



SEASON 10 EP.11

Sister: The Redemption of Sisterhood



GROUP QUESTIONS

1. What stood out to you from this week's episode?
2. Take some time to allow each person to answer the following questions in relation to your small group: What are you needing right now in this season of life and how can we bless you? How can we come alongside you? How can we champion you? What are you needing from anyone here specifically? What Holy Spirit dreams can we help midwife in you?
3. If you could be any age, what age would you be?
4. What stood out to you from Sister Miriam's meditation at the end of today's episode?

LECTIO DIVINA

"...When Elizabeth heard Mary's greeting, the baby leaped in her womb, and Elizabeth was filled with the Holy Spirit. In a loud voice she exclaimed: 'Blessed are you among women, and blessed is the child you will bear!...Blessed is she who has believed that the Lord would fulfill his promises to her!' And Mary proclaimed: My soul glorifies the Lord, and my spirit rejoices in God my Savior, for he has been mindful of the humble state of his servant. From now on all generations will call me blessed, for the Mighty One has done great things for me—holy is his name..." - Luke 1:39-56

JOURNAL QUESTIONS

1. How have other women championed what the Lord has done in your life? How have you championed other women in what the Lord is doing in their lives?
2. Who is one woman in your life who you can ask: "What's on your heart? How can I come alongside you to help bring about the Holy Spirit's work in your life?"
3. What images, relationships, or forgiveness came about through the prayer meditation at the end of today's episode? What is God stirring in your heart as we conclude the series on sisterhood?

QUOTE TO PONDER

"Helping one another is part of the religion of our sisterhood." - Jo March, 'Little Women'