

SMALL GROUP GUIDE

THIS BOOK IS a stand-alone resource for all readers, but if you feel led to facilitate a small group in your home or church, below are some guidelines to ensure a successful and meaningful experience.

1. As women enter, consider having worship music playing, because it will set a peaceful tone in the room.
2. The ideal size of a small group is six to seven women. If you're planning to do this with a large group of women, divide them into these smaller-sized groups and choose a discussion leader for each table.
3. Be sure to let your group know you are hosting the group, but you are not a professional counselor. You are not responsible for solving everyone's relationship issues. As questions arise, if you don't know the answer, look to God's Word and let the group know you'll get back to them.

4. Don't let yourself or others give advice outside of biblical guidelines.
5. Address the issue of covering your men and not oversharing. Attendees should avoid humiliating the men in their lives by revealing too much.
6. Let women know they should each keep their responses to questions of no more than three or four minutes each, so everyone has an opportunity to share.
7. At the end of each group session, spend time praying for each other's concerns and relational challenges.
8. Use the outline/recap of each chapter, which begins on page 193, as a reference to upcoming topics.
9. If you are planning on serving refreshments, arrange to have people alternate bringing snacks and drinks each week.
10. Feel free to make a copy of this guide and distribute it to everyone in your group.

Consider letting Sheri Rose lead your group using the companion *Your Heart's Desire* DVD, which includes a seven-week Bible study series, coming out in fall 2012. If you'd like to find out more about Sheri Rose and her teaching ministry, visit www.biblelifecoaching.com.



For I am about to do something new. See, I have already begun! Do you not see it? I will make a pathway through the wilderness. I will create rivers in the dry wasteland.

ISAIAH 43:19

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TREASURE OF TRUTH

REAL CHANGE HAPPENS WHEN WE BEGIN THE
CHANGE WE LONG TO SEE.



Love Questions for Your Small Group

1. What is your heart's desire for your relationship with a man?
2. Do you ever feel that God is letting you down in your key relationships? If so, how do you deal with your doubt and confusion?
3. Ask one another, "How can we pray for a man in your life?" Then set aside time to bring your requests and as a group lift up your men before the Lord.

Love Question Online with Sheri Rose



What if my husband has no desire to rebuild?

Snap the code with your smartphone or visit the link for Sheri Rose's insights.

www.tyndal.es/YourHeartsDesire1

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*For your royal husband delights in your beauty;
honor him, for he is your lord.*

PSALM 45:11

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TREASURE OF TRUTH

YOU DO NOT NEED A MAN TO PUSH THE
"PLAY BUTTON" FOR YOUR LIFE TO BEGIN.



Love Questions for Your Small Group

1. What lessons did Sheri Rose learn from her triple engagement?
What did you learn from her FYIs in the story?
2. What do you think of the wise woman's love checklist under Love
Coaching on page 25?

Love Question Online with Sheri Rose

Is there only one man God has selected for me? If so,
what if I missed him?



Snap the code with your smartphone or visit the link for Sheri Rose's insights.

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*If you are suffering in a manner that pleases God,
keep on doing what is right, and trust your lives to
the God who created you, for he will never fail you.*

I PETER 4:19

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TREASURE OF TRUTH

WHEN YOU'RE TOO WEAK TO RUN,
HE WILL CARRY YOU TO THE FINISH LINE OF YOUR FAITH.



Love Questions for Your Small Group

1. At the end of your life, what do you want to be remembered for?
2. What are some changes you may need to make in order to leave that legacy?

Love Question Online with Sheri Rose

If I have no will or fight left inside me, how can
I leave a legacy?



Snap the code with your smartphone or visit the link for Sheri Rose's insights.

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*There are different kinds of spiritual gifts,
but the same Spirit is the source of them all.*

I CORINTHIANS 12:4

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TREASURE OF TRUTH

THE BEAUTY IN OUR DIFFERENCES IS
FOUND WHEN WE LEARN TO EMBRACE THEM.



Love Questions for Your Small Group

1. What is your weakness when it comes to working through conflict?
2. What are some things that you have found help you work through conflict?

Love Question Online with Sheri Rose

What should I do if I cannot resolve the conflict with
my man?



Snap the code with your smartphone or visit the link for Sheri Rose's insights.

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Get out! Get out and leave your captivity, where everything you touch is unclean. Get out of there and purify yourselves, you who carry home the sacred objects of the LORD.

ISAIAH 52:11

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TREASURE OF TRUTH

YOU CAN'T PURIFY A MAN, BUT YOU CAN PURIFY
YOURSELF. YOU CAN'T CHANGE A MAN,
BUT YOU CAN INFLUENCE HIM.



Love Questions for Your Small Group

1. How did God speak to you personally through this chapter?
2. What are some ways you've found to dress yourself (and your daughters) stylishly yet modestly?

Love Question Online with Sheri Rose

What if the things I read, watch, and wear don't affect how pure *I* feel?



Snap the code with your smartphone or visit the link for Sheri Rose's insights.

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May you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is.

EPHESIANS 3:18

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TREASURE OF TRUTH

HOW YOU FEEL ABOUT YOURSELF WILL
NEVER CHANGE GOD'S LOVE FOR YOU.



Love Questions for Your Small Group

1. If you struggle with this issue, why do you think you feel unworthy of love?
2. What are some things we can do to embrace our heavenly Father's love for us?

Love Question Online with Sheri Rose

How should I respond to a loved one who feels unworthy of my love?



Snap the code with your smartphone or visit the link for Sheri Rose's insights.

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Those who look to him are radiant; their faces are never covered with shame.

PSALM 34:5, NIV

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TREASURE OF TRUTH

IT IS NOT ABOUT WHAT WE HAVE DONE
BUT WHAT HAS BEEN DONE FOR US ON THE CROSS!



Love Questions for Your Small Group

1. Sheri Rose describes shame as a prison door that can keep our hearts locked up forever (see page 85). What is your definition of shame?
2. Choose one of the Scriptures in this chapter that you think speaks most powerfully to the person who struggles with shame. Why do you find it meaningful?

Love Question Online with Sheri Rose

What if someone in my life won't let me forget the shameful thing I've done?



Snap the code with your smartphone or visit the link for Sheri Rose's insights.

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Care for the flock that God has entrusted to you. Watch over it willingly, not grudgingly—not for what you will get out of it, but because you are eager to serve God.

I PETER 5:2

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TREASURE OF TRUTH

THE MAN IS THE CAPTAIN, AND THE WOMAN
IS THE RADAR. BOTH ARE NEEDED TO
NAVIGATE A FAMILY'S WAY THROUGH LIFE.



Love Questions for Your Small Group

1. Why do you think the women of this generation have become such powerful leaders in the home and the workplace?
2. What are some creative ways we can inspire our men to become great leaders again?

Love Question Online with Sheri Rose

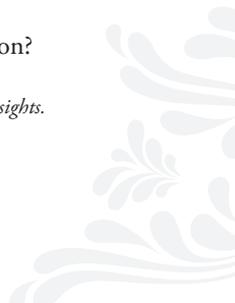
What if my man never steps into his leadership position?



Snap the code with your smartphone or visit the link for Sheri Rose's insights.

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Now, my son, may the LORD be with you and give you success. . . . And may the LORD give you wisdom and understanding, that you may obey the Law of the LORD your God. . . . For you will be successful if you carefully obey the decrees and regulations that the LORD gave to Israel through Moses. Be strong and courageous; do not be afraid or lose heart!

I CHRONICLES 22:11-13

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TREASURE OF TRUTH

THE BRAVEST BATTLES ARE NOT FOUGHT ON THE MAPS OF THIS WORLD; THEY ARE FOUGHT BY THE MOTHERS OF MEN.



Love Questions for Your Small Group

1. Do you ever struggle with fears that you might fail as a mother or a mother figure to the kids in your life? What do you think is at the root of your anxiety?
2. What would you like to see the body of Christ do to provide godly role models for fatherless boys and girls?

Love Question Online with Sheri Rose



What if my son is grown and I feel like I have failed as a mom?

Snap the code with your smartphone or visit the link for Sheri Rose's insights.

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*Build up, build up, prepare the way,
Remove every obstacle out of the way of My people.*

ISAIAH 57:14, NASB

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TREASURE OF TRUTH

AS PAINFUL AS IT IS TO PUSH THROUGH THE PAIN,
IT'S EVEN MORE PAINFUL TO WASTE IT.



Love Questions for Your Small Group

1. Is there really any benefit to blame, bitterness, and unforgiveness?
If so, what is it?
2. How did God speak to you in this chapter when it comes to rebuilding?

Love Question Online with Sheri Rose

What does an act of forgiveness really look like when it's lived out?



Snap the code with your smartphone or visit the link for Sheri Rose's insights.

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*Place me like a seal over your heart,
like a seal on your arm.
For love is as strong as death,
its jealousy as enduring as the grave.
Love flashes like fire,
the brightest kind of flame.*

SONG OF SONGS 8:6

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TREASURE OF TRUTH

ROMANTIC EXPRESSIONS OF LOVE ARE THE
PERFECT GIFT EXCHANGE BETWEEN A MAN AND WIFE.



Love Questions for Your Small Group

1. Why do you think so many Christians' marriages lack romance?
2. What actions could you take to better express love to your man and help him express love to you?

Love Question Online with Sheri Rose



What if my husband is not the romantic type?

Snap the code with your smartphone or visit the link for Sheri Rose's insights.

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We love each other because he loved us first.

I JOHN 4:19

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TREASURE OF TRUTH

TO FORGET THE FORMER THINGS, WE WILL HAVE TO
LEAVE OUR PAST WHERE IT BELONGS . . . AT THE CROSS.



Love Questions for Your Small Group

1. What do you think about Alice's decision to return to her husband?
2. Do you know of any relationships for which our group should be praying for reconciliation? Discuss this with this group, and then spend some time praying for these relationships.

Love Question Online with Sheri Rose

What should I do if my children refuse to forgive the man who hurt me?



Snap the code with your smartphone or visit the link for Sheri Rose's insights.
www.tyndal.es/YourHeartsDesire12

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Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity.

COLOSSIANS 3:13-14, NIV

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TREASURE OF TRUTH

HONOR IS A BEAUTIFUL ATTITUDE THAT ADDS
VALUE TO ALL THOSE WE LOVE AND CREATES
AN ENVIRONMENT THAT GLORIFIES OUR GOD.



Love Questions for Your Small Group

1. Describe your reaction to the letter of repentance Sheri Rose read to the men at the conference “What Women Want.”
2. What are some creative ways that we can bring honor for our men back into our homes and society?

Love Question Online with Sheri Rose

Is it possible for me to confront my man without dishonoring him? If so, how?



Snap the code with your smartphone or visit the link for Sheri Rose's insights.

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*Let us be glad and rejoice, and let us give honor to him.
For the time has come for the wedding feast of the Lamb,
and his bride has prepared herself.*

REVELATION 19:7

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TREASURE OF TRUTH

HIS LOVE FOR US IS AN EVERLASTING
LOVE THAT WILL NEVER COME TO AN END!



Love Questions for Your Small Group

1. As you read the wedding vows to Christ, which promise was the hardest for you to make?
2. How does it feel to know you're the bride of Christ and that you will spend eternity with Him in heaven?

Love Question Online with Sheri Rose



How I can have an intimate relationship with an invisible God?

Snap the code with your smartphone or visit the link for Sheri Rose's insights.

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CHAPTER HIGHLIGHTS TO HOLD ON TO

I. Desiring a “Happily Ever After”

FIGHTING THE TEMPTATION TO GIVE UP ON LOVE
AND MARRIAGE

Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.

I CORINTHIANS 13:7

I don't know where you stand today with the man you love or loved—or whether you are single, divorced, separated, or widowed. Still, I ask you to consider taking a step of faith with me and begin building a new foundation of love.

I have discovered that healing can begin and hope is restored if we use our pain to bring change and allow God to give us a picture bigger than our own wants and desires. We can use our mistakes to make us wiser and our pain to make us passionate to devote our lives to a purpose greater than our own personal happiness.

We can think about it this way. Even if we have lost all faith in all men or the man we once loved, we can keep faith

in our Lord, who showed this love by offering His life for us on a cross and who longs to meet our deepest heart's desire . . . to be loved and give love!

2. Desiring a Godly Man to Marry (for Singles)

FIGHTING NOT TO SETTLE FOR LESS THAN GOD'S
BEST FOR ME

The LORD directs the steps of the godly. He delights in every detail of their lives.

PSALM 37:23

If you are single, I don't want you to settle for second best, so keep this list in the forefront of your mind. You might even consider printing it out and putting it in your Bible.

The wise woman's love checklist:

1. Look at the way a man loves his mother, because it is the way he will eventually love his wife.
2. Pay attention to the way he reacts when there is stress or conflict.
3. Meet his friends, keeping in mind that the people he hangs with are a reflection of his heart.
4. Pay attention to what your good friends see in him, because often those who love you can see better than you can see when you're falling in love.
5. Look at what he reads and what he watches on television, because they will be a reflection of his moral fiber.

6. Do your best not to be too physical, because it will cloud your vision and confuse your heart.
7. It is imperative that he respects your boundaries without challenging them.
8. Ask him to pray for you often, because you will need a man who knows how to cover you in prayer.
9. Ask yourself whether you feel at home when you're with him or whether you act like someone you're not to get him to like you.
10. Before you say "I do," go through premarital counseling with a pastor.

3. Desiring to Leave a Legacy for My Loved Ones

FIGHTING TO GIVE AN EVERLASTING BLESSING TO MY
BROKEN FAMILY

I have fought the good fight, I have finished the race, I have kept the faith. Now there is in store for me the crown.

2 TIMOTHY 4:7-8, NIV

The way we face and fight our battles in this life will become our legacy. Maybe we're not living the life we dreamed about, but the legacy isn't about getting what we want; it is about giving what we have.

What good is getting our way, if we are not doing God's will? The greatest testimony is not how we start but how we finish . . . in God's strength you and I can leave a legacy of faith!

4. Desiring God's Design That Me and My Man Become One

FIGHTING TO FIND A HEART CONNECTION
IN OUR DRAMATIC DIFFERENCES

As iron sharpens iron, so one person sharpens another.

PROVERBS 27:17, NIV

Many times we react to what we feel, not what is real, and if we are hurting we rarely react in a way that will bring resolution.

Let's pray for perspective so we will not lose sight of what we're fighting for. Conflict comes no matter whom we marry. We may be fighting about different things with different men, but there will always be major differences between men and women. The key is not to try to change one another but to discover how to become one. The beauty of our differences will be found when we learn to embrace them.

5. Desiring God to Give Me the Power to Remain Pure

FIGHTING TO FIND THE BENEFITS AND
BLESSINGS OF PURITY

Run from sexual sin! No other sin so clearly affects the body as this one does. For sexual immorality is a sin against your own body.

1 CORINTHIANS 6:18

It isn't fair for us to expect our men to remain pure when we are using their weakness—our bodies—to grab their

attention so we can feel good about ourselves. Many of us are doing more than grabbing their attention; we're taking their focus off their families for our own benefit. I don't mean to be harsh, but how many more men have to fall before we wake up? How will our sons and daughters find the strength to remain pure and experience a pure love if no one leads the way? Something has to change, and it has to start with us.

With that said, you and I shouldn't beat ourselves up for the past. Our amazing God gives us amazing grace, mercy, and new beginnings. We are His princesses, and our purity can begin today. He loves us and will do great things through us if we will purify ourselves for His glory from this day forward!

6. Desiring to Give and Receive Love

FIGHTING FEELINGS OF WORTHLESSNESS

May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God.

EPHESIANS 3:19

How we feel will never change how our heavenly Father feels about you and me. Our hearts will always deceive us, but God's truth will clear the way so we can see our value through heaven's eyes.

I don't know where you've been or what hinders you from believing you are worthy of love, but I do know the Lord gave His life to prove your worth. And you are indeed worthy to receive His great love for you.

7. Desiring to Embrace My New Life in Christ

FIGHTING THE ENEMIES OF SHAME, GUILT, AND REGRET

At that moment their eyes were opened, and they suddenly felt shame at their nakedness. So they sewed fig leaves together to cover themselves.

GENESIS 3:7

As hard as it is to believe, God truly can take even shameful things we have done and somehow use them for His glory. We don't have to continue to live in shame any longer. Yes, we live in a fallen world, and yes, we sometimes fall into the temptations of this world. The truth is we are more than the mistakes we make, and it isn't just about what we have done. It is about what has been done for us on the cross!

8. Desiring to Become a Woman My Man Can Lead

FIGHTING TO LET GO AND TRUST HIS LEADERSHIP

But there is one thing I want you to know: The head of every man is Christ, the head of woman is man, and the head of Christ is God.

I CORINTHIANS 11:3

God created men to be the captains of the ship, and we women are the radar. He is the head . . . we are the neck that turns the head.

We have two challenges going on at the same time.

Our men want to lead but don't feel they can lead well, and we want our men to lead but don't feel we can trust their leadership.

Even if we can lead better, what are we accomplishing if we are crippling them from being the leaders they are called

to be? No matter how it appears, every man wants to be a strong leader, but many men are never given the chance to step into their God-appointed position.

9. Desiring My Son to Grow to Become a Man of Faith

FIGHTING MY FEARS OF FAILING AS HIS MOTHER

And she made this vow: "O LORD of Heaven's Armies, if you will look upon my sorrow and answer my prayer and give me a son, then I will give him back to you. He will be yours for his entire lifetime."

I SAMUEL 1:11

I know it's hard to believe our sons will ever be victorious over the temptations of this world. After all, so many men have been defeated by the giants of pornography, money, lust, and selfish living. We will need to pray and prepare our boys for battle so they see the giants from David's perspective.

David didn't see the giant as too big to hit . . . he saw him as too big to miss!

10. Desiring a Miracle to Build a New Foundation of Love

FIGHTING TO FIND A RENEWED PASSION,
PURPOSE, AND PLAN

You know very well what trouble we are in. Jerusalem lies in ruins, and its gates have been destroyed by fire. Let us rebuild the wall of Jerusalem.

NEHEMIAH 2:17

I know it is hard to believe one person's love and reaction to the ruins of relationships will help rebuild our broken society; however, the rebuilt wall of Jerusalem was accomplished one stone at a time. Our God can and will rebuild a beautiful life out of any willing broken heart. He will use one sacrificial choice, one act of forgiveness, one sincere repentant heart, one woman who is willing to step out in faith and start rebuilding from the wreckage.

The truth is, we all hold a stone from the wreckage of relationships. Even if it is not our own relationship with a man, we are affected by the wreckage of our society's divorce rate and so are our children. It's time to stop talking about the ruins of relationships and start praying for the passion and wisdom to start rebuilding.

II. Desiring Expressions of Love and Romance in My Marriage

FIGHTING TO REMAIN FAITHFUL IN MY HEART

*How lovely are your cheeks;
your earrings set them afire!
How lovely is your neck,
enhanced by a string of jewels.
We will make for you earrings of gold
and beads of silver.*

SONG OF SONGS 1:10-11

I wonder how many affairs would not happen if husbands and wives were filling each other up instead of taking each other for granted. How much more would we be able to

influence the world around us to believe in marriage again if we would publicly display our love for one another? What an amazing witness that would be!

12. Desiring to Believe God Can Change a Man and Save a Marriage

FIGHTING TO FORGIVE AND FORGET THE FORMER THINGS

*Forget the former things;
do not dwell on the past.
See, I am doing a new thing!*

ISAIAH 43:18-19, NIV

A broken man can become a better man if he is given a chance. If a man is sincerely wounded, repentant, and wants to rebuild his life with his wife, it may be worth giving him another chance. It takes great courage for a man to come out of hiding and face his family, confess his sin, and cling to his wife again.

It would be a tragedy to let other women reap the benefits of the pain we had to go through when our men hurt us.

13. Desiring to Glorify God by Showing Honor and Respect

FIGHTING THE FRUSTRATION CAUSED BY DISHONORABLE ACTIONS AND ATTITUDES

Respect everyone, and love your Christian brothers and sisters. Fear God, and respect the king.

1 PETER 2:17

When we honor others, we are honoring our God.

Even if our men don't change, our hearts will remain untainted by their actions because of our obedience. There is something more powerful in doing the right thing than acting out disrespectfully.

When we honor and respect someone with our attitude and our actions, we help him to see who he can become and we protect ourselves from becoming like him.

14. Desiring to Surrender My Whole Heart to My Lord

FIGHTING TO GIVE UP MY WANTS FOR GOD'S
WILL IN MY LIFE

*And I saw the holy city, the new Jerusalem, coming down from God
out of heaven like a bride beautifully dressed for her husband.*

REVELATION 21:2

I know it's hard to say "I do" and "I will" when you have stood in the gap for your marriage and believed God for restoration and it never happened, or if you're single and you've believed God for an amazing husband and all you've met are men who have let you down.

The truth is, you are a beautiful chosen bride of Christ. And in this life there will be trouble, but you have a real Prince. His name is Jesus, and He has felt every pain you've ever experienced. He endured rejection and crucifixion so you would have the power to finish your life and have everlasting life with Him.

YOUR HEART'S DESIRE

As we close our time together, I would like to invite you to document for yourself and your Lord your heart's desire for the following things . . .

- Your heart's desire for your legacy

- Your heart's desire for your loved ones

- Your heart's desire for how you want your life to be remembered by those who watched you live out your faith

YOUR HEART'S DESIRE

Write out a love letter or a prayer to your Lord.

*Delight yourself in the LORD;
and He will give you the desires of your heart.*

PSALM 37:4, NASB