
MEETING NEWSLETTER

I See Me: Old Man

Welcome to WoW², Women of Worship, Women of Witness. We did not meet on July 21st or July 29th; therefore, this newsletter captures topics discussed during our meeting on August 5th. 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.

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:

Lesson 9 "I See Me: Old Man": Because the original lesson seemed pretty hefty in comparison to all the others, I decided to break it down into smaller parts: "I See Me: Old Man," "I See Me: New Man," and "I See Me: Captive Thoughts." This night, we discussed the Old Man.

- **Recommended changes.** There were no recommended changes.
- **Exercise.** Our exercise was to ask Holy Spirit to show us anything in Galatians 5:19-21 at work in our lives, and then to circle whatever He revealed. Since this was a very personal exercise, I'm not going to share the individual things we discussed; however, I pray every seed planted will produce mature in each of our lives.
- **Nuggets from H.E.A.R.T.** Below are a few shareable nuggets:

- **Hear – What did we hear from the Lord?** Release the old things and take up our cross. Renew our mind, spirit and heart. Drop our baggage and break every chain.
- **Expect – What does God expect of me and what do I expect of Him?** Be honest with self and others; however, we need the time and the courage to do that. We need the time in terms of not waiting too long. Also, we have to listen and act upon His Word to do what He wants us to do.
- **Act – What do I need to do to act upon what I heard?** Practice what we preach. Just because we know and can tell others, doesn't mean we practice it ourselves; however, we can convict ourselves in the sharing.
- **Rest – What stops me from resting in what I heard?** Fear of the unknown and how others will respond to our changing. Fear of getting rid of that old man, which isn't always easy, because others may not accept us.
- **Trust – What stops me from trusting God in what I heard?** Sometimes, we're not where we need to be, and we have to work up the courage. Sometimes, nothing stops us from trusting; we just have to be obedient.
- **Overall Takeaways.**
 - We discussed faith and worry, and the idea of having faith, but not yet ready to trust. Since we were looking at the old and new man, we said maybe worry is the old man trying to have a voice. We discussed how the old man will listen to respond, but the new man will listen to understand.
 - No time, no place, no moment is safe from an attack of the enemy of our soul; however, when armed with the right armor and a support system (the Lord, the Word, and our small group), no matter what, when, what we're doing we can get on the other side of it and not be upset with how we handled it. It's in those times that our net came through!
 - Whether or not our old man shows up is seriously based on your circumstances and whether or not "he" hit the right trigger. Our experiences, past and

present, lead to our triggers, and what we learn from the Lord will help us handle them.

Song(s) for the week: “Together,” by for King and Country (<https://youtu.be/U3HvgoWQpVQ>); “No Cross,” by Vickie Winans (<https://youtu.be/Sz4QyqLvWNU>), “I Need a Miracle,” by Third Day (<https://www.youtube.com/watch?v=bTjimzpyE4k>); and Blessings by Laura Story (<https://www.youtube.com/watch?v=F5Opv5AZT3w>).

Homework Assignment(s): If you’ve not already, finish the new Lesson 9, and if you have finished, allow yourself time to meditate and reflect on what God has already spoken.

Next Meeting: Our next meeting will be on Tuesday, August 12th, via Zoom.

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.