
MEETING NEWSLETTER

I See Me: The New Man

Welcome to WoW², Women of Worship, Women of Witness. This newsletter captures topics discussed during our meeting on August 19th. 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 10 "I See Me: The New Man":

- **Edits to the lesson.** Based on the feedback, we made a few quick edits to the lesson.
- **Exercise.** We each shared what we captured from the different parts of our exercise:
 - We listed each fruit of the Spirit and shared the Scriptures we found to help define what that fruit looks like in everyday life.
 - Using the Easy-to Read version of Scripture, we examined the soil of our heart against Galatians 5:19-21, and we shared what we wrote down for our "one thing" that currently impacts us and those around us.
 - With our "one thing" in mind, we shared the Scriptures we wrote down that, if we cultivate that aspect of the fruit of the Spirit in our lives, it will help us overcome our "one thing."

- **Takeaways from the lesson.**

- We discussed how when we spend time with the Father, His Spirit is able to cultivate His fruit in our lives to can break us free from our “one thing.”

- **Processing through H.E.A.R.T.** Without divulging personal information, here are a few of the nuggets from H.E.A.R.T (Hear. Expect. Act. Rest. Trust).

- **Hear.** Some of the things we heard were to trust Him, surrender to Him, practice more patience, and not have unfair expectations towards others. We also talked about extending His kindness and goodness towards others. Moreover, we learned it is wise to never leave room for excuses. God should come first! Another piece of advice we discussed was, sometimes, we have to rebuild and start small! Finally, we discussed there are times God asks us to commit to something specific at a specific time! **Takeaway.** Rest in, trust, and believe He is preparing the best for us.
- **Expect.** The same way we can expect that there will be physical pain when being treated by a doctor, we can expect to have some emotional pain when Holy Spirit is helping us work on the soil of our heart. However, it is in these moments we are to trust and obey Him. In addition, we can expect God to fulfill things His way rather than what we feel like it should look like, lest we treat God like He’s our genie in a bottle! Therefore, we need to stop making our own plans, but instead keep our heart willing to learn from Him and to accept His will. One of our sisters shared this quote attributed to Elisabeth Elliot that really speaks to accepting His will, “To pray ‘thy will be done,’ I must be willing, if the answer requires it, that my will be undone.”¹
- **Act.** One of the main things we can do is spend quality time alone with God, and not rush Him, because time with Him changes us! We can also study and

¹ I wasn’t able to find a reference beyond these on Pinterest, https://www.google.com/search?q=to+pray+thy+will+be+done+i+must+be+willing&safe=active&tbm=isch&source=iu&ictx=1&fir=-573e_S47CUVeM%252C33aGKOiPTFv8iM%252C_&vet=1&usg=AI4_-kRTmCGoRFkck0UsvVkvAaCdBpSsEw&sa=X&ved=2ahUKewjq7Jbl0t3tAhVF5awKHVgGCcYQ9QF6BAgREAE&biw=1440&bih=716#imgrc=-573e_S47CUVeM.

learn the truth of His love for us based on Scripture and His faithfulness in our lives. Finally, we can remind ourselves of the fruit of the Spirit and that we can trust Him!

- **Rest.** Sometimes, our emotions can cause us to not rest in what we heard from the Lord, especially if we feel like we're being taken advantage of. Also, thinking about what we think our lives should be and/or feeling like we're not quite where we're supposed to be in Him can hinder our ability to rest in what we hear from the Lord. Instead of resting, we end up asking ourselves and God why we're not further along than we are, or we can end up getting angry with or blaming God for what is happening in our lives.
- **Trust.** In addition to our emotions, not understanding what God's love looks like can hinder our ability to trust Him. We realize sometimes, we need to let what we know about God's love in our head sink into our heart!
- **Summing up our evening.** Don't rush our time alone with Him, trust in and commit to the process, especially those things we know have worked in our lives before.

Song(s) for the week: "Have My Heart" (feat. Chandler Moore & Chris Brown) – Maverick City (<https://youtu.be/U3Skc4MQlqU>), "Holiness," by Micah Stampley (<https://www.youtube.com/watch?v=8vNPcmLzlvI&feature=youtu.be>), and "I Won't Go Back," by William McDowell (<https://www.youtube.com/watch?v=Fp6DO6qo5NI&feature=youtu.be>).

Homework Assignment(s): If you haven't already, finish "Lesson 10: The New Man."

Next Meeting: Our next meeting will be on Tuesday, August 26th, 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.