

Leader Guide

Do you love the Lord and His Word? Have you felt a tug at your heart to lead other women to dig deeper into the Bible? Or maybe you are the gal that has taken every study offered at your church, and it is time to step out of your comfort zone. Thank you for joining the *Mirror Image* leadership team!

Elizabeth's heart is to help women lead other women in biblical transformation of their thinking. Women crave connection and community. Small group Bible study is a great place for women to build relationships and develop the courage to share their struggles. There is no need to have all the answers. Elizabeth's teaching videos set the groundwork for each week of personal study time. You would facilitate discussion and manage the flow of each week's meeting.

The videos are available as a boxed DVD set or accessible online at elizabethmahusay.com. While it is possible to complete the study without the videos, your group will have opportunities to dig so much deeper by watching them. Each video introduces that week's mirror theme while giving class members occasions to see and hear more of Elizabeth's story.

Weekly meetings require 60 minutes to 90 minutes. An example timeline is provided below. Each week's homework contains more questions than you'll have time to discuss. Choose questions based on the dynamics of your group that will help class members apply the biblical truths of that Mindset.

Class Timeline

Discussion (30 – 45 minutes)

- During the first class use this time to get to know one another.

Video Lesson (30 - 35 minutes)

Post Video Discussion (15 minutes)

STARTING A BIBLE STUDY ACTION STEPS

1. Decide if you are meeting in person or using a service such as Zoom. If in person, secure a room or home. Decide on a day and time for each week's study.
2. Enlist volunteers to facilitate discussion groups if you need more than one group. If your group is larger than 5 to 6 women it is recommended that you prepare to break into smaller groups for discussion. Ask the women to pray over the study, that God prepares the hearts of the participants and draws them to Him.
3. Organize childcare if needed.

4. Publicize the study in your church and community. Share about the study with your friends and neighbors; use the promotional video segment during church services or other events. Share the video on social media to promote the start of your study.
5. Consider creating a private Facebook group that ladies can join to facilitate dissemination of information.
6. Determine if snacks will be served and who will bring them.
7. Secure a Leader Kit from elizabethmahusay.com. Books can be purchased from Amazon or the website. If you prefer you can stream videos once the group viewing option has been purchased. Provide a [link](#) for your participants to purchase their participant book in advance or supply books for purchase the first day of class.
8. Provide a DVD player and TV for each session. If using the online videos be sure you have sufficient internet connectivity to support streaming.

WEEKLY EXPECTATIONS

Set up a comfortable environment for your discussion time. Snacks and drinks may be served each week. Arrange seating in a way that makes it conducive for all women to see each other. Much of your group time will be spent conversing about what each is learning about herself and her self-image. Make sure women know that confidentiality is expected so that ladies feel safe to share their struggles as well as their victories.

Start promptly to honor everyone's time. Split into smaller groups for homework discussion if needed. Then watch the videos together as a group. Explain to your participants that you are facilitating the discussion, but this is a great opportunity to learn together.

Pray for the women attending your study. Pray that each have open hearts and minds to receive God's Word and respond.

Before Your First Session

Prepare a sign-up sheet to collect names, emails, addresses, and phone numbers. This could also be collected through a Google Sign-up form. If possible, have copies made for each person during the group session, or post within the Facebook group. This allows ladies to know how to stay connected with fellow class members. Provide extra pens, pencils, Bibles, and participant books before each session. Consider having name tags for each member. Check your DVD or internet connection for showing the video.

Things to Do List

FULL-LENGTH FAITH



Before the Session

1. Preview the video of session 1.
2. Read “A Note from Elizabeth” and prepare your own thoughts about the struggle of self-image in a world that puts great emphasis on external appearance.
3. Familiarize yourself with the layout of the study in order to prepare your class members with what to expect.

During the Session

1. Facilitate a “Get to Know You” activity.
2. Discuss the theme of the study: Mirrors of all kinds. Ask the women to share what they like and dislike about mirrors?
3. Direct members to the blank page before the first week title page for notes. Show Full-Length Faith.
4. Video Reflection Questions
 - a. In what areas of your life are you likely to approach the Bible like a hand-held mirror?
 - b. Which of the Bible’s full-length views most encouraged you and why?
 - i. The Bible informs our issues.
 - ii. The Bible conforms our decisions.
 - iii. The Bible transforms our living.
5. Explain that each week consists of five days of homework. Encourage members to complete all the work.
6. Share prayer requests. Pray for your participants, not only for their requests, but also for how God will challenge them through the study.

Notes and Prayers Requests



BE A MAGNIFIER

Before the Session

1. Preview the video of session 2.
2. Consider which questions from the previous week's homework that you want to focus on during discussion.

During the Session

1. Depending on how much discussion time you have, focus on page 9 questions 7 & 8; page 20 Reflect section; page 23 question 5.
2. Keep in mind that the ladies may share some deep and difficult struggles. You do not need to know all the answers. It is okay to respond, "I'm not sure, but I am committed to finding out." If it is a sensitive topic you can respond, "Let's plan on having more conversation on that after class."
3. Direct the ladies to the blank page 25 in their book to take notes. Show Be A Magnifier lesson.
4. Video Reflection Questions
 - a. Discuss the Power of Thought Graphic (Let your ladies know they can download a free color copy of that from my website under the Resources tab.
 - b. Which of the 3 foundational thoughts do you need to work on accepting the most and why?
5. Ask for prayer requests and pray for group members.

Notes and Prayers Requests

CRYSTAL CLEAR CHRISTIANITY



Before the Session

1. Preview the video of session 3.
2. Consider which questions from the previous week's homework you want to focus on during discussion.

During the Session

1. If your time is limited then I suggest focusing your discussion on the Self-audit question on page 29 and the exercise in questions 3 & 4 on page 39 and 40. Some leaders have found it helpful to have ladies work through the steps as a pair.
2. On page 49, question 5 and page 51, question 10 are great for your ladies to share positive examples in their lives.
3. There isn't a blank page for notes, so I recommend you have some paper available if the ladies need it. Show Crystal Clear Christianity lesson.
4. Video Reflection Questions
 - a. Where do you tend to fall into a comparison trap?
 - b. Which of the six words from Ephesians 1 spoke to you the most and why?
 - c. What are some scriptures you can use to renew your mind as you fight the feelings brought on by comparison?
 - d. Who are some like-minded women you can count on to rally behind you in the fight against comparison?
5. Ask for prayer requests and pray for group members.

Notes and Prayers Requests



INSPECT YOUR MIRROR

Before the Session

1. Preview the video of session 4.
2. Consider which questions from the previous week's homework you want to focus on during discussion.

During the Session

1. The Crystal Clear Christianity homework has many excellent opportunities for group discussion. I encourage you to have a select few in order to use your time wisely and cover as much ground as possible. Below are some of my top recommendations.
 - a. Day 1, page 55. Have ladies share which enemy thought is the biggest struggle for them or which one have they seen the most growth?
 - b. Day 2, Page 64. Have someone share her answers to questions 13 & 14. Then ask if someone is willing to share from that day's reflect question.
 - c. Day 4, pages 76 or 77. Both question 10 and 11 are excellent for sharing.
2. Direct the ladies to the blank page 83 in their book for recording notes. Show Inspect Your Mirror lesson.
3. Video Reflection Questions
 - a. Where are you most likely to deal with negative influence in your life – your seeing, hearing, or thinking?
 - b. Who are some positive influencers in your life & why?
 - c. Are there any influences that God brought to mind that you need to eliminate or limit your exposure?
4. Ask for prayer requests and pray for group members.

Notes and Prayers Requests



REFLECTIONS FROM YOUR DRESSING ROOM MIRROR

Before the Session

1. Preview the video of session 5.
2. Consider which questions from the previous week's homework you want to focus on during discussion.

During the Session

1. Here are some suggestions for discussion.
 - a. Day 2, page 92, question 4. The Reflect question on page 93 is also good.
 - b. Day 3, page 99, Reflection question.
 - c. Day 4, page 102, questions 5 – 10.
2. Direct the ladies to page 111 where there is blank space for notes. Show Reflections from Your Dressing Room Mirror.
3. Video Reflection Questions
 - a. When did you say yes to Jesus? Share a short testimony of when you received the Gospel.
 - b. Who can you “invite” to know Christ by sharing what Christ has done in your life?
 - c. Which truth of your identity do you most need to own: chosen, holy, dearly loved? Which clothing article do you need to address the most: compassion, kindness, humility, gentleness and patience?
4. Ask for prayer requests and pray for group members.

Notes and Prayers Requests



BLIND SPOTS

Before the Session

1. Preview the video of session 6.
2. Consider which questions from the previous week's homework that you want to focus on during discussion.

During the Session

1. Here are suggested discussion questions.
 - a. Day 1, page 113 has a table discussion question.
 - b. Day 1, pages 114 – 118. Ask the ladies to share which of the questions impacted them the most and why.
 - c. Day 3, page 128, question 3 & 4.
 - d. Day 5, page 142, question 3. Page 143, questions 6 & 7.
2. Direct the ladies to page 145 to take notes. Show See Your Blind Spots lesson.
3. Video Reflection Questions
 - a. Which of the three Blind Spots is the biggest challenge for you and why?
 - b. Which question within that Blind Spot do you most need to consistently ask in order to gain clarity?
 - c. What is an agreement that you are tempted to make with Satan that would take you off course?
 - d. What scripture can you use to give sight to your blindness?
4. Ask for prayer requests and pray for group members.

Notes and Prayers Requests



REFLECT CHRIST EVERYWHERE YOU GO

Before the Session

1. Preview the video of session 7.
2. Consider which questions from the previous week's homework that you want to focus on during discussion.

During the Session

3. Keep in mind that ladies studied both the See Your Blind Spots and Reflect Christ Everywhere You Go in their homework. These days of homework were longer than previous weeks.
4. Here are some suggested discussion questions.
 - a. Day 1, page 150, question 10 and page 152, question 12.
 - b. Day 2, page 157, question 3 and page 160, question 8.
 - c. Day 3, page 164, question 7.
 - d. Day 4, page 168, question 1.
5. Direct the ladies to the bottom of 183 and 184 for space to write notes. Show Reflect Christ Everywhere You Go lesson.
6. Video Reflection Questions
 - e. What is your plan for daily prayer? How can you be more watchful?
 - f. Where can your conversations be more filled with grace?
 - g. Which of the anchoring truths are you committed to working on moving forward?
 - h. From page 183, share how the study has challenged you in your prayer life, thought life, sharing your faith, or how you view mirrors.
7. Ask for prayer requests and pray for group members.

Notes and Prayers Requests
