

WOMAN TO WOMAN WEBINAR SERIES

Presented by Harvest USA Women's Ministry

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Session 2: Starting Biblical Support Groups for Women Who Struggle Sexually

Introduction: what this webinar will address

- Wisdom for leaders
- Understanding women who struggle with sexual sin
- Core elements of discipleship relationships and effective biblical support groups
- Unique challenges of a small group context
- Practical steps for launching a group

Why this webinar?

- Jesus' command to make disciples
- Diffuse fear
- Practical guidance
- Encourage women to reach out!

First Things First: You!

- Are you aware of your ministry strengths and weaknesses?
- What are your motives?
- Are you willing to model repentance?
- Do you have a support system for prayer, encouragement and accountability?

And God is able to make all grace abound to you, so that having all sufficiency in all things at all times, you may abound in every good work.

2 Corinthians 9:8

What kinds of women struggle with sexual sin?

What's typically happening in a sexual struggler's life before she's ready to confess her sin?

- Shame, despair and confusion
- Isolation and fear
- Disconnect with faith

- Brokenheartedness

Core Elements of a Discipleship Relationship

- Knowing and being known through the love of Christ
- Identity in Christ and union with Christ
- Identifying underlying idols of the heart
- Personal application of Rom. 13:14 and Heb. 12:1-2

So, being affectionately desirous of you, we were ready to share with you not only the gospel of God but also our own selves, because you had become very dear to us.

1 Thessalonians 2:8

Core Elements of Effective Biblical Support Groups

- Discipleship
- Transparency (Proverbs 28:13, 1 John 1:5-7)
- Accountability (James 5:16)
- Infusion of hope, diffusion of shame

Considerations for Starting a Group

1. Challenges you may face
 - Spiritual warfare
 - Resistant and/or naive church leaders
 - Changed relational dynamics
 - Busyness and lack of commitment
2. Getting Ready: Publicizing the Group
 - Non-threatening way to find out about the group
 - Confidential way to contact leaders
 - An initial 1-1 conversation to determine group readiness
3. Discerning if a Woman is “Group Ready”

Meet with interested women 1-1 or 2-1 and seek to discern:

 - Teachable and humble?

- Willing and able to make a commitment to group and process?
- Is she a good candidate for the group in light of her personal struggle?

4. Logistics:

- Group commitment document
- Location secured
- Components of Group Time:
 - Personal sharing
 - Study of God's Word and curriculum
 - Practical application
 - Prayer and mutual encouragement

5. Group Challenges

- Communication styles
- Relational and emotional immaturity

Unique Blessings of Discipleship Groups for Sexual Strugglers

- The nearness of the Lord to broken hearts (Psalm 34:18)
- The beauty of unashamed faces (Psalm 34:4-5)

I sought the LORD, and He answered me, And delivered me from all my fears. ⁵ They looked to Him and were radiant, And their faces will never be ashamed.

Psalm 34:4-5

Q & A

Recommended resources

- Sexual Sanity for Women: Healing from Sexual and Relational Brokenness (Harvest USA/Dykas)
- Openness Unhindered, Rosaria Butterfield
- Instruments in the Redeemer's Hands, Paul Tripp
- Addictions, A Banquet in the Grave, Ed Welch
- Crossroads: A Step by Step Guide Away from Addictions, Ed Welch
- Sex and the Single Girl: Smart Ways to Care for Your Heart, Ellen Dykas
- She's Got the Wrong Guy: Why Smart Women Settle, Deepak Reju
- How People Change, Lane/Tripp
- Making All Things New: Restoring Joy to the Sexually Broken, David Powlison
- Word Filled Ministry for Women, TGC (Various authors including Ellen Dykas)