are not as familiar with the concept of biblical authority may object to or misunderstand biblical principles. Encourage them to listen with an open mind and heart, and to pray.

### THANK YOU!

Thank you again for your leadership and ministry. Our team loves to hear what God is doing, so if you have stories to share you can reach me at [www.shaunti.com](http://www.shaunti.com).  
Thanks for joining this adventure!

