

SIX-SESSION STUDY GUIDE + STREAMING VIDEO

SARAH JAKES ROBERTS

WOMAN EVOLVE

BREAK UP WITH
YOUR FEARS
&
REVOLUTIONIZE
YOUR LIFE

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STUDY GUIDE + SIX SESSIONS

SARAH JAKES ROBERTS

Woman Evolve Study Guide

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WOMAN EVOLVE

A decorative wavy line in shades of blue and orange, spanning the width of the page below the title.

My daughter, Makenzie, invited her friend, Sunday, to our home. The weather was finally pleasant after a few weeks of cold and rain. The moment Sunday's toe crossed the threshold of the kitchen my daughter Makenzie came barreling toward me. She'd just gotten her hair done, but I knew the moment she looked me in my eyes that she was going to ask one question: "Can I get my hair wet?"

Now, this may not seem like a big deal for some of you, but every Black woman knows that the Jeopardy music should have cued the moment the question was tossed in my direction. The hours of detangling, washing, conditioning, blow-drying, and pressing would go out of the window in a splash—literally! This is exactly why most Black women avoid wetting their freshly done hair.

Everything in me knew better. I thought about the time that would go into detangling, washing, conditioning, and styling her hair again. I also knew that as a homeschooled, middle child she often lacks fulfilling connection with girls her age. With a shoulder shrug, deep visceral sigh, an eye roll, and neck rub I told her the decision was hers to make.

I knew there were only two possible outcomes: Makenzie's hair remains intact, or I roll up my sleeves and restore whatever is damaged. With absolutely zero hesitation, my daughter stripped off her clothing, revealing a bathing suit she had on all along. One day we'll have to talk about the level of faith that her hidden bathing suit required! She took off full speed toward the swimming pool.

Right as Sunday cannonballed into the pool, Kenzie came running back in my direction with a look of pure horror in her eyes. "Mom, Sunday has never seen my natural hair!" Quick hair lesson for those who may not know: My daughter's mid-length straightened tresses would recoil into a teeny-weeny

afro the moment her hair was submerged in water. A phenomenon known as shrinkage that evidently affected more than her hair. What she said was a concern about her hair, but what I heard was the fear of being fully seen.

Right in front of my eyes I witnessed my daughter's joy, confidence, hope, and faith shrivel. She was afraid that the love and adoration cultivated through their friendship would not withstand raw authenticity. Even more concerning was that my daughter wasn't convinced that she is as beautiful in her raw state as she is when her hair is altered to look a certain way.

If we dared to be honest, we'd confess that the fear of being seen is not just a little girl's struggle. It grows with us like a companion in every stage of life. Have you ever chosen to actively resist experiences, memories, or situations because you did not want to run the risk of being seen in your most vulnerable state? What if everyone around you knew about the depression? The addiction? Chronic stress? That troubled child? Heartbreak? What if you were truly seen?

When Adam and Eve were in the garden, they were so determined to not be seen in the aftermath of their sin that they used fig leaves and hid from each other, even though they both knew what the other had done (Genesis 3:7).

This is how so many of us go through life. Even our most intimate relationships are not granted access to our deep worry, shame, and concern. Don't get me wrong, I understand how deeply troubling it can be to share the thoughts and memories you can barely express to yourself, let alone to another. However, if we're truly going to experience the goodness of God, we must learn to remove the fig leaves we've come to love and exchange them for the covering that God wants to give us.

A woman who is determined to abandon what was must commit to the vulnerable process of evolving. It's impossible to maximize the potential that God has placed in each of us and stay the same. When we make room for transformation in our lives, we embody the definition of evolving.

Evo/ve means to develop gradually, especially from a simple to a more complex form. Notice how in saying *evo/ve* very slowly, you hear *Eve*. That's how much her experience has inspired me.

Eve made a mistake, but she had proper perspective on how important it was to course correct. She didn't settle for seeing life through a filter of fear, shame, or disappointment. *No!* She showed up and fought back. Her mistake never changed God's intention, only how He would fulfill that intention. God still desired to partner with Eve to unleash His divinity on earth—just as He wants to partner with you and me to bring heaven to earth today!

Whether you're attempting to recover from a setback, break free from an addiction, or bring forth good fruit despite the forbidden fruit you were exposed to, God has a redeeming plan for you—just like He did Eve. He's got plans and purposes that are beyond what you can imagine. He wants to bless you and bless people through you. You, yes you, are a beautiful, vast, ornate demonstration of God's thoughts and hope for humanity. And God is inviting you to take a risk and jump in the pool of grace. Let the living water change you from the inside out.

I'll never forget the joy my daughter had on her face that day when she jumped into the pool. You know what else? I'll never forget the joy she had on display as the world around her received an invitation to experience her most authentic self.

My hope and prayer is that through this study, you'll see you were born to bring light to the darkness, a revolution of faith to future generations, and a smile in the wild. And when the fear tries to creep in and the anxiety fights to find a way through, you'll remember two words, and read them as a command: *Woman, Evolve!*

Now, let's go change the world!

xo Sarah Jakes
Roberts

HOW TO USE THIS GUIDE



The *Woman Evolve* study guide is divided into six sessions. Every session includes Opening Discussion, Video Teaching Notes, Group Discussion Questions, a Closing Prayer, and Between Sessions Personal Study. As a group, you should plan to discuss the opening questions, watch the video, and then use the video notes and questions to engage with the topic of each session. There is complete freedom to decide how to best use these elements to meet the needs of your group. The goal of doing any small group study is to develop relationships with one another and a deeper personal relationship with God—consider the material in the videos and this study guide to be the catalyst for both!

GROUP SIZE

This six-session small group video study is designed to be experienced in a group setting such as a Bible study, Sunday school class, retreat, or online gathering. If your gathering is large, you may want to consider splitting everyone into smaller groups of five to eight people. This will ensure that everyone has enough time to participate in discussions while encouraging healthy engagement and growth.

If you are solo, a party of one, consider yourself part of the greater Woman Evolve movement of women across the country. Consider using the group discussion questions as inspiration for conversation with friends, family members, colleagues, or other women you have relationships with on a regular basis in your life. This content is meant for all women, and you might find simply asking a friend a few of these questions will lead to deeper and greater friendship as well as an opportunity to share this study with another.

MATERIALS NEEDED

Everyone will need a copy of this study guide, which includes personal streaming access to all the teaching videos. Instructions for accessing the videos and the personal access code are located on the inside front cover of each study guide. Don't forget to write down your password! You will simply log in each time you want to watch a video or catch up if you miss a group meeting.

Each session of this study guide includes opening questions to discuss, notes for the video teachings, directions for activities and discussion questions, and personal Bible studies to work through in between group meetings.

Having your own copy of the book *Woman Evolve* will take your experience of this study to a new level. The videos and content in this study guide are based on the book.

TIMING

The timing notations—for example, 20 minutes—indicate the actual length of the video segments and the suggested times for each activity or discussion. Within your allotted time, you may not get to all the discussion questions. Remember that the *quantity* of questions addressed isn't as important as the *quality* of the discussion.

FACILITATION

Your group will need to choose a person to serve as a facilitator. This person will be responsible for starting the video and keeping track of time during discussions and activities. Facilitators may also read questions aloud and monitor discussions, prompting everyone in the group to respond, and assuring that everyone has the opportunity to participate.

PERSONAL STUDY IN BETWEEN GROUP MEETINGS

During the week, you can maximize the impact of this content with the personal studies provided. Treat each personal study like a devotional and use them in whatever way works best for your schedule. You could do a partial section each day or complete the personal study all in one sitting. These personal studies are not intended to be burdensome or time-consuming but to provide a richer personal connection to the material and the concept Sarah dives into each video session.

SCHEDULE

SESSION ①

GROUP MEETING

WATCH VIDEO SESSION 1 GROUP DISCUSSION

DAY ①

PERSONAL STUDY SESSION 1
My Weakness Does Not Define Me

DAY ②

PERSONAL STUDY SESSION 1
Blotting Out My Transgressions

DAY ③

PERSONAL STUDY SESSION 1
What God Says About Me

DAYS ④ – ⑤

READ INTRODUCTION,
CHAPTERS 1-2 *Woman Evolve* book

SESSION

1

DROP **THOSE** FIG LEAVES

What would happen if you were
willing to stand naked and
unashamed
before God?



WELCOME!

② MINUTES

Welcome to Session One of *Woman Evolve*. If this is your first time together as a group, take a moment to introduce yourselves to one another before watching the video. Then, let's get started!

OPENING DISCUSSION

⑤ – ⑩ MINUTES

Answer the following questions to prepare for this week's video teaching:

If you've read or heard the story of Eve in the opening of Genesis, what's the first thing that comes to mind when you think of Eve?

Imagine yourself as the first woman on the earth. What would be the best thing and the most challenging thing about it?

SESSION ONE VIDEO







②① MINUTES

Leader: *Play the video streaming or using the DVD. Each session opens with a dialogue between Sarah and a couple of friends. The teaching lesson follows just after each short conversation. Instruct your group to use the outline to follow along or take additional notes on anything that stands out.*

VIDEO

VIDEO NOTES

As you watch, take notes on anything that stands out to you.

-  It's so much easier to stay put together than to bear it all.
-  There's no feeling or trauma in your past that God hasn't already seen.
-  God doesn't take a temporary moment and put it into your permanent record.
-  Too often we rehearse failure when we should claim restoration.
-  God says, *I can deal with your truth.*
-  You have permission to not be okay, but to still be in the fight.

GROUP DISCUSSION

45 MINUTES

Leader: Read each numbered prompt and question to the group.

1. What part of the teaching had the most impact on you? Take turns sharing with the group.

Sarah shares,

“When we go into the hair salon,
this is the **place** where all of our **truth**
is **coming to the surface.**”



2. What is it about going to a salon that inspires you to become vulnerable? If not a salon, what is your place of secure vulnerability and what makes it safe?

Turn to Genesis 3:1–8, and let’s have a few volunteers read the verses aloud, changing readers every few verses. Pay attention to what Adam and Eve do to protect themselves after they eat the forbidden fruit.

3. Reflecting on the story of the serpent, Adam, and Eve, who told you that you were naked? What was it in your life that told you God somehow made a mistake in His creation of you? Do you trust that God can cover you? Why or why not?

4. What kinds of “fig leaves” have you sewn together to hide what’s really going on in your life? (Examples: looking good, working out, staying busy, etc.)

Sarah teaches that what we see and what God sees when we’re naked are two different things. We see nakedness as our mistakes, fears, and insecurities on display, but that’s not what God sees.

**“Before I formed you in the womb I knew you;
Before you were born I sanctified you;
I ordainewd you a prophet to the nations.”**

JEREMIAH 1:5



God is more interested in preserving the memory of what He created than what you became to survive. And the more naked you become before God, the more you look like what God formed in your mother’s womb.

5. What's an area of your life where you continue repeating a cycle, that, like Eve, ends with feeling less valuable or needing to hide? And how can you break this cycle?
6. Turn to Isaiah 43:25 and 1 John 1:9, and let's have someone different read each verse aloud. What do these verses reveal about the way God sees you and your sin?
7. Sarah tells the story of Ruth and Naomi. After so much loss, Naomi called herself Mara, meaning bitter, because her life was so hard (Ruth 1:20). Describe a time that made you feel like you should call yourself Mara. How did God demonstrate His grace, love, and kindness to you in that season?

Sarah teaches,

“We live in the place of **our strength** because it is **easier than** dealing with the fragility of our **weakness**. Yet in this sacred space that we’re creating, we’re going to **stand boldly in our weakness**, and we’re going to do so by remembering that our **weakness does not make us weak**, that our **weakness does not define us**. That is the place that God wants to meet so that He can bring us to a place of greater strength.”



8. What fig leaves do you need to let go of so God can work His redeeming, restoring power in you?

CLOSING ACTIVITY

⑤ MINUTES

1. Briefly review the video outline and any notes you took.
2. In the space below, write down the most significant thing you gained in this session—from the teaching or discussions.

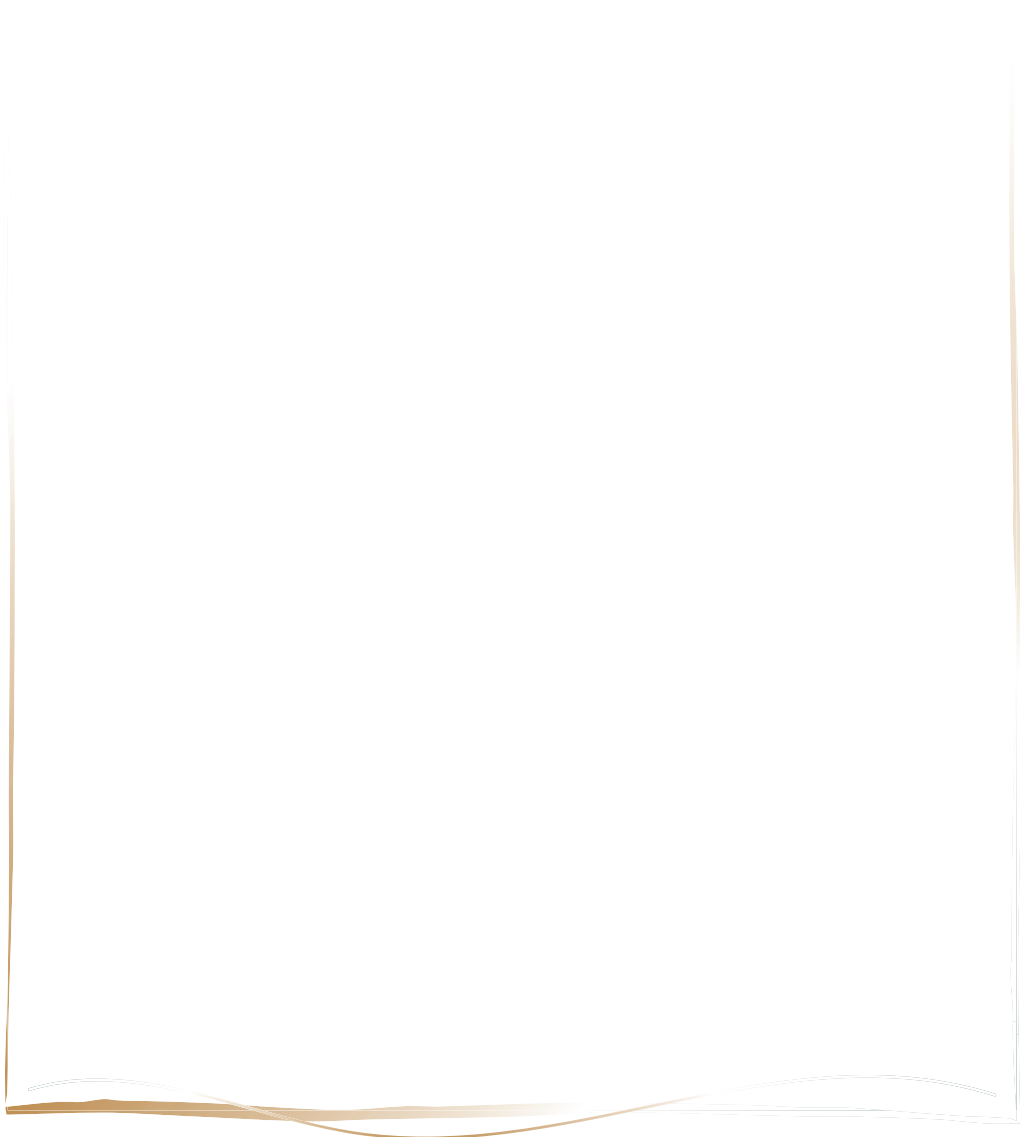
What I want to remember from this session is . . .

CLOSING PRAYER TIME

④ MINUTES

Write a personal prayer here that reflects which area of this session's teaching you feel most in need of prayer.

Father God,



PRAYER

DROP THOSE FIG LEAVES

GROUP PRAYER

Leader: *Read this prayer aloud over the group.*

Forgive us for the areas where we've been hiding our pain and the truth from You. Forgive us for the ways we've sewn our own fig leaves and hid in the bushes instead of letting Your love cover us. Today, we drop the fig leaves. We stand before You naked and vulnerable, and ask for Your full restoration, Your full healing, Your full presence, and Your full power to make us whole. Help us to see ourselves and others the way You see us. In Jesus' name, Amen.

Leader: *Read these instructions about Personal Study between meetings to the group before dismissal.*

Every session in *Woman Evolve* includes three days of personal study and two days of reading to help you make meaningful connections between your life and what you're learning each week. In this first week, you'll work with the material in the **introduction** and **chapters 1 and 2 of the book *Woman Evolve*.**

BETWEEN SESSIONS

PERSONAL STUDY

DAY 1

MY WEAKNESS DOES NOT DEFINE ME

Every day we're given opportunities to choose what we know is good and right for us. But if you're like me, there are times throughout the day when my desire to do what I know is good and right is overshadowed by the temptation to do what I know will ultimately slow my progress. In other words, I *know* what's better, but I don't *do* what's better.

The story of Eve in the book of Genesis reminds us that we're not alone in this battle. Now, for years I rolled my eyes whenever someone brought up Eve's name. I saw her as the woman who had *one* job and failed. But now I see Eve completely differently.

1. Have you tried to distance yourself from Eve in your mind and spirit? To somehow put space between yourself and the burden of being her daughter? In what ways? Why?

2. Which of the following words best describes what comes to your mind when you think about Eve? Circle all that apply.

Sin	Weak	Beautiful	Labor Pain
Mother	Cursed	Naive	Life
Insecurity	Doubting	Power Hungry	Beloved
Original Woman	Made from Man	The First	Sad
Shame	Fear	Regret	Second Chances
Wife	Betrayed	Defenseless	Willing

We're going to refer back to the story of Eve a lot throughout this study, but for now, let's focus on what got the best of her.

Read Genesis 3:1-6.

What did Eve know better than to do?

Who told her the rules?

Who *didn't* tell her the rules directly?

What did she do anyway?

6. Which of the following do you tend to overdo, but you know better?
Place a check mark (✓) next to the ones that tempt you.

- _____ Tell little lies to make it through the day
- _____ Overindulge and buy things you don't need
- _____ Stalk the social media pages of those who hurt you
- _____ Closet eat french fries in the car before you have dinner with everyone
- _____ Overshare, meaning gossip, because it makes you feel like you're "in the know"
- _____ Ghost someone online or around town because you don't want to have the honest, hard conversation
- _____ Overspend your time, your commitments, your money
- _____ Secretly eat your kids' candy stash

7. What do your temptations have in common with the temptations Eve faced in the garden?

8. What comfort do you find in knowing you're not the only one who is tempted or has given into temptation?

Read 1 Corinthians 10:13.

9. What promise does God make to you regarding temptation?



“You know what it’s like to know better but not do better . . . allowing our thoughts of shame, anger, fear, anxiety, insecurity, and doubt to take the mic—sometimes to the point we no longer have the faith required to live life with integrity or confidence.” —from *Woman Evolve*, p. 4



10. What’s an area of sin where you’ve allowed shame, anger, fear, or insecurity to fester?

11. Have you asked God to forgive you for your sin?

12. What do the following verses reveal about the forgiveness of sin?

Isaiah 55:7:

Proverbs 28:13:

James 5:15:

Acts 3:19:

1 John 1:9:

Eve confessed her disobedience to God, she got honest, she got naked, and God met her there. And if God did that for Eve, how much more does God want to do that for you and me?

I want you to see so much more in Eve than her mistake or her guilt. I want you to see her innocence, her strength, and how much courage she exhibited when she chose to be an active participant in her restoration process. She was not just the woman who ate from the forbidden fruit; she was the woman who paved the way for the ultimate Redeemer who would offer salvation to all humanity.

DAY 2

BLOTTING OUT MY TRANSGRESSIONS

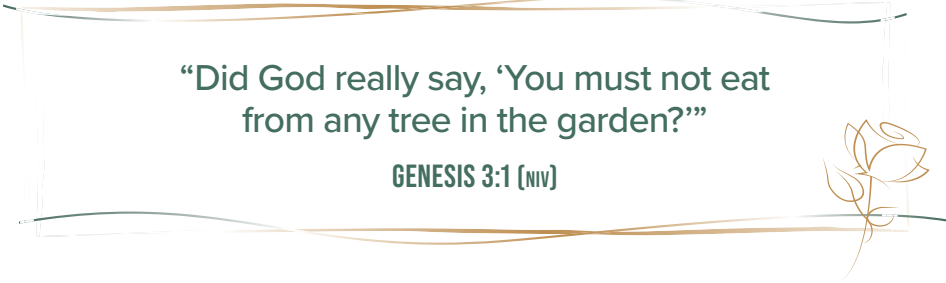
Ever noticed how easy it is to get distracted from what you're called and created to do? Eve was the first to experience this in life. The serpent in the garden wasn't after Eve's appetite. The slithery, sneaky creature was after what she trusted as God's vision for her life. God's power in her life began to dissolve the moment she started questioning God's plan for her life.

1. Read Genesis 2:16-17. What does God specifically command regarding the tree of knowledge of good and evil?
2. Read Genesis 3:1. How does the serpent twist what God said?
3. Read Genesis 3:2-3. How does Eve twist or add to what God said in Genesis 2:16-17?

4. Read Genesis 3:4-5. How does the serpent twist what God said about eating from the tree of knowledge of good and evil?

The dialogue teaches us that uprooting the truth comes in a variety of ways. Sometimes an untruth is *added* to the truth. Sometimes partial truth is *subtracted* from the truth. And sometimes the truth is *twisted* or *turned upside down*. The result of all of these is untruth.

Yet, for Eve it all began with one question. A single question invaded Eve's mind, opened the floodgates, and changed her path:



**“Did God really say, ‘You must not eat
from any tree in the garden?’”**

GENESIS 3:1 (NIV)

That’s all it took to suck Eve into questioning herself and the power, purpose, and potential God granted her. Look at what the question begins with: “Did God really say?”

5. Where in your life have you been tempted to think, “Did God really say?”



“The moment the woman’s truth was uprooted and replaced with inquisition is the moment humanity took a sharp turn.” —from *Woman Evolve*, p. 15



6. When was the first time your truth was uprooted?

7. When was the first time you no longer felt safe? Loved? Wanted? Liked?
Good enough? Beautiful? Innocent?

8. How did that experience make you question God, yourself, and others?



“The serpent in the garden wasn’t after Eve’s appetite. He was after what she trusted as God’s vision for her life.” —from *Woman Evolve*, p. 15



9. What's eroding your trust in God?
10. How can you rise up and fight to place your full trust in God again?
11. Where do you most need to rise up and fight for God's vision for your life?

DAY 3

WHAT GOD SAYS ABOUT ME

No one ends up stagnant in life because they want to be. We end up stagnant in life because the unknown is scary. Subconsciously, we believe that choosing to live in a perpetual state of indecision is better than making the wrong decision.

It's easy to move quickly when you aren't burdened down, but when you are heavy, you can't move as quickly. More than anything, what weighs us down internally are the thoughts that our fear, shame, past, and insecurities create.

If we could peek inside the mind of a person experiencing indecision, we would see that, generally, they aren't suffering from a lack of vision but rather the cloudiness that comes with playing out too many potential outcomes of that vision. Eventually everything becomes cloudy, and they lose the passion, creativity, and precision necessary to activate their next step.

1. On the continuum below, mark how much you feel stuck in life.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

I'm moving forward at a healthy pace
 I'm paralyzed and don't know what to do

2. When you're feeling stuck, which of the following questions do you tend to struggle with most? Mark all that apply.

- | | |
|--|--|
| <input type="checkbox"/> Will it be worth it? | <input type="checkbox"/> Do I have what it takes? |
| <input type="checkbox"/> Can I get it done? | <input type="checkbox"/> Do I take a risk or play it safe? |
| <input type="checkbox"/> Do I stay or do I go? | <input type="checkbox"/> Do I try again and face disappointment? |



“The whirlwind of thoughts often blinds us from recognizing that they really have only two origins: they are birthed either from our faith or from our fear. Our fears pretend to keep us safe. Our faith demands we draw on courage we aren’t sure we possess.” —from *Woman Evolve*, p. 21



In Day Two’s session, we looked at the question the cunning serpent asked Eve. What’s interesting, if you re-read Genesis 3:1, you’ll notice the serpent used the woman’s mind against her. One of the greatest enemies lies between your ears and that’s your thought-life. What you think will either help you become wiser, more compassionate, focused, and disciplined, or it will derail you, disempower you, and convince you that you don’t have a chance—at anything.

3. What do the following verses reveal about your thoughts and mind?

SCRIPTURE	What the verse reveals about your thoughts and mind
ISAIAH 26:3	
ROMANS 12:1–2	

SCRIPTURE	What the verse reveals about your thoughts and mind
2 CORINTHIANS 10:3-6	
JAMES 1:8	
COLOSSIANS 3:1-2	
PHILIPPIANS 4:8	

4. What are you most tempted to believe that's untrue in each of the following areas?

Your relationship with God:

Your family:

Your past:

Your future:

5. How do the verses you looked up empower you to rise above these lies and false beliefs?

One of the biggest lies and false beliefs the serpent wanted to tempt Eve with is the same one he tempts us with today: God is not good.

6. In what area of your life have you been most tempted to believe that God is not good?

7. What do you do when experiences make you question whether God is good?

8. What do the following verses reveal about God's goodness?

Exodus 34:6:

Psalm 27:13:

Psalm 145:9:

9. Which is the most meaningful to you right now? Why?

ABOUT THE AUTHOR

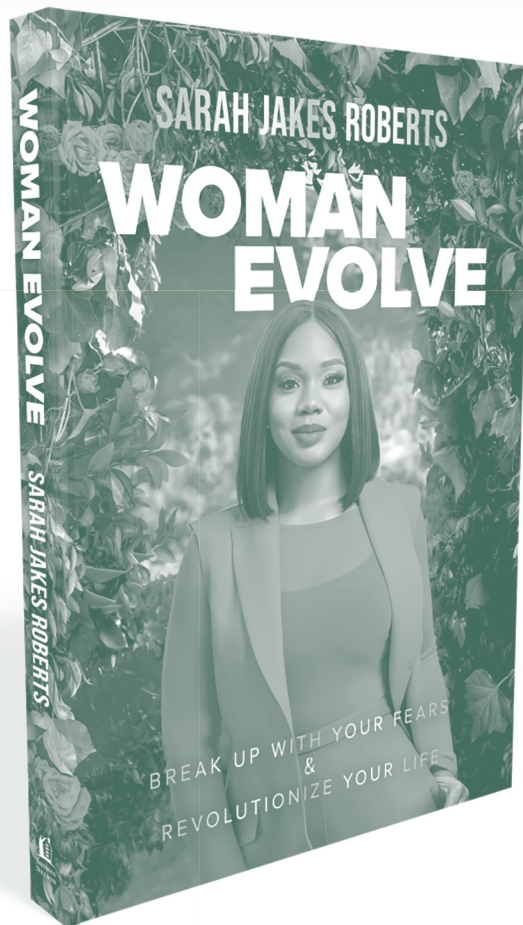


Sarah Jakes Roberts is a businesswoman, bestselling author, and media personality who expertly balances career, ministry, and family. She is the founder of Woman Evolve, a multimedia platform dedicated to engaging and empowering the modern woman of faith. She has been the driving force behind

grassroots marketing for films, publications, and community programs that inspire and uplift people of all ages and backgrounds.

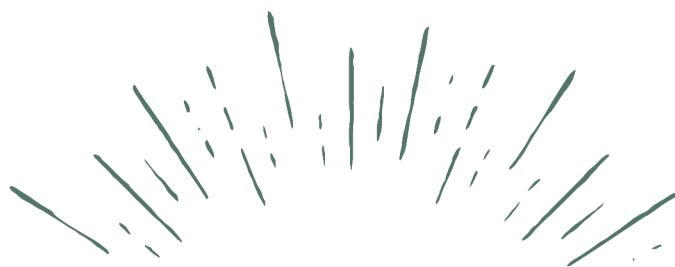
Sarah is the daughter of Bishop T. D. Jakes and Mrs. Serita Jakes. Alongside her husband, Touré Roberts, she copastors a dynamic community of artists and professionals in Los Angeles, California, and Denver, Colorado. Together they have six beautiful children and reside in Los Angeles.

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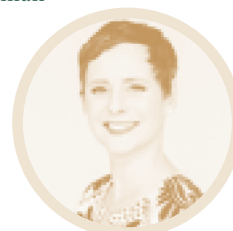
Lori Wilhite



Anne Graham Lotz



Lisa Harper



Margaret Feinberg

LET THE LIVING WATER CHANGE YOU FROM THE INSIDE OUT

Whether you're attempting to recover from a setback, break free from an addiction, or bring forth good fruit despite the forbidden fruit you were exposed to, God has a redeeming plan for you—just like He did for Eve. He wants to bless you and bless people through you. You are a beautiful, vast, ornate demonstration of God's thoughts and hope for humanity.

Join Sarah Jakes Roberts for this six-week Bible study exposing the truth that you were born to bring light to the darkness, a revolution of faith to the next generation, and a smile in the wild! When fear tries to creep in and anxiety fights to seep in, you'll remember two words, and know your command into freedom: **Woman, Evolve!**

This study guide includes:

- Individual access to six streaming video talks from Sarah
- Group discussion questions and activities
- A Leader's Guide with tips and session outlines
- Personal, transformative Bible study exercises between sessions
- Chapter reading through the *Woman Evolve* book

Sessions and video run times:

- | | |
|-------------------------------------|------------------------------|
| 1. Drop Those Fig Leaves (21:00) | 4. You Need a Trim (21:00) |
| 2. Damage Control (23:00) | 5. No Turning Back (25:00) |
| 3. What Are We Doing Today? (20:00) | 6. Don't Do It Alone (28:00) |

Streaming Video Access Code Included*

WATCH ON ANY DEVICE

DVD also available, sold separately.



SARAH JAKES ROBERTS is a pastor, entrepreneur, bestselling author, and founder of the Woman Evolve multimedia platform dedicated to engaging and empowering the modern woman of faith. Sarah is the daughter of Bishop T. D. Jakes and Mrs. Serita Jakes. Alongside her husband, Touré Roberts, she copastors ONE: A Potters House Church in LA. Together they have six beautiful children and reside in Los Angeles.

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