



SEASON 10 EP.10

Sister: Mean Girls— The Wounds Of Sisterhood



GROUP QUESTIONS

1. What stood out to you from this week's episode?
2. What makes you feel safe in relationships so that you're able to trust the other?
3. What vows or agreements—such as "I will never trust women" or "I can't trust women like I can men"—have you made because of the ways you were hurt by other women? Have you given Jesus permission to break these bonds?
4. Is there a relationship or situation where you have made assumptions about another woman's behavior or beliefs? How can you bring healing to this relationship through transparency and communication?

LECTIO DIVINA

"...When Elizabeth heard Mary's greeting, the baby leaped in her womb, and Elizabeth was filled with the Holy Spirit. In a loud voice she exclaimed: 'Blessed are you among women, and blessed is the child you will bear!...Blessed is she who has believed that the Lord would fulfill his promises to her!' And Mary proclaimed: My soul glorifies the Lord, and my spirit rejoices in God my Savior, for he has been mindful of the humble state of his servant. From now on all generations will call me blessed, for the Mighty One has done great things for me—holy is his name..." - Luke 1:39-56

JOURNAL QUESTIONS

1. Re-read the story of Hagar and Sarah in Genesis 16. What does God want to speak to your heart through this story.
2. What jealousy, fears, or comparisons cause you to assume the worst of other women? What would it look like to "fill that gap with trust?"
3. Take a moment to reflect on any memories that are brought to the surface during this episode. Where do you need healing from wounds caused by other women? Where do you need to repent or ask forgiveness for the ways in which you have wounded other women?

QUOTE TO PONDER

"None of us is completely free of this fierce tendency to grasp and control. Every woman has something in herself inherited from Eve, and she must search for the way from Eve to Mary. There is a bit of defiance in each woman which does not want to humble itself under any sovereignty. In each, there is something of that desire which reaches for forbidden fruit." - St. Teresa Benedicta of the Cross (Edith Stein)