



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 *Transform My Thinking, God* leadership team!

Elizabeth's heart is to help women lead 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 thinking 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 a different Mindset while giving class members occasions to see and hear more of Elizabeth's story.

Weekly meetings require 90 minutes to 2 hours. 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 (40 - 55 minutes)

Post Video Discussion (15 minutes)

STARTING A BIBLE STUDY ACTION STEPS

1. Secure a room or home and 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 8 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 DVD set from elizabethmahusay.com. You can secure a book from Amazon or the website. If you prefer you can stream videos from the videos. 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 each other's journey to transformed thinking. 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 discussion, if your group is larger than 8-10 women. You can watch the videos together as a group. Take note of the video times as they vary each week. Explain to your participants that you are facilitating the discussion, but you will not be lecturing. 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

A crumpled piece of white paper with five horizontal lines for writing.

SESSION ONE: GOSPEL MINDSET



Before the Session

1. Preview the video of session 1.
2. Read “A Note from Elizabeth” and prepare your own thoughts about the transformation a chrysalis goes through in order to become a butterfly.
3. Familiarize yourself with the layout of the study in order to prepare your class members with what to expect.
4. Provide some index cards for the post video activity.

During the Session

1. Facilitate a “Get to Know You” activity.
2. Discuss the theme of the study: Transformation in Thinking. Ask the women to share what they know about the transformation that a chrysalis undergoes to become a butterfly. After some discussion, share what you found in preparation.
3. Direct members to pages 2 and 3 for the Listening Guide. Show Gospel Mindset lesson [41:00].
4. If time permits, ask what stood out in the video. Which of the facts about thoughts most impacted them? Which letter of the GOSPEL acrostic challenged them the most?
5. Have the ladies write one foundational thought that they desire God to transform on the index card. Encourage them to look for scripture throughout the study that speaks to their need.
6. Explain that each week consists of five days of homework. Encourage members to complete all the work.
7. 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

A large rectangular area with a crumpled paper texture, containing several horizontal lines for writing notes and prayer requests.

SESSION TWO: NO MATTER WHAT MINDSET



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. A key aspect of Mindset transformation is the truth, "God can do what He says He can do." Depending on how much discussion time you have, focus on pages 12 through 15. Specifically, page 12—question 2; page 13—question 3; and page 14—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. I do encourage you to cover question 4 on page 21 as it begins the discussion of control in our life. Giving up control will be revisited throughout the study along with the need to surrender to God. I encourage you as the leader to have something you can share in response to that question.
4. Direct the ladies to page 24 and 25 in their book for the Listening Guide. Show No Matter What Mindset lesson [37:00].
5. If time permits, ask what stood out in the video. What are some chains and/or contentions they are dealing with right now? How did the hand test with the cross impact them?
6. Ask for prayer requests and pray for group members.
7. Before you leave, have your group pray the first part of the **Transform My Thinking, God** prayer, located on page 129, out loud together. Each week you will pray through the new Mindset learned with the goal of memorizing the whole prayer by the end of the study.

Notes and Prayers Requests

SESSION THREE: CHRIST-LIKE EVERYDAY MINDSET



Before the Session

1. Preview the video of session 3.
2. Consider which questions from the previous week's homework that you want to focus on during discussion.
3. Have some stationary and envelopes on hand for ladies to write a note of thanks to someone who has modeled Christlikeness for them.

During the Session

1. If your time is limited then I suggest focusing your discussion on pages 30 and 31 where they were asked to work through the exercise of negative versus positive starting thoughts. It is a good idea to have your own ready to share in order to spur their thinking. Some leaders have found it helpful to have ladies work through the steps as a pair.
2. Day 5 is also rich with opportunities for discussion. We are bombarded with lies and we need a plan to fight back! Discuss ideas for how to be in the Word daily. Utilize the table on page 41 to encourage an action plan.
3. Direct the ladies to pages 44 and 45 in their book for the Listening Guide. Show Christ-like Everyday Mindset lesson [42:45].
4. If time permits, ask what stood out in the video. Which of the "I must" statements challenged them the most? Where is humble obedience most difficult for them? Who is someone in their life worthy of emulating?
5. An anchoring activity would be asking the ladies to write a note of thanks to the person they mentioned they find worthy of emulating.
6. Ask for prayer requests and pray for group members.
7. Before you leave, have your group pray the **Transform My Thinking, God** prayer, located on page 129, out loud together. (Remember you can stop at the Christ-like Everyday Mindset).

Notes and Prayers Requests

SESSION FOUR: HEAVEN FOCUSED MINDSET



Before the Session

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

During the Session

1. This Christ-like Everyday Mindset 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, pages 49-50, question 3 and 6 are excellent to get ladies sharing.
 - b. Day 2, page 55, question 10 will allow you to have a summary discussion of the entire day.
 - c. Day 4, page 64, journal activity is an opportunity for ladies to share the "bushels" that they may be using to hide Christ's light.s
2. Direct the ladies to pages 70 and 71 in their book for the Listening Guide. Show Heaven-focused Mindset lesson [TIME].
3. If time permits, ask what stood out in the video. Which one of the "Perspective for" sections encouraged them the most? Challenged them the most? Why?
4. Which one of the summary truths do they most need to anchor in their thought life?
 - a. Live today with hopeful expectancy.
 - b. Don't allow past credentials to keep you from God's best in your life!
 - c. Any loss you count will be worth the gain God gives.
 - d. Your pursuit of Christ is integral for transforming your thinking!
 - e. Cultivate there and then thinking in order to make your dash count.
5. Ask for prayer requests and pray for group members.
6. Before you leave, have your group pray the **Transform My Thinking, God** prayer, located on page 129, out loud together.

Notes and Prayers Requests

SESSION FIVE: INTENTIONALITY MINDSET



Before the Session

1. Preview the video of session 5.
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 time you had at the end of the last session, you may want to have further discussion on the five perspectives from the Heaven-focused video lesson.
2. The homework for each of the Heaven-focused Mindset are longer than previous weeks. There are many key points so I've given you my suggestions below for discussion.
 - a. Day 2, page 78, question 4.
 - b. Day 3, page 82 where they can share about counting things as loss.
 - c. Day 3, page 85 and 86 I share five questions I have asked myself in my journey. You could use these as a launching point for your ladies share stories of their own.
 - d. Day 4, page 89 and 90 have the ladies discuss about the traps of comparison.
3. Direct the ladies to pages 98 and 99 in their book for the Listening Guide. Show Intentionality Mindset lesson [TIME].
4. If time permits, ask what stood out in the video.
 - a. Where do they need to be intentional? (Standing, Praying, Thinking, Living)
 - b. Which of the Five Steps to Retrain Your Brain impacted them the most and why?
 - c. Review Times Needed, Just Pray, Let God's Voice Permeate in order to anchor Philippians 4:8 in their minds.
 - d. Be sure to point out the scriptures listed on page 100 that can be used for substitutionary thinking.
5. Ask for prayer requests and pray for group members.
6. Before you leave, have your group pray the **Transform My Thinking, God** prayer, located on page 129, out loud together.

Notes and Prayers Requests

SESSION SIX: GOD-CONFIDENCE MINDSET



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. Keep in mind that ladies studied both the Intentionality Mindset and the God-confidence Mindset in their homework. The end of each day had them looking back at their journal activities from the previous week's study. Ask them to share thoughts they identified that needed to be rejected and what substitutionary biblical truths they recorded.
2. Day 2, pages 106-111, which of my personal examples impacted them and why?
 - a. My dad's health decline and death.
 - b. My marriage to Fred.
 - c. My struggle with worry over finances.
3. Day 4, page 119 – 120 discuss the difference between being self-confident versus God-confident.
4. Direct the ladies to pages 126 and 127 in their book for the Listening Guide. Show God-confidence Mindset lesson [TIME].
5. If time permits, ask what stood out in the video. Where do they need to bolster their confidence—in God's power, His purpose, or His provision?
6. Which of the six Mindsets studies impacted them the most? Why?
7. What scriptures did they write on their index card to help them address the foundational thought they wanted God to transform?
8. Ask for prayer requests and pray for group members.
9. To close out the study, have your group pray the **Transform My Thinking, God** prayer, located on page 129, out loud together.

Notes and Prayers Requests
