
MEETING NEWSLETTER

Introducing Matters of the Heart Bible Study

Welcome to WoW², Women of Worship, Women of Witness. This newsletter captures topics discussed during our meeting. The newsletter may not capture everything, and the topics may not be in the exact order discussed. The newsletter is intended to capture key points from our evening together, with like topics being grouped together for convenience. We hope you are blessed as you join us on our journey.

WELCOME. This was our first 2020 meeting, during which we welcomed two new sisters.

CURRENT VISION: Thriving in the Wilderness. We will cultivate a safe place to grow in a peaceful environment by preparing the soil of our heart to receive and respond to God's guidance, anchoring ourselves in the Holy Spirit. **We will operate** according to the established guidelines of our group, all of which will bring to light the changes we need to make in our lives, so we can gain the nourishment necessary to grow as individuals and as a group.

Thriving, while in the Wilderness, **will be the outcome of our growth.**

TOPICS DISCUSSED. During this meeting, we discussed the following:

Introducing the Matters of the Heart Study. To start the year, we have committed to working together to refine our latest Transformational Study entitled, "Matters of the Heart;" the study will run through the end of April. The intent is for it to be placed on the website as a resource for us and others to use to help us deal with the matters of our heart in a way that honors God and edifies us and those around us. After introductions, we began the evening by going over the study materials. Each person was given a binder containing the below. The first five items were placed in document protectors to ensure they last throughout the study. The remaining items are separated by multicolor index tabs.

- **The current calendar.** The calendar contains our scheduled nights off, any special events, along with a legend explaining those events. It covers the entire year; however, it is always subject to change as needed.
- **The Study Outline.** This document contains the name and date for each lesson.

- **The WoW2 My Vision Worksheet.** This document was included to help us maintain focus on our 2020 group vision. Having the document in the binder means we will have easy access to it if, or when, we need to refer to it.
- **WoW2 Declaration of Faith.** This contains the current, summarized, vision statement that will be at the top of all Meeting Notes. Again, the purpose is to keep us focused on our group vision, so we can indeed end this year “Thriving in the Wilderness.”
- **An extra document protector.** Since I placed my personal My Vision Worksheet within the binder, this document protector is in case they want to do the same.
- **Multicolor Index Tabs.** The top sheet contains a printed outline of the study identifying what study is in which tab. However, between this sheet and the first tab, I inserted a devotional I found on one of my Bible applications. (See attachment). I shared I saw this devotional as I was pondering how to introduce the study. Since the title of the devotional is “Inside Out or Outside In,” it seemed like the perfect way to introduce a study that will be working on us from the inside out.
 - **Tab 1: The Introduction to the Study.** The Introduction is a brief overview of the study intended to be read with Lesson 1.
 - **Tab 2: Lesson 1.** This is the first actual lesson of the study. The study is set up so that there is one lesson per week. The lessons are relatively short, which allows each person to really focus on the material and also gives her time for Holy Spirit to speak to her about that she read.
 - **Tabs 3 – 15.** In order to ensure we stay on the same pace, only one lesson will be given out each week. There are, however, two additional tabs in the binder for them to utilize however they choose.

Nuggets from the Evening. Here are the remaining nuggets that stuck with me during our general discussion about the study and our days ahead:

- **“Abundant obedience.”** I’m not sure in what context this was said, but those two words together really stood out to me, so I wrote them down.
- **Openness and transparency.** We discussed the need for openness and transparency within the group. Everyone seemed comfortable being open and transparent. I think

this discussion also reminded me to give each of the new sisters a group bookmark and go over the website and all it contains.

- **How everyone connects to me.** Since we had two new sisters in our group, we spent our final moments before Takeaway going over how everyone connects to me.
- **Takeaway.** Everyone shared their takeaway from the evening.

Homework Assignment(s):

- Read the Introduction and complete Lesson 1.
- For those who don't yet have one, prayerfully consider a personal vision for the year.
- Email the new sisters the information we used in creating our visions to help facilitate that process and the New Attendee Information Sheet for her to complete and return.

Next Meeting: Our next meeting will be on January 24th. We are off on the 14th to allow one of our sisters to celebrate her birthday.

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.

INTRODUCING MATTERS OF THE HEART STUDY ATTACHMENT:

INSIDE OUT OR OUTSIDE IN DEVOTIONAL



July 5

Inside Out or Outside In?

Cindy Jackson (no relation to Michael) has quite a record of elective plastic surgery. She's had 27 operations in nine years. No, she wasn't in an accident or born with any kind of disfigurement. She has had three full face-lifts, thigh liposuction, two nose jobs, abdomen work, breast reduction and augmentation, jawline surgery, knee work, and permanent makeup. Cindy has spent approximately \$100,000 changing her looks and trying to feel better about herself.

Erik Sprague has spent 450 hours getting tattooed, has pierced several parts of his body, and has placed himself on a strict diet of bugs and pizza. He's also had his tongue surgically split to give a forked look and has had horned ridges implanted above his eyes. His teeth have been filed into fangs, and his tattoos are green to give him the appearance of a lizard. He calls himself Lizard Man and slithers around the country performing a live stomach-pumping routine on himself at various sideshows.

It's obvious that Erik Sprague and Cindy Jackson are determined to change who they are by altering their outer appearance. Too bad they've never heard that real change comes from the inside. Genuine change doesn't happen outside in. It always occurs inside out.

Once you've experienced a change on the inside, it will eventually be reflected on the outside. There's a legend about a popular clown named Grimaldi. Each night he brought laughter to hundreds of people who came to see his performances at the town circus. A physician had taken his family to see the show, and they were ecstatic. Their trip home was filled with laughter as they recalled what the clown had done on stage.

The next day, a stranger came to see the physician in his office. “Doctor, I need help,” the man said. “I’m falling apart inside. I can’t sleep, I have no reason to live, and I haven’t laughed in months.”

The physician quickly recommended the man attend that evening’s circus performance. “It will do you wonders!” he said. “In fact, I’m making that my prescription for you. Go to the circus and be entertained by the wonderful Grimaldi. He’ll make you forget your troubles as you laugh the night away.”

The man left the physician’s office even more devastated than when he entered . . . for you see, that man was Grimaldi!

Know It! God dreams BIG dreams for you! He offers you a life of fulfillment, joy, and peace. And a smaller nose, bigger muscles, tattoos, jokes, laughter, or popularity won’t bring happiness. Allow Christ to transform your heart and your mind. Those around you will definitely notice the difference!

Read It! Proverbs 14:13; Romans 12:1-2; Ephesians 3:20-21; Philippians 4:6-7

Pray It! Ask God to change you from the inside out. Seek his help in refusing to believe the lie that your worth comes from your outward appearance.

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