

# *My Freedom Climb*



**Overcome Challenges, Climb Higher, and  
Step Boldly Into Your God-Given Purpose**

**TINA RAINS**



# MY FREEDOM CLIMB BIBLE STUDY LEADER GUIDE



AN 8 WEEK BIBLE STUDY  
OVERCOME CHALLENGES, CLIMB  
HIGHER, AND STEP BOLDLY  
INTO YOUR GOD GIVEN  
PURPOSE

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## ABOUT TINA RAINS



***Tina Rains, RN is a passionate leader, bestselling author, philanthropist, entrepreneur, and keynote speaker dedicated to helping others live fully free, fully surrendered, and purpose-driven lives. She is the founder of Masterpiece Women and the Masterpiece Women Podcast ([www.MasterpieceWomen.org](http://www.MasterpieceWomen.org)), a global movement of women pursuing authentic community, personal growth, and Kingdom impact.***

A lifelong entrepreneur, Tina launched her first healthcare staffing company at just 25 years old from her garage and grew it into a multimillion-dollar enterprise with eight offices nationwide. Today, she is launching Faith-Based Assisted Living Homes—creating environments where seniors are cared for with dignity, compassion, and Christ-centered values, with plans to expand this mission to touch more communities.

Tina is also the author of *My Freedom Climb*. Written for such a time as this (Esther 4:14), the book is for women pressing through challenges and those longing to grow, climb higher, deepen their faith, and live fully in their God-given purpose.

Beyond business, speaking and writing, Tina has led international initiatives raising over \$6 million for women and children affected by human trafficking, climbing mountains worldwide to raise awareness and funds. Locally, she invests in her community as a mentor and has served in multiple capacities for many organizations in South Florida.

Married to Monty, with seven children and seven grandchildren, (a few more on the way) Tina blends family, faith, and business to impact lives for the Kingdom. She welcomes invitations to speak at events, conferences, or retreats, aiming to inspire, equip, and empower audiences to reach their fullest potential.

To learn more and connect with Tina, visit [www.TinaRains.com](http://www.TinaRains.com).



# WELCOME!

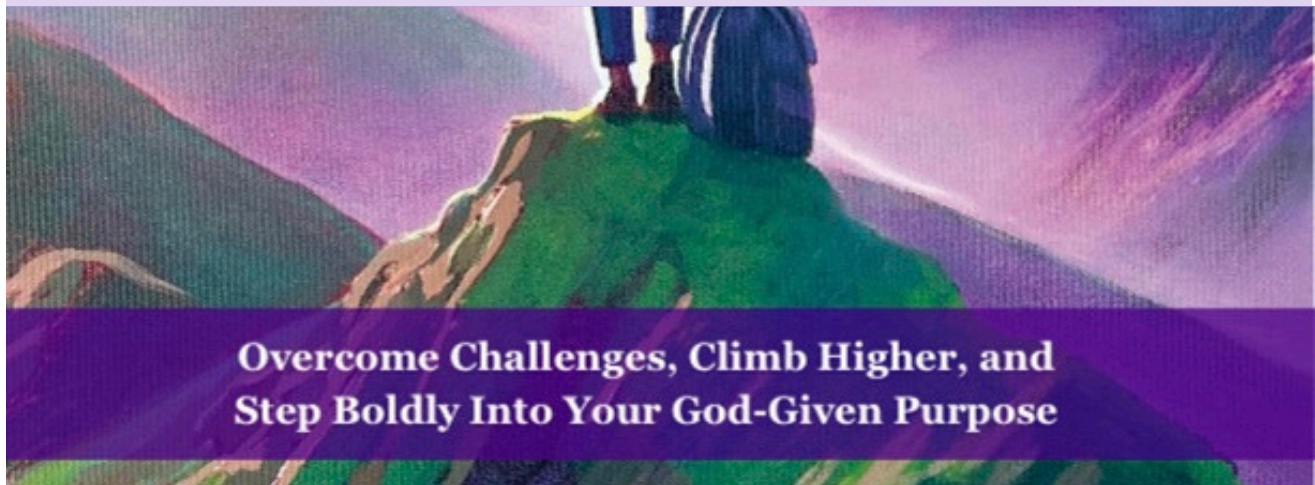
Dear Leader,

Welcome to My Freedom Climb Bible Study – Leadership Guide! We are so grateful for your willingness to serve and guide others on this journey of faith. This guide is designed to equip you to lead with confidence, compassion, and reliance on the Holy Spirit.

As you facilitate each session, remember: your role is not to have all the answers, but to create space for participants to encounter God, share openly, and take practical steps in their daily “climb.” Through prayer, discussion, and Scripture, lives will be transformed one step at a time.

We pray that this guide encourages you, strengthens your own walk with Christ, and helps you inspire others to climb higher in freedom, faith, and intimacy with Jesus. Thank you for saying “yes” to this important calling.

With gratitude and blessings,



## REMINDER!

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# THE PURPOSE OF THIS GUIDE

THIS RESOURCE EQUIPS LEADERS TO GUIDE OTHERS THROUGH \*MY FREEDOM CLIMB\* BIBLE STUDY. IT PROVIDES STRUCTURE, PRACTICAL TIPS, AND SUGGESTED DISCUSSION PROMPTS SO PARTICIPANTS ENCOUNTER GOD'S TRUTH, SHARE OPENLY, AND APPLY LESSONS TO THEIR DAILY "CLIMB."

## Preparing as a Leader

- **Pray First:** Ask the Holy Spirit to guide you, soften hearts, and highlight key truths for the group.
- **Preview the Week:** Read the chapter and the 7-day Bible study ahead of time. Note key scriptures, prayers, and reflection points.
- **Plan Logistics:** Decide how many sessions (e.g., one per week or two per week). Prepare a space that is welcoming and distraction-free.
- **Encourage Commitment:** Remind participants to complete daily readings and reflections.

# SESSION FLOW

- Welcome (5 min): Warm greeting, quick check-in question ('What's one mountain you're facing this week?').
- Opening Prayer & Worship (5–10 min): Invite God's presence. Optional: play a worship song.
- Chapter Recap (10–15 min): Leader summarizes key points. Invite volunteers to share a favorite quote, story, or scripture.
- Bible Study Discussion (30–40 min): Work through selected reflection questions and scriptures. Prompts: 'What stood out to you?', 'How can this apply to your climb?', 'What next step do you feel God is asking?'
- Prayer & Ministry Time (10–15 min): Ask for prayer requests. Encourage participants to pray for one another.
- Next Steps (5 min): Challenge participants to take one 'climbing step' from the week's Next Step section.

# LEADER TIPS

- **Facilitate, Don't Dominate:** Guide the conversation, but let participants share. Silence is okay.
- **Create Safe Space:** Remind the group that what's shared is confidential. Encourage vulnerability.
- **Be Flexible:** Some weeks may spark deep discussion on one question—let the Spirit lead.
- **Encourage Scripture Engagement:** Always bring it back to the Bible.
- **Model Openness First:** Share a brief personal story or struggle when appropriate. Your vulnerability sets the tone and gives permission for others to share.
- **Affirm Every Contribution:** Thank participants for sharing, even if their response is brief. Simple words like “That’s a great insight” or “Thank you for sharing that” build trust and confidence.

# LEADER TIPS

- **Use Names Often:** Calling people by name fosters connection and shows that every person is seen and valued.
- **Out the Quiet Voices:** Gently invite quieter members by asking, “Would you like to share your thoughts?” without putting them on the spot.
- **Celebrate Progress:** Highlight small steps of growth or answered prayers to encourage faith and perseverance.
- **Foster Peer Support:** Pair participants for prayer or mid-week check-ins so they can encourage each other beyond the group meeting.
- **Practice Active Listening:** Reflect back what someone says (“It sounds like you’re trusting God in a new way”) to show understanding and care.
- **Pray Over One Another:** Regular group prayer deepens connection and reminds everyone that Christ is at the center of their climb.



# INTRODUCTION

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## A JOURNEY WORTH CLIMBING

PREPARING FOR THE  
CLIMB

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# INTRODUCTION

## Recap

The introduction sets the foundation for the journey of freedom, faith, and purpose. It encourages women to recognize the mountains in their lives, prepare their hearts and trust God to guide them through.

## Key Points

- God equips us for every climb.
- Freedom and transformation are found in Christ at the summit.
- The climb is meant to be shared in community.

## Key Scriptures

- Habakkuk 3:19
- Exodus 14:14
- Joshua 1:9
- Romans 8:28

## Discussion Questions

- What mountains are you currently facing?
- Where have you already seen God's faithfulness in your climb?
- What fears do you need to surrender as you begin this journey?

CHAPTER

1

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THE CALLING

DISCOVERING YOUR GOD  
GIVEN PURPOSE

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# CHAPTER 1

## Recap

God has uniquely designed each person with gifts, passions, and experiences to fulfill a calling. Purpose is universal—to glorify God and love others—while calling is personal and unique. What is God calling you to?

## Key Points

- You are God's masterpiece (Ephesians 2:10).
- God will equip you when He calls.
- Even pain and struggles prepare us for our calling. Our pain becomes our purpose.

## Key Scriptures

- Psalm 139:14
- Jeremiah 1:5
- Ephesians 2:10
- Jeremiah 29:11

## Discussion Questions

- What life experiences has God used to shape your calling?
- What unique gifts has God given you?
- What steps can you take to walk more fully in your calling?

CHAPTER

# 2

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## PREPARE YOUR MINDSET FOR THE SUMMIT

ALIGN YOUR THOUGHTS  
WITH GOD'S TRUTH

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# CHAPTER 2

## Recap

Our thoughts shape our journey. A Christ-centered mindset empowers us to overcome fear, doubt, and lies of the enemy, aligning us with God's truth.

## Key Points

- Renew your mind daily with God's Word.
- Take every thought captive.
- Replace lies with truth and declarations of faith.

## Key Scriptures

- Ephesians 4:22–24
- Colossians 3:2
- Isaiah 26:3
- 1 Peter 1:13
- Psalm 51:10

## Discussion Questions

- What negative thoughts or lies have been holding you back?
- What scriptures help you replace lies with truth?
- How can you develop a summit mindset this week?



CHAPTER

# 3

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## THE HEAVY BACKPACK

LETTING GO OF UNFORGIVENESS

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# CHAPTER 3

## Recap

Unforgiveness is like carrying a heavy pack on the climb. Forgiveness frees us from bitterness and opens the way to healing and breakthrough. It is a gift to ourselves.

## Key Points

- Forgiveness is commanded and leads to freedom.
- Carrying unforgiveness hinders our spiritual climb.
- Christ forgave us—so we can forgive others.

## Key Scriptures

- Colossians 3:13
- Matthew 6:14-15
- Ephesians 4:31-32

## Discussion Questions

- What bitterness or past hurt do you need to release?
- How has forgiveness (or unforgiveness) impacted your walk with God?
- What next step can you take toward forgiving someone?

CHAPTER

# 4

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EQUIPPED TO ABIDE

CLIMBING WITH THE RIGHT GEAR  
FOR THE JOURNEY

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# CHAPTER 4

## Recap

Abiding in Christ is the key to the climb. Spiritual disciplines like prayer, scripture, and worship are the gear that equips us for the journey.

## Key Points

- Abiding produces fruit (John 15:5).
- Spiritual disciplines keep us strong on the climb.
- God's Word is essential gear for the journey.

## Key Scriptures

- John 15:5
- Psalm 119:105
- 2 Timothy 3:16-17

## Discussion Questions

- What disciplines help you stay connected to Jesus?
- Where do you struggle to abide daily?
- What spiritual gear do you need to strengthen in this season?

CHAPTER

# 5

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LETTING GO FOR  
THE CLIMB

A JOURNEY OF SURRENDER

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# CHAPTER 5

## Recap

True freedom is found in surrender. Releasing control and trusting God opens the way to peace, victory, and deeper intimacy with Him.

### Key Points

- Surrender is not weakness—it's strength in Christ.
- Control keeps us from fully trusting God.
- Surrender allows God to fight our battles.

### Key Scriptures

- Matthew 16:24-25
- Proverbs 3:5-6
- Psalm 55:22

### Discussion Questions

- What areas of life are hardest for you to surrender?
- How has God shown His faithfulness when you've released control?
- What step of surrender is God asking you to take this week?

CHAPTER

# 6

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THE POWER OF  
COMMUNITY

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# CHAPTER 6

## Recap

We are not meant to climb alone. God designed us for fellowship, encouragement, and accountability.

Community is where strength multiplies.

## Key Points

- Two are better than one. The enemy will do everything possible to isolate you.
- The body of Christ is essential for support.
- Community sharpens and strengthens us.

## Key Scriptures

- Ecclesiastes 4:9-10
- Hebrews 10:24-25
- Proverbs 27:17

## Discussion Questions

- Who has lifted you up when you were weak?
- How can you invest more in godly community?
- What role do you play in strengthening others?



CHAPTER

7

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THE FOCUS TO  
CLIMB HIGHER

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# CHAPTER 7

## Recap

Focus keeps us moving toward the summit. Fixing our eyes on Jesus helps us overcome distractions, temptations, and discouragement.

## Key Points

- Stay focused on Jesus, the author and perfecter of faith.
- Distractions pull us off the path—discipline keeps us climbing.
- God's vision is greater than our own.

## Key Scriptures

- Hebrews 12:2
- Philippians 3:14
- Colossians 3:2

## Discussion Questions

- What distractions pull your attention away from Jesus?
- How can you keep your eyes on the summit God has called you to?
- What disciplines help you maintain focus on Christ?

CHAPTER

# 8

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FROM STRUGGLE TO  
SUMMIT

A STORY OF REDEMPTION

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# SUMMARY

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# THANK YOU

## You Are Strong in Him

Hey Sister,

Congratulations! As we close this Bible study, I want to remind you of the incredible truth we've walked through together: You are strong in Him, and He has equipped you for every step of this journey. You've grown, persevered, and allowed God to work in your heart—and now, you are ready to rise even higher.

2 Timothy 1:7 (NLT) reminds us: “For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.”

You are not here by accident. You were created with intention, called for purpose, and strengthened to make a difference. The climb may have had its challenges, but you've proven that with God, nothing can hold you back.

You've been equipped, refined, and prepared—not just for your own journey, but to inspire and lift others along the way. Your faith, your courage, and your obedience matter. God is ready to use everything you've learned to impact your home, your church, your community, and beyond.

Remember, you are not climbing alone. We are a sisterhood—rooted in Jesus, strengthened in His Word, and united in purpose. Keep walking boldly, praying fiercely, and loving deeply.

Don't keep this journey to yourself. Share what you've learned, bring a friend, and encourage another woman to climb higher in Christ. Together, we can rise, live free, and shine His light in a world that desperately needs it.

For ongoing resources, online studies, and join a community of women climbing higher together, visit [www.MyFreedomClimb.com](http://www.MyFreedomClimb.com) and [www.MasterpieceWomen.org](http://www.MasterpieceWomen.org)

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Rise, Sister. Step forward. Keep climbing.

With love and fire,  
Tina

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