

**Participants’
7-SESSION STUDY GUIDE
for
*The Divine Invitation: Entering the Dance of Becoming Fully Alive***

Participants: Congratulations for stepping out to do a group study of this book! Here are some steps of preparation you will need to do to receive the most benefit from the study.

- Step 1 - Read the book and the discussion points before beginning so you have a good grasp of the whole message. If you have asked yourself the questions in the Discussion Points already, you will be a step ahead!
- Step 2 – If you are unable to read the whole book ahead of time, at least read the chapters and Discussion Points for that session. Be ready to engage!
- Step 3 - Determine the time, place and schedule for the 7 sessions. Setting up a group email, text or other method of communication would be helpful.
- Step 4 – Keep a journal of what you experience/gain from each of the 7 sessions. Bring it to every session. This helps preserve the blessings!

Session 1

Chapter 1 The Encounter

- How were you impacted by reading about this Encounter?
- What God-encounters of your own have you had? Please share!
- What does “being fully you with Jesus in you” mean to you?
- What are your thoughts about the “grace gift exchange”?
- Envision the woman in the last part of the encounter, the Fully Alive Woman—describe what she looks like to you.
- Using the analogy of physical alignment (spinal), describe the difference between a healthy and unhealthy alignment: a) with Jesus, b) within yourself, c) with other people. .

Chapter 2 The Backstory

- If you were to draw a timeline of your life, what key points would you include?
- If you/your group desires, use an online or printable timeline, e.g. <https://www.timetoast.com/timelines/183970> Use this to reflect on your life, get more in touch with your story, and tell your stories to your group.

Session 2

Chapter 3 The BETTER WAY (aka *The Radical Middle*)

- What are your thoughts about the definition of THE BETTER WAY/Radical Middle presented in this chapter?
- Specifically, what's your personal situation regarding the dilemma described in the section on THE BETTER WAY for the Vocation of Virtuous Women? What does love look like for everyone concerned in your life, including you?

Chapter 4 The Invitation

- What dancers have you seen that depicted the kind of oneness described in the first part of this chapter?
- What fears, if any, do you have about entering this dance?
- On a scale of one to ten, ten being "fully alive," and one being "mostly dead," what's your perception of where you are in your life right now?
- The three core desires of a woman described in the book *Captivating* are: to be romanced, to play an irreplaceable role in a great adventure, and to unveil beauty. Take a moment to reflect on each one. Which of these do you feel has been fulfilled in your heart? Where do you feel your heart may have shut down/given up? Pray through this with your friends/study group until your heart opens up again.
- What does the Virtuous Woman described in Proverbs 31 evoke in you?
- How do the 28 virtues described in this encounter impact you?

Session 3

Chapter 5 The Virtues Part 1 (Fruits of the Spirit)

- Unfailing Love, Merry Heart, Peaceful Tranquility, Lady Longsuffering, Lovingkindness, Shirley Goodness, Faithful and True, Gentle and Meek, Ms. Temperance
- Which of these 9 virtues stood out most to you?
- Describe how the virtue you've chosen affects your life at this time.
- What would you need to let go of right now to receive something you value more, i.e. the gift God is offering you?
- Pray out loud the prayer in the book associated with the grace-gift you are receiving. If you are doing this in a group, pray with and for each person. Be

sure to journal this—make it a “memorial stone”—date it and keep it. Stay with it until this area is securely rooted in your life.

- When the Lord emphasizes another grace-gift He wants to give you, go through the same process.

Session 4

Chapter 6 The Virtues Part 2 (Relationships/Roles)

- Beloved Daughter, Mama Bear, Precious Bride, Soul Sister, Faithful Friend
- Which one of these, if any, was highlighted to you?
- What is happening in your life right now that sets the stage for receiving this grace-gift?
- What might you need to release to make room for it?
- Pray out loud the prayer in the book associated with the grace-gift you are receiving. If you are doing this in a group, pray with and for each person. Be sure to journal this—make it a “memorial stone,” date it and keep it. Stay with it until this area is securely rooted in your life.
- When the Lord emphasizes another grace-gift He wants to give you, go through the same process.

Chapter 7 The Virtues Part 3 (Qualities of Nobility)

- Lady Pure Heart, Divine Forgiveness, Maid of Honor, The Lord’s Princess, Del Gratia, Regina
- Imagine the Lord in His royal robe, standing before you with a scepter. As He extends the scepter to bless you, which of these titles is He bestowing on you?
- Why do you think He is offering this to you right now?
- What lesser “title” would you need to give up to receive this new one?
- Pray out loud the prayer in the book associated with the grace-gift you are receiving. If you are doing this in a group, pray with and for each person. Be sure to journal this, make it a “memorial stone,” date it and keep it. Stay with it until this area is securely rooted in your life.
- When the Lord emphasizes another grace-gift He wants to give you, go through the same process.

Session 5

Chapter 8 The Virtues Part 4 (Character Strengths)

- Fearlessly Courageous, Personality Plus, Total Security, Graceful Dancer, Timeless Beauty, Grateful (Appreciated), Job's Sister, Unsinkable Hope, Passionate Sage
- Which of these 9 character strengths confirmed something the Lord has on the “front burner” in your life right now?
- Why is this on the “front burner” now, in your understanding?
- What would you need to relinquish in order to free up the space needed to receive this grace-gift?
- Pray out loud the prayer in the book associated with the grace-gift you are receiving. If you are doing this in a group, pray with and for each person. Be sure to journal this make it a “memorial stone,” date it and keep it. Stay with it until this area is securely rooted in your life.
- When the Lord emphasizes another grace-gift He wants to give you, go through the same process.

Session 6

Chapter 9 The Finale – The Fully Alive Woman

- Read through the encounter again, it is repeated in this chapter. What do you notice this time that you may not have the first time you read it?
- Go to this part of the chapter and do the visualization exercise: “Take a deep breath now and close your eyes. Visualize YOURSELF as that woman. Put your face in the picture I just described ...” What do you see? Share it!
- Look at the declaration in big bold letters – say it or shout it out loud!
- Write down the “statement of faith” in the space provided or in your journal. Date it. Keep it safe. Come back to it and say it again and again, visualizing yourself as “that woman.” You are HER! Repeat these as often as you can!
- A good friend of mine, Janet Johns, who was one of the first women to hear about this encounter, really personalized it. She had a painting made with her face on it as the Fully Alive Woman! She still has it to this day, for over twenty years now. Consider doing something like this, either a sketch or whatever else would be meaningful to you—so that you can personalize it and “make it your own!”

- Summarize the experiences you've had since you started this study, share with each other and pray for one another. Take extra time for this in this session.

Session 7

You can use this session to apply the “next steps” of Ch. 10, helping each other identify where you are now and where you want to grow. Determine how to use these tools to add virtues to your lives as an ongoing practice.

Chapter 10 – Where Are You Now?

- The Lord’s Prayer. For those of you who would like to come into relationship with Jesus Christ. Follow the prayer like “stepping stones” of faith. If you’d like, let me know about it via email: info@radius-group.org (also listed in the About the Author section). Make sure to get involved with a healthy, vibrant church near you, and tell any Christian friends you may know that you have invited Jesus into your life and surrendered yours to Him. Welcome to the Dance!
- Spiritual disciplines – where are you in regards to these and where do you want to be?
- The Immanuel Life. Read the description of the Immanuel Life. Feel free to use the tools provided in this section. There are many others, but these are ones I have found particularly helpful.

*Additional Discussion Points from quotes in the book:

- *True spirituality is not about religion, it’s about relationship.*
- *The divine invitation beckons you to come and dance on the rooftops of life with our Savior, becoming one with him in His thoughts, feelings, actions— just like a healthy relationship between a husband and wife, only MORE. Much more.*
- *It seems to me that finding the “radical middle,” the BETTER WAY, rather than negotiating a compromise, is really about knowing what love looks like for you and all the people you care about in your situation. It’s about honoring the truth on all sides of an issue and coming up higher to where love is. It’s about seeking to keep the relationships bigger than the problem.*
- *Whatever you choose to focus on will be magnified in your eyes.*
- *Wisdom comes from sync-ing with Me as you metabolize and synthesize both beauty and pain.*