

# *She Believes*

## BOOK STUDY: SESSION FOUR

with Debbie Lindell

**Hello there!** I am so excited to be connecting with you as we continue our journey through *She Believes*. This week, we will be exploring the gift of friendship, God's desire for you to be connected to meaningful and life-giving relationships that strengthen your faith, and his desire to use your life to bring hope to those around you. This is one of my greatest joys and passions: connecting women of all ages to God's purpose through interaction and relationship with one another. **My desire in our time together is to help you grow in understanding that his plan for your life includes connection to others for the purpose of leading the girls around you closer to Jesus.**

## SESSION FOUR: BELIEVING MAKES BEING TOGETHER EVEN BETTER

(Chapters 13-15)

I love my life, but it would definitely not be described as quiet and slow-paced. It seems like I am constantly facing some sort of deadline. Your schedule may be similar: go here, go there, pick up the kids, send that text, make dinner, empty the dishwasher, check on Mom, finish that report! Wowza . . . life can get pretty crazy. And if we are not careful, just “doing things” can be all that we do, and our relationships and connections with people can get shoved to the side or ignored altogether. People are really meant to be the most important part of life.

Do you remember my story in chapter 14 about the girl I met in the mall? There I was, my cell phone in hand, my to-do list scrolling through my mind, quickly trying to get everything done that I thought I needed to do! And there she was behind the counter, looking back at me as I made my purchase—waiting for me to notice more than just my list. I had no idea in that moment that my decision to stop and put aside my schedule would be this precious girl’s answer to prayer—nor did I know that just days before, she had heard about our church and had actually prayed and asked God for a chance to meet me. All I knew was God wanted me to stop what I was doing and take time to connect with her. Thankfully I did!

Have you ever experienced a connection so obvious that you knew God had made it happen? Have you ever heard him whisper to you, *See that girl in front of you? She needs your encouragement today.* It can happen almost anywhere, for anyone: the server in the restaurant, your neighbor, the women sitting next to you in the doctor’s office, the couple sitting in front of you at church. Whether you are noticing or not, they are there, just waiting for you to stop and *notice them*. The truth is, it is God’s will for you to connect with people and to use your life to reveal his love to those around you. But for that to happen, you have to be willing to stop, take time, open up your heart, and share your life with them. And that, my friend, takes faith!

**REFLECTION TIME:**

***Open your Bible. Listen to Jesus. Write in your journal.***

There are girls all around you who are desperately searching for an answer to their lonely, hurting lives, and as a believer in Jesus Christ, you could be their only connection to the hope that is inside of you! But for you to be used by God, there are things you must do—or like me that day in the mall, stop doing—to make connections with the people he places in your path. Most importantly, you have to keep your eyes open, have an obedient heart, and be willing to respond to God’s voice.

**Read 1 Thessalonians 5:6, 8, 11 (The Message):**

So let’s not sleepwalk through life like those others. Let’s keep our eyes open and be smart. . . . Walk out into the daylight sober, dressed up in faith, love, and the hope of salvation. . . . So speak encouraging words to one another. Build up hope so you’ll all be together in this, no one left out, no one left behind. I know you’re already doing this; just keep on doing it.

In 1 Thessalonians, Paul is writing to believers and admonishing them to live wide awake, ready to be an encouragement to those around them. With these verses as a backdrop, I want you to think about the following questions.

- How do these verses motivate you to use your life to encourage others?
- What do you think Paul means when he says, “Dressed up in faith, love, and the hope of salvation”?
- When was the last time you stopped to encourage and talk to a girl you did not know?
- What do you think Paul means when he says, “Build up hope so you’ll all be together in this, no one left out, no one left behind”?

**Want to go deeper? I invite you to take a moment to consider how these verses relate to how God designed us to share friendship and connection with other believers.**

- That you were uniquely created to be connected to other believers.  
Read Romans 12:4-8.
- That your love for people should be genuine and welcoming to everyone.  
Read Romans 12:9-10, 16.
- That you need to choose your closest friends carefully.  
Read Proverbs 12:26.
- That you should be a light to those who don't know Jesus.  
Read Matthew 5:14.

### ***THIS WEEK'S SCRIPTURE:***

So speak encouraging words to one another. Build up hope so you'll all be together in this, no one left out, no one left behind. I know you're already doing this; just keep on doing it. (1 Thessalonians 5:11 The Message)

### ***MY FAITH DECLARATION:***

I believe that God created me to love and connect with others! Even when I feel the desire to hide, I will remind myself that he has called me to notice and reach out to the girls he places in my path. I will purpose to bring hope, life, love, and acceptance to the sisterhood that God has positioned around me, and guard against disunity and strife. And I will strive to always lead every girl who is watching me—through my kindness, words, actions (and social media posts)—closer to Jesus!

### ***PERSONAL CHALLENGE:***

For some of us, reaching out to a girl we don't know is easy. For others, God has to speak loudly—and more than once—to get our attention and move us to action. The truth is this: it is Satan's goal to stop us all from being a light for Jesus and to make us afraid and insecure about connecting with others. I want to challenge you over the next seven days to pray and ask God to help you reach out to someone in your path whom you do not know. Don't worry about their response—just your obedience.

***SISTERHOOD CHALLENGE:***

Who are the girls you would say you are closest to? Are you leading them closer to Jesus or not? Think about ways you can spiritually invest in the sisterhood around you—whether at work, at school, or at church—that inspire those girls to grow in their faith. Text them a verse of Scripture, invite them to do this study with you, or offer to meet them at church next Sunday! If you are lonely, ask God to show you who to invite to become a friend, someone who will be life-giving, faith-building, and encouraging in your walk with God.

***MY PRAYER FOR YOU:***

Dear heavenly Father, thank you for my study friend. Please help her to honestly explore her heart this week as she seeks to reach out to others and cultivate friendships that bring life to her soul. If she feels lonely today, I ask that you would surround her with your loving presence. Help her to realize that she is not alone; you are right there beside her, and she also belongs to my sisterhood—an amazing company of women who believe in her and love and care about her life. Amen.

This online book study courtesy of Debbie Lindell, author of *She Believes: Embracing the Life You Were Created to Live*, Revell © 2016.

**VISIT DEBBIE'S WEBSITE AT [HTTP://WWW.DEBBIELINDELL.COM](http://www.debbielindell.com).**

**Designed Sisterhood** is an ever-expanding company of women of all ages, statuses, and backgrounds—united in friendship, heart, and purpose! Visit our website at <http://www.designedforlife.org>, become part of our community, and consider yourself personally invited to our fall Designed for Life conference!