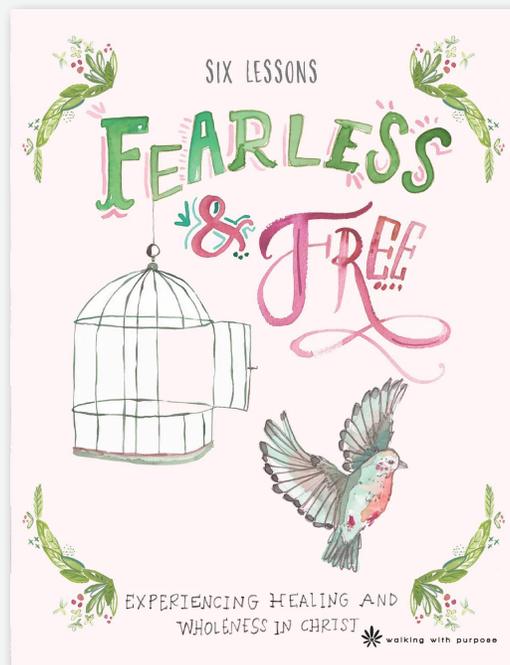


Connect Coffee

GUEST OVERVIEW





Connect Coffee: Fearless and Free

Talk 1, Lesson 1: FREEDOM

I. THE WAKENING (Ephesians 1-3)

A. Awakening to our True Identity

“He chose us in Christ before the foundation of the world to be holy and blameless before Him in love. He destined us for adoption as His children through Jesus . . . Through Him we have redemption through His blood, the forgiveness of our trespasses, according to the riches of His grace.” Ephesians 1:4-5, 7

“You did not choose me, I chose you.” John 15:16

B. Awakening to Real Life

What kind of a life did He choose us for? Ephesians 1:4 tells us that He chose us for a _____ and _____ life.

The word holy comes from the Greek word *hagios*, which always brings to mind the idea of _____ and _____.

Blameless comes from the Greek word *amomos*. It’s a sacrificial word, used to describe the unblemished animal sacrifice that could be offered to God. It means _____, _____.

How can we be blameless?

This is the divine exchange—our _____ for His _____. Our _____ for His _____.

II. THE WRESTLING (Ephesians 4-5)

A. Wrestling with our Mind and Emotions

Ephesians 4:17 challenges us to no longer live in “the futility of our minds.” Instead, as it says in Ephesians 4:23–24, we are to “Be renewed in the Spirit of our minds and clothe ourselves with the new self.”

Our heavenly Father speaks hope, _____, _____, and _____ into our lives. The enemy speaks despair, _____, _____, and _____.

Whose voice are you listening to?

B. Tools and Weapons for Wrestling

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Talk 1, Lesson 1: FREEDOM

III. THE WARRIOR (Ephesians 6)

A. Our Warrior Mother

B. Recognize the Battle

Discussion Questions:

1. Where are you at in terms of joy, freedom, and contentment? Do any of these words or phrases describe you?
 - numb
 - tired
 - insignificant
 - burned out
 - trying to stay in control
 - discontented
 - not enough
 - perfectionist
 - powerless
 - yearning for more
 - inadequate
2. Do you feel you walk in your true identity as a beloved daughter of God, or do you find yourself hustling to prove your worth and striving to earn God's love? Or have you given up because the road to holiness just feels too hard?
3. Which section are you most excited to dive into—the Wakening, the Wrestling, or the Warrior? Why?





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Talk 2, Lesson 2: CHOSEN

I. Wake Up to the Battle

You've got to KNOW the truth and PROTECT the truth.

You've got to RECOGNIZE your identity and OWN your identity. You've got to BELIEVE the gospel and PREACH it to yourself every day.

II. Examine Your Own Life

Dr. Bob Schuchts' research on wounds and identity lies:

WOUNDS

Abandonment

Shame

Fear

Powerlessness

Rejection

Hopelessness

Confusion

HOW THEY DISTORT OUR IDENTITY

"I am all alone. No one understands me."

"I am bad, dirty, perverted . . . it's my fault."

"If I trust, speak, confront, I will be hurt or die."

"I feel overwhelmed . . . I don't know what to do."

"I am not loved or wanted . . . I have no value."

"It's never going to change . . . there is no hope."

"I don't know what is happening to me."¹

These wounds are real. Our stories—the circumstances that led us to believe lies about our identity—they have shaped us.

III. God is the Author of Your Story

Why are we here? What is the purpose of our lives?

Ephesians 1:12

"I saw His glory in my wounds and it dazzled me." Saint Augustine²

This is what we will want to be able to say when we meet God:

In my weakness, I knew You to be strong.

In my wounds, I saw You as my healer.

In my need, I saw Your all-sufficiency.

In my sin, I knew You to be my Savior.

In my despair, You were my hope.

In my rejection, I was Your beloved.

In my abandonment, You were there.

¹Bob Schuchts, *Be Healed* (Notre Dame, IN: Ave Maria Press, 2014), 115.

²Melanie Jean Juneau, "Find Christ's Joy In Your Deepest Wounds," Catholic365.com,

<http://www.catholic365.com/article/5775/find-christs-joy-in-your-deepest-wounds.html>, accessed October 30, 2017.



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Talk 3, Lesson 3: GROUNDED

I. The Barrier of Unforgiveness

It's time for us to WAKE UP to the truth that we cannot _____ and hold on to _____ and _____ if we want to live FEARLESS AND FREE.

What does forgiveness mean?

- It is saying that you will no longer _____.
- It is letting go—refusing to _____ or _____ the hurt.
- It is no longer wanting to _____ because he or she hurt you.

Forgiveness is not a one-time thing. As we learn new things about how the hurt is affecting us, we have to _____.

What does forgiveness NOT mean?

- Forgiveness does not mean _____.
- Forgiveness does not _____ with God.
- Forgiveness is not the same as _____ what the person did to you, or allowing them unlimited access to you to do the same thing again.

II. The Barrier of Pride

The lies underlying ungodly self-reliance (pride): I don't need _____. It's all up to _____.

III. The Power of Confession

One of the best ways for us to figure out what we need to confess is to follow the trail left by the _____ of _____.

IT'S IMPOSSIBLE TO SELF-_____ AND _____ AT THE SAME TIME.

IV. How Hurt Leads to Pride

A common sin that results from the wounds of rejection, fear, and abandonment is pride, which is self-reliance. The sin perpetuates the _____, which perpetuates the _____. It's a vicious cycle.

"Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine, to him be glory!" (Ephesians 3:20-21)



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Talk 4, Lesson 4: MATURE

I. WHAT IS THE PROBLEM?

The parable of the seed and the sower in Matthew 13:1-43.

We have got to learn how to be _____ and _____ in our minds.

II. WRESTLING WITH STRONGHOLDS

“For, although we are in the flesh, we do not battle according to the flesh, for the weapons of our battle are not of flesh but are enormously powerful, capable of destroying fortresses. We destroy arguments, and every pretension raising itself against the knowledge of God, and take every thought captive in obedience to Christ.” 2 Corinthians 10:3-5 (NAB)

Hurt -> Inner Vows -> Strongholds

We must discipline ourselves and develop a different mind-set. We need to stop and ask ourselves:

Based on our knowledge of God, what do we know to be true of Him?

Hebrews 4:12

Proverbs 4:20-23

III. WRESTLING FOR REAL

A. Wrestling in Prayer

B. Wrestling with the “I Declares”

“The extent to which truth enters our hearts is the extent to which we come fully alive.” Dr. Bob Schuchts¹

¹ Bob Schuchts, “Prayer for Inner Healing.” Lecture, Healing the Whole Person Conference, Tallahassee, FL, March 14, 2017.

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Talk 4, Lesson 4: MATURE

Discussion Questions:

1. In the talk, strongholds are defined as “places we go to find our security and safety when we feel threatened. We go to those places instead of going to God. In that moment, we choose to rely on ourselves rather than on Him.” Can you identify any strongholds in your own life? Have you experienced a stronghold no longer being something you control, but rather something that is mastering you? Keep in mind that many strongholds are deceptively beautiful and often affirmed by others.

2. Can you identify any arguments or lies that are seeking to draw you away from what you know to be true about God? What lie about God’s character tempts you to seek security in things other than Him?

3. Which of the I Declares resonated most with you? Which did you find hardest to believe? You will find them in Appendix 5.





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Talk 5, Lesson 5: PASSIONATE

“Women who have WAKENED, who are willing to WRESTLE, are women who are ready to be WARRIORS. And the coward quakes at the thought of all of us armed with truth, strengthened by the knowledge of our true identity, stepping out to reclaim territory he thought was his.”

I. The Gift of Being Stripped Down

The enemy knows our _____ and _____ them.

But when we courageously invite Jesus into the mess and pain, He _____ it and brings _____.¹

II. How to Suffer Redemptively

A. Recognizing our Woundedness

“What really hurts is not so much suffering itself as the fear of suffering. If welcomed trustingly and peacefully, suffering makes us grow. It matures and trains us, purifies us, teaches us how to love unselfishly, makes us poor in heart, humble, gentle, and compassionate toward our neighbor. Fear of suffering, on the other hand, hardens us in self-protective, defensive attitudes, and often leads us to make irrational choices with disastrous consequences.”¹ –Father Jacques Philippe

B. Following Jesus’ Example

III. St. Ignatius’ Practical Tips from Discernment of Spirits²

A. Get a Grip on Your Thoughts

- i. Be Aware
- ii. Understand
- iii. Take Action

B. Stay the Course

C. Charge Forward and Do More

¹ Jacques Philippe, *Interior Freedom* (New York: Scepter Publishing 2002), 47.

² For a great explanation of St. Ignatius’ Discernment of Spirits, I recommend the following book: Timothy M. Gallagher, *Discernment of Spirits: An Ignatian Guide for Everyday Living* (New York: Crossroad Publishing Company, 2005).



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Talk 6, Lesson 6: BRAVE

I. The Infusing Power of the Sacraments

“Sacraments are like hoses. They are the channels of the living water of God’s grace. Our faith is like opening the faucet. We can open it a lot, a little, or not at all.”¹ –Peter Kreeft

The belt of truth is fortified by _____.

Colossians 1:13

Galatians 3:27

When we are WRESTLING and stepping out as WARRIORS, we need to grab hold of the weapon of PRAYER. There’s no prayer more powerful than the _____.

“In the EUCHARIST, Christ has given to those who desire Him the ability not only to see Him, but even to touch Him, eat Him, fix their teeth in His flesh, and embrace Him, to satisfy all their love. For this reason, we must return from that Table like lions breathing fire, having become terrifying to the Devil. We must be thinking about Christ our head, and about the love He’s shown to us.” –Saint John Chrysostom

When we are in the thick of the battle, we’ve also got to be sure to strap on the BREASTPLATE OF RIGHTEOUSNESS. Nothing keeps that breastplate in better condition than the sacrament of _____.

The SWORD OF THE SPIRIT can be wielded in _____, not to cause harm or win an argument, but to speak God’s words of truth and hope directly into the heart of a spouse with laser-like precision.

CONFIRMATION is another sacrament that strengthens us as WARRIORS. To confirm means “_____.” Saint Thomas Aquinas described Confirmation as the sacrament where spiritual strength is conferred, making the recipient a _____ for the faith of Christ.

II. The Victory in Simply Not Quitting

John 12:24

¹ Peter Kreeft, *Jesus Shock* (FL: Beacon Publishing 2008), 117.



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