

The Frazzled Female

Finding Peace in the Midst of Daily Life

Tuesday evenings

7:00 p.m. in A117

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| <u>Date</u> | <u>Topic</u> |
|----------------------------|---|
| September 7 th | Introduction |
| September 14 th | Session 1 <i>Mary Chose the One Thing Needed, So Will I!</i> |
| September 21 st | Session 2 <i>A Less Than Positive Attitude</i> |
| September 28 th | Session 3 <i>I Don't Have Enough Time!</i> |
| October 5 th | Session 4 <i>People are Getting on My Nerves!</i> |
| October 12 th | Session 5 <i>I'm Frazzled!</i> |
| October 19 th | Session 6 <i>Near to the Heart of God</i> |

Guidelines for Women's Bible Study

What do we expect from you?

- Attendance:** Please make every effort to attend all of your study sessions. If you know in advance that you will be absent, please make every effort to notify your facilitator.
- Sharing:** Some women have the ability to share easily, whereas others need more prompting. Please be respectful of this fact, and allow time for every participant to share.
- Homework:** Please do your best to complete all of the homework for each session. If you are not able to complete your work, please come to the session anyway – you can still learn a lot from the other ladies. We ask that you please refrain from commenting on any material covered from the days that you were not able to complete. Also, please do not use outside commentaries to complete your work, in order that you may feel the full prompting of the Holy Spirit, and also so that every woman is on equal footing in preparation for the group's sharing time.
- Confidentiality:** All information shared during group time should be treated as confidential and should not be discussed with anyone outside of the group time.

What can you expect from us?

- Privacy:** You will never be called on directly to share during Bible study. Each woman may contribute at her own comfort level.
- Prayer:** We consider it a great privilege to support you through prayer. Please share your requests!