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Embrace Life Study Guide  
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THIS BOOK BELONGS TO

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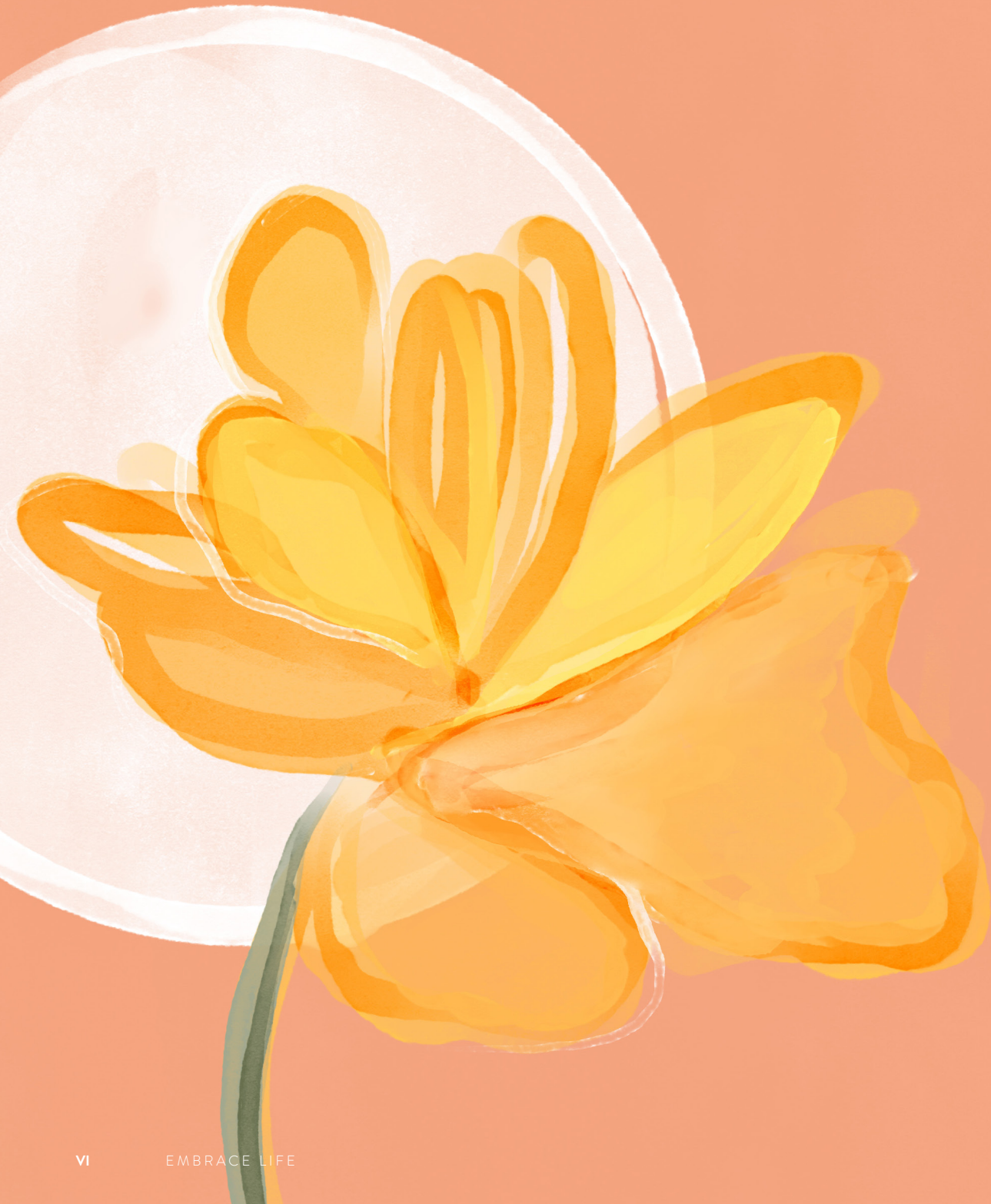


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Jesus didn't want us to just be believers,  
He wanted us to be participants.

- Bob Goff





# WELCOME TO EMBRACE LIFE

## KEY VERSE

Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here.

– 2 Corinthians 5:17

## WELCOME!

You made it! You may have overcome many obstacles and hurdles just to make it to this group. Maybe your baby was extra fussy today, work asked you to stay late past closing, or your transportation fell through at the last minute... but you persevered. You may have even been a little nervous, too... but you are brave! We thought of you when we put together these 20 lessons. As a mom who may be in a season of singleness, we know you have unique situations that differ from others. We want to ensure you feel empowered and equipped with every single lesson—especially for the season you are in! We want to help you discover all God has for you, from His promises in the Bible, life experiences from incredible teachers that will inspire you, and real stories from women like you.

We hope that you build friendships that last a lifetime and that you embrace a thriving life with God to the fullest! We want to help you learn more about God and discover more about yourself. You are going to love it here! And you will be so thankful to meet other moms in similar situations and know you are not alone.

You can use this Study Guide as an interactive journal to process your thoughts and emotions as you dig into God's Word. Don't worry about grammar or spelling; this book is only for you and your eyes. We hope it will inspire you to meditate on Scripture, reflect on past experiences that formed who you are today, and educate you on topics that will help you be a thriving mom!

We encourage you to open your ears, eyes, and heart throughout this experience. Absorb as much as you can and allow God's love and empowerment to give you the fuel to keep going and never give up. If you implement all you learn through this experience, your life will change forever. So, get ready, get excited, and enjoy your Embrace Life experience!

## OPENING QUESTIONS TO PONDER

What do you need most from your Embrace Life experience? (*friends, guidance, spiritual growth, emotional healing, practical help, etc.*)

In what area of your life do you feel lost or confused? What do you want more clarity on through this experience?

What kind of friendships do you hope to form through this group?

Do you want to make a commitment and follow through with doing the entire Embrace Life experience? If so, let your leader know!

Heavenly Father, thank You for bringing me to Embrace Life. I believe You have a fantastic future for me, full of hope and peace. Help my heart to be open to all You want to show and teach me. I trust You with my future. I believe You see me, and You are directing my steps. Thank You for the beautiful friendships I will make and that I am never alone because You are with me. In Jesus' name, amen.