



Six-Week Group Bible Study
Hostess Guide

Organizing *You*

Six-Week Group Bible Study

The Hostess Guide

By Shannon Upton

Dear Hostess,

Thank you so much for serving your sisters in Christ by hosting an Organizing You Six-Week Bible Study! I hope you'll invite all of your friends (and their friends!) to join you for a wonderful six weeks of growth.

Over the course of six weeks, you and the women of your group will experience:

- **Awesome Accountability:** The women in the group will keep each other excited, motivated, and accountable so that you'll all finish the book and get your new organizational systems in place!
- **Productive Collaboration:** The women in the group will be able to share their past experiences and new ideas, helping each other to develop systems that will really work for their families.
- **Stronger Friendships:** The women in your group will bond with each other in a fun and meaningful way as you encourage each other and pray for one another.
- **Spiritual Growth:** As a group, you'll dive into God's Word so you can discover and clear out the clutter in your spirits that may distance you from Him. You'll also be encouraged to pray, both individually and as a group, as you complete the study.

As the Hostess, you'll be in charge of creating an atmosphere in which the ladies of your group will feel welcomed and safe to share their hearts. The study itself is laid out in a clear and direct way to make it as easy as possible for you to lead! So here's how to start:

First, you'll need to decide on a time and location. To be on the safe side, assume that each meeting may take up to two hours—although a small group will get through the material more quickly than a large group, and the first meeting will be shorter than the rest. (If you host the study in the evening, you'll probably be able to include more working moms.)

As for the location, if your church can provide childcare for you, you may want to consider hosting your Bible study there. However, if you're doing this without childcare, you can choose a friendly, warm setting by hosting the group in your home.

No matter where you meet, I recommend that you *not* serve food. This will make it easier for you as the Hostess, and it will also help your group to be sensitive to people with food allergies and those who may be watching their weight. It would be lovely of you to offer beverages like tea, coffee, or soda, though! If you wish, you may choose to make the last meeting a real party with a dinner or dessert night, done pot-luck style so that everyone will have something they can enjoy.

Next, you'll need to invite as many women as you'd like to join you in the study. If possible, open it up to all of your friends... and ask them to invite *their* friends. Because of the collaborative elements of this study, this really is a case of "the more the merrier!" (Although, the study will still be a wonderful, meaningful venture even if you're meeting with just one or two friends.)

As you invite them, you can let them know what they'll need: a copy of Organizing You, a Bible, and a place to write their notes, thoughts, and ideas (like a notebook or journal). Let them know that it would be great if they read the first chapter before the first meeting, but that they can come regardless of whether or not they read it!

As the Hostess, you'll need to have those three things as well, plus something that you can write on that's big enough for the whole group to see—what I'll call the "Big Board." A child's chalkboard or easel would be great, or you can borrow an easel from your church. Even pieces of poster board taped to a wall or door would do the trick! And, of course, you'll also need this Hostess Guide. You may want to print a copy and place it in a small three-ring binder. (You won't need to print it for everyone, just one for you, the Hostess).

As the ladies start signing up, make sure to get their email addresses and cell phone numbers (if applicable). You'll need to be able to contact them throughout the six weeks with email or text reminders.

Then you'll be ready for the study to begin! Each meeting will be full of wonderful components that you, as the Hostess, will simply need to introduce. All of the things to say and do are laid out in this Group Study Guide. You're in charge of creating a warm atmosphere with your smile and spirit of fun! (Speaking of atmosphere, you may want to play some soft praise music in the background so that the silent reflection times aren't so silent!)

Please know that you're *not* expected to go over the chapter(s), reflection questions, or individual study guide; instead, you'll be encouraging the women to share, grow, and keep each other accountable through the new material. You can read everything aloud just as I've written it, or put it into your own words—you are the Hostess, after all!

At the end of each meeting, you'll need to assign accountability partners. Everyone should have one, including you! Each pair of women (or trio if there's an odd number) will pray for each other that week and be in charge of encouraging her partner to complete the homework. You should rotate accountability partners each week as best you can so that you and the other women in your group will all build relationships with each other.

If someone is absent, you'll be her accountability partner! Email her a "what you missed" summary, and encourage her to continue through the reminder texts and

emails. (Or, if you're old school like me, you may want to make an actual phone call to make sure she's OK and see if you can help in any way!)

That's it! Everything else you'll need is laid out in the study guide that follows. If you have any questions or concerns, please feel free to email me. May God bless you as you serve your sisters in Christ through this study!

Blessings,

Shannon Upton
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An Overview of the Six-Week Organizing You Bible Study

What You'll be Studying Each Week:

- Week 1: Spiritual Clutter (Based on Chapter 1)
- Week 2: Time Management (Based on Chapters 2 and 3)
- Week 3: Chore Planning (Based on Chapters 4 and 5)
- Week 4: Big Picture Planning (Based on Chapters 6 and 7)
- Week 5: Organizing Ideas (Based on Chapter 8 and 9)
- Week 6: Living Free of Spiritual Clutter (Based on Chapter 10)

The Components of the Study:

- Get-To-Know-You Times: These encourage the ladies to get to know each other and “warm up” for the time together each week.
- Hostess Moments: These are things that you need to share to make the women feel welcome or introduce a concept. They're written out for you, but feel free to make them your own! Your main role is to be a warm and welcoming Hostess (not necessarily “The Leader”).
- Scripture Times: Although you may want to begin by reading the scripture verses yourself, try to ask other women to read them as soon as everyone gets comfortable.
- Prayer Times: The prayers are directly linked to the scripture readings and written out for you (which may help you if you're uncomfortable praying in front of a group).
- 30-Second Summaries: These are intended for the ladies who were unable to complete the homework so they won't feel totally lost! They're also great refreshers for ladies who may have done their homework early in the week.
- Growth Questions: These are group discussion questions intended to help the women dive deeper into the material. Sometimes they won't have much to say on a topic, and you can move on pretty quickly. Sometimes they'll get into a great discussion—use your best judgment about cutting them off and going on to the next component!
- Group Activities: These are intended to bring the women closer to each other in a fun and meaningful way. As the Hostess, you'll be the Group Activity Leader, so be sure be enthusiastic! Each week has one Group Activity that's like a game—feel free to award small prizes!
- Individual Activities: These activities may be very private and challenging for the women. As with the growth questions, you'll need to judge when most of the women seem ready to move on to the next component. Please let the women know that they'll never be forced to “go around the room and share,” but they might be asked if they're willing to share their thoughts in the spirit of collaboration.

- Collaborations: This is when your group pulls together to share ideas and experiences. They're asked to share in order to *encourage* one another (let the other women know that they're not the only one thinking or wondering the same thing) and *inspire* one another (give the other women new ideas to make their own).
- Homework Assignments: This is the bare minimum the ladies should do during the week to prepare for next week's study. The homework should take around two hours each week.
- Extension Challenges: These are optional activities to help the women put the material into practice. As the Hostess, I'm sure you'll want to be a great example and try all of the Extensions Challenges!
- Accountability Partner Times: Each woman will have a partner each week to encourage her through the material. As the study progresses, these times include more sharing and prayer.
- Hostess Homework Assignments: Use these to encourage and support the ladies in the study throughout the week!

Before each session, take the time to read through the material so you'll be comfortable with it and know what comes next. The more comfortable you are, the more comfortable the other moms will be! The more open you are, the more open the other moms will be as well. Thank you for being the Hostess and leading other moms on this journey with Jesus!

Week 1: Spiritual Clutter

Based on Chapter 1

Get-To-Know-You Time: Ask each mom to share her name, a little about herself and her family, and the weirdest thing that's in her purse right now.

Hostess Moment: **Thanks for sharing with each other, and welcome to the Organizing You Six-Week Bible Study! Through this study, we'll be clearing out our spiritual clutter and growing closer to our families and our Lord. Let's open with scripture and prayer.**

Scripture Time: As the Hostess, open your Bible and read Psalm 8 aloud.

Prayer Time: **Heavenly Father, we gather in Your presence tonight with a spirit of joy and anticipation. We can't wait to see what You will work in our hearts and homes through this study! Lord, please help us and guide us as we embark on this journey. We boldly come to Your throne as Your beloved daughters and ask that You cover us in Your love right now. Help us to learn, grow, and encourage one another. We thank You for the blessings in our lives and praise You for who You are. O Lord, our Lord, how majestic is Your name in all the earth! Amen.**

Group Activity: **All right, since we're all superlative moms, we're going to play the Superlative Game! Let's see how well you listened as we introduced each other. For this game, we need to work together to line up in order as quickly as we can. For example, if I say, "Line up by age," we need to line up from youngest to oldest. Don't worry, I won't really say that one. The trick is, we have to do it as quickly as we can *without talking!* So get ready to line up... this first one should be fast!**

Line up by height

Line up alphabetically by first name

Line up so that your shirts are in "rainbow order"

Line up according to how many kids you have

Line up according to your birth month

And for the challenge(!)... line up alphabetically by last name

Hostess Moment: **So, let's get started! This first week is based on the material in Chapter 1, the book's introduction. In this study, we're not going to spend a lot of time going over the material that was in the book; instead, we're going to extend and apply it as a group with new material. Since this is the first week, not all of you may have read the material, and that's OK. Did anyone read the first chapter of Organizing You?**

30-Second Summary: Here's a 30-second summary for those of you who didn't get a chance to read the first chapter or may want a quick refresher: Shannon says that all Christian women carry *spiritual clutter*, those anxious thoughts and fears that tell us we're not the moms, wives, and daughters of God we should be. We compare ourselves to other moms and hold ourselves to impossible standards. God doesn't want us to live our lives running around, hassled and busy; He wants us to live in His peace. We can use organization as a tool to clear out our spiritual clutter and live in Christ's abundance of peace and joy! But we should also remember that God has the ultimate control over our lives and endeavor to trust Him completely.

Growth Question: All of us have different emotional reactions to the word "organized." Does the thought of "being organized" make you feel more in control, or restricted, or inadequate, or something else?

Group Activity: OK, get out your journals. We're going to take a pop quiz! Have the moms take the spiritual clutter quiz on organizingjesusmoms.com (the quiz is also included in the Hostess Guide at the end of this lesson). Read it out loud, with some humor, and have the moms keep track of their answers independently in their journals. Then they can "grade their own papers" as you read aloud "answers" about the different spiritual clutter different moms face.

Growth Question: I think we could all read a bit of ourselves in this quiz! On a scale of 1 to 10, with a "1" being desperately unorganized and a "10" being totally Type-A, where do you fall on the organization spectrum? Where would you like to fall, realistically speaking? (Have everyone share their two answers.)

Hostess Moment: In this study, we want to be open and honest about where we are in the process and where we want to be. It's important to know that being more or less "organized" doesn't make you more or less successful as a mom, wife, or daughter of God. The more structured gals will *not* have all of the answers in this study, and the less organized moms won't need all of the help! The end goal isn't to "get organized." It's for each individual to become just organized enough to enjoy her family and live peacefully in the presence of God.

Individual Activity: We're going to take a few minutes now so you can write a brief description of what "organized enough" would look like for you. Don't worry, you won't be required to share what you've written. Get out your journals and reflect on your answers to these questions: If you were "organized enough," what would that look like for you? How do you picture yourself as a Jesus Mom? (Give them some reflection time, and then move on when everyone looks ready.)

Collaboration: I bet all of us have different things written down on our papers! Throughout this study we'll be *collaborating*—working together to help one

another. We'll be sharing our ideas so we can *encourage* others (like when you think, I wrote that to!) and *inspire* others (like when you think, ooh, that's good, I should write that down!). Is anyone willing to share elements of their "Jesus Mom" description to encourage or inspire others?

Growth Question: On page 13, Shannon describes two extreme attitudes about running the home that moms can have on any given day: either we try to be Supermom, or we worry that nothing we do is really making a difference for the Kingdom of Heaven. On your typical day, which extreme do you tend to lean toward? What truth do you think is in the middle?

Collaboration: Hostess, now's the time for the Big Board! As a group, make a Spiritual Clutter List—a list of anxieties, insecurities, and fears we face as mothers. Then, lightly cross out the ones that are almost entirely out of our control, underline the ones that are partly within our control, and circle the ones that are almost entirely within our control. (Important: You'll need to save this list for Week 6 of the study!)

Growth Question: We all know Who's in the ultimate control of all of these things—the Lord. But sometimes we all struggle with "control vs. surrender." How do you strike the balance between surrendering these things to Him, but still doing your best?

Scripture Time: Ask for a volunteer to read 1 Peter 3:3-4 aloud.

Do you ever wear your household like an outward adornment? Sometimes we try to impress others with how organized or together we are. Or, on the flip side, we try to impress them with how chaotic and stressed we are. How do you think simple, realistic organization can bring you the unfading beauty of a gentle and quiet spirit?

Individual Activity: Take a moment to reflect on the following questions. You may want to journal about your answers or spend some time in silent prayer or both. How would being realistically organized affect your family? How would it affect *you*? How would it affect your relationship with the Lord? Again, that's your family, you, and your relationship with the Lord. (Give the ladies reflection time and then move on when everyone looks ready.)

Growth Question: For those of you who read Chapter 1 already, is there anything else covered in the chapter that you'd like to talk about? Are there any questions you have or ideas you want to discuss?

Prayer Time: Prayer is going to be a big part of this study. We're going to take some time right now to take prayer requests as a group. This is the *only* time in the study we'll be doing this, so whatever you ask us to pray for, we'll pray for you the whole six weeks. Is there anything that you feel might hold you

back from getting to that “organized enough” point? Is there something in your life that causes the clutter of anxious thoughts and fears in your spirit? (Take some time to write the prayer requests down. If you feel comfortable, lead a prayer, praying over each of the requests in turn. Finish by praying for the Lord to bless each of you with open hearts and willing spirits to do the work before you. Then, move on to the homework assignment.)

Homework Assignment: Read Chapter 1 if you haven’t read it already, and Chapters 2 and 3, including written answers to the “Giving Thought to Your Ways” questions. Additionally, complete the individual study guide in the back of the book for those three chapters according to your individual preference. You may not want to take all of the steps mentioned in the study guide, and that’s OK. Take notes in your journal as you’re reading and reflecting, and bring those notes with you.

Hostess Moment: You’ll want to budget about two hours each week to complete the homework assignment. Please know as you’re completing the homework that you’ll never be forced to share a specific answer—but you may be asked to collaborate! It’s really important to do the homework before you come. We won’t spend time rehashing the material or reflection questions; instead, we’ll be applying what we’ve read with new material so we can share ideas, encourage one another, and go deeper into God’s Word. At the end of each of our times together, there will be an opportunity for you to ask questions or make comments about any of the material, so make a note if there’s something particular you’d like to bring up with the group! Of course, come next time even if you haven’t read the material, but do take the time to do the work it if at all possible. It’s *your* journey and *your* time, so decide to make the most of this study!

Accountability Partner Time: To help you do this, we’ll be making accountability a big part of this study. We want to encourage each other to grow and learn through the process! We also want to get to know each other better. So, I’ll be assigning accountability partners each week. (Assign accountability partners, including yourself. Remember that you pair up with anyone who is absent.)

At the end of each meeting, you’ll have time to decide how you’d like your partner to encourage you throughout the next week. Maybe you’d like for her to call, email, or text you about halfway through the week to ask if you’ve completed Chapters 1 and 2, and then call you a day or two before we meet to encourage you to finish Chapter 3. Maybe you’d like her to pray about something you’re worried will be a stumbling block for you as you complete the study. Maybe you’d like to trade babysitting—to watch each other’s kids for an hour or two so you’ll each have quiet time to read and pray. How can you pray for one another, help one another, and be accountable to one another through the week?

Allow the ladies a few minutes to share prayer requests and decide how they would like to be encouraged to complete the homework that week.

Hostess Moment: I don't know about you, but I'm excited to get started! Let's close in prayer.

Prayer Time: Lord Jesus, please walk with us this week as we live for Your glory. May Your peaceful presence fill our hearts as we run our homes, parent our children, and love our families. Please be with us as we read, study, and pray over this material. See in us our earnest desire to surrender to You the things that clutter our spirits, our earnest desire to run our homes as You would do, and our earnest desire to please You with our efforts. Lead us and guide us, our Good Shepherd. We give You all of the glory and honor and praise in our hearts. We love You, Jesus. Amen.

Hostess Homework: In addition to completing the assigned homework and following up with your accountability partner, you should do these things:

- The next day, send a text or email to all the ladies letting them know you're happy to be on this journey with them, and that you're praying for them (and pray as you send it!).
- Mid-week, send one encouraging text or email to all of the ladies of the study
- Late-week, send the link to my website article, "Now and Later: Goal Setting."
- The day before the next meeting, send a reminder text or email about the meeting and homework due. Ask them to bring their study materials plus their daily planners, Goal Lists, and Greater To-Do Lists.
- Also, follow up with anyone who would like to attend but missed the first meeting. Let them know what they missed and what the homework is for this week.
- And of course, pray over the prayer requests that were shared. If someone shared something specific, you may want to get in touch with her to let her know that you're praying for her about that topic.

Shannon's Spiritual Clutter Quiz: What kind of mom are you?
(Group Activity for Week One of the Group Study)

Answer the seven questions below to determine what kind of mom you are...and what kind of spiritual clutter you might be carrying around.

A friend drops by unexpectedly. You...

- a) invite her in, torn between your pleasure to see her and your dismay that there are a few toys out
- b) happily invite her in—you know that she isn't there to see your house
- c) talk to her through a crack in the front door, hoping your body will block her view

You need a calculator. You...

- a) go to your home office and grab one from the little bin labeled "calculators"
- b) look in one or two places before you find one in your junk drawer
- c) ask your kids in the hopes that one of them will have one

Your family is having a hard time getting out of the house in the morning. You...

- a) sit down with your husband and kids and explain the schedule, again
- b) figure it's a phase
- c) hardly notice, because you're always running late

You mop your kitchen floor...

- a) once or twice a week (or maybe three times)
- b) whenever it starts to look bad
- c) hmmm... when was the last time I mopped my kitchen floor?

You are hit with a small crisis situation. You're...

- a) momentarily thrown off kilter, but then try to make a plan to deal with it
- b) emotional, but try to go with the flow
- c) used to that crisis feeling and thrive under pressure

Your two-year-old says the cutest thing! You...

- a) write it down in the beautiful journal you bought just for that purpose
- b) write it down on a piece of scrap paper and put it in your pile of papers
- c) repeat the story to your friends for a couple of weeks, then forget all about it

The day before a February basketball practice, the coach asks that your daughter bring valentines for her teammates. You...

- a) wish you would've had more warning, but have your daughter make homemade valentines, anyway (while you're making some heart-shaped cookies to go with them)
- b) shrug, run out to the store for more valentines, and have your daughter write her name on them before practice
- c) forget about the email and the valentines until you get to practice... but then you find some in your van from last year, so it all works out

So, as you “grade” your own papers, I’m sure you can see where I’m going here: the “a” answers are for Type A moms, the “c” answers are for the extremely laid back moms, and the “b” answers are for the Moms-in-the-Middle.

But WAIT!

Don’t think I’m saying you should strive to be in that middle category—I’m not. At all. No matter where you fall in this spectrum, you’re a great mom and the Lord is proud of your work! My real point is that *every* type of mom can have spiritual clutter to clear out...

If you answered mostly “a’s” ...

...then you're a Type A mom, just like me. You’re intentional about life and get things done! But, you’re so “organized” that you may be a bit over the top. You strive for an unattainable perfection and never feel “done” with your work. Your spiritual clutter comes in the form of *I should get that done* and *I can’t forget that...and I’ve got to do this better!* thoughts.

You need to spend a little time thinking about your personal expectations. Do you need to lower some of your standards from a “perfect” to a “good enough” level? Do you do some of your chores more often than you need to? Do you need to change some of your organizational systems in order to better accommodate your husband and kid(s)? The Lord’s grace covers your imperfections, Type A Jesus Moms, so make it point to relax in His peace as you do your awesome best for your family.

If you answered mostly “c’s” ...

...then you're an extremely laid back mom, but still a great one! You have the enviable ability to shrug off life’s little stresses, and you don’t live life based on other people’s expectations. You may feel that you’re more productive when you live with a sense of pressure. But, chances are, you’re not. Your spiritual clutter comes in the form of *Where did I put that?* and *I should probably...and Ugh, it’s crazy around here* thoughts.

Are the things you really want to do going undone because you’re too unorganized? In your innermost heart, do you want to step it up a notch? You need to focus on organizing in a way that’s realistic for you and your family instead of trying to adopt systems that are too structured for you. “Organization” is not a bad word, Laid Back Jesus Mom—it’s a tool that you can use to help you live your life with less craziness, and more rest in the Lord.

If you answered mostly “b’s” ...

...then you’re a Mom-in-the-Middle, and you are blessed. You have a go-with-the-flow attitude and don’t feel a lot of undue pressure to do more. You handle things as they pop up with a minimum of fuss. But you still have spiritual clutter, often in the form of *Oops, we’re running late* and *Whoa, I forgot all about that* and *I hope I’m [whatever] enough* thoughts.

Do you worry that your relaxed mothering style isn’t enough—that you should be doing more? Do you feel a thing or two slipping out of your control? Do you wish you were a little more organized? Instead of waiting and hoping that things will improve, you need to figure out what’s cluttering up your spirit, and then choose to do something about it. Jesus Mom-in-the-Middle, clearing out your spiritual clutter will allow you to truly feel the Lord’s joy over the work you’re doing as a mom.

No matter what your mothering style, you'll find practical, Christ-centered ways to clear out your spiritual clutter within the pages of [Organizing You](#). My prayer is that this study will help you to enjoy your family and grow closer to Jesus in a real way.

Blessings to you, Jesus Moms!

Shannon

Week 2: Time Management

Based on Chapters 2 and 3

Get-To-Know-You Time: Ask each mom to share her name and one or both of these things: her *worst* cooking moment and what happened, and the *best* Christmas present she's ever received.

Hostess Moment: **I'm so glad to see you here for Week 2! Let's open with scripture and prayer.**

Scripture Time: Ask one of the ladies to read Zephaniah 3:14-17 aloud.

Prayer Time: **Holy Spirit, thank You for always being present with us, in our good times and our bad. We ask that You be present with us tonight. Fill our hearts with Your love, our minds with Your thoughts and ideas, and our mouths with Your words. Please help us to encourage and inspire one another. We want our time of fellowship and growth to be pleasing to You and to honor You. Take great delight in us, quiet us with Your love, and rejoice over us with singing. In Christ's name we pray, Amen.**

Hostess Moment: **Alright, we're going to jump right in this week! I hope you've all had time to read Chapters 2 and 3, answer the reflection questions and complete the individual study guide. Just as a refresher, here's a 30-second summary of the material.**

30-Second Summary: **Chapters 2 and 3 are about time management, the most foundational kind of organization. Shannon asserts that every mom can benefit from the flexible use of a daily planner, even if it's only used as a glorified to-do list holder! But before you can begin to plan your time, you need to discover how you want to spend it by prayerfully writing your goals. Some of your goals should be put aside for later, and some you should start working on right now. Often, the best way to start is to write a "first step" in your planner. You can also use a Family Calendar and the memo space in your planner to help you reach your goals. Prioritizing your daily tasks can help you to focus on what's important and keep you from procrastinating. And when your day doesn't go as planned, you can still live for God's glory and in His peace.**

Group Activity: **Get out your journals for a little game called "What Time is It?" Just jot down the approximate hour that you do these things (like 11am, 4pm, or midnight). What time is it when...**

- You get out of bed
- You'd get out of bed if you had no responsibilities
- You're ready to tackle the day

- You'd like to exercise (No, Ladies, it's not OK to write "never.")
- You'd like to start a big project
- You'd be at your best to take a test
- You'd like to have a romantic interlude with your hubby
- You'd sign up for a slot in a 24-hour prayer vigil
- You go to bed
- You'd go to bed if you had no responsibilities

Growth Question: **So, who's a morning person and who's a night person?** (Do a quick show of hands.) **Does anyone feel like they're an *afternoon* person? On page 47, Shannon introduces the concept of "time chunks" as the best times of day to do certain tasks. How does your typical day already reflect this kind of structure?**

Growth Question: (Get out the Big Board for this one.) **Let's say that you spent a week tracking your time, as in actually writing down the minutes you spent doing different activities. If you did, you might find some things that you're spending your *time* on that don't accurately reflect your *heart*. You know we all do it! What are some things you spend your time doing that don't really line up with your priorities?** (Make a list of things like time online, Facebook, watching TV, etc.)

Hostess Moment: **These things can affect your *pacing* through the day, making you feel frazzled and hurried, or "lazy" because you didn't get anything done. The activity level of your family can also affect the pace of your life.**

Remember, we're not here to compare levels of busyness or stress. The most stressed-out mom does not win... and neither does the most laid-back mom. Different women are comfortable with different paces for their life and their family's schedule. The goal is to look at where you *are* verses where you *want to be*.

Individual Activity: **In your journal, draw a line to represent a "busyness scale" from 1 to 10, (with 10 being so crazy busy you can't think straight). First, mark where you'd fall on that scale right now. Then mark where you'd actually *like* to fall. It may not necessarily be at the 1 or the 5 or any certain number—it's individual to you. Then look at the space between your two marks. Journal for a moment about what's in that space. What's speeding you up or slowing you down? What's wasting your time or not getting enough of it? (Give them some reflection time, and then move on when everyone looks ready.)**

Collaboration: **Sometimes, our goals can actually be distracting and make us feel hurried and busy—those goals that we shouldn't be worrying about right now but can pester us anyway. As a part of the homework, you made a Greater**

To-Do List, a list of goals and dreams that are important, but not for right now. Would anyone be willing to share any those goals to encourage and inspire others? Remember, you may be helping someone to think, *I'm glad I'm not the only one who has that goal, or, Hey, that's a great idea, I'm writing that down!* (Write these on the Big Board.)

Individual Activity: Now we're going to do an individual activity that you won't be asked to share with the group. I'm going to ask you to look at your Goals List and Greater To-Do List for two special goals to pray over. First, is there anything on either list that God's telling you to let go for now (and possibly forever), but that you're having a really hard time surrendering to Him? Secondly, is there a goal on either list, or something you haven't written down yet, that you feel God calling you to right now, even though you feel unprepared or even unwilling? How are you going to respond to those calls? We'll have some quite prayer time now. (Give them some reflection time, and then move on when everyone looks ready.)

Scripture Time: Ask for a volunteer to read Matthew 6:34 aloud. Then ask another volunteer to read Proverbs 16:3 aloud.

We need to reconcile those two seemingly incompatible scriptures as we write goals and fill in our daily planners. Let's look at these verses in context.

Have the first woman read Matthew 6:25-34 aloud. **What's the difference between worrying and *planning*?**

Have the second woman read Proverbs 16:2-4 aloud. **So Proverbs 16:3 is nestled between two other truths: the Lord knows our true motives when we plan, and no matter what He'll work out everything to His desired result. How does that make you feel—comforted, or frustrated, or something else?**

Growth Question: The same to-do list can be a worried, tight-fisted grip on tomorrow for one woman and a prayerful plan held with open hands for another woman. Which woman do you tend to be? How can you choose to be the wise woman building her house (from Proverbs 14:1)?

Individual Activity: Before we look at our right-now Goals List, let's think about The Big Picture. On page 28, Shannon shares her "Point of Life in Ten Words or Less." Take a moment to write your version of the Point of Life in Ten Words or Less. Why has God put you here? (Give them some reflection time, and then move on when everyone looks ready.)

Collaboration: Shannon postulates that we're here to love God and love each other. In other words, life is about relationships, and that's how she tackles goal-writing, considering each relationship. Is anyone willing to share their

answer to the “why are we here?” question? Maybe it can help us approach our Goal Lists from another direction.

Collaboration: **Hearing the goals of others can encourage us (*I’m so glad I’m not the only person who has to work to achieve that*) and inspire us (*ooo, I want to do that, too!*). Is anyone willing to share one or more of your goals in order to encourage and inspire others? I’ll start us off with a goal I’m sure we all share: **I want to grow in my faith.** (Use the Big Board.)**

Collaboration: **So now that we all have a great list of goals, who brought their planners to put them in? There are all kinds of planners and calendars available. Is anyone willing to share about their favorite kind of planner or Family Calendar, be it paper or technological? Any great programs or apps?**

Group Activity: As a group, chose two goals from your Big Board list, one project-oriented and one attitude-oriented, and discuss how you could use a daily planner and Family Calendar to make that goal happen. (If you need an example, you could use these two: cleaning out a mudroom and developing a heart of thankfulness.)

Growth Question: **Those are great examples of how you can plan what is good! When we plan what is good, the Lord promises us love and faithfulness (that’s from Proverbs 14:22). Now, think of a recent day when things went drastically wrong. Hopefully it wasn’t today, but it might be! As you look back, you may be able to see how the Lord worked it for good, granting you love and faithfulness after all. Is anyone willing to share about how the events of a “bad day” might have been the Lord’s way of directing you down the path He meant for you to take that day?**

Collaboration: **In the Steps Along the Journey Study Guide, Shannon asked you to write down a verse or song on which to meditate when your day doesn’t go as planned. We may want to keep a few different encouragements handy, posted in different places or reserved for different times. Would anyone be willing to share their encouraging verse or song?**

Individual Activity: **On page 49, Shannon writes about taking a few minutes each day to pray over your planner and lift up your plans to the Lord. Right now, take a few minutes to write out a short prayer to help you to dedicate each day to the Lord and give all of your to-dos over to Him. Prayer is very personal, so be assured that you will not be required to share it. (Give them some reflection time, and then move on when everyone looks ready.)**

Collaboration: **Is anyone willing to share part or all of their prayer to help or encourage another mom in the group?**

Growth Question: Finally, is there anything from Chapter 2 or Chapter 3 that you'd like to talk about? Any questions that you have or ideas you want to discuss? Would you like encouragement or fresh ideas about a certain topic?

Homework Assignment: Chapters 4 and 5, with written answers to the "Giving Thought to Your Ways" questions, and the individualistic completion of the Steps Along the Journey Study Guide for those chapters.

Extension Challenge: There's a bonus Extension Challenge this week! Who's really in it to win it?!? For the next two or three days, starting as you leave here tonight, use your journal to keep track of how you're actually spending your time. Write down what you're doing and how long you're taking to do it. Live your life as honestly as possible. (In other words, don't cheat and change your behavior just because you know you're logging it! No one else will see it, so you'll only be cheating yourself.) Look for time-wasters and things you'd like to have spent your time on, but didn't. Then write a few goals if you need to! Who's up for the challenge? (If some of the ladies would like to complete the Extension Challenge, pair them up as accountability partners for the week. Then pair up the remaining ladies. If someone is absent but you know they still want to continue with the study, you should pair up with that person. Remember, if possible, the ladies should be paired up with someone different each week.)

Accountability Partner Time: We're going to go a little deeper with our accountability partners this week, so you may want to spread out a little for privacy. If you feel comfortable, share with your accountability partner the two goals that you prayed about earlier—the one that you don't want to let go, and the one you don't want to tackle. Your partner should make note of those things and pray over them this week, and you should do the same for her. Also, make your accountability plans. What worked well for you last week, and what didn't? How can you encourage and help each other this week? Some ideas include emails, phone calls, texts, traded babysitting, and, of course, prayer.

Give the ladies some time to share with their accountability partners. Since they have more to share this week, they'll need a little bit longer. When you feel they're ready, call them together to close in prayer.

Prayer Time: Lord, thank you so much for blessing the time we've just had together. We ask You to continue to bless us as we leave here tonight and go out into the world to do Your work this week. Help each of us to walk in the perfect path that You would have us walk, even if it's not in line with our well-intended plans. We love You and trust You with our every moment, Lord. Amen.

Hostess Homework: In addition to completing the assigned homework and following up with your accountability partner, you should do these things:

- The next day, send a text or email to the ladies who agreed to take the Extension Challenge, letting them know you're praying for them as they're tracking their time (and pray as you send it!).
- Mid-week, send one encouraging text or email to all of the ladies of the study.
- Late-week, send them the link to my Godtube video, "How to Make a Chore Card Box."
- The day before the next meeting, send a reminder text or email about the meeting and homework due. Ask them to bring their study materials, plus their daily planners and chore card boxes (if they've chosen to make one).
- Also, follow up with anyone who missed the last meeting. Let them know what they missed and what the homework is for this week.
- Pray over the prayer requests that were shared during Week One as well as any other concerns that have come to your attention. If someone shared something specific, you may want to get in touch with her to let her know that you're praying for her about that topic.

Week 3: Chore Planning

Based on Chapters 4 and 5

Get-To-Know-You Time: Ask each mom to share her name (if you feel it's still necessary) and one or both of these things: her favorite thing to do for fun, and the craziest thing she'd do on a dare.

Hostess Moment: **Thanks for coming tonight! We're halfway through Organizing You, and we've taken some great steps toward clearing out our spiritual clutter. Woo-hoo! Let's open with scripture and prayer.**

Scripture Time: Ask one of the ladies to read Pslam 108:1-5 aloud.

Prayer Time: **Dear Lord, thank You so much for blessing our time together and the work we've done up to this point. We know that without You, this work would be empty and hollow; yet You see that our hearts are steadfast, and with Your blessing, we're finding more time for our families and growing closer to You. Please be with us tonight and bless us with a great time of fellowship, a deeper understanding of Your Word and will for us, and the sense of peace that comes from knowing that we're walking this path with You. Be exalted, O God, above the heavens, for great is Your love, higher than the heavens, and Your faithfulness reaches to the skies. Let Your glory be over us, and all the earth. Amen.**

Group Activity: Hostess, this is our first group game! If you'd like, you can provide a little chore-related prize for the winner (a container of disinfecting wipes, a laundry stain stick, or something similar). **All right, get out your journals. We're going to play a little game called "Have You Ever." Be honest—no one will see your answers but you! Here we go: Have you ever...**

- Dusted around your knick-knacks instead of picking them up (1 point)
- Spilled mop water on the floor you just cleaned (3 points)
- Accidentally bleached the color out of something when you were cleaning it (4 points)
- Vacuumed over visible dirt, noticed it's still there, and vacuumed over it again and again instead of just picking it up (1 point)
- Stepped on a Lego (5 points)
- Turned a white load of clothes pink, light blue, or light gray (3 points)
- Found a crayon in the dryer with your newly colored clothing (3 points)
- Needed to lay down to zip up your jeans, you know, because you shrunk them in the wash (4 points)
- Burned a piece of clothing with an iron (2 points)
- Worn an article of clothing with a stain and pretended it just happened (2 points)

- Put on two different socks or shoes and not realized it until you were out of the house (3 points)
- Run a quick errand and locked yourself out of the house (4 points)
- Gone shopping and discovered that you didn't bring a way to pay (5 points)
- Asked a cashier to accept an expired coupon (1 point)
- Accidentally left frozen food in your car after you arrived home (3 points)
- Forgotten your mom or dad's birthday (2 points)
- Had your water or electricity turned off because you forgot to pay the bill (4 points)
- Dialed the phone and then forgotten whom you were calling (2 points)
- Thought you called one person and then realized that you had called another (4 points)
- Carefully balanced a piece of trash on a pile in a full trash can rather than take the trash out (1 point)
- Picked up your medication bottle and wondered if you'd already taken it today (1 point)
- Audibly apologized to a plant you killed by forgetting to water it (2 points)
- Made your kids buy the school lunch because you forgot to pack them one (1 point)
- Had to run a permission slip to school so your child could go on a field trip (4 points)

Hostess Moment: Congrats to our winner! Sometimes chores can get the best of all of us. Fortunately, our topic this week is chore planning. Here's our 30-second summary of the material.

30-Second Summary: Household chores can clutter the spirits of even the most wonderful Jesus Moms. Thankfully, we can do our chores more efficiently, and with a happier heart, with a good chore plan. Shannon recommends the chore card system, but you need to find the system that's best for you. You should discern what chores you want to do daily (especially things you forget or dislike) and weekly (those things you want to get done and forget about for a week). You also need to make sure that you're planning time to complete projects and enjoy hobbies. On the weekends, you can block out time to enjoy your family, especially on Sunday when you should take a Sabbath of rest in the Lord. No matter what your work or family schedule, you can make a great chore plan that works for you.

Individual Activity: This week we're focusing on chores that never, ever seem done. When we become moms, our feelings of accomplishment change, don't they? We find that we need to measure success differently. We all have, or have had, roles and jobs that involve specific accolades for a job well done: raises, promotions, awards, benefits... even something as simple as a good grade on a paper. Get out your journals and spend a moment thinking about these questions: How have you dealt with the lack of positive reinforcement

for your role as a “Mom”? How can we find our true worth, and the worth of your work as a mom, in the Lord? (Give them some reflection time, and then move on when everyone looks ready.)

Scripture Time: According to Proverbs 31:28, our children will arise and call us blessed, and our husbands will also praise us! And sometimes they do, right? But there’s a lot to this job that goes unseen and unrecognized. Like the Proverbs 31 Wife of Noble Character, we do not eat the bread of idleness as we watch over all of the affairs of our household (that’s verse 27). But who watches over us, sees what we do? Listen for the word “watch” in Psalm 121. (Ask one of the ladies to read Psalm 121 aloud.)

Now read the words of Hagar, a mistreated, despised servant, in Genesis 16:13. (Ask one of the ladies to read it aloud.) God sees each of us, all the time. He watches over us. He sees our work; He watches how we take care of our homes and families with love. We can say to Him in the midst of our chores, *You are the God who sees me.*

Sometimes we feel that our household chores take us *away* from God—away from our quiet times and the ability to focus on Him. At the very most, we view chores as spiritually *neutral*; it’s not bad that we have to do them, yet it’s not good, either. But if we truly do our work for the Lord and not for men, our work can *be* thankfulness. It can be praise; it can be a prayer. It can be time spent in the presence of the Lord.

Collaboration: Let’s collaborate and share any tips we have about living life in the presence of Jesus. How do you keep the Lord on your mind and heart throughout the day? (Use the Big Board to make a great list.)

Growth Question: Before we start talking about chore systems, let’s make sure we know where our spiritual clutter about chores is really coming from. We’ve already talked about how each of us feels about organization and where we may fall on the Mom Spectrum, from Type-A to go-with-the-flow. As you’re reading Organizing You, are you feeling pressure to “be a better bowler” and get really organized in a way that’s not “you”? Or, on the other hand, are you resisting systems that might really help you?

Collaboration: So now that we’re ready, let’s get to those chores! Please open up Organizing You and turn to Appendix E on page 245, where there’s a list of daily chore ideas. Everyone is going to have unique things that they forget or dislike, so of course this list isn’t complete. Did any of you think of daily chores that aren’t on this list?

Collaboration: Next let’s talk about our weekdays. Some of you may already have had a laundry day or cleaning day or something similar. How is what you’ve been doing different from (better or worse than) the once-a-week

system that Shannon suggests? What other big chore days might you like to have?

Collaboration: Back in Appendix E on page 246, Shannon gives us ideas for chores that we might want to do once a week and then forget about for six days! Did you think of any weekly chores that aren't on this list?

Collaboration: Now let's talk about different ways that we can keep track of our chores. Some of us may have decided to try out Shannon's chore card system, while some of us may have come up with ideas of our own to keep track of our chores. Is there anyone who made a chore box and is willing to share it? If not, what system did you come up with? Did any technologies come to mind—any programs or apps?

Growth Question: If you are going to use technology to help you, how can you keep yourself from the time-wasting traps (like excessive emailing, texting, Facebook, Pinterest, and blogs)? What steps can you take or limits can you set for yourself? (You may want to use the Big Board for this list. Some examples may be: stopping "alerts" for new emails or texts, sending "notifications" or advertisements to your junk mail folder, setting aside some technology time on a Communications Day, or setting aside some online time each day.)

Growth Question: We all have one shared goal: we'd like to grow in faith. What are some different ways to use our daily and weekly chore plans to accomplish that goal?

Collaboration: Now, please get out your Goal List and Greater To-do List. Did anyone write a chore-related goal that you're willing to share to encourage or inspire others? Or do you have a goal which involves a repetitive task that would fit easily into your chore plan?

Growth Question: Now let's talk about *not* doing chores, scheduling time for yourself to work on projects and enjoy hobbies. Sometimes moms wear their lack of free time as a badge of honor, but we don't want our children to think of us as moms who can't relax and enjoy life! On pages 95&96, Shannon writes that we should decide to fully enjoy our free time, and discern how we really want to spend it. Did this change the way you look at your free time? What example do we want to set for our kids as they grow into adults?

Individual Activity: Speaking of your family, on page 76, Shannon asked you to think about the other members of your family and how they feel about chaos and mess. When things don't go our way or live up to our expectations, we can all feel frustrated and spiritually cluttered, even the littlest members of our households! Take a moment to really put yourself in their shoes and think about how the way you run your household may affect them. Start with your husband and then each of your kids. Take a moment to journal about your

thoughts and see if any goals are springing to mind that might make your family members more comfortable in your home. (Give them some reflection time, and then move on when everyone looks ready.)

Growth Question: All right, let's talk Sabbath. This can be a touchy one. Do you agree or disagree with Shannon's assertion that Thou Shalt Do No Chores on Sunday? Do you agree that some things may be chores for some people and enjoyable activities for others?

Collaboration: In the Steps Along the Journey Study Guide, Shannon challenged you to make a Sabbath plan. Who is willing to encourage and inspire others by sharing how you're going to make Sundays stand out for your family? (You can put these on the Big Board. Some ideas might be: cook double on Saturdays, pick up the house Saturday nights, plan a fun family activity, or make a no-TV on Sundays rule.)

Individual Activity: Shannon said that looking in someone else's chore box would be like looking in their diary. Did you write any of the chores in your box because they're what you think other people do, or what you "should" do in a perfect world? Take a moment to look through your chore plan and double-check that the only two approvals you need—yours and Jesus'—are stamped on each chore. (Give them some reflection time, and then move on when everyone looks ready.)

Growth Question: Finally, is there anything from Chapter 4 or Chapter 5 that you'd like to talk about? Any questions that you have or ideas you want to discuss? Would you like encouragement or fresh ideas about a certain topic?

Homework Assignment: Chapters 6 and 7, with written answers to the "Giving Thought to Your Ways" questions, and the individualistic completion of the Steps Along the Journey Study Guide for those chapters.

Extension Challenge: And, there's another extension challenge this week! This one has to do with the "Get-To Attitude" Shannon talked about on page 64. Your challenge is to practice the Get-To Attitude this week! If you take the challenge, you should email or text your accountability partner at least once each day with an example of how your Get-To Attitude changed a disliked task into a moment of thankfulness. So who's in? (Partner up those people who want to participate in the Extension Challenge, then place the other ladies into pairs as well. You may want to pair up with someone who is absent. Remember, if possible, rotate accountability partners each week).

Accountability Partner Time: We're going to spend our prayer time with our accountability partners today, so like last week, you may want to spread out. First, talk about the encouragement you'd like to receive this week. How did

your accountability partner help you last week? Can your accountability partner help you with anything you need this week? Make an accountability plan. Then, share with your partner any potential problems you see arising with your new chore plan. Ask for prayer over the specific things in your life that are keeping your heart anxious and your spirit cluttered. Then spend some time in prayer together. Thank you all for coming—I'll see you next week!

Hostess Homework: In addition to completing the assigned homework and following up with your accountability partner, you should do these things:

- Early in the week, send a text or email to the ladies who agreed to take the Extension Challenge, telling them of a time you turned a “Have-To” into a “Get-To,” and letting them know that you’re praying for them
- Mid-week, send one encouraging text or email to all of the ladies of the study.
- Late-week, send an email or text to share with them an example of a seasonal chore that gets away from *you* (or something else that the reading made you think of and want to share) and tell them you’re praying for them (and pray as you send it!).
- The day before the next meeting, send a reminder text or email about the meeting and homework due. Ask them to bring their study materials plus their daily planners and chore plans.
- Also, follow up with anyone who missed the last meeting. Let them know what they missed and what the homework is for this week.
- Pray over the prayer requests that were shared during Week One as well as any other concerns that have come to your attention. If someone shared something specific, you may want to get in touch with her to let her know that you’re praying for her about that topic.

Week 4: Big-Picture Planning

Based on Chapters 6 and 7

Get-To-Know-You Time: Ask each mom to share one or both of these things: which Bible personality they can't wait to meet (besides Jesus, of course we all want to meet Him!), and a moment this week when she knew she didn't "miss it"—a moment she savored her family and felt close to Jesus.

Hostess Moment: **Praise the Lord for every moment of joy that we've had this week! Let's come into His presence with scripture and prayer.**

Scripture Time: Ask one of the ladies to read Psalm 118:19-29 aloud.

Prayer Time: **Jesus, we just cannot thank You enough for all You have done for us. Our blessings, our joys, our very salvation—we owe everything to You. Thank You for the progress we've made through this study so far and for walking with us along the journey. We desire to make You the cornerstone of our lives and our households and our families, of all that we plan to build and sustain here on earth until we meet You in Heaven or until You return for us. Please grant us success in this endeavor. Make Your light shine upon us and in our hearts. You are our God, and we give You all thanks and praise. You are so good, Jesus, and Your love endures forever. Amen.**

Group Activity: **At the end of Chapter 7, Shannon held up the Proverbs 31 Woman as an example for us as Christian mothers. In honor of that Woman of Noble Character, we're going to play The Girly Girl Game! I'll read a series of statements. If the statement is true for you, stand up (or remain standing); but, if the statement is not true for you, sit down (or remain sitting). Here we go:**

- I'm wearing jewelry of any kind (besides my wedding ring!).
- I own a pink skirt.
- I shaved my legs today.
- I own bright red high heels.
- I have never dyed my hair.
- My toenails are painted.
- My fingernails are painted.
- I own a locket.
- I'm wearing cute underwear.
- I've used a curling iron or put my hair in an "up-do" in the last month. (Ladies, no, ponytails don't count.)
- I have on lipstick. (No, lip balm doesn't count, Ladies.)
- I have on perfume. (Scented hand lotion doesn't count either, Ladies.)
- I have grown my hair long enough to reach my waist.

- I have clothed someone in my family in scarlet.
- I have been clothed in fine linen and purple.
- I have worked with eager hands.
- I set about my work vigorously and my arms are strong for my tasks.
- I have made a linen garment and sold it.
- I have considered a field and bought it.
- I've gotten up while it's still dark to provide food for my family...
- ...and portions for my servant girls.
- I am clothed in strength and dignity, and I am worth far more than rubies.

Hostess Moment: Ahh, so true. Let's sit down and talk about how we are clothed. On page 114, Shannon wrote about keeping up with our kids' clothing and with *our* clothing saying, "If you feel unattractive in your chosen outfit, you'll clutter your spirit with negative thoughts all day. Moms deserve to feel good about themselves, inside and out." Generally speaking, do you agree? From a practical standpoint, did anyone clean out their closet this week or make it a goal to do so?

Hostess Moment: The deeper we get into *Organizing You*, the more our responses to the material, both emotional and practical, will be unique! Here's the 30-second summary for anyone who might need it:

30-Second Summary: Not all chores are constantly on our minds. Some of our infrequent chores can get away from us, causing a different kind of spiritual clutter. We can keep track of our less frequent chores with monthly chore cards and monthly lists. Some of these tasks are seasonal, like household maintenance tasks, clothing-related chores, and holiday or birthday-related tasks. Some of our less-frequent chores can be done any time of the year, like deep cleaning, health and safety-related tasks, and dealing with toys and photos. Once you've decided what infrequent tasks you'd like to accomplish, you can put them all into one complete system to keep you organized and free from spiritual clutter about the things you want to get done.

Growth Question: How do you feel about the concept of Big Picture planning? Do these infrequent tasks tend to get away from you, or does this feel like "over-organizing" to you?

Collaboration: Let's discuss monthly planning. Get out *Organizing You* and turn to Appendix E on page 246, which lists Shannon's suggestions for monthly chore cards. Did you think of any monthly chores that aren't on this list?

Collaboration: On page 110, Shannon wrote about planning for hubby date nights and kids date nights. Let's share some ideas for doing that, starting with the men in our lives. What are some fun or unusual date nights that you've

enjoyed with your hubby? (Take some time to share, but be sure to be sensitive to any single moms in the group.) **Moving on to the kids, what's something fun or unusual you've done for one-on-one time with your kids?**

Collaboration: **On page 111, Shannon writes about taking a little time for *yourself* on a monthly basis. What are some small ways that we can treat ourselves once a month? (Make a list on the Big Board.) This one is harder: is there anything that you allow yourself on a regular basis that you would appreciate *more* as a once-a-month treat?**

Individual Activity: **On the same page, Shannon also recommends a once-a-month "relationship check." We're going to take some individual time to journal and think about that for a moment. Listen to these questions: What kind of friend are you? Do you keep in touch with your friends, invite them to spend time with you, and support them when they're in need? Do you let your friends drift away from you, and if so, do you find yourself reluctant to reach out for help because you worry you may not have been there for them? Or, are you perhaps the "clingy" and needy one in your relationships? If so, can you find some of that love and attention in your relationship with God instead? Generally speaking, how might you be a better friend? (You may want to read those questions a second time. Give them some reflection time, and then move on when everyone looks ready.)**

Collaboration: **OK, now let's move on to Big Picture planning. Turn to Appendix F on page 251. Here Shannon has an example of Monthly Lists. Did you think of any additional monthly list items?**

Collaboration: **Many of our infrequent tasks are actually wonderful opportunities to build up our family in faith. Would you be willing to you encourage and inspire others by sharing one unique way that your family makes a holiday (any holiday) about Jesus?**

Individual Activity: **We love hearing about all of those holiday successes(!), but we have to admit that we've had holiday failures, too. Sometimes we just "get through" a family tradition without finding the joy in it. Is a disliked family tradition springing to your mind? Is there any way you can prepare ahead, or use a "Get-To" attitude, to make it more enjoyable? Or should you just let that tradition go altogether? Take a moment to make holiday plans. (Give them some reflection time, and then move on when everyone looks ready.)**

Collaboration: **Many of our holidays or other yearly events, like birthdays, involve parties. Sometimes we can get caught up in the "Hostess with the Mostess" trap, trying to impress our guests instead of love them. When that happens, party planning and the parties themselves can get really stressful. When you're the hostess, what are some ways that you make sure that you're relaxing and enjoying the party?**

Collaboration: Many of those parties involve gifts—more stuff to organize! On pages 133 and 134, Shannon writes about getting your kids involved in the toy-sorting process. We'd all love to teach our kids to be organized... perhaps even more organized than we are ourselves! Let's share some ideas about how to help our kids get more organized—things that we've done, or maybe even things we've just heard of!

Collaboration: We can't forget to include our Goal Lists in this process! Get out your Goal List. Is anyone willing to share a goal that has to do with monthly or Big Picture planning?

Collaboration: Starting on page 136, Shannon gives a detailed summary of how to use your planner, Family Calendar, chore cards, and monthly lists in one big planning system. This will work for some of us, but probably not for all of us. If you're not going to follow Shannon's system, you'll need to try out a system of your own. In order to encourage and inspire the other moms in the group, who's willing to share the unique system that you've created to help keep track of tasks, chores, and Big Picture planning?

Individual Activity: Get out your journals for a moment so we can take one more deep look at the Big Picture. As daughters of God, we all share a goal: the goal to grow closer to Him. We've talked about intentionally setting aside time for prayer and study and service, and that's wonderful. But we're also trying to grow more and more like Him in spirit. At this point next year, we'll either be more like Jesus, or we won't. Looking ahead and thinking about the Big Picture, how can you become even more of a woman after God's own heart? Is there a trait you need to focus on? Examples might be: honesty in all things, a heart of love and compassion for others, patience in one facet of your life, or self-control in a particular area. (Give them some reflection time, and then move on when everyone looks ready.)

Scripture Time: So now we've all planned ahead! Yet we still have times when we feel anxious about things that are out of our control. On page 121, Shannon shares two scriptures that help her when she's feeling anxious, Psalm 4:8 and Psalm 116:7. Let's look up a few more: Psalm 34:4, Psalm 94:18-19, and Psalm 61:1-4. (Have the three ladies read these scriptures aloud.) Does anyone have more scriptures to add to this list, ones that you turn to in times of anxiety or worry or stress?

Growth Question: Finally, is there anything from Chapter 6 or Chapter 7 that you'd like to talk about? Any questions that you have or ideas you want to discuss? Would you like encouragement or fresh ideas about a certain topic?

Hostess Moment: Ladies, you've all done a really great job so far! We're really making headway in this process, and I hope you have a sense of accomplishment! We only have three chapters left.

Homework Assignment: Chapters 8 and 9, with written answers to the "Giving Thought to Your Ways" questions, and the individualistic completion of the Steps Along the Journey Study Guide for those chapters.

Extension Challenge: And, as I'm sure you've guessed, there is an Extension Challenge for those who are *all in!* On page 136, Shannon wrote about teaching our kids to have a Jesus heart about their stuff as they clear out their toys. Well, nothing teaches like a good example, does it? Your challenge this week is to get rid of five things a day. Give away, recycle, or throw away! That's five things a day for the next six days, totaling thirty items. Every day you'll send your accountability partner an "I did it!" text or email. So who's with me? (As before, assign accountability partners, pairing the ladies who are taking the extension challenge first, rotating partners if possible.)

Accountability Partner Time: Tonight we're going to make our accountability plans with our partners and then come back together as a group for prayer. As you talk with your accountability partners, remember that you can use texts and emails as encouragements or reminders. You can trade babysitting to give each other quiet time or maybe even use a moms' coffee date as a reward for a job well done! How are you going to keep each other accountable this week? (Give some time, then call everyone together for the closing prayer.)

Prayer Time: Heavenly Father, thank You for watching over us as we've worked together in Your presence. Once again, we want to give all of our tasks, chores, to-dos, and plans over to You and ask You to move in our hearts. Reveal to us where our plans may be going astray, and correct us so that we might walk the path that You would have us walk. We thank You for Your Son, Jesus, who has been where we are and is sympathetic to our weaknesses, yet gave us a sinless example and died for us. Because of Him, we approach Your throne in confidence to receive mercy and find grace to help us in our time of need. As we go into this week and begin reading about organizing our thoughts and ideas, please send the Holy Spirit to guide us, inspire us, and help us to see clearly. We love and honor You, our Awesome God. Amen.

Hostess Homework: In addition to completing the assigned homework and following up with your accountability partner, you should do these things:

- Early in the week, email or text the ladies with a link to the “Chore Passports” article on organizingjesusmoms.com. Let them know that you are praying for their relationships with their kids this week (and pray as you send the email!).
- Mid-week, send an email or text to share with them something you have tossed as a result of the Extension Challenge and how you felt about it... then give them some words of encouragement.
- Late-week, email or text to share one new list that you’ve started keeping and let them know you’re praying for them as they do the reading and homework (and pray for them as you send the email!).
- The day before the next meeting, send a reminder text or email about the meeting and homework due. Ask them to bring their study materials, plus their daily planners and new lists.
- Also, follow up with anyone who missed the last meeting. Let them know what they missed and what the homework is for this week.
- Pray over the prayer requests that were shared during Week One as well as any other concerns that have come to your attention. If someone shared something specific, you may want to get in touch with her to let her know that you’re praying for her about that topic.

Week 5: Organizing Ideas

Based on Chapters 8 and 9

Get-To-Know-You Time: As a group, ask the ladies to answer these five “ors”:

Sweet or Salty?
Disney or Warner Brothers?
Cats or Dogs?
Beatles or Rolling Stones?
Spend or Save?

Then, ask each mom to name one unique thing she’s thankful for this week... one thing that no one else in the world is thankful for but her.

Hostess Moment: **I’m thankful that you’re all here! Let’s open with a scripture and prayer.**

Scripture: Ask one of the ladies to read Psalm 95:1-7a aloud.

Prayer Time: **Lord, You are great and mighty and merciful. You are the Rock of our Salvation, the Lord our Maker, the Great King, the One True God. We come before You in awe of who You are. You made the earth and the sea and the sky, yet You tenderly watch over us and care for each one of us. Lord, we cannot fathom it. We worship You and we lift our thankful hearts to You. Thank You for the time You’ve given us here tonight to study Your Word, grow closer to You, and grow closer to each other in fellowship. Please bless our time together and make it fruitful. In the name of Your Son Jesus we pray, Amen**

Hostess Moment: **We’re getting really close to the end of the study! Only one more week! Here’s the 30-second summary of the material for this week:**

30-Second Summary: **Now that we’ve tackled what you want to *do*, we’re going to tackle what you want to *think* by organizing your thoughts and ideas (talk about your spiritual clutter!). We all have things we want to remember that are floating around in our heads or on random pieces of paper, things that we can better organize in a series of lists. You may want to keep shopping lists, a list of medical or homeowner information, a list of things borrowed or lent, a special days list, a gift ideas list, a Christmas list, a list of fun things to try related to your leisure time or hobbies, a list of vacation or daytrip destinations, a list of funny things your kids say or do, a list of people to see, a prayer list, a scripture list, a list of blessings, or a list of people for whom to pray for salvation. Whew, how was that for a list of lists! You can also keep notepads around your home and in your purse to catch your great thoughts and ideas. List Ladies, unite!**

Group Activity: (For this game, you may want to give out a prize—actually, you'll need two prizes as two ladies will win. You may want to make it something related to memory, like cute notepads for their purses.) **Everyone find a partner. If possible, it should be someone that you don't know super well (no sisters or BFF's pairing up!).**

OK, these are your accountability partners this week, and we're done for tonight, because lists are boring.

Just kidding!! We're going to play a little game to celebrate how we've been able to get to know each other! You're each going to have three minutes to share things with your partner that she might not know. Choose someone to go first... the first three minutes start now! (Let them know when the time is up.) **Now, the second partner will go... starting now!** (Again, let them know when the time is up.) **OK, now grab your journals and a pen and sit back to back. You can place your chairs that way or sit on the floor, but you should not be able to see your partner at all.**

Now, answer these questions:

- How old is she? (Be kind, Ladies.)
- What is her husband's name?
- How many kids does she have?
- What is her favorite hobby?
- What book is she reading right now? (The Bible doesn't count, Ladies! We're all reading that!)
- How long has she been a Christian?
- What kind of music does she like?
- Is she usually early, on time, or late?
- What color is your partner's skirt or pair of pants?
- Does she have on earrings?
- What color are her eyes?
- Does she have on nail polish? (Fingers and toes count!)
- How many buttons are on her outfit?

Grade your papers with your partner. The pair with the highest score wins!

Individual Activity: **Even when we're trying, our memories can fail us! It's fruitless to try to keep track of all of the things floating around in our heads, because so many of those things will just fly away... or not occur to us until it's too late. Take a moment to journal about these questions: When you have a time of being still, like when you're waiting in a line or watching TV, do the things you want to do or remember circle around in your head? Do your whirling thoughts sometimes distract you from the conversations you're having? Do you ever lay awake at night thinking of all the things you'd like to remember for the next day? How does your spiritual clutter of thoughts and**

ideas distance you from your husband, your kids, or your Lord? (Give them some reflection time, and then move on when everyone looks ready.)

Growth Question: To some women, the thought of keeping intentional lists, and keeping them in one place, may sound nerdy or restricting. How do you feel about using lists this way? Do you agree with Shannon’s assertion on pages 149&150 that God made us to use lists?

Collaboration: What is one list Shannon mentioned that really struck a chord for you? Did anyone think of a useful list that Shannon didn’t mention?

Collaboration: Are you going to keep your lists in your planner like Shannon suggests or do you have another idea? Does anyone have a more technological version of list keeping? Now’s the time to share about those programs or apps! (Take some time to share ideas.) If you do use technology, how will you back up your lists so they aren’t lost or erased?

Collaboration: Some of these “list” topics incorporate so many ideas or so much information that we may need to keep them in a binder or some other larger system. (Do I hear a Pinterest board?). You may already have ways to keep track of these kinds of ideas. Would anyone be willing to share their systems to encourage or inspire others?

Individual Activity: Take out your journals and consider the wedding invitation example Shannon gives on page 151&152. Sometimes pieces of paper hold to-do items, or plans you should make, or things you want to remember... but you lose them. What has slipped through the cracks at your house recently because of a forgotten or lost piece of paper, or an idea that you didn’t write down? How can you keep this from happening again? (Give them some reflection time, and then move on when everyone looks ready.)

Collaboration: So let’s talk about a few of these lists and share ideas, starting with the shopping lists Shannon mentions on pages 154-157. How can you use an Errand day, your chore plan, and your shopping lists to save money? In what other ways are you intentionally fiscally responsible for your family?

Growth Question: Speaking of saving money, do you keep a Christmas list like the one Shannon wrote about on page 163? Do you agree or disagree with her that keeping a list like this might help you to spend less and yet be more satisfied with what you have?

Collaboration: Just for fun, let’s make a few lists together so we can recommend some fun things for each other. Who’s read a great book lately? Who’s seen a great movie? Who’s been to a great restaurant? Who’s taken a great day trip? Vacation? Is there any other topic on which you’d like to hear

recommendations from other moms? (Get out the Big Board and make some lists!)

Individual Activity: Get out your journals for a moment and take a look at the lists on the Big Board. What's one activity that you'd like to share with a new Christian friend in your life, maybe even someone in this room? Take a moment to pray about this and see if you feel God calling you to reach out in friendship. If so, make a note in your planner to set up a time to get together with her. (Give a few moments here, then follow up with the second half.) Now think of one non-believer in your life, someone that you'd like to get to know better so you can invite her to church and talk about Jesus with her. What activity can you choose from this list to share with her? Make some plans. (Give them some reflection time, and then move on when everyone looks ready.)

Collaboration: Starting on page 176, Shannon describes different ways you might keep a scripture list or a list of other faith-filled quotes. Would anyone be willing to share one of their current favorite Bible verses, or spiritual quotes, or praise songs lyrics? What can *you* share to encourage and inspire the women in this room?

Individual Activity: Now we're going to take a moment to get really honest with ourselves. Get out your journal and listen to these questions: How intentional are you about prayer and scripture reading? Do you view quiet time with God as a chore, or as an exciting privilege? Take a few minutes to write a statement that you'll put by your alarm clock and read each morning this week—a statement full of excitement and truth that will encourage you to look forward to your devotional time. Try something like this: I can't wait for my quiet time with God today! My heart is hungry for His Word and my soul is thirsting to be refreshed in His presence. I want to have an attentive ear for His Word and an open heart for His leading. I love my Savior and I long to spend quiet time just with Him! (Give them some reflection time, and then move on when everyone looks ready.)

Collaboration: Get out that Goals list again. Do any of your goals inspire you to write a new, specific list? Is anyone willing to share about that list in order to encourage or inspire the others?

Growth Question: All of us sometimes think, *oh yeah, that's a great idea, I should totally do that*, and then don't do it. Many of us have Pinterest boards full of great things to do that we're not doing! Those ideas may involve home décor, holiday fun, clearing out our stuff, taking and organizing photos, family activities, leisure time activities... anything. But, before we go on a guilt trip or start frantically adding to our to-do lists, let's think. Do you *really* want to do all of those things in the first place? Are you going for the *most* instead of the *best*?

Scripture Time: Another reason we may want to do these things is because we feel like we should be keeping up with, or even competing with, other moms. We all have moments when we want to be the Best Mom Ever: doing the most educational activities with our kids, giving them the greatest experiences, and giving them the best possible home life. Let's take a moment to read Galatians 6:3-5. (Have one of the ladies read it aloud.)

Take a moment to consider the things you have on your lists, from your Goal List to your to-do lists to your new personal lists. Do your lists reflect that you're testing your own actions, and not comparing yourself to anyone else? Are you carrying your own load, or someone else's? (Take a minute of quiet reflection.)

Growth Question: Finally, is there anything from Chapter 8 or Chapter 9 that you'd like to talk about? Any questions that you have or ideas you want to discuss? Would you like encouragement or fresh ideas about a certain topic?

Homework Assignment: Chapter 10, with written answers to the "Giving Thought to Your Ways" questions, and the individualistic completion of the Steps Along the Journey Study Guide for that chapter.

Extension Challenge: Oh Yes, there's an Extension Challenge! Wouldn't you be disappointed if there weren't? A few minutes ago we each wrote down two people that we'd like to make plans to spend time with, a new Christian friend and a non-Christian friend or acquaintance. Your challenge, should you choose to accept it, is to actually make those plans. Bonus points for offering to host someone in your home, and double bonus if you can make these plans and keep them within the week! (However, since you may be at the mercy of someone else's schedule, you'll complete this challenge just by making the plans.) Who's in?

Accountability Partner Time: We already know who our accountability partners are (and how many buttons are on their outfit today!), so we can go right to our accountability partner time. After you've had a chance to make your accountability plans (keep working, Ladies, we're almost there and the last chapter is the best!), we're going to take some quiet prayer time with our accountability partners. In the last chapter of *Organizing You*, we're going to read about the spiritual clutter that shouldn't be written down, the things that we can't tackle with a planner or chore cards or a good list. If you've been facing any useless, hurtful negative thoughts and fears, now's the time to share them with your accountability partner if you feel comfortable doing so. Make plans to pray for each other about these concerns this week, and then spend some time in prayer over them right now. Thank you so much for coming and I'll see you next week!

Hostess Homework: In addition to completing the assigned homework and following up with your accountability partner, you should do these things:

- Early in the week, send an email to the ladies inviting them to party at the last meeting! Plan a potluck dinner or dessert night and ask each woman to bring something to share. (You are in charge of the plates, napkins, silverware, cups, and drinks!)
- Mid-week, send one encouraging text or email to all of the ladies of the study.
- Late-week, send an email or text telling them you're praying for them as they clear out whatever hurtful, negative spiritual clutter they might be discovering as they study Chapter 10 (and pray as you send it!).
- The day before the next meeting, send a reminder text or email about the meeting and homework due. Ask them to bring their study materials, plus daily planners and a dish to share at the potluck.
- Also, follow up with anyone who missed the last meeting. Let them know what they missed and what the homework is for this week.
- Pray over the prayer requests that were shared during Week One as well as any other concerns that have come to your attention. If someone shared something specific, you may want to get in touch with her to let her know that you're praying for her about that topic.

Week 6: Living Free of Spiritual Clutter

Based on Chapter 10

(If you're doing a pot-luck or dessert fest, let everyone eat first! Enjoy celebrating together!)

Get-To-Know-You Time: Ask each mom to share a bit about a church: her favorite church, a church she's spent the night in, or the coolest/neatest church she's ever visited. Then ask her to share one thing she's taken away from this study.

Hostess Moment: **We've come to the end of the study! I hope you've all had a wonderful experience. Let's open with scripture and prayer.**

Scripture Time: Ask one of the ladies to read Psalm 30 aloud.

Prayer Time: **Almighty God, thank You for being with us this week as we considered the thoughts and feelings that trouble our hearts and cloud our spirits. We are so, so blessed to be Your daughters and to have the ability to turn those things over to You. O Lord our God, You are the Great Healer. We call to You for help and You lift us up out of the depths. You turn our wailing into dancing; You remove our sackcloth and clothe us with joy. Our hearts sing to You—they will not be silent! O Lord our God, we will give You thanks forever. Amen**

Group Activity: **We've been together for six weeks, so now we're going to play the "We're Thinking Alike!" game. You need to complete each of these phrases with one word only (and you will have to share your answers at the end, so be nice!):**

Once upon a...
Sugar and...
Dressed to the...
Father, Son, and Holy...
Loaves and...
Blessed are the...
Moms are always...
Shapely...
Thou shalt not...
The twelve...
The wise woman builds her...
Spiritual...
Share your answer to encourage and...
Give thanks to the Lord, for He is...
My hubby is...
I am...
God is...

Great! Now we'll share our answers to find the most popular answer for each question. If you matched the most popular answer, you get a point. (If there were no matches, no one gets the point.) If you get the most matches, you win! (If there's a tie, see how many matches the two winners made with you, the Hostess, to find the big winner. If you have a grand prize you've been saving, like a small gift card or big candy bar, now's the time to give it out!)

Group Activity: We had a lot of matches! Now let's take that group spirit and help each other tackle our goals. Get out your Goal List and open up Organizing You to Appendix B on page 233. Let's take a couple of our goals and break them down this way, using all of the planning systems laid out in the book. Who'd like to volunteer one of their goals to use as an example? (Use the Big Board! Choose a goal and go through how to use the planner to-do list, memo space, Family Calendar, chore cards, (daily, weekly, and monthly), Monthly Lists, personalized lists, and God's Truth to be intentional about meeting that goal or forming that new habit.) If you've come up with a system of your own, how would you use it to accomplish this goal?

Would anyone like to tackle another goal in this way? Do you have a goal that you're having a hard time getting a handle on? (Break down as many goals as you like this way!)

Collaboration: On page 190, Shannon shares ways that she learned to calm her body when she is anxious, including deep breathing, meditation, and visualization. Is anyone willing to share ways that you calm your body down?

Individual Activity: We're going to take a moment to think about mom comparisons. Take out your journal and consider these questions for a moment: When you started this study, was there a mom here that intimidated you? Why do you think that was, and how has it changed as you've gotten to know her in the study? Is there another mom in your life right now who makes you feel insecure about the mom you are? What, if anything, can you learn from her, and what do you need to surrender to God? (Give them some reflection time, and then move on when everyone looks ready.)

Growth Question: Mom Guilt. We've all felt it at one time or another, especially about our parenting choices. On page 196, Shannon writes that our only truly significant parenting choice is that we raise our children to love and serve the Lord, and that He'll work good no matter what our other parenting choices are. Do you agree or disagree? How can that kind of attitude free our hearts to really listen to other moms and support their parenting choices, even if they're different from our own?

Collaboration: On page 201, Shannon shares with us the phrases she uses to combat some of her own useless spiritual clutter: "No worries—What's my

hurry?—Who says I have to?” Each of us needs our own personal thought-shots, inoculations against the evil one. In order to encourage and inspire the moms around you, will you share what phrases you’re planning to use to keep you grounded in God’s Truth?

Group Activity: Through Shannon’s example about Elizabeth on pages 197-199, she shows us how to deal with a negative thought. We should start by seeing if the thought has any merit. If it does, we should decide how we’d like to use our organizational systems to clear out that spiritual clutter. If it doesn’t have merit, we should demolish it with God’s Truth.

This is different from how we often handle negative thoughts. Sometimes we wallow in guilt or discontent or other bad feelings when there’s really a course of action we should take. Sometimes we second guess ourselves and take action we shouldn’t. We can keep ourselves from those mistakes by giving thought to our spiritual clutter!

(Get out that Big Board list from week one—the one where you listed spiritual clutter a mom faces and discussed how much control you have over those items.) **On the first week, we made a list of the spiritual clutter that we face and talked about how much control we had over each item on our list. We crossed out the ones that are almost entirely out of our control, underlined the ones that are partly within our control, and circled the ones that are almost entirely within our control. Then we acknowledged that God has the true control over all of these things. How does this list look to you now? Can you see spiritual clutter you’ve lifted through your organizational systems?**

Now, what’s left? We want to *demolish* these useless, hurtful thoughts and worries. How can we tackle each of these pieces of spiritual clutter with God’s Truth? What scriptures may apply? What things can we decide to tell ourselves? (For example, if our spirits are cluttered about our kids’ safety, we could post Psalm 4:8 by our beds, and decide to think “I will entrust my kids to the Lord and His perfect plan.”)

Collaboration: On page 204, Shannon describes dragging these Truths into the light—writing them, framing them, printing them, posting them, and praying them. What are some different ways you’re planning to keep the truth you need to dwell on front and center in your life?

Growth Question: Finally, is there anything from Chapter 10 that you’d like to talk about? Any questions that you have or ideas you want to discuss? Would you like encouragement or fresh ideas about a certain topic?

Prayer Time: Ask if anyone has any particularly hurtful pieces of spiritual clutter that they would like to pray over with the group. As a group, lay hands on that person and pray for her. If you don’t feel comfortable praying out loud, see if

someone else will; if not, you can all just pray silently with your hands resting gently on that person. Then, move on to the next person, until each person who would like to be prayed for has been.

Scripture Time: You, as the Hostess, read Psalm 126:1-3 aloud. **This is us, Ladies. We were like captives, captives to our worries and anxieties and fears, and we should celebrate that the Lord is working wonderful things in our lives! Listen to these words one more time.** (Read Psalm 126:1-3 aloud again.) **Let's pray together.**

Prayer Time: **Thank You, Jesus. Thank You for the time we've had together, and for the amazing work You've done in our lives over these last six weeks. Our mouths have been filled with laughter, and our tongues with songs of joy! Lord Jesus, we praise You! Let our joy and hope in You shine! Let the people around us say of us, "The Lord has done great things for them." Let our lives bear witness to You and bring those who are seeking You to Your cross. Lord, as we leave this place tonight, we know that we will encounter more things that will try to distract us from our families and distance us from You. Please continue to walk with us on this journey. Please continue to fill our hearts with wisdom and Your perfect peace. In Your Holy Name, I pray this for...** (pray for each woman by name). **Lord Jesus, You have done great things for us, and we are filled with Joy! Amen!**

Extension Challenge: **Of course there's no homework, but there is an Extension Challenge! Last One! And it's a hard one—I'm throwing down the gauntlet! On pages 52&53, Shannon writes about praying over *choices* she's making. Here's the challenge: for one week, determine not to seek reassurance from your husband, family, or friends about any decisions you make. If you're feeling insecure about a choice, pray over it instead, asking the Lord to grant you peace about your decision or to shake you up with His Truth. Find your worth, assurance, support, comfort, and strength in the Lord alone... for a whole week. Who's in?** (Assign accountability partners one last time. Try to assign partners based on friendships you've seen forming.)

Accountability Partner Time: **We don't want this journey to end here! We want to get in the *habit* of clearing out our spiritual clutter—being intentional, realistic, and positive about the work we're doing as moms. So, if possible, make accountability plans with your partner for the next 30 days (the perfect amount of time to establish a new habit). You might want to call each other each Monday for a month and talk about any spiritual clutter that's popping up and what you're doing to clear it out. You may want to set up a reward system to encourage you to continue with your chore plan and time management system. What can you do to help one another? End your time together in prayer for one another. Thank you so much, each one of you, for coming and sharing your hearts during this study. May God continue to bless each one of you!**

Hostess Homework: In addition to following up with your accountability partner, you should do these things:

- Right away, follow up with anyone who missed the last meeting. Let them know what they missed and ask if there's anything you can be praying for them about.
- Sometime this week, send the ladies an email, thanking them for participating in the study and letting them know how they helped you to clear out your spiritual clutter.
- Sometime next week, send the ladies an email or text, telling them that you're thinking about them and praying for them as they tackle any new spiritual clutter they may be discovering (and pray when you send the email!)
- If your group was really great and bonded really well, you may want to schedule a get-together for the end of the one-month accountability period. Maybe you'd like to host a play date, a whole-family get-together, or a "Mom's Night Out" somewhere fun.
- Enjoy the friendships you've made and keep clearing out that spiritual clutter! Thank you so much for the time, effort, and heart you put into this study. God bless you—Shannon