

Grace Women's Ministry



PRESENTS



C O N T E N T S

1

Health and Wellness

Connect | Learn | Grow

2

3

Reading Scripture as Image Bearers

#MeToo/ChurchToo

4

5

Resources



Session 1

**HEALTH AND
WELLNESS**



Remember Our Bodies Are a Temple

When we recognize that our bodies are living proof of God's goodness, it can become easier for us to incorporate praise and our faith into our physical wellbeing.

Here are some verses for you to remember:

"For you created my inmost being; you knit me together in my mother's womb...I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well."

Psalms 139:13-14

"But the Lord said to Samuel, 'Do not consider his appearance or his height, for I have rejected him. The Lord does not look at the things people look at. People look at the outward appearance, but the Lord looks at the heart.'"

1 Samuel 16:7

"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies."

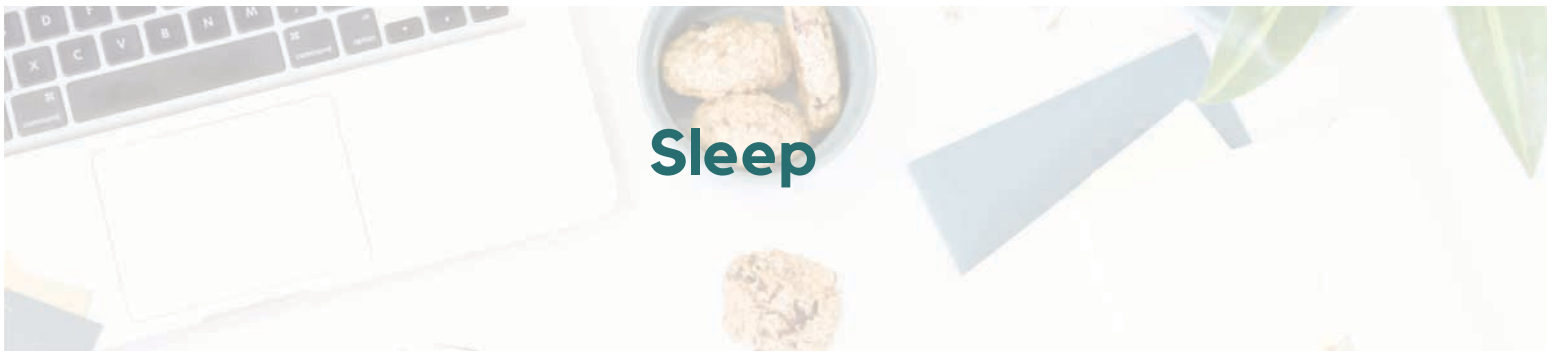
1 Corinthians 6:19-20

"So, whether you eat or drink, or whatever you do, do all to the glory of God."

1 Corinthians 10:31

"As it is my eager expectation and hope that I will not be at all ashamed, but that with full courage now as always Christ will be honored in my body, whether by life or by death."

Philippians 1:20



Sleep is such a vital component of our lives. Your body heals and restores and you're able to have a bit more pep in your step.

With constant access and workload, sleep can be the farthest thing from your mind.

Your body replenishes itself when you are asleep. It is really important to find ways to calm yourself so that you can truly rest. Remember how I talked about stress? Take baby steps to minimize it.

Try to unwind at least an hour before bed. Whenever I've been working and I jump right in bed, I can't fall asleep right away. I have also tried to reduce electronics.

Again, another thing that can be difficult as I try to read when I can't sleep. A good old fashioned book can do the trick in this case. Think about your surroundings.

Try to limit the amount of light in your room. I know that sometimes you can be really hot or really cold, but err on the cooler side in your room when you sleep.

Drink warm milk or a non-caffeinated tea (that's safe for you of course).

Take baby steps to get to bed an hour earlier if you can. I remember the days of insomnia. It's so draining when you are exhausted but can't sleep. If you can, involve your loved ones or a trusted friend.

Not everyone is going to understand your struggle, which is why it's super important to create a support system for yourself.

These few tips may help:

- Try taking a slow paced walk, or stretch an hour before bed to help you relax.
- Don't drink much before bed.
- Try to get your water intake in earlier in the day
- Don't work in your bed, it'll become difficult for you to fall asleep

A top-down view of a desk. On the left is a laptop keyboard. In the center is a small blue bowl containing several cookies. To the right is a green plant. The background is a light, neutral color.

Your Habits Around Sleep

How many hours of sleep do you typically get? What would your ideal amount of hours be?

What strategies can you implement to help you get to bed earlier or improve your quality of sleep?



Stress Management

Stress. It's one of those things that many people don't care to admit that it can cause a problem on your body.

Or, in many cases, you just don't realize how bad it is for you. If you've had problems with feeling sluggish, fatigued and started noticing that you're in more pain than usual around tight deadlines at work/school or if you have a lot going on, start thinking more about your major stressors.

There are two types of stress:

- "Good" stress.
- The kind of stress that makes you want to curl up in a ball and cry.

Many of us like the rush of adrenaline that we experience when we have to get work done in a short amount of time. We feel exhilarated and free; however, that is not the case for everyone. For some, the combination of life events can debilitate them physically or worse, they end up in the hospital.

Here are some symptoms that you may notice after being stressed out:

- Fatigue/Low Energy
- Brain fog
- Hair may start to thin
- Irritability
- Chest pain
- Tight Muscles

Pay attention to how your body feels over the next week. It will also be very important to learn what forms of stress relief work for you as well.

I have learned that it's important for me to try to reduce stress at all costs and here are some ways that I reduce it:

- I dedicate more time with God in prayer and gratitude
- Tea is my best friend
- I've minimized my interaction with people who bring stress
- I exercise more
- I journal and practice being more patient

A top-down view of a desk. On the left is a laptop keyboard. In the center is a small blue bowl containing several cookies. To the right is a green plant. The background is a light, neutral color.

Managing Stress

What are some of the major stressors in your life? List them below.

What small changes can you make to decrease your stress levels (working on not procrastinating, not making a plan and sticking to it, not setting boundaries with family and friends)?



Mindset

Mindset is very important.

You have to fix your thoughts on positive things. Now, I'm not saying that we all have to run around thinking that the world is sunshine and rainbows, there will be difficult times in your life however, it's how you approach that situation, which will ultimately determine your outcome.

What is your why?

Who or what is pushing you to be your best self?

Is it your children?

Is it your spouse?

Is it you?

The other thing is, sometimes you have to be okay with failure.

I've learned that when I fail faster, or I allow myself to just see where things go, it's a lot more freeing.

I can recover a lot faster now than what I could in the past.

What are you focusing your mind on today that will help you be the person health wise that you need to be?



Highlighting and Changing Negative Thoughts

Understanding what negatively impacts us in order to move forward.

What discourages you (think about things that people have said to you in the past....is it something that someone may have said, is it a lack of appreciation for your efforts. Think about your temperament)?

What are some negative thoughts or phrases that you use when you think about yourself and how do you want to change that?

Good Nutrition is Also Important

CARBOHYDRATES

- Preferred source of energy by the body
- Consist of sugars and fiber. Plant structures contain mostly carbohydrates
- Carbohydrates are reduced to glucose in the body, which provides fuel and feeds the brain
- Carbohydrates have **4 calories per gram**



VITAMINS

- Essential for conversion of food to energy, growth and repair of body tissue
- Must be taken in through diet
- Found in both plant and animal products
- Reduction of vitamin levels over extended periods can result in vitamin deficiency



PROTEIN

- Building blocks for body structure
- Tissues of humans and animals are built from protein. Consists of amino acids
- Proteins are found in plants and animal products
- Protein has **4 calories per gram**



MINERALS

- Activate thousands of enzymatic reactions
- Act as electrical transmitters and assist vitamins in their function
- Help metabolize proteins, carbohydrates, and fats
- Regulate water and electrolyte balance



FAT

- Important for energy storage, insulation, and organ protection
- It is recommended to limit saturated fat intake, primarily found in animal products
- Tran-fats should be completely avoided
- Fat has **9 calories per gram**



WATER

- Eliminates waste from body
- Maintains normal body temperature
- Lubricate joints
- Maintains healthy tissue





Good Nutrition is Also Important

Breakfast

Blender Oat Muffins

Overnight Strawberry Chia

Oatmeal

Lunch/Dinner

*Sheet Pan Maple Mustard Chicken
with Squash and Brussels Sprouts*

Lentil Stuffed Peppers

Snacks

Green Smoothie

*Spiced Apples with Walnuts and
Oats*

Blender Oat Muffins

Prep Time	10 min
Total Time	20 min
Meal Type	Breakfast, Snack
Source	www.livingplate.org
Servings	4



Ingredients

- 2 bananas, *very ripe*
- 2 eggs
- 1 tsp vanilla extract
- 3 Tbs unsweetened almond milk (*or other milk of choice*)
- 3 Tbs maple syrup
- 1 cup quick-cook oatmeal, *gluten-free*
- 1/2 cup tapioca flour
- 1 tsp cinnamon
- 1 tsp baking powder
- 1/2 tsp salt
- cooking spray

Directions

Prep

1. Preheat oven to 350° F.
2. Peel bananas and break into pieces.
3. Spray muffin tins with oil.

Make

1. Add bananas, eggs, vanilla, milk, and maple syrup to blender and process until creamy.
2. Add oats and process until just combined.
3. In a bowl, whisk together tapioca flour, baking powder, cinnamon, and salt.
4. Make a well in dry ingredients and pour in liquid from blender.
5. Stir until just combined.
6. Using a small ice cream scoop or two spoons, place batter in muffin tin and bake for about 8-10 minutes [minis] or 12-15 minutes full size.

Notes

Serving size is one full-sized muffin or 5 mini

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
		Total Fat 4.3g	6%	Total Carbohydrates 53g	17%
		Saturated Fat 1.1g	5%	Dietary Fiber 4g	15%
		Trans Fat 0.0g		Total Sugars 17g	
		Cholesterol 93mg	31%	Protein 7g	
		Sodium 331mg	14%		
		Vitamin D 1mcg 5% · Calcium 112mg 11% · Iron 11mg 59% · Potassium 490mg 10%			

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Overnight Strawberry Chia Oatmeal

Prep Time	15 mins
Total Time	8 hours
Meal Type	Breakfast
Source	www.livingplate.org
Servings	2



Ingredients

- 2/3 cup rolled oats *certified gluten-free, if needed*
- 1/4 cup chia seeds
- 1/2 banana, mashed
- 2 cup unsweetened almond milk *or milk of choice*
- 1 1/2 tsp vanilla extract
- 2 tsp maple syrup
- 1 cup strawberries, sliced

Directions

Prep

1. Mash banana with a fork.
2. Slice strawberries.

Make

1. Place oats, chia seeds, mashed banana, milk, vanilla, and maple syrup in a mason jar with lid. Shake vigorously to combine. Let sit for 10 minutes, shake again then place in refrigerator overnight.
2. The next morning take oats out of the refrigerator and stir well. Layer in a serving glass or a mason jar with sliced strawberries.
3. Top with additional milk and a drizzle of maple syrup if desired.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
2 servings		Total Fat 13.4g	20%	Total Carbohydrates 52g	17%
		Saturated Fat 1.4g	7%	Dietary Fiber 15g	60%
		Trans Fat 0.0g		Total Sugars 15g	
		Cholesterol 0mg	0%	Protein 10g	
Calories 355		Sodium 196mg	8%	* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
per serving		Vitamin D 3g 26% · Calcium 695mg 69% · Iron 17mg 91% · Potassium 638mg 13%			

Sheet Pan Maple Mustard Chicken

with Squash and Brussels Sprouts

Prep Time 15 mins

Total Time 30 mins

Meal Type Lunch, Dinner

Source www.livingplate.org

Servings 4



Ingredients

- 2 Tbs fresh oregano, chopped
(or 1 teaspoon dried)
- 2 Tbs Dijon mustard
- 2 Tbs maple syrup
- 1 1/2 lb chicken breasts, skinless
- 4 cup butternut squash, peeled
and cubed (about 1 pound)
- 1 sweet onion, chopped small
- 8 oz Brussels sprouts, trimmed
and halved (about 2 cups)
- 2 Tbs olive oil
- salt, to taste
- pepper, to taste

Directions

Prep

1. Preheat oven to 425°F. Place a large rimmed baking sheet in oven (leave pan in the oven as it preheats).
2. Combine oregano, mustard, and syrup in a small bowl.
3. Cube squash, chop onion, trim and halve Brussels sprouts.

Make

1. Brush 1/2 mustard-maple syrup mix evenly over chicken breasts.
2. Toss squash, onion, and sprouts with remaining dressing in small bowl
3. Remove hot pan from oven and line with parchment paper. Add chicken to pan and spread vegetables around the chicken in an even layer.
4. Bake at 425°F for 20-30 minutes or until chicken is done (until internal temperature of the chicken reaches 165 degrees F) and vegetables are tender.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
4 servings		Total Fat 10.2g	15%	Total Carbohydrates 32g	10%
		Saturated Fat 1.7g	8%	Dietary Fiber 7g	26%
		Trans Fat 0.0g		Total Sugars 11g	
		Cholesterol 97mg	32%	Protein 42g	
		Sodium 192mg	8%		
		Vitamin D 0mcg 0% · Calcium 172mg 17% · Iron 4mg 24% · Potassium 1234mg 26%			

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Lentil Stuffed Peppers

Prep Time	20 min
Total Time	40 min
Meal Type	Lunch, Dinner
Source	www.livingplate.org
Servings	4



Ingredients

- 1 1/2 tsp olive oil
- 1 cup yellow onion, chopped
- 2 cup portobello mushrooms, washed and chopped
- 1 Cup tomatoes, cherry, halved
- 1 Tbs soy sauce (or alternative)
- 2 clove garlic, minced (for 2 tsp)
- 1/4 tsp salt (or to taste)
- 1/4 tsp pepper
- 1/4 tsp cayenne pepper (optional)
- 1/4 cup basil, fresh, chopped
- 2 cup spinach, baby, chopped
- 4 peppers, bell
- 1 can lentils, canned, drained and rinsed (for 1 cup)
- 1/2 cup walnuts, raw, crushed

Directions

Prep

1. Preheat oven to 425°F.
2. Chop mushrooms, basil, and baby spinach.
3. Mince garlic, and dice yellow onion
4. Halve cherry tomatoes.
5. Chop off the stem and top of the peppers, and carve out the seeds. You could also slice pepper in half lengthwise to create a "boat".

Make

1. Heat olive oil in a skillet over medium heat.
2. Add onion, mushrooms, cherry tomatoes, and soy sauce. Sauté for 5 minutes or until onion is translucent. Add in minced garlic, sea salt, black pepper and cayenne and sauté for another minute. Stir in basil and spinach just until wilted and then remove from heat.
3. Add the lentils and walnuts into the skillet with the vegetables and stir well to evenly distribute.
4. Use a spoon to pack this vegetable mix into the red peppers. Place the peppers in a baking dish or on a sheet if you are doing open-faced "boats."
5. Bake the stuffed peppers in the oven for 20 minutes. After 20 minutes, remove and let cool before serving.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
		Total Fat 15.4g	23%	Total Carbohydrates 72g	24%
		Saturated Fat 1.7g	8%	Dietary Fiber 11g	44%
		Trans Fat 0.0g		Total Sugars 4g	
		Cholesterol 0mg	0%	Protein 23g	
		Sodium 435mg	18%		
		Vitamin D 0mcg 1% · Calcium 201mg 20% · Iron 6mg 35% · Potassium 1430mg 30%			

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Spiced Apples with Walnuts and Oats

Prep Time	5 min
Total Time	10 min
Meal Type	Breakfast, Snack
Source	www.livingplate.org
Servings	4



Ingredients

- 4 gala apples, 1/4" slices and then cut in half or apple of your choice
- 1 Tbs maple syrup
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1 Tbs coconut oil
- 1/4 cup raw walnuts, chopped
- 1/2 lemon, juice
- 1/2 cup rolled oats

Directions

Prep

1. Core the apples and cut into 1/4" slices. Cut the slices in half.
2. Chop the walnuts.

Make

1. Preheat a non-stick skillet over medium heat.
2. Melt the coconut oil in the pan and swirl to coat.
3. Meanwhile, in a medium sized bowl add the apple slices, cinnamon and lemon juice. Toss to combine.
4. Add the apples, maple syrup and chopped walnuts to the pan. Cook 4-5 minutes until apples are slightly softened.
5. Remove from heat and divide the rolled oats evenly among the portions. Serve immediately..

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
4 servings		Total Fat 8.9g	13%	Total Carbohydrates 33g	11%
		Saturated Fat 3.2g	16%	Dietary Fiber 5g	21%
		Trans Fat 0.0g		Total Sugars 20g	
Calories 222		Cholesterol 0mg	0%	Protein 4g	
per serving		Sodium 3mg	0%		
Vitamin D 0mcg 0% · Calcium 30mg 3% · Iron 1mg 5% · Potassium 266mg 5%					

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Green Smoothie

Prep Time	5 mins
Total Time	5 mins
Meal Type	Snack
Source	www.livingplate.org
Servings	1



Ingredients

- 1 cup water
- 1 cup kale, stems removed and torn 1-2 leaves
- 1/2 Head romaine
- 1/2 cucumber, chopped
- 1/4 avocado
- 1/2 apple, sliced
- 1 banana, frozen
- 1 ice cube if desired

Directions

Prep

1. Kale stems removed and leaves torn.
2. Chop cucumber and slice apple.

Make

1. Place all ingredients in a high-speed blender and process until smooth and creamy.

Notes

The smoothie is creamy yet fresh (thank you avocado and cucumber!) If you would like it sweeter, add a few pinches of stevia.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
1 servings		Total Fat 9.3g	14%	Total Carbohydrates 63g	20%
		Saturated Fat 1.4g	6%	Dietary Fiber 17g	66%
		Trans Fat 0.0g		Total Sugars 32g	
		Cholesterol 0g	0%	Protein 8g	
Calories 329		Sodium 45g	1%	* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
per serving		Vitamin D 0g 0% · Calcium 199g 19% · Iron 4g 24% · Potassium 1838g 39%			



Notes

[illegible]



Notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Session 2

CONNECT | LEARN | GROW



Session Introduction

"No one is born hating another person because of the color of his skin, or his background, or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love."

-Nelson Mandela

Something to think about ...

People of color have been fighting racism, prejudice, bias, and discrimination, in one form or another, for their entire lives.

The fact many White people at just now taking the time to glimpse at and be curious places an extraordinary amount of weight upon people of color. People of color are exhausted and need someone other than those who look like them to take on this burden of injustice that has plagued people of color for so long.

It is imperative that we, women of God, take steps to eliminate racism, prejudice, bias, and discrimination. Let not the future of this country, our children, and our children's children be that of racism, prejudice, bias, discrimination, and injustice based on the color of one's skin.

Like Dr. King and so many others, we still have a dream that is full of the hope that has brought us this far and yet not fully realized.

Justice is mentioned in 28 verses in the Bible. One familiar verse can be found in Psalms 33:5.

"The LORD loves righteousness and justice; the earth is full of his unfailing love."



Some Definitions

In the Old Testament, righteousness refers to something fixed and the way it should be ... a norm, a standard, by which other things can be measured.

In this context, it means conforming to how God says it should be.

Justice in many ways puts the standard of righteousness in practice by making things right, fixing a problem, intervening where things have gone wrong, confronting and correcting those who are in the wrong and delivering those suffering the injustice.

Let's explore some key terms:

- **Prejudice (noun)**

Preconceived opinion that is not based on reason or actual experience.

- **Bias (noun)**

Prejudice in favor of or against one thing, person, or group compared with another, usually in a way to be considered unfair.

- **Discrimination (noun)**

The unjust or prejudicial treatment of different categories of people or things, especially on the grounds of race, age, or sex.

- **Racism (noun)**

Prejudice, discrimination, or antagonism directed against a person or people on the basis of their membership in a particular racial or ethnic group, typically one that is a minority or marginalized.



Connect | Learn | Grow

Connect

Begin with prayer to actively pursue a multi-ethnic way of life. Intentionally pursue relationships with others to expand your circle of friends and acquaintances beyond what is normal and comfortable.

- First step, join a racially diverse community group at church.
- Second step, establish relations with a racially diverse groups outside the church. The same individuals you meet in the church community group can extend beyond church walls.
- Third step, find a place to be in the minority and just listen.

Learn

What does the Bible say about racism?

- Genesis 1:27 – the equality of all persons
- Matthew 28:19 – the sin of partiality
- Acts 10:28 – God’s creation
- John 4:1-42 – the Samaritan woman
- Romans 10:12 – breaking down walls of hostility
- Ephesians 2:14 – all persons are part of one mission

In addition to the Bible, some reading suggestions are noted below.

- The Half Has Not Been Told by Edward Baptist
- White Fragility by Robin Diangelo
- Multiethnic Conversations by Mark DeMayz and Oneya Fennell Okuwobi
- The New Jim Crow by Michelle Alexander
- The Cross and the Lynching Tree by James H. Cone
- The Color of the Law by Richard Rothstein
- Letters from a Birmingham Jail by Dr. Martin Luther King, Jr.
- Letters Across the Divide by David Anderson

Grow

- Pray for one another.
- Engage in strategic intercession alone and with others to identify and pull down the stronghold of racial bias, prejudice, and discrimination.
- Get to know people of color.
- Call a friend or acquaintance of color to discuss the current state of the nation amid protests and upheaval.
- Talk to your children about racism.
- Host discussions on racism in America. If any incident occurs that involves attacks against people of color, talk about it openly, honestly, peacefully, and respectfully, to help all parties process the occurrence and move forward.



Next Steps

- Examine your personal biases.
- Understand and recognize privilege.
- Challenge stereotypical beliefs.
- Create a safe space for difficult conversations.
- Value the experiences and feelings of persons of color.
- Challenge the colorblind ideology.
- Call out individuals on racist comments and jokes. Be the advocate and stop making excuses for family, friends, and acquaintances when inappropriate comments are made.
- Register and attend multi-ethnic conferences and workshops.
- Advocate for those experiencing social injustice.
- End supporting companies/organizations that do not support diversity.
- Be an ally for people of color

"So in everything, do to others what you would have them to do to you..."
Matthew 7:12

If relationships, between diverse ethnic groups, are not established before and after a crisis then no progress or difference will ever be made.

LET'S TALK...

RECONCILIATION

THE DISCUSSION CONTINUES

FRIDAYS AT 8:00 PM
BEGINS NOVEMBER 1

LED BY STEVE & JULIE COY,
DIRECTORS OF RACIAL
RECONCILIATION



DETAILS

- VIRTUAL MEETING VIA ZOOM
- MEETS WEEKLY ON FRIDAY EVENINGS
- NEW TOPIC EACH WEEK
- MUST REGISTER FOR DISCUSSION EACH WEEK
- SPACE IS LIMITED TO 12 PEOPLE PER DISCUSSION

REGISTER AT: bit.ly/gccletstalk



Notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

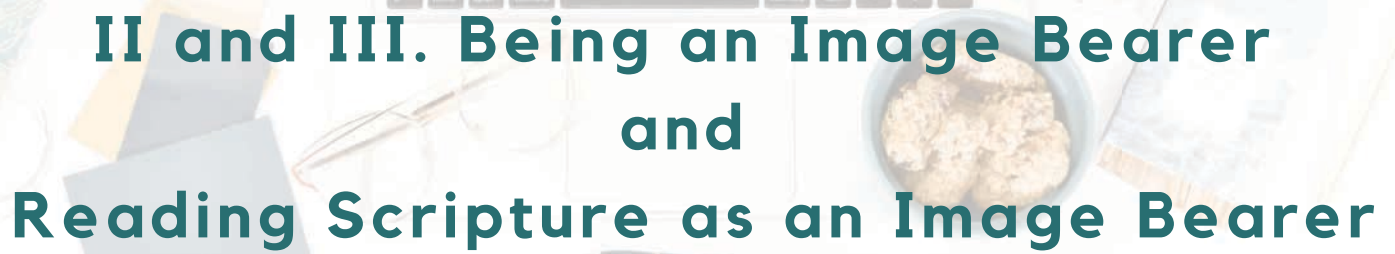


Session 3

**READING SCRIPTURE AS
IMAGE BEARERS**

A top-down view of a desk with a laptop, a bowl of cookies, and a plant.

I. Made in the Image of God



II and III. Being an Image Bearer and Reading Scripture as an Image Bearer

What It Means to be an Image Bearer	How to Read Scripture as an Image Bearer
Being an image bearer means we are not God.	Recognize the Bible is not a book about you, it's a book about God.
Being an image bearer means we need to recognize God as God.	Affirm that the Bible is the authoritative Word of God.

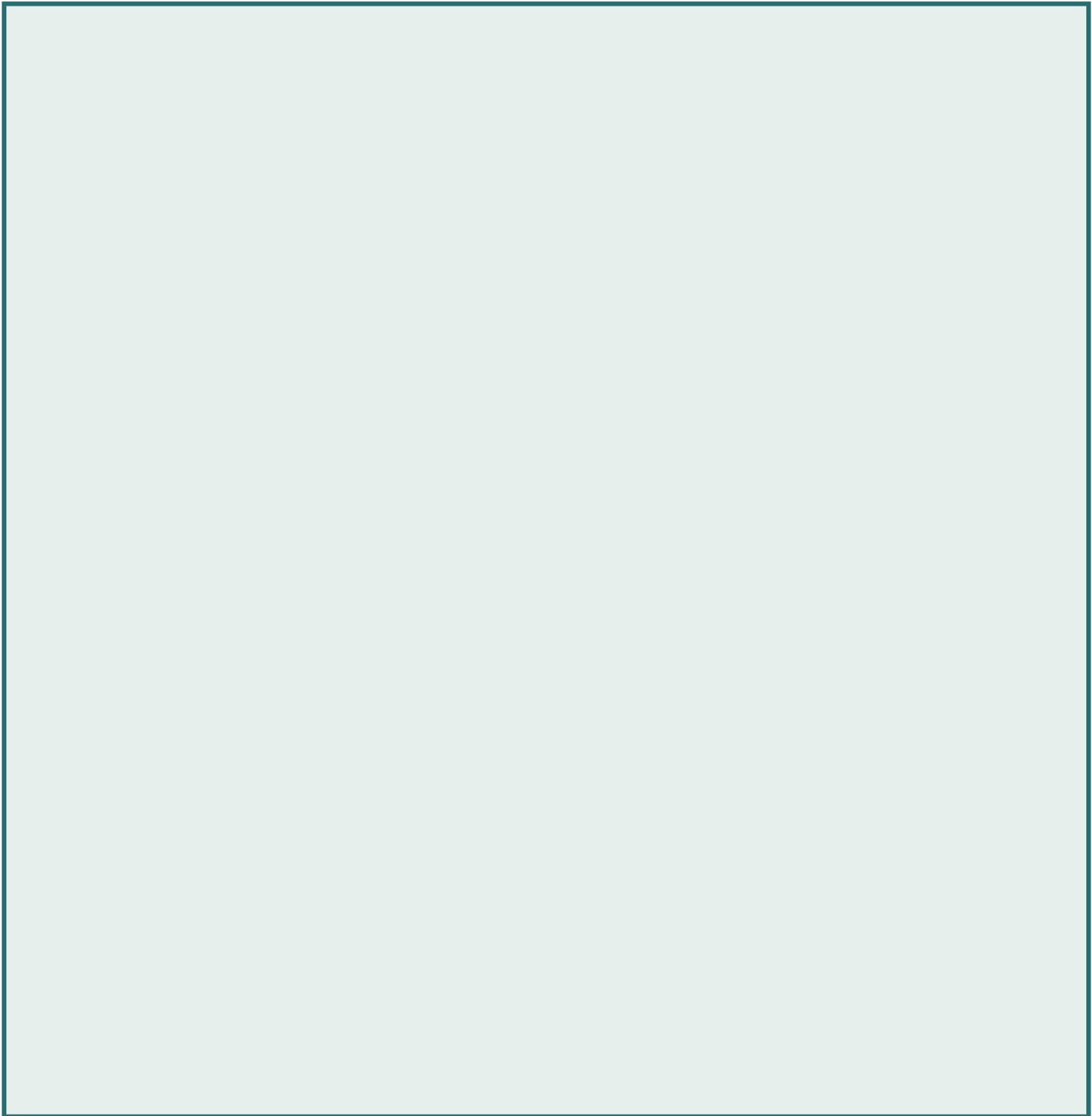


II and III. Being an Image Bearer and Reading Scripture as an Image Bearer continued

What It Means to be an Image Bearer	How to Read Scripture as an Image Bearer
Being an image bearer means we need to submit to God.	Live in humble obedience to the Word of God.
Being an image bearer means we need to give God glory.	Read Scripture to the glory of God.



IV. Our Hope as Image Bearers





Resources

Scripture References	Recommended Resources
Genesis 1:26-28; 2:16; 3:22; 9:6; 15:6	<i>Evidence that Demands a Verdict</i> by Josh McDowell and Sean McDowell
Exodus 32:1-4	<i>The Case for Christ</i> by Lee Strobel
Leviticus 11:44-45, 19:2, 20:7, 20:26	<i>The Reason for God</i> by Tim Keller
1 Kings 3:9-10	<i>Knowing God</i> by J.I. Packer
Psalms 119:30	<i>Praying the Bible</i> by Donald S. Whitney
Proverbs 9:10; 12:22	<i>Spiritual Disciplines for the Christian Life</i> by Donald S. Whitney
Isaiah 42:8	<i>In His Image</i> by Jen Wilkin
Micah 6:8	<i>None like Him</i> by Jen Wilkin
Matthew 5:14-16; 7:12; 18:21-22; 22:35-40	<i>Women of the Word</i> by Jen Wilkin
Luke 6:35; 11:28	
John 1; 4:23-24; 8:31-32; 14:15	
Romans 3:23; 4:4-5; 12:1	
1 Corinthians 3:16, 18-20; 11:7; 13:1-8	
2 Corinthians 3:18	
Galatians 6:9	
Ephesians 4:15, 24	
Philippians 2:8	
Colossians 1:15-17	
1 Thessalonians 4:3,7	
2 Timothy 2:15; 3:16-17	
James 1:2-4, 5, 22; 2:12-13; 3:3-18, 8-9	
1 Peter 1:22	
2 Peter 3:17-18	
1 John 4:19	
3 John 1:4	
Revelation 4:11	



Notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Session 4

#METOO / #CHURCHTOO



Session Introduction

*"She is clothed with strength and dignity;
she can laugh at the days to come." (Proverbs 31:25 NIV)*

*"...to bestow on them a crown of beauty
instead of ashes,
the oil of joy
instead of mourning,
and a garment of praise
instead of a spirit of despair..." (Isaiah 61:3 NIV)*

What does it mean to be made "In His Image"?

The statistics tell us that one woman is sexually assaulted every 45 seconds, that 1 in 3 women have been victim to sexual, dating, and/or domestic violence.

So how can we encourage each other to find hope in God's truth for us? As survivors, we struggle with overcoming the burden of that identity label. As a church, we struggle with providing the needed support and friendship for victims.

In this session, we will learn about how God's truth and scripture is the core foundation for us re-discovering our identity in Him, and how to respond when someone shares their story with you.



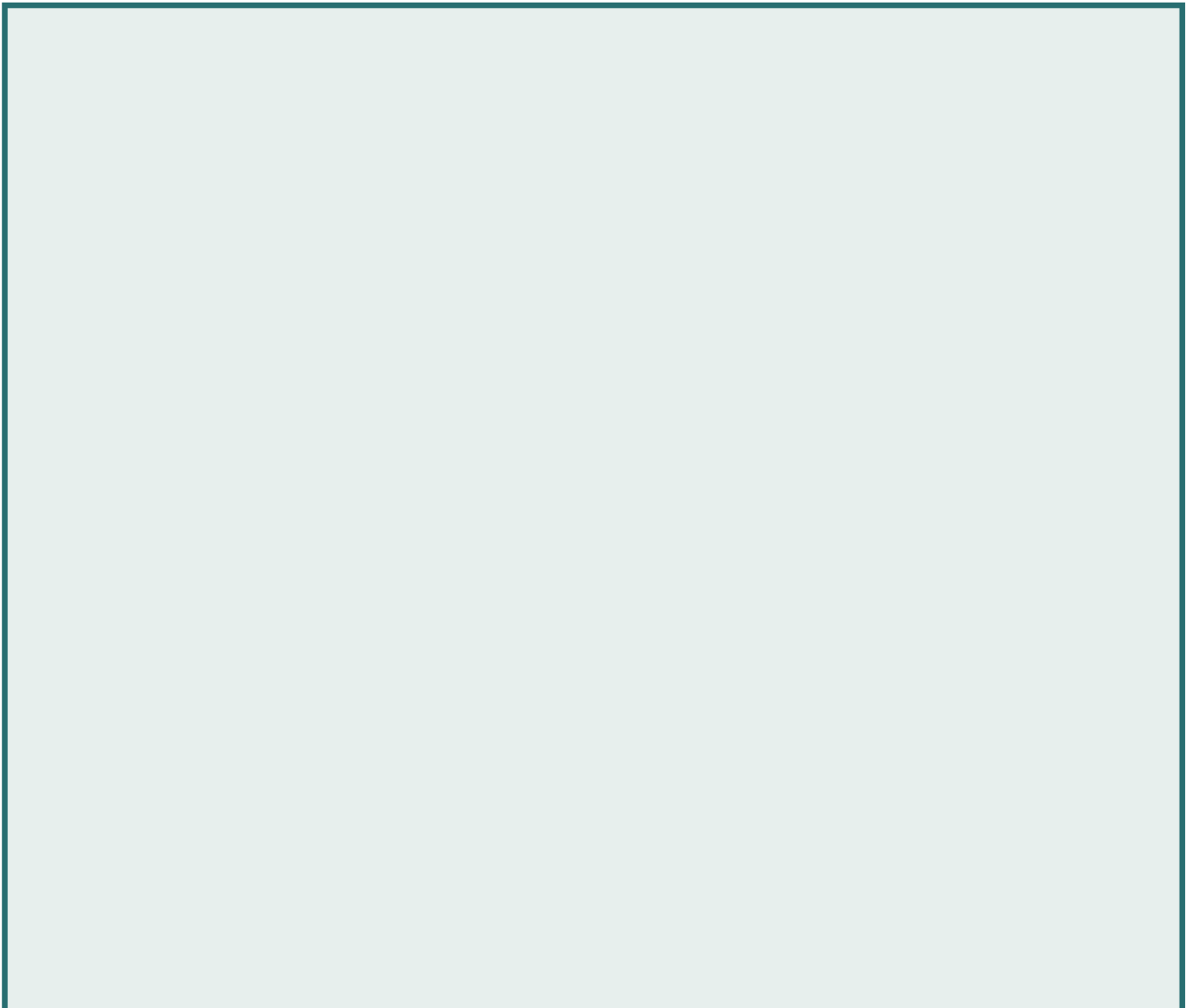
What does it mean to be made "In His Image"?

Reflect on these scriptures.

"and to put on the new self, created to be like God in true righteousness and holiness."
(Ephesians 4:24 NIV)

"...to bestow on them a crown of beauty
instead of ashes..." (Isaiah 61:3 NIV)

"See, I am doing a new thing!
Now it springs up; do you not perceive it?" (Isaiah 43:19 NIV)



What is Domestic/Sexual Violence?



Click [here](#) for the full reading...

"When I am afraid, I put my trust in you. In God, whose word I praise—in God I trust and am not afraid. What can mere mortals do to me?"(Psalm 56:3-4 NIV)

Definitions

Domestic violence (also referred to as intimate partner violence (IPV), dating abuse, or relationship abuse) is a pattern of behaviors used by one partner to maintain power and control over another partner in an intimate relationship. (National Domestic Violence Hotline)

Sexual violence is an all-encompassing term that refers to crimes like sexual assault, rape, and sexual abuse. (RAINN)

Statistics

- Every 73 seconds another American is sexually assaulted. (RAINN)
- Nearly 1 in 5 women have experienced completed or attempted rape during her lifetime. (CDC)
- Only 230 out of every 1,000 sexual assaults are reported to police. That means about 3 out of 4 go unreported. (RAINN)



What is Trauma and What Are the Responses?

What is trauma? (References to: YouLead and NSVRC)

Trauma is not a disorder but a reaction to a kind of wound. Trauma is a concrete physical, cognitive, affective, and spiritual response by individuals and communities (Burstow, 2003).

Feelings, impacts, and common responses of trauma (References to: YouLead and NSVRC)

Physical symptoms

- Lack of appetite
- Hyper vigilance
- Difficulty sleeping, concentrating, jumpiness, irritability

Mental symptoms

- Depression, Anxiety, PTSD
- Repeated thoughts of the assault- flashbacks, memories, nightmares Triggers (sound, place, voice...)

Emotional symptoms

- Avoidance of thoughts, feelings, and situations related to the assault
- Shame, Self-doubt, self-hate, self-judgment
- Fear or regret (88% of rape victims freeze (NSRVC))

Spiritual symptoms

- Faith questions, doubts, fears

Common coping mechanisms

- Self-harming behaviors, promiscuity, dissociation, high risk behaviors, over/under eating, substance abuse, continued contact with perpetrator, and the list continues.
- There is NO right way to cope.
- Most survivors do NOT report their trauma



God's Truth and Journey to Healing

——— Read ———
2 Samuel 13:1-22

——— Now Read ———
Isaiah 61:1-10



Standing on God's Truth

As survivors and friends to survivors, knowing that God has given us a crown of beauty for ashes, makes the world of difference. We must find rest and refuge in the truth of God's love.

Read these scriptures for reference by clicking [here](#).



How to Be a Friend and Supporter

"Therefore encourage one another and build each other up, just as in fact you are doing." (1 Thessalonians 5:11 NIV)

A Note to Friends: *Something to remember in all these situations is that YOU cannot save them, ONLY GOD can. So, pray for God to guide you, to give you the words, to lead you to the scriptures or resources that can help. This burden is not on you alone to carry.*

You are walking alongside your loved one to be what God has called us to be, "a friend", a "prayer partner", a "safe space". But only God can truly and completely heal her.

What to say when responding to a disclosure...

- I am so sorry this happened to you.
- It is not your fault.
- I believe you.
- You do not deserve what has happened to you.
- Thank you for telling me.
- What do you need?
- How can I be a support for you?
- I am here to listen and pray with you.
- You are not alone.
- God hates what has happened to you. It is wrong.
- There is hope, and we will work through this together.

Ways to Respond

HOW TO RESPOND	HOW NOT TO RESPOND
<p>Just listen.</p> <p>Sometimes I am not ready to, cannot or do not want to talk about it. But please be ready to just listen when I am.</p>	<p>Talking over me or telling me what I need to do.</p> <p>Please don't try to fix me or the Situation.</p>
<p>Offer to spend time with me.</p> <p>Remind me I'm not alone and I have a safe space to talk with or just be with you. I may not reach out- especially if I feel like I may be a burden.</p>	<p>Avoiding me or "giving me space"</p> <p>You may do this out of good intentions, but I am unlikely to reach out first.</p>
<p>Remind me you care- even if I isolate from you or gatherings.</p> <p>Because of how I'm coping I may isolate, and I may even tell you I want to be alone but let me know you care and are praying. It goes a long way, even if I may not say it at first.</p>	<p>Not inviting me to gatherings or to hang out one-on-one because I never say yes.</p> <p>Not understanding or being sensitive to my potentially not being comfortable or feeling unsafe in large settings.</p>
<p>Understand that I might struggle with mental/emotional triggers or side effects.</p> <p>I might struggle with anxiety, depression, panic attacks, insomnia, and other things. I also may not know what triggers me emotionally yet.</p>	<p>Telling me why I am struggling with these issues and that I need to trust God more.</p> <p>Please don't tell me how I feel or how much I trust God. A "prayer pill" won't resolve the situation I'm experiencing.</p>
<p>Recognize that I may need help in understanding what happened as abuse.</p> <p>Many times, the person we were abused by or harassed by was someone we trusted. And part of our defense mechanism is justifying the action, dismissing it, or blaming ourselves. So, help us in coming to terms with it. (Certain sensitivity trainings/classes can help with this.)</p>	<p>Minimizing what happened to me or the impact it had on me as "not that bad".</p> <p>Not recognizing my trauma for what it is – even if I haven't been able to yet; or trying to minimize it as something that will pass.</p>
<p>Understand that forgiveness is a process and is not easy. And I may not be ready in the time you think I should be.</p> <p>Forgiveness is a long journey and process. And for many, it takes years, and even decades, to truly heal. Instead remind me of that- that its ok if I'm not ready to. Pray with me in that, even if I can't say the prayer myself yet.</p>	<p>Telling me that I should or need to forgive my abuser because God says so, or because that's the right thing to do.</p> <p>Expecting me to do this quickly or pushing/pressuring me to pray about it or to just do it already so I can heal.</p>

Ways to Respond

Distinguish between forgiveness and reconciliation.

Many of us feel that forgiving the abuser means that we're saying it's ok. Remind us that that is not the case. Acknowledge that actual reconciliation with the abuser may never happen, and it may even be wise or safe to stay away. But more importantly remind us that to forgive is not for THEM, but for US. And the forgiving them is not saying it's ok, but rather saying God it's yours.

Thinking forgiveness or reconciliation are the same thing.

Expecting me to forgive and go back into a relationship or "talking terms" with my abuser. Expecting me to forgive and forget.
Expecting me to forgive them in person or via any direct contact.

Listen for my faith questions (i.e., why did God let this happen? Why me? Where was God when this happened?)

I may say these questions out loud but also may not be ready to talk about them in detail. Ask me if I'm ready or open to discussing them. And remind me that you're there any time to talk through these doubts and questions. Give me scriptures that may remind me of His love.

Trying to give me a theological fix and trying to answer why God let this happen.

I may not be ready to dive into this or to hear that God is going to transform the situation. So, telling me that this was part of God's plan or that He will use everything for Good may not be the right thing to say or the right time to say it.

Understand and listen for potential struggles I may have with spiritual disciplines (i.e. praying, reading the Bible, going to church).

With questions that have come up after the trauma/abuse, I may struggle with certain disciplines. I may be trying to figure out if God is safe, good, and trustworthy considering the hurt I've experienced. I am still sorting through everything. So, listen for moments where I may ask for clarity or prayer or fellowship- these are key times to share scriptures, movies, devotionals with me.

Judging me if I'm not consistent with spiritual disciplines.

Being or saying judgmental things for not praying, or surrendering, or going to church. Not understanding or being sensitive to the underlying fears that have rooted out from the abuse and trauma. Not affirming the steps I have taken to acknowledge change and healing take time.

Be patient and understanding with the bad/sinful coping mechanisms I may take on or do.

Understand that it takes time, therapy and community- but MORE IMPORTANTLY- a deep sense of self-love and dignity to help me unlearn and WANT to change unhealthy behaviors. Be there for me, sometimes it is best to JUST LISTEN- even if it's hard to see me down the path of self-destruction. Be a safe space for me, and remind me that I am loved by you, by the community, and most importantly by God. Don't give up on me. It is a fine balance to find when loving me but also speaking truth into my life. So, this will take prayer and God's guidance as well.

Judging me for my coping behaviors.

Not understanding why I've coped the way I have and telling me that I am sinning or that I am in the wrong for doing these things. Getting mad at me or getting on my case every time I admit something to you. Expecting me to change quickly even once I've identified them as sinful coping behaviors. Not recognizing that these are patterns I've likely used since the trauma to cope and so will take time. The more you push- the more you might push me away.

Know that trauma is something I deal with to varying degrees and that I may not know what will trigger me.

Understand that a trigger can come in many forms and can be completely unintended or random- it could be done by a song, a smell, a voice, a movie, a location, or even a holiday. Triggers can have really hard and fast or slow and deep effects.

Expecting me to know what all these triggers are and how to deal with them each time.

Not understanding that I am still in my process of understanding what happened to me and may have buried what happened to me for years. Thinking that I can or should just "get over it" or that I can recover quickly. And thinking that telling me that will help.



Ways to Respond

Particularly in a domestic abuse or relationship abuse situation- be patient with me.

I may not leave my abuser immediately or may even go back to my abuser. This is usually done after some sort of manipulation, control, or simply just being conditioned to this by my abuser. Know that this abuser is someone I likely care about, or even love, or may even be married to. I may even blame myself and think thank I am at fault for any abuse.

In these situations, it is very important to let me know that 1. There is a way out; 2. I am not alone; and 3. That you and/or the church is here to be a safe place.

It is also important to inquire with a DV shelter or counselor to potentially be ready to help. These are professionals that are trained to help.

Also, if you are told about violence or life-threatening abuse, it is important to share the opportunity for me to file a report with the police and might even be necessary to call the police directly.

If at any time, I fear for my safety call 911.

Recognize that every survivor's experience is different and how they respond to trauma will vary.

Understand that I may not be ready to report the incident to the authorities, now or ever.

Please share the opportunities I have to report- and that the opportunity to do so is always there, and remind me that you are there and willing to be with me if and when I am ready to report. Sometimes reporting takes time, and reporting comes with a lot of fears especially if it escalates to an arrest and a court hearing. It's important to empower and remind the survivor they are not alone, and that you will be walking this with them both in prayer and in person.

Become impatient with me for not leaving yet or reporting them to the authorities.

Giving up on me or telling me that it's either your way or you're leaving. Making me feel that I'm wrong, dumb, or clueless for not leaving or doing something more to get out of the abuse.

Thinking that we all feel the same way, experienced the same abuse, and coped in the same way.

Do not categorize, label, or box survivors into one box and assume you understand all survivors the same.

Coercing or pressuring me to report immediately.

Reporting is a scary thing to do so acting like it is the only option to do to fix the situation. Also acting like this is the best way for me to heal or saying that reporting the abuser will guarantee the end of abuse.



The Journey to Healing

"Therefore, we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day." (2 Corinthians 4:16 NIV)"But those who hope in the Lord will renew their strength.

*They will soar on wings like eagles;
they will run and not grow weary,
they will walk and not be faint." (Isaiah 40:31 NIV)*

As a Survivor Remember... *The journey to healing is not easy, but "with God all things are possible." (Matthew 19:36 NIV) Resources and support are available to you- please see below. You are NOT alone.*

And as a Friend Remember... *"Bear one another's burdens, and so fulfill the law of Christ." (Galatians 6:2 NIV) Stand firm on God's truth with them. Remind them they are NOT alone.*



Closing and What's Next

- *Our identity in Christ: Meditate on God's truth. See [Scripture Cards](#).*
- *Our voice, our story: Breaking the Silence storytelling project- Share your story.*
- *Resources and Fellowship:*
 - *Reference the Recommended Resources [here](#).*
 - *Continue the conversation in #SLACK: <https://gracewomen-metoo.slack.com>*
 - *Join us on December 5th for fellowship!*



Notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Resources

Additional Resources

GENERAL CHRISTIAN COUNSELORS

Cornerstone Counseling

Jack Merenda, 703-591-2551

Heartsong Counselors

John Lauber

202-403-7111

john@heartsongcounseling.org

Myra Bridgforth

703-281-4703

Alexandra Schuh

alex@heartsongcounseling.org

PREMARITAL COUNSELING

Janice Sanchez

Arlington

703-841-5446

Tim Teague

Fairfax

703-587-7230

Grace's Premarital Couples Mentoring

brian@trygrace.org

FOOD RELATED STRONGHOLDS

Rock Recovery

rockrecoveryed.org



MARITAL COUNSELING

David Tyson

DC & Vienna

202-957-8045

Craig Moorman

Fairfax

703-957-7103

Deirdre Modesti

Falls Church

703-525-0242

Kristen Terri

Falls Church

703-241-2664

John Goll

Herndon

703-348-2773

Upcoming Events

Each seminar from the Fall Conference will have individual upcoming events, more information will be provided within the seminar

Grace Women Bible Study:

Sign ups will be held January 3rd through 10th, launching January 19th

Mentorship:

The next installment of the Grace Women Mentorship Program will kick off in January, look out for more information in the new year

Living Forward:

A series of discussions open to persons who are currently going through separation, in the middle of divorce, or divorced but not healed. Coming in 2021.





Notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.