



Meeting Notes: Spirit Check
(July 10, 2013)

We did not meet on July 3, 2013, so we could enjoy the Fourth of July holiday with our families. These notes capture our July 10, 2013 meeting. We opened our meeting in prayer and then began our evening. Topic notes may not be in the order discussed during group, and they are not intended to cover everything discussed. They are intended as highlights to capture the essence of our study. General notes follow each topic that was discussed. Documents used or created during this meeting are attached.

TOPICS DISCUSSED:

New Member: We had the pleasure of welcoming a new member into our midst!

Closing the loop on last week: In addition to what is covered in the Teaching Notes, we also discussed the following:

- **Takeaway on peace:** In catching up those who missed last week, the statement “knowing we are forgiven by God makes it easier for us to forgive others” was challenged. In the end, we noted knowing we are forgiven by God may not necessarily make it easier, but it does make it more important for us to forgive others! In addition, we recognized how we know we’ve grown when a situation that used to make us mad now makes us sad.
- **How do you “do” justice?** During our review on peace, there was some confusion about what “do justice” means, especially as it relates to Micah 6:8, which says “do justly.” Since there is a grammatical difference in justly and justice, the phrase “do justice” was confusing; therefore, we clarified that by “do,” we mean to “walk out justice.” While discussing justice, we also talked about the challenges of how to maintain justice while we “gently restore others” (Galatians 6:1). Keying in on “gently,” we discussed the importance of encouraging others to see Christ, rather than approaching them from a condemning standpoint.
Takeaway. Love is the piece that bridges the gap between not being judgmental and drawing others to Christ.

New Memory Verse: Hebrews 11:1,6: “Now faith is the substance of things hoped for, the evidence of things not seen ... But without faith *it is* impossible to please *Him*, for he who comes to God must believe that He is, and *that* He is a rewarder of those who diligently seek Him” (NKJV).

Discussion Topic: Spirit Check:

- **Renewing Our Mind exercise.** To refresh everyone’s memory and bring others up to date, this exercise is where we pray a specific prayer over our lives in 21-

day increments to renew our minds in a specific area.¹ I shared the work God has done in my life to help me stop judging my sisters. The next stage is to help me stop judging my brothers, especially my husband! Likewise, several others shared the fruit from their participation in this exercise. Overall, the prayer has been very effective for helping us with our vision and to bring healing to our heart. While there's been individual breakthrough, as a group, we're in several stages with the exercise. For those just joining the group, we'll revisit the exercise at some point so they too can participate if they'd like.

- **General revelations.** In answering the questions in the Teaching Notes, we captured some general revelations:
 - For those of us who are married, understanding our husband is also our brother in Christ might help us be more mindful of what we express to others about our spouse. This also applies to our sisters in Christ.
 - Love can be a weapon! After all, it does cover a multitude of sins!
 - Sometimes we need to “just do it!” Rather than continuing to meditate on something, we need to take action.
 - We examined fear, and asked, “What do we have to be afraid of when God has already won the battle?”
 - War is never easy!
 - Self-study is important to understand the whole weapon (each individual piece of the armor) instead of shards of it (just what was taught in group).
- **Other discussion:**
 - Someone asked if submission leads to honor and respect. We don't believe it does, because submission is an act, but honor and respect are attitudes of the heart. However, we do believe as we submit to God's Word, the resulting transformation in our heart can help us learn to honor and respect our husbands.
 - In keeping with our current group agenda not to judge our husbands, we discussed a previous teaching entitled, “Span of Control.”²
- **Takeaways:** As we closed our meeting with our individual takeaways, here are a few that stood out:
 - Love leads to compassion.

¹ Additional details about the exercise can be found in the May 1, 2013 Meeting Notes, entitled *Truth*.

² This document can be retrieved from the Documents page on the website: www.wow2women.com.

- Unfortunately, there are going to be casualties (those that fall by the wayside). Casualties are a part of war. However, let us not be a casualty in a war Jesus has already fought and won on our behalf!
- Fears are lies of the devil!
- We can't learn if we occupy ourselves with the business of judgment.

The Coming Weeks:

- **Our next meeting.** We are off on July 17th; therefore, we will resume meeting on **July 24th**. The current plan is to close the loop on our Spirit Check and begin discussing the shield of faith, hence our new memory verses!

Next Meeting Assignment:

- **Memory verse.** Work on learning our new memory verses - **Hebrews 11:1, 6**.
 “¹Now faith is the substance of things hoped for, the evidence of things not seen. ... ⁶But without faith, *it is* impossible to please *Him*, for he who comes to God must believe that He is, and *that* He is a rewarder of those who diligently seek Him” (NKJV).

Closing:

- We closed our meeting in prayer with a time of need-specific prayer for the challenges that were lifted up, for the group overall, and as the Holy Spirit led.

If you have questions, comments, or concerns about information contained in this document, or would like to be added to or removed from the email distribution for the meeting notes, please email us at wow2@wow2women.com or complete a Contact Form on our site, www.wow2women.com.



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ATTACHMENT: TEACHING NOTES FOR JULY 10, 2013

Closing the Loop on Last Week:

- **Takeaway on peace:** Peace is something we get from God through our relationship with Him, and it is something we keep by turning our hearts and minds to the Lord Jesus, so He can help us remove sin from our lives that could separate us from the Father.
- **How do you do justice?** One of the things we discovered last week is having a strong sense of justice can destroy our peace, which led us to **Micah 6:8**: “He has shown you, O man, what *is* good; And what does the LORD require of you But to do justly, To love mercy, And to walk humbly with your God?” Feeling a bit perplexed, we asked the Lord, “How do you do justice?” I believe His answer is to study Proverbs again, but from a different perspective. Therefore, after we finish our armor, we will return to Proverbs, but from an application viewpoint asking the Holy Spirit to teach us how to “do justice.”

Memory Verse:

- **Hebrews 11:1,6:** “Now faith is the substance of things hoped for, the evidence of things not seen ... But without faith *it is* impossible to please *Him*, for he who comes to God must believe that He is, and *that* He is a rewarder of those who diligently seek Him” (NKJV).

Discussion Topic: Spirit Check

- What was your original vision for the year?
- What have you learned from the armor study that relates to your vision?
- Where are you with your vision?
- If you've done a prayer, what, if any, changes have resulted in your life?
- What do you believe your next steps need to be going forward?

Next Meeting: We will be off July 17, 2013. Our next meeting is **July 24, 2013**. The current plan is to discuss the shield of faith.

Website Update: I'm pretty sure all of the Meeting Notes and Ts have been added to the website. I made some format and grammatical changes, so I will add an updated

collection of Ts soon. In addition, most of the Reflections and Revelations Newsletters have also been added. I believe there may be some in another email account that is offline, so I'm going to try to retrieve and post those as well.