

# REAL Women Covenant Online Study



## REAL Women: Our Mission

The goal of REAL Women is to walk with women in every stage of life and encourage them to become passionate and productive followers of Christ.

## REAL Women: Our Purpose

REAL Women exists to promote spiritual and personal growth through meaningful relationships and the study of God's Word. The following four principles will help us get the most out of our time together and the study of His Word.

### RELATIONSHIPS

We desire to build an authentic community where women are connected to each other and friendships have the opportunity to grow. Each week we will take time to share what is happening in our lives.

*Because we loved you so much, we were delighted to share with you not only the gospel of God but our lives as well. 1 Thessalonians 2:8*

### ENCOURAGEMENT

We want to encourage each woman to see herself as Jesus does and to use the gifts God has given her to further His kingdom. We will build one another up. Prayer, encouragement, listening, challenging one another, and meeting real needs are some of the ways we can encourage one another.

*Therefore encourage one another and build each other up, just as in fact you are doing.*

*1 Thessalonians 5:11*

### AUTHENTICITY

We will strive to create an environment where we can be honest with ourselves and vulnerable with each other. We are not here to boast of how much of the bible we know or how holy we are. Rather, let's be honest with ourselves, and vulnerable with each other. There is no expectation of any of us to know where all the books of the Bible are, how to pronounce every word in our text, or even know all of the Bible stories. No one here is perfect and we all have made mistakes that we can learn from. We are in this to learn together and support one another on this journey.

*Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort,<sup>4</sup> who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. 2 Cor. 1:3-4*

### LOVE

We hope to be known by our love for God, His word and the world around us. Spiritual growth is fostered not only by what we gain through the support and input of others, but also through serving others. We will use our God given gifts to be the hands and feet of Jesus to one another and the community around us.

*If I speak in the tongues of men, but do not have love, I am only a resounding gong or a clanging symbol. 1 Corinthians 13:1*

## Commitments, Boundaries and Guidelines

For our group to be healthy, we need to...

1. **Make every effort to attend REAL Women each week.** We recognize that we all are part of the priesthood of Jesus Christ, and that He wants to use us to speak into each other's lives. We can't be used if we are absent. If there's an emergency and we cannot attend we will call, text or, email our leader.
2. **Make every effort to come to REAL Women each week prepared to discuss the current study.** Everyone is in a different season of life and some will have more time to do our study. We know that the more we invest in our study, **the more we will get out of it**, and the more we can be used to inspire and sharpen one another. If we have not finished our homework we will still participate in our virtual Zoom, REAL Women meeting. We understand that we serve a graceful God, and that we can still benefit and glean from our time together.
3. **Treat each other with respect.** We will listen to one another actively, and not carry on side conversations, text or, multi-task during our time together. We will accept one another without judging, and **we will refrain from offering advice unless we are asked.** We want everyone to be themselves without concern of being corrected or advised.
4. **Keep everything that is shared in our groups confidential.** We want everyone to feel confident that they can be vulnerable with their hurts, history, and needs and know that they will not be talked about. We only want to build people up in this group.
5. **Take care of one another.** Beyond caring for someone in a crisis with prayer, encouragement, listening and/or meals (*while adhering to social distancing guidelines*), we will care for our group each week. We will help our leader by striking the right balance of sharing our thoughts without dominating the conversation. We can only learn from each other if we are willing to share our thoughts, and everyone needs a chance to do that as they feel comfortable.
6. **Online Meeting Etiquette.** Be on time. Take turns speaking. Mute yourself when not speaking. Be aware of your background noise and if it's going to bother any other participants who are on the call/virtual meeting.

## REAL Women: Details

1. **Dates:** We meet virtually on Zoom or, Hybrid (*while adhering to social distancing guidelines*), for \_\_\_\_weeks. Our final meeting this season will end the week of Dec 6<sup>th</sup>.
2. **Time:** Be on time and take turns speaking. Mute yourself when not speaking. Be aware of your background noise and if it's going to bother any other participants on the call.
3. **Study:** Our study is " \_\_\_\_\_ " by \_\_\_\_\_. Cost is: \$0. Please purchase your own, *Get out of Your Head*, Study Guide by Jennie Allen.
4. **Prayer:** No one will be forced to pray out loud in this group. As discussed above, everything said in this group, including what is said in prayer is confidential.
5. **Attendance:** We will make every effort to attend REAL Women each week with our homework complete. However, if we cannot come to a meeting, we will call, text or, email \_\_\_\_\_.