

As Be-Held Women we believe that **true self-care is accomplished in a lifestyle of intimacy with Jesus Christ. We take care by** drawing near to God: seeking and living the truth of God's Word, by the power of His Spirit dwelling within us, confident that in living the truth by Holy Spirit reliance we will be transformed into women who so clearly bear the image of Jesus Christ in spirit, soul and body and therefore be a **blessing to many**. Dear Be-Held Woman, seeking, living and being transformed by the truth, we offer you this Bible study guide to support you in your endeavors!

<p>TAKE CARE (Know God)</p> <p>Seeking the Truth</p> <p>Step 1: Read the Scripture in context.</p> <p><u>Context</u></p> <ul style="list-style-type: none"> ● Who is the author? ● Who is the audience? ● Why is the author writing? <p><u>Read</u></p> <ul style="list-style-type: none"> ● What are you learning? ● How do the details connect to the author's purpose in writing? ● What understanding about Jesus is supported by this Scripture? 	
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Living the Truth

Step 2: Reflect and plan.

Reflect

- How is this message and understanding applicable to you at this time? What instruction or encouragement is there for your WHOLE life (spirit, mind, body and relationships to God, self, others and things)?

Plan

- Select one aspect of your life where today's truth is applicable and create a goal that is specific, measurable, actionable, relevant and timebound.



Being Transformed by the Truth

Step 3: Commit your plan to the Lord.

- Write a prayer surrendering your plan to the Lord and inviting His wisdom and strength to work it.

Step 4: Work your plan with accountability!

- Prayerfully identify an accountability partner. Invite that person to support you in specific and mutually agreed upon ways to support your faithfully adherence to the truth of God's Word in your life.



BLESS MANY
(Make God Known)

The work you do in secret the Father will honor publically. (Matthew 6:4). Your inner obedience, by the power of the Holy Spirit, will not only lead to breakthrough but to the evidence of Jesus' character in your life. (Galatians 5:22).

- How does today's truth and understanding encourage you to exercise the fruit of the Spirit in your life? How are you being called to be loving, joyful, peaceful, patient, kind, good, faithful, gentle and or self-controlled? What will you do?
- How do you believe taking this action will bless many?

