

LEADER'S GUIDE FOR SMALL GROUP STUDY

WHEN

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ISN'T ENOUGH



The Ultimate Meal for the Starving **Single** Woman

MONICA
MATTHEWS

by **Monica Matthews**

Table of Contents

Appetizer/Course 1	5
Session 1: Course 2	6
Session 2: Course 3	7
Session 3: Course 4	8
Session 4: Course 5	9
Session 5: Course 6	10
Session 6: Course 7	11
Session 7: Course 8	12
Session 8: Course 9	13
Session 9: Dessert	14

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Study Guide Instructions

WHY A STUDY GUIDE?

Let's face it. Leading anything can be intimidating. Even for veteran small-group leaders, a helping hand always helps. That's what this guide is designed to be – a help. Often it helps to prime the pump of creative ideas. Of course, the guide is not the only way for a group to successfully engage the book. Feel free to discard parts or advice that might not fit your setting. Expand and improve upon it as needed. Think of it as the recipe for cookies on the bag of semi-sweet chocolate morsels. If you've got a better recipe, use it. If not, you can always fall back on this suggested plan and still have lasting learning take place. Here's how.

HOW TO USE THE STUDY GUIDE

The Study Guide is designed for use in seven sessions, 40 minutes in length. However, leaders can adjust the number and length of sessions as needed to fit time restrictions and audience. With just two exceptions, each session will cover two chapters. Because of its length and density, Chapter 3 has been assigned its own session. Chapter 10, the final chapter, is also covered alone along with instructions for reflection and planning time to conclude the seven-week study.

THE SESSION TEMPLATE

The Leader's Guide for each session gives a simple, predictable framework to easily generate discussion and make applications. But do be flexible. Each group has its own unique culture. You will find the following five helpful sections for each session:

Pray for Wisdom ~ Each session begins with a prayer focus suggestion for the leader. Always pray for wisdom for yourself. Pray also for the members of your group. May the prayer of John be that of each leader: "He must increase, and I must decrease." (John. 3:30)

Prepare for Success ~ Good things come to those who get ready. A few minutes of thoughtful preparation can produce lasting impact while the lack of it can leave both you and your group frustrated and fading. Don't coast. If you're going to lead, take the time to know where you are going:

- **Read the chapters in advance**, perhaps a few times and over several days. Your perspective may grow as ideas percolate. Consider reading a few chapters ahead so you know what is coming. Review sections that resonated with you and prepare to share your response to these passages.
- **Reality check**: not everyone in the group will read the assigned chapters. Don't be offended by their occasional neglect. Life happens. Instead, work that unavoidable fact into your session. Plan on reading key portions together so all can participate in the session.

Engage the Group ~ People learn in different ways. Prepare to engage them differently. Try a variety of methods to start the sessions. Remember that the average attention span lasts only ten minutes at the most. Mix it up. Consider the following:

- **Highlight** a potentially challenging quotation from the book for discussion. Don't be afraid of disagreement. Just keep it Biblical.
- **Propose** a thought-provoking question either from the text or of your own making based on the subject at hand. The CHECK YOUR COORDINATES sections of the book offer helpful questions. Remember to let people — other than you — talk.
- **Sketch** a hypothetical scenario that allows the group members to imagine themselves in applicable scenarios. Some role-playing exercises might be appropriate with preparation.
- **Use** the activities suggested in the EXPLORE THE TRAIL sections of the book for each session and tweak as needed to fit your group's needs.

Discuss the Topics ~ Conversation is where learning and growth in community takes place best. A few tips to keep it productive:

- Be sure to reserve ample time for everyone to be heard.
- Use open-ended questions. Wait for responses. Often people not used to talking publicly will mull over answers or comments before daring to share them.
- Provide a safe place for comments. Always affirm participation even if you disagree.
- Don't let any one member dominate the discussion. If necessary, talk to such members privately to restore a good balance of comments.
- Plan on framing the discussion and guiding it to a healthy place, not simply fulfilling your desire to deliver a homily to yourself. If you do so, you'll soon find your group won't stay a group for very long.

Dig a Little Deeper ~ There are two great threats to successfully ending a session — running out of topics and running out of time. To avoid both calamities, plan on the following:

- Prepare with what you think will be too much material for discussion. You can always trim it back or choose not to engage certain topics as time permits.
- Watch the clock to be sure you can bring closure to the discussion. Ending awkwardly implies that you weren't prepared — even if you were.

If questions remain, please don't hesitate to connect. I make it my aim to help connect real life with real faith. I encourage you to send me an email at monica@monicamatthews.com, explore my web site (MonicaMatthews.com), or connect through [Twitter](#) or other social media outlets.

Many thanks, Monica Matthews

LEADER'S GUIDE FOR SMALL GROUP STUDY

Appetizer/Course 1

PRAY FOR WISDOM

Prayer Focus: May God show us who we truly are (John 4:10).

PREPARE FOR SUCCESS

Read the Appetizer and Course 1 several times, noting passages that strike you. Underline as needed to recall them well.

Review Appetizer/Course 1

Focus on one section in each Course that you found helpful, jotting down in the Notes your response to those passages.

ENGAGE THE GROUP

Share passages of Appetizer and Course 1 that resonated with you, drawing on your notes.

Invite others to share their favorite passages.

DISCUSS THE TOPICS

Work through *Cleansing Your Palate* on pages 41-42.

DIG A LITTLE DEEPER

Look up Psalm 139, Matthew 5:48, and Matthew 11:29, and share with your sisters or write down what each passage says about your identity and purpose.

YOUR NOTES

LEADER'S GUIDE FOR SMALL GROUP STUDY

Course 2

PRAY FOR WISDOM

Prayer Focus: May we focus on seeking God's fulfillment instead of sinful desires (Jer. 2:13).

PREPARE FOR SUCCESS

Read Course 2 several times, noting passages that strike you. Underline as needed to recall them well.

Review Course 2.

Focus on one section of the Course that you found helpful, jotting down in the Notes your response to that passage.

ENGAGE THE GROUP

Share passages of Course 2 that resonated with you, drawing on your notes.

Invite others to share their favorite passages.

DISCUSS THE TOPICS

Work through *Cleansing Your Palate* on page 53.

DIG A LITTLE DEEPER

Look up Jeremiah 17:5, John 4:10, and John 15:15, and share with your sisters or write down what each passage says about the results of drinking from the wrong well and of drinking from the right well.

YOUR NOTES

LEADER'S GUIDE FOR SMALL GROUP STUDY

Course 3

PRAY FOR WISDOM

Prayer Focus: May we never forget the laws of God (Hosea 4:6).

PREPARE FOR SUCCESS

Read Course 3 several times, noting passages that strike you. Underline as needed to recall them well.

Review Course 3.

Focus on one section in the Course that you found helpful, jotting down in the Notes your response to those passages.

ENGAGE THE GROUP

Share passages of Course 3 that resonated with you, drawing on your notes.

Invite others to share their favorite passages.

DISCUSS THE TOPICS

Work through *Cleansing Your Palate* section on page 69.

DIG A LITTLE DEEPER

Look up Hosea 4:6, James 4:8-10, 2 Timothy 2:25, and share with your sisters or write down what each passage says about what can happen when we reject God's law.

YOUR NOTES

LEADER'S GUIDE FOR SMALL GROUP STUDY

Course 4

PRAY FOR WISDOM

Prayer Focus: May God take control of our addictions (Psalms 118:8).

PREPARE FOR SUCCESS

Read Course 4 several times, noting passages that strike you. Underline as needed to recall them well.

Review Course 4.

Focus on one section in the Course that you found helpful, jotting down in the Notes your response to those passages.

ENGAGE THE GROUP

Share passages of Course 4 that resonated with you, drawing on your notes.

Invite others to share their favorite passages.

DISCUSS THE TOPICS

Work through *Cleansing Your Palate* section on page 88.

DIG A LITTLE DEEPER

Look up Psalms 37:4, Proverbs 11:14, and Matthew 6:33, and share with your sisters or write down what each passage says about how you can break any addictions you may have and about the rewards of loving God more than anything else.

YOUR NOTES

LEADER'S GUIDE FOR SMALL GROUP STUDY

Course 5

PRAY FOR WISDOM

YOUR NOTES

Prayer Focus: May we contemplate what vows or promises we made that go against God (Num. 30:3-5).

PREPARE FOR SUCCESS

Read Course 5 several times, noting passages that strike you. Underline as needed to recall them well.

Review Course 5.

Focus on one section in the Course that you found helpful, jotting down in the Notes your response to those passages.

ENGAGE THE GROUP

Share passages of Course 5 that resonated with you, drawing on your notes.

Invite others to share their favorite passages.

DISCUSS THE TOPICS

Work through *Cleansing Your Palate* sections on page 104.

DIG A LITTLE DEEPER

Look up Genesis 3:15, Romans 8:15, and 2 Timothy 2:21, and share with your sisters or write down what each passage says about what happens when we serve the enemy and what happens when we serve God.

LEADER'S GUIDE FOR SMALL GROUP STUDY

Course 6

PRAY FOR WISDOM

Prayer Focus: May we remember that we are adopted by our Heavenly Father (Rom. 8:15).

PREPARE FOR SUCCESS

Read Course 6 several times, highlighting or noting in the Notes any sections that resonate with you.

Review Course 6.

Focus on one section in the Course that you found helpful, jotting down in the Notes your response to that passage.

ENGAGE THE GROUP

Share passages of Course 6 that resonated with you, drawing on your notes.

Invite others to share their favorite passages.

DISCUSS THE TOPICS

Work through *Cleansing Your Palate* section on page 118.

DIG A LITTLE DEEPER

Look up Psalms 103:12, John 6:44, and Ephesians 1:13, and share with your sisters or write down what each passage says about the blessing of belonging to the Father.

YOUR NOTES

LEADER'S GUIDE FOR SMALL GROUP STUDY

Course 7

PRAY FOR WISDOM

Prayer Focus: May we remember that only God can truly sustain us (Luke 10:41-42).

PREPARE FOR SUCCESS

Read Course 7 several times, highlighting or noting in the Notes any sections that resonate with you.

Review Course 7.

Focus on one section in the Course that you found helpful, jotting down in the Notes your response to that passage.

ENGAGE THE GROUP

Share passages of Course 7 that resonated with you, drawing on your notes.

Invite others to share their favorite passages.

DISCUSS THE TOPICS

Work through *Cleansing Your Palate* section on page 129.

DIG A LITTLE DEEPER

Look up Proverbs 3:5-6, Isaiah 61:3, and Luke 10:41-42, and share with your sisters or write down what each passage says about what God wants to give those who lean on Him.

YOUR NOTES

LEADER'S GUIDE FOR SMALL GROUP STUDY

Course 8

PRAY FOR WISDOM

Prayer Focus: May we reflect on our choice of living the lies of Satan or the truth of God (2 Corinthians 11:3).

YOUR NOTES

PREPARE FOR SUCCESS

Read Course 8 several times, highlighting or noting in the Notes any sections that resonate with you.

Review Course 8.

Focus on one section in the Course that you found helpful, jotting down in the Notes your response to that passage.

ENGAGE THE GROUP

Share passages of Course 8 that resonated with you, drawing on your notes.

Invite others to share their favorite passages.

DISCUSS THE TOPICS

Work through *Cleansing Your Palate* section on page 146.

DIG A LITTLE DEEPER

Look up Romans 8:28, 2 Corinthians 11:3, and Ephesians 6:12, and share with your sisters or write down what each passage says about the dangers of following the enemy's ways and the blessings of following God's ways.

LEADER'S GUIDE FOR SMALL GROUP STUDY

Course 9

PRAY FOR WISDOM

Prayer Focus: May we contemplate our choices of relationships with other women (Ps. 68:6).

PREPARE FOR SUCCESS

Read Course 9 several times, highlighting or noting in the Notes any sections that resonate with you.

Review Course 9.

Focus on one section in the chapter that you found helpful, jotting down in the Notes your response to that passage.

ENGAGE THE GROUP

Share passages of Course 9 that resonated with you, drawing on your notes.

Invite others to share their favorite passages.

DISCUSS THE TOPICS

Work through *Cleansing your Palate* section on page 154.

DIG A LITTLE DEEPER

Look up Psalms 68:6, 1 Corinthians 15:33, and 2 Corinthians 6:14, and share with your sisters or write down what each passage says about the kind of company we should keep.

YOUR NOTES

LEADER'S GUIDE FOR SMALL GROUP STUDY

Dessert

PRAY FOR WISDOM

Prayer Focus: May we reflect on what we truly think of ourselves and how others view us (Ps. 139:14).

PREPARE FOR SUCCESS

Read Dessert several times, highlighting or noting in the Notes any sections that resonate with you.

Review Dessert.

Focus on one section in Dessert that you found helpful, jotting down in the Notes your response to that passage.

ENGAGE THE GROUP

Share passages of Dessert that resonated with you, drawing on your notes.

Invite others to share their favorite passages.

DISCUSS THE TOPICS

Work through *Cleansing Your Palate* section on page 163.

DIG A LITTLE DEEPER

Look up Nehemiah 8:10, Isaiah 61:3, and Revelation 19:6-8, and share with your sisters or write down what each passage says about how God wants us to celebrate, and why.

YOUR NOTES