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# Dwell on These Things

TRANSFORM YOUR HEART AND MIND  
BY MEMORIZING GOD'S WORD

## Leader Guide

Lifeway Press® • Brentwood, Tennessee

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# Leader Guide

**Welcome!** Before you read any further, we want to say how thankful we are for you, the leader. Thank you for your willingness to dive into Scripture, brew the coffee, place the chairs, and set aside the time regularly to meet with other women.

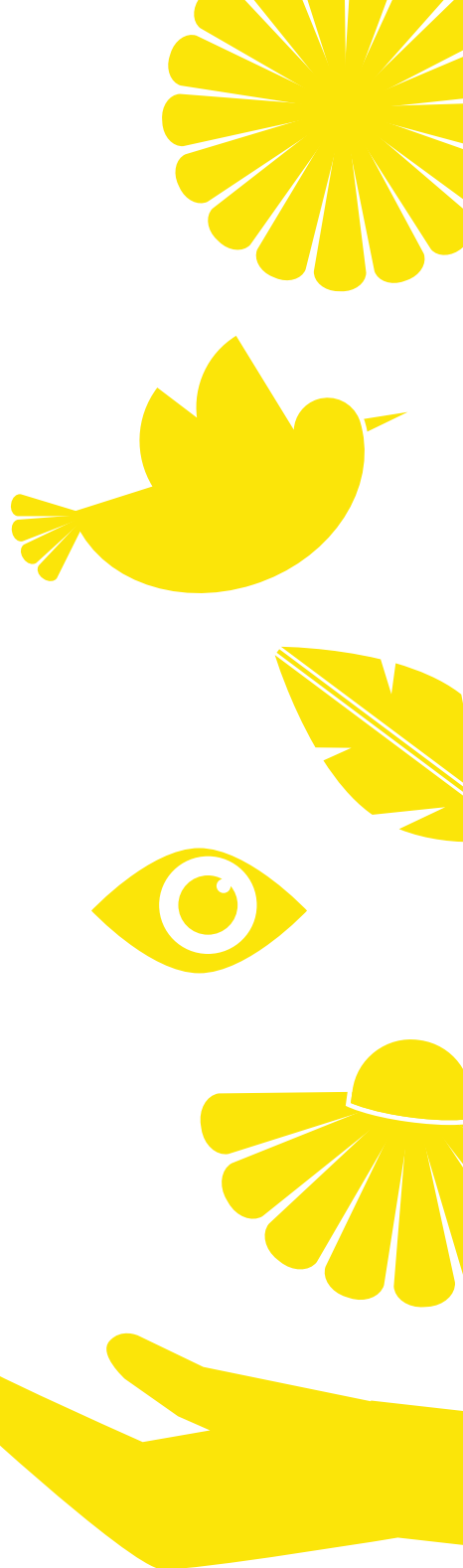
*Dwell on These Things* is a video- and discussion-based Bible study from Natalie Abbott and Vera Schmitz. The teaching videos were filmed at Lifeway Christian Resources in Brentwood, Tennessee.

Our goal for this leader guide is to help equip you to facilitate and guide your Bible study group gatherings in a way that fosters genuine community, deep conversation, and transformational learning for you and the women you're leading.

We encourage you to use this leader guide however it works best for you and your group. If you want to follow this guide to the letter, do that! If you want to do your own thing, feel free! Our hope is to give you all the tools you might need as you lead your specific group in your specific setting.

We are grateful for you and praying for you as you lead this study.

*Lifeway Women*



# Suggested Schedule

## WEEKLY GROUP MEETING

### Eight Group Meetings • Meeting Length: 1.5 hours

- **Week One—Introduction:** Distribute Bible study books, get to know one another, and watch the Session One video.
- **Week Two—Why We're Here:** Watch the Session Two video and discuss the Session Two personal Bible study.
- **Week Three—Searching for Joy:** Watch the Session Three video and discuss the Session Three personal Bible study.
- **Week Four—Gentle and Near:** Watch the Session Four video and discuss the Session Four personal Bible study.
- **Week Five—Don't Be Anxious:** Watch the Session Five video and discuss the Session Five personal Bible study.
- **Week Six—Safe Hearts and Minds:** Watch the Session Six video and discuss the Session Six personal Bible study.
- **Week Seven—We're Never Not Thinking:** Watch the Session Seven video and discuss the Session Seven personal Bible study.
- **Week Eight—Learn From Me:** Watch the Session Eight video and discuss the Session Eight personal Bible study.



# How to Structure Your Group Time

Each group session contains the following elements. We've included a suggested amount of time based on a 1.5 hour group meeting. Adjust as you need to for the time you have together!

**GATHER (20 MINUTES)** This is a time to greet and welcome everyone and to get them talking. In the first session, you're provided with some general icebreaker questions. In the subsequent sessions, you'll notice a list of questions to help participants review the previous week's personal study. Feel free to adapt, skip, or add questions based on the needs of your group. Also, as you go through your own study during the week, put a star by any questions or statements you might want to discuss with your group.

**WATCH (20 MINUTES)** During this time, play the teaching video, encouraging women to take notes on the Viewer Guide page for that specific session.

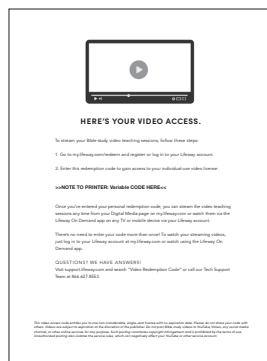
**DISCUSS (40 MINUTES)** You'll find a list of discussion questions designed to help you facilitate conversation around each teaching video on the Viewer Guide pages in the Bible study book and in this Leader Guide. We encourage you to preview each teaching video and then pick and choose the questions you want to discuss with your group.

**CLOSE (10 MINUTES)** Brief closing activity ideas and/or prayer prompts have been provided. You can use this however you wish to enhance or close the session.

# Here are a few tips to help you lead.

**HOW TO WATCH YOUR VIDEOS.** The videos for this study are available for streaming through the digital access code on the last page of your Bible study book. Look for the cardstock page labeled “**Here’s Your Video Access**” and follow the two steps that prompt you to enter your unique redemption code to gain your video streaming access.

If your group doesn’t have adequate internet connection for video streaming, DVD sets are available for purchase at [lifeway.com/dwell](http://lifeway.com/dwell).



Each video is intended to be viewed after completing the accompanying week of personal study. We strongly recommend you use the teaching videos as a part of this study, but you can still discover truth from Scripture and grow in your walk with God by simply doing the print portion if your setting doesn’t allow for video.

**GET THE WORD OUT.** Be sure to advertise the study early and utilize all methods for getting the word out. Post it on your church’s website, send emails to potential attendees, and promote it on all forms of social media. It’s best to start advertising the study four to six weeks before it begins. The study is eight sessions long, which means you will meet eight times. Visit [lifeway.com/dwell](http://lifeway.com/dwell) for free promotional materials to help get the word out about your study.

**SCHEDULE.** Be sure to make everyone aware of the schedule ahead of time and start promptly each week to honor everyone’s time. In your group time, you will watch the teaching video together and discuss what you’re learning. You’ll also be encouraged to spend a good bit of time in prayer.

**STAY IN TOUCH.** Prepare a sign-up sheet with space for names, email addresses, and phone numbers. You may also include information like birthdays, social media handles, and favorite candy so that you can foster community among group members.

**GET COZY.** Make an effort to create a comfortable environment for group meetings. Arrange chairs in a circle to encourage conversation. If your group is large, you may want to watch the teaching video together and then split into smaller groups for the discussion time. If you choose to do so, enlist discussion leaders for each group to keep the conversation moving and focused.

**CHILDCARE.** Be sure to check with participants to see if childcare is needed and organize leaders and space for the children in advance.

**BIBLE STUDY BOOKS.** Each participant will need a Bible study book. Make sure you leave plenty of time for all the books to be ordered and received between announcing and starting your Bible study. Consider offering a scholarship or buy one-give-one option for those who cannot afford a study book on their own.

**EARLY PREP.** We encourage you to read through the entire leader guide before the first session and evaluate how this will work best for your group. Highlight specific questions from the leader guide you want to make sure you cover during your group time. We recommend watching the teaching video sessions prior to your meeting, taking note of anything you may want to highlight from the teaching. And be sure you stay on top of your own personal study between each meeting! We've left room in the leader guide for you to write down additional talking points and questions you want to pull in from the personal study.

**PERSONAL STUDY.** Between each meeting, there are five days of personal study to complete in the Bible study book.

**PRAYER.** Most importantly, be sure to pray for the women who attend the study. And pray for yourself as you prepare to lead. Ask God to draw the women closer to Him as they learn to hide His Word in their hearts and minds.

**EVALUATE.** At the end of each group session, ask yourself: What went well? What could be improved? Did you see women's lives transformed? Did your group grow closer to Christ and to one another? Also, do a final evaluation at the close of the study.

**CONNECT.** Find ways to interact and stay engaged with each member of your group throughout the study. Make use of social media, email, text messages, and handwritten notes to encourage them. Continue these connections even after the study ends.

Next, we've provided a discussion guide for each session. Remember these are simply suggestions for how to use your time together. We want to empower you as you lead to do what is best for your group!

# Tips on the Temporary Tattoos

## **HOW TO APPLY THE TATTOOS**

Temporary tattoos are easy to apply; all you need is water and a wet cloth. Your skin should be clean, dry, and free of lotion, oils, and makeup.

1. Cut out the week's memory verse temporary tattoo from the larger sheet in the back of the Bible study book.
2. Remove the clear, protective top sheet from the week's tattoo design.
3. Press the tattoo firmly onto your skin with the design side facing down.
4. Firmly press a wet cloth against the back of the tattoo, making sure to wet the paper thoroughly. Continue to hold for thirty seconds.
5. Slowly peel off the paper backing.
6. Gently rinse the image with cold water, and allow the temporary tattoo to dry before touching or covering with clothes.

## **WHERE TO PLACE THE TATTOOS**

We recommend placing your tattoo in a smooth, hair-free area of skin (such as your wrist or forearm) that doesn't crease or stretch when you move.

## **HOW LONG TATTOOS WILL LAST**

Dwell on These Things temporary tattoos last about three days.

Here are a few tips for extending the life of your temporary tattoo:

- Choose a smooth, hair-free area of skin (such as your wrist or forearm) that doesn't crease or stretch when you move.
- Make sure your skin is dry and free of oil, lotion, and makeup.
- Avoid clothing or jewelry that will rub the tattoo.
- Temporary tattoos can be easily removed with a bit of rubbing alcohol, hand sanitizer, or baby oil.

# Resources for Scripture Memory

We've created several digital downloads for all your devices to help you access the Scripture memory verses 24/7. For each verse, you'll find downloadable art for your smart watch, phone, and desktop computer.

We've found it can be helpful to memorize the verses in stages. You can use the art with the full memory verse listed out at the start of the week and slowly graduate to just using the designs with first letters of each word as the verse becomes more familiar.

We've also provided coloring pages for each memory verse to give you another opportunity to interact with each one.

You can access all the art options for each verse by using the QR code on the Quick Wins page for Sessions 3-8 in the book or go to [lifeway.com/dwell](https://lifeway.com/dwell).



# Discussion Guide

## SESSION ONE

# Introduction

### GATHER

Welcome women to the introductory session of *Dwell on These Things*. Provide name tags and distribute Bible study books if participants don't have them yet. MEET AND GREET one another! This will be the main point of today's meeting, so spend as much time getting to know one another as you can. (We highly recommend snacks, coffee, and tea!)

Here are a few discussion ideas, especially if you're leading a brand-new group.

- Invite each woman to introduce herself and share basic get-to-know you information.
- Are you good at memory games? Why or why not?
- What word or phrase comes to mind when you hear "memorize Scripture"?
- Why did you choose to do this study and what are you hoping to gain from it?

### WATCH

Play the teaching video "Session One: Introduction." Encourage group members to take notes on page 9.

### DISCUSS

Use the following questions to debrief the Session One video teaching. You can also find these questions on page 9 in the Bible study book.

1. What's one thing that stood out to you in this video teaching? Why?
  
  
  
  
  
  
  
  
  
  
2. What part of Natalie's or Vera's testimony did you most resonate with and why?

3. What has been your history with memorizing Scripture?
  
4. What emotions are you experiencing as you begin this study? What is appealing to you about this approach to Scripture memory?
  
5. How are you challenged by what you've heard in this video teaching?

**CLOSE** the session with prayer.

## SESSION TWO

# Why We're Here

### GATHER

Welcome participants back to the study. Allow a time of introductions for any newcomers. Use the following questions to get your group talking and to review the personal Bible study from Session Two.

- What was one of your favorite childhood memories?
- What day of study was your favorite? Why?
- What was the most significant thing you learned in your personal study this week?

### WATCH

Play the teaching video for Session Two. Encourage group members to take notes or jot down questions on the Viewer Guide (p. 32).

### DISCUSS

Use the following questions to debrief the Session Two video teaching. You can also find these questions on page 33 in the Bible study book.

1. **What's one thing that stood out to you in this video teaching? Why?**
  
  
  
  
  
  
  
  
  
  
2. **What verse or verses you've memorized have been the most meaningful to you and why?**
  
  
  
  
  
  
  
  
  
  
3. **How has God used memorized Scripture to help you minister or witness to others?**

4. What are the biggest challenges you've faced in memorizing Scripture?
  
  
  
  
  
  
  
  
  
  
5. What stood out to you as you read through the whole book of Philippians?
  
  
  
  
  
  
  
  
  
  
6. How are you challenged by what you've heard in this video teaching?

#### **CLOSE**

Remind group members that next week they start memorizing Philippians 4:4-9 by memorizing verse 4. Point out the QR codes on the Quick Wins page (p. 35) that links them to the Memory Verse video and Scripture art download. Review how to use the temporary tattoos and answer any questions they have about the study.

Close in prayer, keeping in mind the challenges the group members express about memorizing Scripture. Pray God would give them a desire to hide His Word in their hearts.

## SESSION THREE

# Searching for Joy

### GATHER

Welcome participants back to the study. Use the following questions to get your group talking and to review the personal Bible study from Session Three.

- Describe some of the most joyful times in your life.
- What was your favorite day of study this week? Why?
- What was the most significant thing you learned in your personal study this week?

### WATCH

Play the teaching video for Session Three. Encourage group members to take notes or jot down questions on the Viewer Guide (p. 58).

### DISCUSS

Use the following questions to debrief the Session Three video teaching. You can also find these questions on page 59 in the Bible study book.

1. **What's one thing that stood out to you in this video teaching? Why?**
  
  
  
  
  
  
  
  
  
  
2. **At what point in time have you found it most difficult to rejoice?  
Difficult times? The mundane?**
  
  
  
  
  
  
  
  
  
  
3. **Who is the most joyful person you know? Why did you choose that person?**

4. Why is joy essential to the Christian life?
  
5. How would you explain what it means to rejoice in the Lord?
  
6. How are you challenged by what you've heard in this video teaching?
  
7. Why is it so important for you to memorize this verse?

#### **CLOSE**

Instruct group members to pair up and take turns saying Philippians 4:4 from memory.

Close the session by encouraging group members to share prayer requests with their partners and spend time praying for one another.

## SESSION FOUR

# Gentle and Near

### GATHER

Welcome participants back to the study. Use the following questions to get your group talking and to review the personal Bible study from Session Four.

- What person in your life best embodies gentleness?
- What was your favorite day of study this week? Why?
- What was the most significant thing you learned in your personal study this week?

### WATCH

Play the teaching video for Session Four. Encourage group members to take notes or jot down questions on the Viewer Guide (p. 82).

### DISCUSS

Use the following questions to debrief the Session Four video teaching. You can also find these questions on page 83 in the Bible study book.

1. What is one thing in the video teaching that stood out to you? Why?
2. How would you describe or define gentleness?
3. What keeps you from letting your gentleness be known to all?
4. How do you feel about the Lord's nearness? Is it comforting to you? Disconcerting? Explain.

5. How would you live differently if you were constantly aware that the Lord is near?
  
6. How are you challenged by what you've heard in this video teaching?
  
7. Why is it so important for you to memorize this verse?

#### **CLOSE**

Instruct group members to pair up and take turns saying Philippians 4:4-5 from memory.

Provide time for group members to consider someone they need to show gentleness to. Encourage them to share the situation (not necessarily the name) with their partner and pray for each other to reach out and let their gentleness be evident this week.



## SESSION FIVE

# Don't Be Anxious

### GATHER

Welcome participants back to the study. Use the following questions to get your group talking and to review the personal Bible study from Session Five.

- Which of the following would make you the most nervous and why?
  - Singing a solo at church
  - Riding a roller coaster at the amusement park
  - Giving blood
  - Driving in heavy traffic
- What was your favorite day of study this week? Why?
- What was the most significant thing you learned in your personal study this week?

### WATCH

Play the teaching video for Session Five. Encourage group members to take notes or jot down questions on the Viewer Guide (p. 108).

### DISCUSS

Use the following questions to debrief the Session Five video teaching. You can also find these questions on page 109 in the Bible study book.

1. What's one thing that stood out to you in this video teaching? Why?
2. Do you think it's possible to not be anxious about anything? Explain.
3. What's the difference in genuine concern and anxiousness?

4. In what area of life do you most often spiral down from concern to anxiousness? Explain.
  
5. How are you able to pray with thanksgiving in all the anxious things you're to give to God?
  
6. How are you challenged by what you've heard in this video teaching?
  
7. Why is it so important for you to memorize this verse?

#### **CLOSE**

Instruct group members to pair up and take turns saying Philippians 4:4-6 from memory.

Call members back to the large group setting. Provide a few moments for anyone struggling with anxiousness to share. Lead group members to gather around those who've shared and pray for them. (If your Bible study group is large, you might want to break into smaller groups for this closing activity.)



3. How does our desire to control things counteract the instructions and promise of this verse and the previous verse?
  
4. Describe a time when you experienced the peace of God that transcends all understanding.
  
5. How does God's peace guard your heart and mind in Christ Jesus?
  
6. How are you challenged by what you've heard in this video teaching?
  
7. Why is it so important for you to memorize this verse?

#### **CLOSE**

Instruct group members to pair up and take turns saying Philippians 4:4-7 from memory.

Provide a moment for some group members to share times when they have experienced the peace of God that transcends all understanding. Lead the group in prayer, thanking God for His peace and asking Him to bring peace to those in the group who are currently anxious and troubled.

## SESSION SEVEN

# We're Never Not Thinking

### GATHER

Welcome participants back to the study. Use the following questions to get your group talking and to review the personal Bible study from Session Seven.

- Let's be totally quiet for one minute. [Leader: After a minute has passed, ask the next question.] What did you think about in that minute of silence?
- What was your favorite day of study this week? Why?
- What was the most significant thing you learned in your personal study this week?

### WATCH

Play the teaching video for Session Seven. Encourage group members to take notes or jot down questions on the Viewer Guide (p. 162).

### DISCUSS

Use the following questions to debrief the Session Seven video teaching. You can also find these questions on page 163 in the Bible study book.

1. What's one thing that stood out to you in this video teaching? Why?
2. If you could create a pie chart showing everything you're thinking about for one whole day, what are the biggest pieces of the pie?
3. Of the eight virtues listed, which one gets too little of your time and which one do you think about the most? Explain.

4. Of the eight virtues listed, which one do you aspire to give more attention to? Why?
  
5. Why is what we think about so critical to the intimacy of our relationship with Christ and to the effectiveness of our witness for Him?
  
6. How are you challenged by what you've heard in this video teaching?
  
7. Why is it so important for you to memorize this verse?

#### **CLOSE**

Instruct group members to pair up and take turns saying Philippians 4:4-8 from memory.

Close the session with a time of quiet. Instruct group members to find a space by themselves. (If weather permits, suggest some go outside if they like.) Encourage them to take a few minutes to pray, meditate, and think on the list of virtues found in verse 8, especially ones they sense God wants to cultivate more deeply in their lives.



4. If you're currently mentoring someone, share about that experience (without revealing names or anything confidential).
  
5. Are you living the kind of life where you could honestly and sincerely say "Whatever you have learned or received or heard from me, or seen in me—put it into practice"? Explain.
  
6. How are you challenged by what you've heard in this video teaching?
  
7. Why is it so important for you to memorize this verse?

#### **CLOSE**

Instruct group members to pair up and take turns saying Philippians 4:4-9 from memory.

Provide time for group members to share what they've learned through this study and some of their main takeaways. Follow this with an open time of prayer, allowing any who want to pray to do so. Close the prayer time by thanking God for those who've attended and for all He has taught the group through these weeks. Thank Him for His Word and the desire to continually hide it in our hearts.



# FINISHING WELL

## NEXT STEPS

Even after the study concludes, follow up and challenge women to stay involved through another Bible study, church opportunity, or anything that will continue their spiritual growth and friendships. Provide several options of ministry opportunities the members can participate in individually or as a group to apply what they have learned through this study.



## What's Next?

If you enjoyed this study, check out *Come Home* by Caroline Saunders.

[lifeway.com/comehome](https://lifeway.com/comehome)



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## VIDEO ACCESS STUDY

### **INTRODUCING BIBLE STUDIES with VIDEO ACCESS INCLUDED!**

As trends in media consumption change from DVDs to streaming video, Lifeway made the decision to invest in technology that would allow for Bible studies to be accessed through mobile devices and smart TVs in addition to our website.

The concept of a Bible study book with video access allows us to use the technology to give all participants easier access to teaching videos. This will alleviate a concern we have heard from many group leaders of members who stop coming to their group after they miss a week of study.

#### **How will customers access the videos that come with their Bible study book with video access?**

There is a unique access code printed in each Bible study book. They will access their video content at [my.lifeway.com](http://my.lifeway.com) or through the Lifeway On Demand app.

#### **How long will they have access to the videos that come with their Bible study book?**

There is no expiration date on the video access that comes with their Bible study book. They'll be able to access it as long as it is available through our Lifeway On Demand video apps.

#### **What are the benefits of video access being included in each Bible study book?**

- This provides more flexibility for group meeting time. Groups now have the option to have group members watch video sessions outside of group meetings to allow more time for discussion.
- If a group member misses a weekly group meeting due to sickness or travel, they will be able to access the video content on their own and continue in their study.
- Group members can re-watch video sessions that were particularly impactful on their own time.
- This simplifies what a group leader needs to facilitate Bible study. You'll now get everything you need with just the Bible study book.

- Our goal is to provide an affordable option for both individuals and churches who are looking for Bible study options.

### **What do churches and individuals need to lead a group?**

Each group member will need a Bible study book, which will include video access. There is also a DVD option for groups who want a non-streaming viewing option. In addition, select studies provide a Video Streaming - Group option for groups who choose not to use the Bible study books. For the best experience, we recommend each group member have a Bible study book.

### **When do group leaders need a DVD Set?**

Because the Bible study book includes video streaming access, the purchase of the DVD set is optional (not essential) for group leaders. This option is for groups who may not have reliable streaming internet access.