

Field Trips



Each weekly lesson will include a field trip of some kind. Use this list and prepare your calendar ahead of time so you can make plans accordingly. Have fun!



Week 1: Lie – You are What Man Thinks of You

For this first week, our field trip will be *internal* instead of external. We'll be staying put and doing some exploring inside our heart instead of taking a trip outside the home. Get ready for a rewarding and exciting journey!



Week 2: Truth – You Are a Beloved Daughter

On Day 4, Jennifer talks about how we should root ourselves in the love of God and not in man. The more established a tree is, the stronger, healthier and more fruitful it is. If you don't have a favorite tree, be looking for one that you can sit under while you do your study on Day 4. Visualize the parallels between the physical tree and a woman rooted in God's love for her. Read Psalm 1:1-3.



Week 3: Lie – You are What You See in the Mirror

This week take some time to speak into the heart and life of a younger woman or girl. Tell a young woman the truth of how God sees her. Remember our Jewel from Week One when Jesus asked the Pharisees, "Do you SEE this woman"? Tell someone how God SEES her. Write her a note or give her a call. *Details on Day Four.*



Week 4: Truth – You Are a Precious Creation

Plan to make time for what you enjoy doing in the outdoors this week! On your adventure you will meditate on two verses from Day Four (Psalm 139:16 and Ephesians 2:8-10), and pray about what great works God has prepared in advance for you to do! Have fun Beautiful Ones!



Week 5: Lie – You Are What Magazines Tell You

Take a trip to the bookstore this week. Grab a friend or a daughter, get your favorite drink, and peruse the best magazine racks you can find. We are going to exercise our ability to discern the truth from the lies. The Bible says to "test everything that is said. Hold on to what is good," 1 Thessalonians 5:21. *Details on Day Four.*



Week 6: Truth – You Are a Beautiful Temple

House cleaning has never felt so good! Yes, we are going to clean house this week. First on the inside, then for fun, on the outside. Plan to spend time alone with the Lord. Either grab your journal, your Bible or some good walking shoes and ask him, "Lord, what do you want to cleanse from the temple of **ME?**" Then ask Him what beautiful clothes he would like you to put on in its place: joy instead of worry, faith in place of fear, etc. Afterward treat yourself to a haircut, a facial, manicure, a new lip color or a new top. Ask him to dress you with himself. *Details on Day Four.*



Week 7: Lie – You Are the Mask You Wear

This week your field trip will be to talk to another woman about what is beneath your mask. Plan ahead and choose that woman wisely. Please pray about the right person and trust God will lead you to her. Plan for coffee, a scheduled phone call or lunch. *Details on Day One and Day Four.*



Week 8: Truth – You Are a Shining Light

This week our field trip is forward in time to the Holy City of heaven in addition to the ancient past to the temple of old Jerusalem. The two go hand in hand. Read 2 Chronicles 3:1-17 and Revelation 4:1-6a. Imagine yourself before the Ark of the Covenant in the Holy of Holies and all that it entails, (Hebrews 10:19-22). Then picture the throne of God described in Revelation 4 and imagine approaching Him with confidence, (Hebrews 4:16).



Week 9: Lie – You Are Mastered by the Media

This field trip is a journey to a story in scripture. We will go back in time to visit one of the temple gates called BEAUTIFUL. Did you know there was a gate called Beautiful? It's not a coincidence that healing takes place at this gate. Let's pray for God's almighty healing on our hearts this week as we visit the temple gates.



Week 10: Truth – You Are a Chosen Ambassador

As you are going on your way, running your errands, getting your groceries, listen for the Holy Spirit's voice. Ask him, "Who is the beggar?" When you sense that person is before you, look her in the face, into her eyes and offer the one thing that heals: Jesus.