

DISCUSSION GUIDE

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GIRLS GONE WISE

THE
RIGHT
KIND OF

Strong

SURPRISINGLY SIMPLE HABITS
OF A SPIRITUALLY STRONG WOMAN

NO WEAK GIRLS HERE

1. What do you think it means to be strong?

2. Has your idea of what it means to be strong changed over the years?

3. What women in your life do you think are truly strong? Why are they strong?

4. What traits do the strong women in your life have in common?

5. What are some habits that might increase a woman's spiritual strength?

6. When have you experienced the effects that ongoing negative habits have had on your life?

7. Which of the seven strength-sapping habits on page 19 do you think may be keeping you from being stronger?

H A B I T 1

1. Why are creeps destructive? Why do we fail to notice or respond to them?

2. What tactics have you seen human creeps use in order to take advantage of others?

3. What creeps have you encountered in your life? Did you know they were creeps, or were you taken by surprise?

4. Which other creeps identified on pages 35 to 40 have made a move on you? When did you realize you were dealing with a creep? How did you deal with it?

5. What tools do you use to help you identify creeps?

6. What creeps are you currently fighting in your life?

7. What creeps do you need to banish from your household?

H A B I T 2

1. Why is it important to control your thought life?

2. How do we get ensnared by ideas that are not in line with truth?

3. When is a time you escaped a faulty thought pattern? How did you break free?

4. What negative thoughts are currently wearing a path through your mind?

5. Which key to mastering your mind (pp. 69-79) do you think you need the most?

6. What are your favorite Bible verses to help you focus on spiritual thoughts rather than carnal ones?

7. What do you need to remove from your life in order to guard your mind?

8. What steps can you take to constantly evaluate your thoughts and win the battle for your mind?

H A B I T 3

1. How do you define unauthorized spiritual baggage?

2. Why is the concept of sin unpopular?

3. How do you define sin?

4. How have you felt the weight and burden of sin?

5. What do you do when you begin to feel guilt or shame?

6. Why is confession important?

7. How do the benefits of openly confessing outweigh the risks?

8. How does it make you feel to know that God forgives all your sins?

9. What makes a confession sincere instead of counterfeit?

10. How can sincere sorrow over sin be life-giving?

H A B I T 4

1. What do you long for or crave? How does it affect your thoughts?

2. How can emotions lead us in the wrong direction?

3. When has your pursuit of a desire led you astray?

4. When can emotions be good and healthy?

5. How can we use emotions as a gauge rather than a guide?

6. What is the most difficult emotion for you to deal with?

7. Why is it important to acknowledge and manage your emotions?

8. How do you manage your emotions?

9. What are your most useful strategies for getting a grip on your emotions?

H A B I T 5

1. What do you think it looks like to “walk the walk” when it comes to faith?

2. What does it feel like to be in a spiritual rut? How do you pull yourself out of that rut?

3. How does a person become a hypocrite?

4. Why is it important to be authentic about our spiritual condition?

5. Why are we sometimes selective in our obedience to God?

6. What rationalizations have you used to excuse your selective obedience in the past?

7. What progress have you made in your spiritual life? What signs of growth can you see? (Signs that You're Getting it Done – Page 163 ff.)

8. How are you currently growing?

9. Where do you desire to see more growth? What can you do to grow in this area?

H A B I T 6

1. When have you seen Christians influenced by ideas that are popular but theologically wrong?

2. What makes trendy new ideas so attractive?

3. How can false doctrine be dangerous?

4. Why is the Bible God's unchanging standard for the Christian life?

5. What biblical convictions do you think are the most important?

6. How and when have your convictions changed? What brought about this change?

7. Why is it sometimes difficult to discern biblical truth from unsound doctrine?

8. Which test for truth on pages 198 to 210 has helped you discern truth from error?

9. How have you been strengthened by sound doctrine?

10. How can we be strong women who are brave for truth?

H A B I T 7

1. What is culture's view of a strong woman? Who are some women that are upheld as models of strength?

2. How does the popular definition of strength differ from the Bible's definition?

3. If strength is "possessing the inner resolve necessary to follow God's commands," who would you uphold as your model of strength?

4. How can God be glorified through our strengths and weaknesses?

5. Why is it important to view our strengths—our gifts, talents, and abilities—as being from God?

6. How does it make you feel to know that God's power is accessible to you?

7. When is a time you realized that your own strength was limited?

What did you do to make it through?

8. How do you feel when you turn to God in times of trouble?

9. In what areas do you feel weak? How can those weaknesses help you turn to God?

10. What's your favorite Bible verse to help you remember to turn to God for strength?

CONCLUSION

1. Which part of this book was most impactful for you?

1. How has it changed your habits?

2. Which habits do you think you need to focus on?

3. What changes can you make in your daily life to become the right kind of strong?

R I G H T K I N D O F *strong* D I S C U S S I O N G U I D E