

crossroads

IKR?

**REAL CONVERSATIONS
WITH REAL WOMEN**

STUDY GUIDE

Use this four-week guide to facilitate discussion with your small group. Listen to the selected podcast, then read the individual prompts and discuss with your group when you meet up. Make sure to listen to the final podcast with your group.

 Listen

THE ONE ABOUT
**BODY IMAGE...
AND BOOBS**

PSALM 139

PHILLIPIANS 4:8

What's your body story?

What is the body part that you despise?

How about the part you love?

What does your partner (or any loved one) affirm about your body?

What would it look like if you agreed with them?

What does it mean to be fearfully and wonderfully made?

This week:

Look in the mirror when you're naked and alone.

Then say three things you love about your body.

 Listen

THE ONE ABOUT

THE PEOPLE WE LOVE... AND HAIR SHOWS

2 CORINTHIANS 10:1–5

What is one lie that you often find yourself believing about yourself?

How does this lie affect your day-to-day life?

What is a lie that you believe about a close relationship (could be a spouse, a child, a friend)? How does that affect your day-to-day relationship with them?

What are some things you are grateful for in that relationship?

What spiritual weapon do you feel like you need to get rid of these lies?

This week:

Share that gratitude with that person this week!

 Listen

THE ONE ABOUT
**REST...AND
JANET JACKSON**

JOHN 15:1–5

MATTHEW 11:28–30

Where do you feel like the glue that is holding everything together?

Why is it important to you to put so much effort into that part of your life?

Where do you think you need to say no right now?

What types of things feel restful to you?

What's one way you could begin to let Jesus into the cracks of your day?

This week:

Do one thing that feels like rest. Schedule it now while you're with the group. Then say three things you love about your body.

 Listen

THE ONE ABOUT
**YOUR PAST...
AND DRUG
DEALING**

ROMANS 5:1–8

Share with the group one way you are very different from your past.

Where do you not feel at peace with God right now? Why?

What's the thing in your past that just feels hard to leave completely behind?

When/Where do your thoughts wander when that thing comes up?

Where would you want a pardon for your past?

Do you believe Jesus could give you a pardon for that? Could you receive it, if so?

 Listen

THE ONE WHERE
**ALLI & LATASHA
ASK YOU
QUESTIONS**

IKR?

Listen to this
final podcast
**during the last
group meeting.**