

# WOMEN'S STUDY PLAN

An 18-Month Guide for What to Study Next

We hope the following study plan is helpful guide for your group, but know that following it is optional. This list suggests studies for which the video content is available free on the Anthology app, but feel free to substitute other studies whenever your group prefers.



## COMMUNITY: STARTING WELL

PARTS: 8

SPEAKER: MULTIPLE SPEAKERS

Your group members bring their own expectations to your gatherings—from why they joined the group to what they want to study. So getting every group member on the same page at the beginning of your time together will set you up for success. In fact, we've found that groups that begin with this study have higher commitments from group members over time.



## CHECK THE FOUNDATION

(FROM THE STUDY: RENOVATE)

PARTS: 1

SPEAKER: CHRIS KIM

Everyone can relate to having a bad habit they've tried again and again to break, so discussion comes easy for this 1-part message about the surprising thing that may driving our destructive behavior.



## BREATHING ROOM

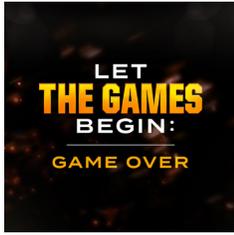
PARTS: 4

SPEAKER: SANDRA STANLEY

Breathing Room is a struggle across all stages of womanhood. We love that this study speaks as powerfully to a single woman in her twenties as it does to a married grandmother. It can be used in a small group, large group, or for personal study.



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## GAME OVER

PARTS: 1  
SPEAKER: LAUREN ESPY

Hopelessness. Anger. Resentment. Dispair. How do you move beyond those paralyzing emotions in “game over” moments? Is it even possible? This true story may offer some inspiration.



## STARTING OVER

PARTS: 4  
SPEAKER: ANDY STANLEY

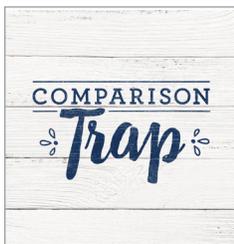
Failing and trying again isn't a religious concept. It's common to all human experience. So the material in this series is applicable whether everyone in your group is a Christian or not. And because it dives into past experiences from which you had to or would like to start over, these messages help group members share and discuss parts of their personal stories.



## SUCCESS

PARTS: 1  
SPEAKER: ADAM JOHNSON

Equally impactful for Bible study groups and business professionals, this 1-part study will have you uncover and rethink some of your core beliefs about what it means to be successful.



## COMPARISON TRAP

PARTS: 4  
SPEAKER: SANDRA STANLEY

Comparison Trap is a struggle across all stages of womanhood. We love that this study speaks as powerfully to a single woman in her twenties as it does to a married grandmother, it can be used in a small group, large group, or for personal study.



## ADDRESS THE MESS

PARTS: 4  
SPEAKER: ANDY STANLEY

This study is a great on-ramp for people considering faith or new to Christianity. Address the Mess is particularly convicting if you're in the middle of a mess and are unsure or unmotivated to take a first step.



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## WHAT MAKES YOU HAPPY

PARTS: 3 (FOR A 3-PART STUDY, WE SUGGEST PARTS 1, 3, AND 5)

SPEAKER: ANDY STANLEY

What makes you happy, really? This is a great “anytime” series whether you’re new to a group or been in a long-standing Bible study group. You’ll spend six weeks exploring your personal definition of happiness.



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