

PH31DC Group Discussion Questions

A deeper dive into the challenge

If the questions in the book are not enough for you, no worries, we have created a few extra questions to help you dig a little deeper into the challenge. Who knows you might uncover some things you didn't realize was lurking in your life. These questions are great if you are taking the challenge with a group, or with friends. Treat it like a book club!

Day 1. PrayHers

1. What area of your heart can you surrender to God for strength so that you can in return strengthen your sister?

How do you feel when others pray for you, or when someone ask YOU to pray for them?

Have your ever ignored a warning you believe was from God? If so, how did it effect you?

Day 2. How Can I Help?

1. Who is your 'go to person' when things get tough, or when you need someone to lean on? What qualities or characteristics does she have that made you choose her or them?

2. We ALL have something to offer even when we don't recognize it. Therefore, what strengths, skill sets, or gifts can you can offer to a sister? ie. legal counsel, mental counseling, perhaps you are a good listener and trustworthy, or great motivator, or you are great with organization.

3. Are there any fears or limitations that could make supporting a sister, challenging?

4. When was the last time a sister asked you, how can I help? Were you able to help her?

Day 3. Don't Be Ashamed. Be healed.

1. Has shame or embarrassment prevented you from reaching out to ask for prayer, or help for a situation you were dealing with? Why do you think that was so?

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2. Think about a time when you had inner turmoil over something you were dealing with then you later decided to reach out for help. Did you feel a sense of freedom and relief after 'getting it off your chest'?
3. The bible speaks about confessing to each other. Why do you think the command requires confession to be a shared responsibility for Christians?

Day 4. Better Than Your Barrenness

1. Hannah desperately wanted to have a baby, but for a long time she could not. Therefore, when she would see Peninnah having baby after baby it was a constant reminder of her barrenness. Could you admit to a time when you secretly envied another woman because she had what you desperately desired?
2. Is there an area of your life where you believe that you are more consumed with the thing that you want, than you are consumed with God?
3. What personal testimony do you have from fully surrendering your deepest desires to God's plan?

Day 5. Love Her Anyway

1. Have you ever felt the love and forgiveness of someone even when you did not deserve it?
2. This next question is a deep dive, but very common: Have you, or someone you know ever had to forgive another woman for sleeping with your man or husband? What was your or their process towards forgiveness?
3. If you had to search your heart would you find that there is someone you have not fully forgiven? Do you find it difficult to love one group of women over another? Are you challenged by the command to love anyway?

Day 6. Get Rid of The Unforgiven-Mess

The book stated, the heart affects how one believes and receives from God. What does this mean to you?

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Are there any areas of your life that indicate you have not fully forgiven someone? i.e. You still get angry when you see your perpetrator.

Day 7. In Hers is Yours

This is a chapter about living life with purposeful connections. Is it easy for you to connect with women? Or, do you regularly set aside time to hang with friends, or take trips? How has making time for sisterhood impacted your life?

What do you think allowed Mary and Elisabeth to find joy and not competition in their relationship?

Do you think it is possible to live in a world with other women who genuinely are blessed by each other? What will you have to give up in order to be a blessing for your sister?

Day 8. Great vs Great

Why do you think women find it hard to be genuinely happy for each other's success?

As of today, what do you see God calling you to be great in? How are you doing in that?

Sometimes greatness comes at a cost to our pride. What are other costs we may endure for another to be great?

What may keep you from seeing your greatness?

Day 9. Each One Reach One

What about your story would people be surprised by if they knew the whole truth?

What part in your life brings joy when you look back on how far you have come?

Who would you like to get to know more but may feel intimidated because of how you perceive them?

Day 10. Don't Be A Discourage-HER

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Is there anything you are discouraged about that you are seeking prayer in?

What other scriptures can you share to encourage your sister who is discouraged?

Sometimes our desire to discourage another is because we are wrestling with our hurts and insecurities. How can we be sure that our words bring life to those who hear them?

Day 11 Wonderfully Made

What part of your body is your favorite? eyes, nose, legs, smile, buttocks?

There are things that we love and do not like about ourselves. What would you attribute to the lack of appreciation for the areas that are your least favorite?

Sometimes we can't see the value in areas of our lives because of our limited perspective. Share the areas you are not proud of and ask a try sister to help you see the value in how God created you?

Day 12-Do It As Unto The Lord

How does Colossians 3:23 move you?

Explain about the power released when one loves without expectations.

Can you share a time when you loved with expectations and what you learned?

Day 13 UNITY

How do you deal with others who are divisive?

What does unity mean to you? How can you practice it daily in your life?

What stands out to you regarding Day 13?

Day 14 Restore Her

When was the last time you were restored by a friend? How did it feel?

How has God led you to encourage or support another?

How serious do you take your impact in the lives of others? Do you rejoice or see it as a burden?

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Day 15 DON'T GET WEARY (THE HALFWAY MARK)

1. What are some of the things you did when you felt yourself getting weary?
2. Has the challenge altered any positive changes? Lifestyle choices
3. How can we make this a life changing event?

Day 16 THE REWARD OF A HEART THAT ESTEEMS OTHERS

1. Do you know what you really want, if God asked you, what can I give you?
2. Can you/will you sacrifice without hesitation?
3. How can we make Proverbs 15:28 the heart of the righteous ponders how to answer, but the mouth of the wicked pours out evil things.

Day 17 WHOSE ESTHER ARE YOU?

1. Is there anyone in your life that you can identify that is learning from your life?
2. What does your EstHER look like? What's are HER characteristics. (Esther was beautiful and was chosen over all the women) When I say beauty, I mean heart and spirit. Her inner beauty was chosen even by the King and he didn't know.

Day 18 FAITHFULNESS MATTERS

1. Have you always been faithful?
2. To be faithful, what is needed?
3. Will precepts ruin faithfulness?
4. Do you define the difference between faithfulness of the mind, heart and spirit?
5. How is Faithfulness a life changing event?

Day 19 FEAR NOT!

1. The extra step had you identify and address the fear. But what created the fear in the first place?
2. How do you keep the fear from returning or/and developing new fears?
3. What precept is causing your fear?
4. 1 John 4:18 There is no fear in love, but perfect love cast out fear. For fear has to do with punishment, and whoever fears has not been perfected in love.

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- a. Who or what is punishing you?
 - b. Can you love someone after being hurt? Can you forgive? If not, you are still living in fear. If you can't do things that you can see, then you can't love God whom you can't see. 1 John 4:20
5. Removing fear is a great life changing event. What can you accomplish when you remove fear? Brief Summary

Day 20 THE BUSINESSWOMAN OF THE YEAR

1. What can you adjust in your life to be like the Proverbs 31 woman?
2. Can you give up total control to become a God-fearing woman living a Proverbs 31 lifestyle?
3. Write down your daily tasks/responsibilities. Put into 4 categories. Spiritual, Personal, Professional, Family; where are the struggles and least time being spent?

Day 21. HE IS NO GOOD... WITHOUT YOU

1. The Devotional speaks about marrying the wrong person, or the right person at the wrong time and His timing. How would you know if your husband-to-be, is your helpmeet?
2. What does it mean to keep yourself pure before God?
3. Singles: How do you know if you are ready to be married? What will he look like?
 - a. Married: How did you know he was the right one and that it was the right time to be married? What does your husband look like?
 - b. As we pray for the husbands-to-be to come around and that the single women be in God's timing. What advice would you give a single woman wanting to be married, in addition to Day 21 challenge?
 - c. What do you remember about your single time?

Day 22 STRONG ENOUGH FOR A MAN BUT MADE A WOMAN

1. What percentage of strong-willed women/ successful women really desire to be married?
2. Getting married, is this a test that God has put before them to realize and understand her place by a man's side and her reason for creation?
3. Can you think of a time when you had to use your divine influence for; encourage, support, assist, or complete a task?
4. Where can you go to learn how to be an adaptable woman?

Day 23 DIVINE CONNECTIONS

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1. Do you believe you have a divine connection with someone? Who? Can you describe the connect and what their divine personality looks like?
2. Do you know how to make a divine connection within yourself?
 - a. Spend time in silence. Silence is a vital factor while connection to the real self, to receive and open to it energetic vibes
 - b. Remove all blockages
 - c. Initiate a conversation with your divine self
 - d. Be receptive
 - e. Preserve the divinity

Day 24 DON'T BE ASHAMED OF YOUR PRAISE

1. Can you think of a time when you felt a strong urge in public to dance, shout thank you Jesus or throw your hands up singing?
 - a. Did you do it? Yes! How did the surrounding environment respond?
 - b. No! Why not. Were you worried about offending someone with your praise?

Day 25 NEVER STOP POURING

1. What have you been pouring out of yourself? Is it quality? Before we start pouring, we need to make sure what others are pouring into us and what we are pouring out is quality.
2. Can you identify who has been pouring into you?
3. Who has been pouring into you? Where you able to receive what was being poured? Did you receive it until the need was fulfilled?
4. Define the type of vessel you are and if everything that is being poured is being held.

Day 26. SPREAD THE LOVE

1. Mediate on things that you may have turned down for the very reason of being spread too thin.
2. The person that asked for help from you; who was connected to them. Think about what change was created by you not being obedient and moving with urgency?

Day 27. GIVE!

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1. When working on a project what percentage are you going to give? You want to do your best, right? Of course! So, when it comes to giving and sowing into other people, why do anything less than your best.
2. You are working on something that is important to you. Before you spread the word you and ask friends and family for support; measure what you have put out. Will what you put out match the level of support you will be requesting?
3. Mediate on removing the doubt and standing upright and blameless like Job (JoAnn) in your faith.

28 REMEMBER WHO IS WITH YOU IN YOUR STORM!

Just reflect and praise the fact that no matter what we go through or where we go, we are never alone. That alone is fulfilling, Lift you voice with another sister and bask in his glories. Thank you, Lord, for never leaving us alone. Thank you for knowing me and my life before I was placed in the womb. Thank you for Your promise.

Day 29. BEAUTIFUL IN EVERY WAY

We all enjoy the compliments given to us and sometimes we don't. I want you to practice complimenting yourself in the mirror. Whip out your phone and record yourself giving homage to the inner beauty. You need to believe and see your beauty from every angle before you can humbly accept a compliment from someone else. You have accepted Christ into your life, let it be known and let it show. For this spiritual journey is not an easy one. You took that leap of faith and accepted the challenge. Be confident on a job well done. Let your inside beauty clothe and fashion the outer beauty.

Day 30 YOUR HARVEST IS WAITING!

Rest in the moment, that all your hard work has paid off.

Think about seeds that you have planted. We are the farmers for our field of life. Once we have prepped the soil for the seeding process, we just need to let go of the control. We have no control over what is going on underneath the ground, the weather or sunlight.

Remain faithful that our seeds are preprogrammed and will do its part once our is complete. The process begins to work together. Within our control is the watering of the seeds in the field and reaping the harvest when it comes in season. Faith in the process and faithfulness in doing our part will guarantee a harvest that was worth releasing the worry over a process that we can't see nor understand, how a tiny seed knows when its part has come up to perform.

1. How did you handle the part of the farming that was within your control?
2. Are you fully ready to handle the surplus you will have from the harvest?

Day 31. Congrats, you have made it to the end of the challenge

1. How do you feel after committing and succeeding?

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2. If you found this challenge to be uplifting to your spirit and growth; don't keep it to yourself. I challenge you to not only invite a sister to take the challenge with you next year, but sow into another sister by purchasing a copy of the PH31DC and use this book as the invitation.

Congratulations! You made it. Know that this is not the end, but the beginning. Please take a quick moment and email us your favorite day, or your most memorable moment? Did the 'extra' steps challenge you.