



5 WEEKS TO

*Becoming A Woman
Who Doesn't Quit*

LESSONS FROM THE BOOK OF RUTH

CONFERENCE CALL SERIES WITH
NICKI KOZIARZ & LISA ALLEN



TABLE OF CONTENTS

Foreword By Melissa Taylor	2
Week One: You Have to Accept Your Assignment of Refinement	3
Week Two: You Can Follow Through Despite How You Feel	6
Week Three: You Can Trust Where God is Moving You	9
Week Four: Being Emotionally Generous Reaps Big Rewards	12
Week Five: Sometimes You Gotta Mix Faith with Footwork	15
Conference Call Series Reflections	18

FOREWORD BY MELISSA TAYLOR

You just made a great decision. I did, too. We're committing to something that could change our lives. Can you imagine being a woman who follows through completely?

If I'm being honest, I can imagine being a woman who does exactly that. I mean, when I set a goal or commit to something, I have great pictures in my mind of what it will be like at the end. For example, I can *imagine*:

- I'll be 40 pounds lighter and super fit because I followed through with my diet and exercise plan.
- My home will be organized because I followed through with my de-clutter plan.
- My house will be clean because I followed through with the family chore list.
- My savings account will actually grow because I've made *consistent* contributions.
- My children will count on me because they've learned they can.
- My projects at work will move from idea to reality because I didn't abandon them when faced with difficulty.
- I'll actually finish a Bible study and be that woman who doesn't quit.

I've imagined myself at the end of each of these things. But the reality is, I've practically quit them all. Why? Because I didn't feel like finishing it. And now I have a good friend who has written a book about not quitting, *5 Habits of a Woman Who Doesn't Quit*. Thank you Nicki Koziarz.

This conference call series, *5 Weeks to Becoming a Woman Who Doesn't Quit* is a great tool to reinforce the habits learned in *5 Habits* book. But it's also more than that. It's a study of a woman in the Bible who had every good reason to give up, but she didn't. She lived out the 5 habits we'll learn about. As we journey through the book of Ruth together, we'll sit under the teaching of two great women from Proverbs 31 Ministries.

I can't think of two people I'd rather learn from than Nicki Koziarz and Lisa Allen. Together, they have teamed up to take us through this thought-provoking journey through the book of Ruth. Nicki is our Bible teacher and Lisa will be challenging us to live it out and make the changes we need so that we persevere, despite how we feel.

I'm so glad you decided to join us on this journey! I can't wait to see the difference in our lives week-by-week as we become women who persevere and follow through! Then we will no longer just *imagine* what it will be like. It will actually happen!

Melissa Taylor

Director of Online Bible Studies, Proverbs 31 Ministries

“You Have to Accept Your Assignment of Refinement”

WEEK 1 - LESSON 1

What to read this week:

Ruth 1:1-2:12

Key verses to remember:

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DON'T FORGET:

DON'T LET A **TEMPORARY**

BECOME A **PERMANENT**

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LESSON REFLECTION QUESTIONS

[taken from A Woman Who Doesn't Quit Bible Study, Lifeway, 2016]

Who are all the characters we have met from the book of Ruth?

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What were the six vows Ruth made to Naomi in Ruth 1:16-17?

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What is your assignment of refinement right now?

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NOTES FROM TEACHING:

A series of horizontal dotted lines for writing notes.

“You Can Follow Through Despite How You Feel”

WEEK 2 - LESSON 2

What to read this week:

Ruth 2:4-13

Key verses to remember:

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DON'T FORGET:

WHEN WE GIVE **GOD** OUR

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HE **GIVES** US A OF

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LESSON REFLECTION QUESTIONS

[taken from A Woman Who Doesn't Quit Bible Study, Lifeway, 2016]

Write a summary of Ruth's story so far. What part have you enjoyed the most?

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What are some excuses you had when your feelings tried to convince you to give up on something?

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What does God's favor mean to you?

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NOTES FROM TEACHING:

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“You Can Trust Where God is Moving You”

WEEK 3 - LESSON 3

What to read this week:

Ruth 2:15-23

Key verses to remember:

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DON'T FORGET:

LEARNING TO **STAY** OPEN TO GOD'S

BRINGS

INCONCEIVABLE

TO OUR

LESSON REFLECTION QUESTIONS

[taken from A Woman Who Doesn't Quit Bible Study, Lifeway, 2016]

What are some situations you have seen Ruth walk through that reflected she must have been close to God?

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Why is it important for you to keep reminding yourself what God has done for you?

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How specifically is God asking you to stay open to His movement right now?

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“Being Emotionally Generous Reaps Big Rewards”

WEEK 4 - LESSON 4

What to read this week:

Ruth 3:1-18

Key verses to remember:

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DON'T FORGET:

WHEN I GIVE
WHAT I,
I'M SOWING ANOTHER
.....-GIVING

LESSON REFLECTION QUESTIONS

[taken from A Woman Who Doesn't Quit Bible Study, Lifeway, 2016]

Write down the verses from what we've already read where you see Ruth living out emotional generosity.

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Who is someone who will challenge you the most in living out emotional generosity?

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What are some doubts you have about this process of being emotionally generous with others?

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“Sometimes You Gotta Mix Faith with Footwork”

WEEK 5 - LESSON 5

What to read this week:

Ruth 4:1-22

Key verses to remember:

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DON'T FORGET:

IF OUR **MOUNTAINS** ARE NOT
..... MOVING,
WE MIGHT NEED TO **MIX** OUR
FAITH WITH

LESSON REFLECTION QUESTIONS

[taken from A Woman Who Doesn't Quit Bible Study, Lifeway, 2016]

Complete this sentence: I wish I had enough faith to ...

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What is a promise God has given that you feel could apply to your life?

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What was the ultimate result of Ruth's obedience?

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CONFERENCE CALL SERIES REFLECTIONS

What I'm taking away:

Something that surprised me about studying the book of Ruth was:

Someone I want to help become a woman who doesn't quit is:

The verses we studied which impacted me the most were:

*"A committed woman
learns to choose what she
wants most over what
she wants now."*

NICKI KOZIARZ