

Colourful

LIVING





THIS BOOK BELONGS TO

name

cell

email

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INTRODUCTION

What a privilege to minister the truth and the love of Jesus Christ to ladies across the world! Our desire is for you to discover God through Jesus in a new and fresh way. Our desire is for you to discover who you are from His perspective. Our desire is for you to live in freedom. Our desire is for you to find new meaning and purpose in His mission for you and through you.

Colourful Living is a Bible study that aims to release the fullness of the colour of our God and His purposes in your life. Enjoy the impartation from the ladies in the Doxa Deo family.

Cherish is a Women's Ministry with a mission from God – to nurture, to love and to inspire... and to cherish the uncherished.

Deuteronomy 7:6 (MSG)

“...God, your God, chose you out of all the people on earth for Himself as a cherished, personal treasure.”

We would also love for you to engage the rest of the Doxa Deo ministry. We are a global movement with a calling to bring the transforming presence of our God to our cities.

We are a FAMILY ON MISSION who want to bring FAITH to those who are spiritually lost, LOVE to those who are in social pain and then also HOPE to restore what is broken in society.



HOW TO USE

We believe that a journey is well spent in the company of others, and that each and every woman carries within her the wisdom and the story to build up, invest in and challenge those around her. We would like to challenge you to be intentional during these coming weeks. Purposefully engage in the discussions, delve deep into your reflection times and keep an open heart to hear His voice above daily tasks and “to-do lists”.

This book is specifically made for you to take notes during the video sessions and to enjoy interactive reflection times at home. Get into the Word, write down your thoughts. Prayerfully consider the questions and allow the Holy Spirit to journey with you on these topics even weeks after the course has ended.

We want to encourage you to take notes, listen well, to connect with those around you in conversation and prayer and to take time at home to reflect and journal.

We trust that these actions will help you grow and step into this colourful life.

May you be inspired to follow through on this commitment of journeying with other ladies and be challenged to see yourself through His eyes.

Facilitator Note.

We want to urge you to not just engage your group or the content haphazardly, but to continually pray for each individual in your group. We pray that you will lead and listen well and that you will encourage each individual to pour into each other’s lives, Light, Life and Truth.





LIVING IN
Christ

CAROL-ANNE VAN LOGGERENBERG

WEEK ONE



LIVING IN CHRIST

What a joy it is to be a child of God!

What a privilege to be loved by Him with an everlasting love. His love has brought so much healing to my own life, and it constantly amazes me how vast and deep His love truly is.

I pray that you will have a greater revelation of God's love for YOU as we study this topic of our identity in Christ. I know the difference it made to my life once I realised that Jesus Christ defines my life.

I pray that your understanding of who you are in Christ will lead to a deepening in your relationship with the Lord, healing in the areas of your life where you really need restoration, and a fresh revelation of the fullness of who you are in Him.

I am excited about this week of study, and look forward to hearing what is on the Lord's heart for each one of us as we spend time in the Word together.

Carol-Anne


LET'S GET STARTED

In this week you will focus on who you are and who you become as you live in Christ Jesus.

Let's first get to know each other in our groups.

- What are your full names and how did you get them?
- Where did you grow up and how did it influence who you are today?
- What do you do just for fun?
- Share one thing that defines you today.

my notes



It's in Christ
that you find out
who you are and
what you are
living for.

Ephesians 1:11

WEEK 1
session
notes

GROUP DISCUSSION

- Share what spoke to you the most personally as you listened to Carol-Anne.
- Are you in a space where you are enjoying His love?
- Share one thing that you may want to change from here on out.
- What could be keeping you from accepting your new life and identity in Christ?



WEEK 1
interview
notes

RESPOND

Let us respond to our Father in a time of worship and prayer from the 'COMPLETE' album.



In Victory

GOD OF GRACE, YOU'VE GIVEN ME
YOUR PLANS OF HOPE AND I BELIEVE
THAT I AM HEALED, I'VE BEEN SET FREE
WITH CHRIST I STAND IN VICTORY

IN EVERY SEASON YOU ARE HERE
YOU CONQUERED DOUBTS,
YOU CAST OUT FEARS
AT THE CROSS MY LIFE AROSE
I REIGN IN JESUS CHRIST THE LORD

IT IS DONE,
IT IS DONE THE FINISHED WORK
OF CHRIST THE SON
IT IS DONE, I AM COMPLETE
WITH CHRIST I STAND IN VICTORY

I'M JUSTIFIED BY CHRIST THE SON
FOR ON THAT DAY SALVATION WON
I STAND COMPLETED IN YOUR GRACE
OH NOW I SEE YOU FACE TO FACE



PERSONAL REFLECTION

day one

Your spiritual birth is in response to God's love. He first loved us and on one particular day we responded to His invitation to a new life. Now I live irrespective of my circumstances, my environment, opinions of other people or the approval of people.

Ephesians 1:11

“It's in Christ that you find out who you are
and what you are living for.”

Answer these questions as you meditate on this scripture:

- Who am I?
- Who have I become?
- What defines me?
- Who do I want to be?

DAY 1
reflection
notes

PERSONAL REFLECTION

day two

John 1:12-13

“But to all who did receive him, who believed in his name, he gave the right to become children of God, who were born, not of blood nor of the will of the flesh nor of the will of man, but of God.”

Understanding your identity as a child of God starts with receiving and embracing the love of the Father. He calls me chosen, loved, and favoured.

Nothing I do can make this less true. None of my failures, mistakes or my disobedience, or even my behaviour can make me less loved by God. His love embraces all of me just as I am.

“Shame is the fear of being unworthy, and it adversely affects our relationship with God, ourselves, and others. It greatly hinders our ability to receive God’s unconditional love.”

- Christine Caine

List some of the things that spoke to you from this scripture and this quote.

DAY 2
reflection
notes

PERSONAL REFLECTION

day three

Paul says you are a new creation. You now have the nature of your Heavenly Father. You are of the same kind.

2 Corinthians 5:17

“Therefore, if anyone is in Christ, he is a new creation.
The old has passed away; behold, the new has come.”

I have a new way of living, new values and a brand-new mindset. I now represent a new family and a new culture. I choose to leave behind my old way of doing things and I want to embrace God’s way of thinking and God’s way of living.

List five values or habits that reflect your new life in Christ Jesus.

DAY 3
reflection
notes

EXTRA SCRIPTURES FOR THE WEEK

I am created in the image of God (Genesis 1:27)

I am saved by grace (Ephesians 2:5)

I am chosen (Ephesians 1:4)

I am redeemed and forgiven (Ephesians 1:7)

I am alive in Christ (Ephesians 2:5) and I am seated with Him (Ephesians 2:6)

I am blessed with every spiritual blessing in the heavenly places (Ephesians 1:3)

I am the righteousness of God in Christ (Romans 5:19)

I am holy and blameless (Ephesians 1:4)

I am an heir with Christ (Ephesians 1:11)

I am a member of His household (Ephesians 2:19)

I am His workmanship (Ephesians 2:10)

I am wonderfully made (Psalm 139:14)

I am in Christ. And Christ is in me (John 15:4).





LIVING IN
Wholeness

LEANA PLATT

WEEK TWO





LIVING IN WHOLENESS

Dear Lady-friend,

I am so excited that you have embarked on this personal journey of pursuing a life of wholeness!

To me, personally, there is nothing more attractive and beautiful than a woman who carries herself with a Godly confidence. My desire for you is that you will grow and mature in this confidence: of who you are in Christ; of living from a well-balanced, whole soul realm and of truly enjoying and unconditionally accepting your unique “earthly mobile home” - a.k.a. your body!

Your Father desires that you will live a life oozing abundant holiness and wholeness (see 1 Thessalonians 5:23) – that you will, in every area of your precious life, radiate and “advertise” the perfect price his son has paid which made it possible for you to live a whole life.

And remember - growing and maturing is a journey. I love the definition of the word journey: “travelling from one place to another, usually taking a rather long time; passage of progress from one stage to another.”

So, don't be hard on yourself in this beautiful journey of discovering wholeness... enjoy the journey and celebrate every little milestone in your pursuit of wholeness!

Leana

LET'S GET STARTED

Welcome to this study in wholeness and completeness.

Let's share something with each other.

Share with someone something funny that happened to you in front of a mirror.

my notes



Far Beyond

FAR BEYOND MY WILDEST DREAMS
FAR ABOVE WHAT I CAN SEE
YOU PROVIDE YOU PROVIDE

FAR BEYOND WHAT I COULD SPEAK
FAR ABOVE WHAT I COULD THINK
YOU PROVIDE YOU PROVIDE

I KNOW, THE DEPTH OF YOUR LOVE
SO WIDE, MORE THAN ENOUGH
I KNOW, THE DEPTH OF YOUR LOVE
SO HIGH, SO WIDE
IS YOUR LOVE, IS YOUR LOVE

FAR BEYOND THE THINGS I KNOW
FAR ABOVE MY HIGHS AND LOWS
YOU PROVIDE YOU PROVIDE

I'M LIVING IN YOUR STORY
TRUSTING IN YOUR PLANS
YOU HAVE GONE BEFORE ME
HOPE IS IN YOUR HANDS

WEEK 2
session
notes

GROUP DISCUSSION

- Share the discovery that spoke the most to you as you listened to Leana.
- How WELL are you at the moment? Mind, Body and Soul?
- Share one thing that you may want to change from here on.
- How do you get to a place of wholeness in a broken world?



WEEK 2
testimony
notes

RESPOND

Write on a mirror the words of affirmation of your identity from God's perspective.



MY WORDS OF AFFIRMATION

PERSONAL REFLECTION

day one

Mirrors have limitations ... they don't really portray WHO we truly are. You are so much more, you are in fact a spirit, who has a soul who happens to live in a body!

OUR SPIRIT

Christ fully paid the price for your restoration. You are saved and redeemed and made whole and alive in your spirit-being, to experience intimacy with the Father. When you fully grasp that you have been included in these truths, that you are fully associated IN Christ, then you can embark on becoming whole and mature in your spirit-being.

2 Corinthians 3:18 TPT

“We can all draw close to him with the veil removed from our faces. And with no veil we all become like mirrors who brightly reflect the glory of the Lord Jesus. We are being transformed into his very image as we move from one brighter level of glory to another. And this glorious transfiguration comes from the Lord, who is the Spirit.”

Consider these questions as you allow the Holy Spirit to speak to you from this scripture:

What does it tell me about God?

What does it tell me about myself?

What is the main thing that speaks to me?

What action does it require from me?

DAY 1
reflection
notes

PERSONAL REFLECTION

day two

The journey of wholeness in your soul is an ongoing one.

James 1:21 NKJV

“Receive with meekness the implanted word,
which is able to save your souls.”

Am I stuck in the GUILT cycle?

- Conviction
- Condemnation
- Repentance

Christ forever freed us from this exhausting cycle! We have been called to the Grace Cycle. Journal what the Holy Spirit shows you from these scriptures:

Run to what you know!

Romans 6:2 “We are those who have died to sin; how can we live in it any longer?”

Reckon yourself alive to a new way of life.

Colossians 2:13 “When you were dead in your sins, God made you alive with Christ.”

Present yourself to live a new and righteous life, align your thought patterns to the truth.

Romans 12:2 TPT “Stop imitating the ideals and opinions of the culture around you, but be inwardly transformed by the Holy Spirit through a total reformation of how you think. This will empower you to discern God’s will as you live a beautiful life, satisfying and perfect in his eyes.”

DAY 2
reflection
notes

PERSONAL REFLECTION

day three

Your body has the privilege to host and to be the carrier of a precious treasure: your immortal, imperishable spirit and your very unique soul.

1 Corinthians 6:19

“Your bodies are temples of the Holy Spirit, who is in you, whom you have received from God. You are not your own.”

Journal next steps that you want to take as you demonstrate your love for your body:

- Eat well
- Rest enough
- Keep moving
- Maintain my body as the temple of the Holy Spirit.

DAY 3
reflection
notes

EXTRA SCRIPTURES FOR THE WEEK

Romans 6

Ephesians 5:18

1 Peter 1:9

2 Corinthians 3:18

Colossians 1:17

Colossians 1:27

James 1:29

Romans 8:1

Romans 12:2

John 10:10

1 Thessalonians 5:23

1 Peter 5:10





A photograph of a tufted pink velvet chair on the left and a glass vase filled with a bouquet of pink, white, and blue flowers on a dark wooden side table on the right. The background is a plain, light-colored wall.

LIVING IN
Love

MIGNONNE DE JAGER

WEEK THREE



LIVING IN LOVE

I am about to let you glimpse into my personal story. When God challenged me to open up to you about my journey of 'living in Love,' I could not anticipate the challenge it would bring. I felt vulnerable, exposed, out of my depth, insecure and faced afresh with "the story I was telling myself."

Every one of us knows what it feels like to sometimes hit rock-bottom, but it becomes the place where we get face to face with the Rock of ages. It is here where He invites us to walk with Him through the archway of Trust. The place of surrender, where we no longer desperately want to control the outcome from a place of fear, but where we leave the outcome in His loving hands. Where HE becomes my enough! We are no longer overwhelmed by fear or pain, but we are overshadowed by His amazing grace, sheltered in His love-embrace.

It took me a long time to accept and love 'me', and not to hear the voice in my head shouting "never enough!" He does not expect perfection. Be found in Jesus Christ, and discover that He is more than enough!

Matthew 5 (MSG) encourages us to open up to others, by sharing our stories, it will prompt them to open up with God.

Allow His searching gaze into your heart.

Mignonne

LET'S GET STARTED

Welcome to our study: Living in Love.

Let's share something with each other:

Share with someone how you experience love in a personal way and when you feel loved.

my notes



Love has a way


FROM THE START,
YOUR LOVE HAS CALLED MY NAME
'TILL THE END, YOU WILL STAY THE SAME
THROUGH THE AGES TIME AND TIME AGAIN
GOD MY ROCK, WHO CAN STAND AGAINST

WHOHO! LOVE HAS A WAY X2

ON THE CROSS, THE RANSOM THAT YOU CHOSE
FROM THAT GRAVE MY DESTINY AROSE
BY YOUR LOVE EVERYTHING HAS CHANGED
GOD MY ROCK, WHO CAN STAND AGAINST?
GOD MY ROCK, WHO CAN STAND AGAINST?

WHOHO! LOVE HAS A WAY X2

LOVE HAS A WAY THROUGH THE FIRE
LOVE MADE A WAY THROUGH THE STORM
FOREVER YOUR LOVE IS RELENTLESS
NOTHING IMPOSSIBLE
FOR THIS I KNOW YOUR LOVE IS MY HOPE



WEEK3
session
notes

GROUP DISCUSSION

- Share the discovery that spoke the most to you as you listened to Mignonne.
- Share one action that you need to take from here on.
- What is your default in how you respond to God's love? How do you react?
- What does your 'self-protection program' look like?



You know me

PLACED WITHIN YOUR ARMS
SAFE AND OUT OF HARM
HOW YOU KNOW ME, GOD YOU OWN ME

FACED WITH ALL YOU ARE
MY TRUST IS IN YOUR HEART
HOW YOU SEE ME, GOD YOU LEAD ME
OH YOU LOVE ME AND YOU HOLD ME
YOU WON'T LET GO

OH YOU KNOW ME YOU ADORE ME
YOU WON'T LET GO, YOU WON'T LET GO

WITH EVERYTHING INSIDE OF ME
THERE'S NOWHERE I WOULD RATHER BE
THAN IN YOUR ARMS, HERE IN YOUR ARMS

OH YOU LOVE ME AND YOU HOLD ME
YOU WON'T LET GO

OH YOU KNOW ME YOU ADORE ME
YOU WON'T LET GO, YOU WON'T LET GO



RESPOND

Respond after the dance video in a time of prayer and ministry.



WORD THAT I RECEIVED

PERSONAL REFLECTION

day one

We have been designed and called to live in Love!
To know Love. Our brains have been wired for Love.

Ephesians 5:1-2 (MSG)

“Watch what God does, and then you do it, like children who learn proper behaviour from their parents. Mostly what God does is love you. Keep company with him and learn a life of love. Observe how Christ loved us. His love was not cautious but extravagant. He didn’t love in order to get something from us but to give everything of himself to us. Love like that.”

Look back over your life from birth in increments of 5 years.
Make notes of how you remember God demonstrating His love to you in each season.

DAY 1
reflection
notes

PERSONAL REFLECTION

day two

When we open our hearts to surrender to His Love, it comes in like a flood and washes over us. LOVE renews our mind. Just as the earth is thirsty for rains – we need to soak in His presence and drink in His love.

Ephesians 3: 16-19 (Amplified Bible, Classic Edition)

“May He grant you out of the rich treasury of His glory to be strengthened and reinforced with mighty power in the inner man by the [Holy] Spirit [Himself indwelling your innermost being and personality]. May Christ through your faith [actually] dwell (settle down, abide, make His permanent home) in your hearts!

May you be rooted deep in love and founded securely on love, That you may have the power and be strong to apprehend and grasp with all the saints [God’s devoted people, the experience of that love] what is the breadth and length and height and depth [of it]; [That you may really come] to know [practically, through experience for yourselves] the love of Christ, which far surpasses mere knowledge [without experience]; that you may be filled [through all your being] unto all the fullness of God [may have the richest measure of the divine Presence, and become a body wholly filled and flooded with God Himself]!”

Pray about possible barriers that are keeping you from receiving and celebrating God’s love for you.

DAY 2
reflection
notes

PERSONAL REFLECTION

day three

He is calling us to live expansive lives – not timid lives lived in FEAR, not hiding away – but lives out in the OPEN to be seen – full of LIGHT. Arise and SHINE, my daughter! Arise from the depression and prostration in which circumstances have kept you (Isaiah 60:1) – rise to a new LIFE. Rise to a life of LOVE. For the GLORY of the LORD, the revelation of HIS LOVE has risen upon you.

1 Corinthians 16:14 AMP

“Let everything you do be done in love [motivated and inspired by God’s love for us].”

It’s not an easy love – it’s COURAGEOUS.

“God is love.” When we take up permanent residence in a life of love, we live in God and God lives in us.

List some of the people who you believe need Godly love through you. Make a note of one thing that you would like to do next to go and show God’s love to them.

DAY 3
reflection
notes

EXTRA SCRIPTURES FOR THE WEEK

1 John 1 (Amplified)

Ephesians 5:1-2

Ephesians 3:16-19

Psalm 51:16-17

1 Corinthians 16:13-14

1 John 4:16-18

1 Peter 4:8

Colossians 3:14

1 John 4:19

1 Corinthians 13

1 John 3:1





LIVING IN
Freedom

ANTOINET VIVIERS

WEEK FOUR





LIVING IN FREEDOM

Dearest Girlfriend,

What an honour to share a small part of myself with you. I trust that Jesus will take you on a journey of freedom. That is what He wants for us!

John 8:32 (TPT)

“If you embrace the truth, it will release more freedom in your lives.”

We all have travelled, and we all know too well that we love sometimes packing WAY TOO MUCH. In a certain sense we do that in life as well. We sometimes pack things into our bags that God didn't intend for us, things that He didn't desire for us and then your suitcase becomes too heavy.

Allow Him to free you from unnecessary baggage. You have a wonderful future ahead of you.

Sit with Him. Unpack. BE FREE!

Love

Antoinet

LET'S GET STARTED

Welcome to this study of how we can be living in freedom.

Get your bag and let's see what we have in there:

- Show each other your most treasured item.
- Show your least used item.
- Show your funniest item.
- Share a story of something funny or frustrating that happened to one of your bags.

my notes



Fearless

THERE'S A TIME WHEN I WAS IN THE COLD
WELL THAT'S A STORY THAT NEEDS TO BE TOLD
YOU CARRIED ME

YOU SAID: LIFT UP YOUR HEAD, CHILD
IT MAKES ME HAPPY TO SEE YOU SMILE,
SEE YOU SMILE

NOW I FACE MY FEARS WITH YOUR STRENGTH
YOU STRENGTHEN ME AND CALL ME BY NAME,
BY MY NAME

REVEAL YOUR LOVE, POUR OUT YOUR PEACE
UNVEIL MY EYES TO SEE WHAT YOU SEE
I'M FEARLESS

THERE'S A TIME WHEN I DIDN'T HAVE ANY HOPE
BUT THE MOMENT THAT YOU SPOKE
YOU CHANGED EVERYTHING

YOU SAID: LOOK INTO MY EYES
AND STOP BELIEVING THE LIES
YOU'RE GREATER THAN THAT

NOW I FACE MY FEARS WITH YOUR STRENGTH
YOU STRENGTHEN ME AND CALL ME BY NAME,
BY MY NAME

REVEAL YOUR LOVE, POUR OUT YOUR PEACE
UNVEIL MY EYES TO SEE WHAT YOU SEE
I'M FEARLESS

WHEN LOVE, WHEN LOVE TAKES OVER
THERE'S NO ROOM FOR FEAR
JESUS, YOU'RE HERE

WEEK4
session
notes

GROUP DISCUSSION

- Share the discovery that spoke the most to you as you listened to Antoinet.
- Are you experiencing His Freedom?
- What suitcases are you carrying that are getting too heavy to manage?



WEEK4
panel discussion
notes

RESPOND

Go and kneel at one of the suitcases and allow some of the ladies to pray with you as you allow the Holy Spirit to minister to your heart.



WORD THAT I RECEIVED

PERSONAL REFLECTION

suitcase one

SHAME AND GUILT

Journal about the experiences of your past that made you feel ashamed; what may have happened or what people said that made you feel you are not good enough. Maybe you also felt that you are in a world where you don't fit. Which dreams may have died because of it?

Romans 5:1

“Our faith in Jesus transfers God’s righteousness to us and he now declares us flawless in his eyes. This means we can now enjoy true and lasting peace with God, all because of what our Lord Jesus, the Anointed One, has done for us. Our faith guarantees us permanent access into this marvellous kindness that has given us a perfect relationship with God. What incredible joy bursts forth within us as we keep on celebrating our hope of experiencing God’s glory!”

Make a list of the truths that speak life over your soul.

DAY 1
reflection
notes

PERSONAL REFLECTION

suitcase two

PERFORMANCE AND INSECURITIES

Think about all the pressure on you to make your life work. Think about all the ways you perform to be accepted by others. Try and define every element of your life where you know it is mostly a show.

When I fix my eyes back on Jesus, I recall that He is the author and finisher of my faith (Heb. 12:2) and will lead me to a beautiful destination — a destination that will bring him glory. I have no need to anxiously distrust him and fear what is written in my chapters ahead. I can rely on his faithfulness as a Shepherd to guide me to the end. I can depend on him, because I know that “for those who love God all things work together for good, for those who are called according to his purpose.”

Take the time to list ten things that you are deeply grateful for and from which you realise Jesus is writing beauty into your story.

DAY 2
reflection
notes

PERSONAL REFLECTION

suitcase three

What are the voices you allow in your life? List the names and comments that you feel may have defined you up to now.

Galatians 5:1

“At last we have freedom, for Christ has set us free! We must always cherish this truth and firmly refuse to go back into the bondage of our past.”

Every scar has a story

© Kristina M. DeCarlo

EVERY SCAR HAS A STORY.

WHAT WILL MINE TELL?

WHAT WILL COME OF THIS WHEN I'M BETTER,
WHEN I'M WELL?

I WANT MY SCAR TO TELL OF
HOW I'VE OVERCOME,
OF HOW I MADE IT THROUGH,
OF WHERE I HAVE COME FROM.

I WANT MY SCAR TO WHISPER
ABOUT THE PAIN I FACED,
ABOUT THIS VERY HARD TIME,
ABOUT THE MARATHON I RACED.

BUT MOSTLY I WANT MY SCAR TO SPEAK
OF SOMETHING GREATER
I WANT IT TO SHOUT ABOUT MY LIVING CREATOR.

LET MY SCAR BE EVIDENCE
THAT THERE IS A LOVING LORD
WHO FOUGHT MY SCARY BATTLES
AND ON WHOSE WINGS I SOARED.

LET MY SCAR PROCLAIM
THAT ALL THINGS WORK FOR GOOD,
THAT BY MYSELF I COULDN'T
BUT WITH MY GOD I COULD.

LET THEM TAKE A LOOK.
LET THEM PEEK AND SEE.
MY SCAR SHOWS GOD IS GREAT.
IT POINTS TO HIM, NOT ME.

Pray that your Good Father will show you which voices
are from Him.

List the statements that reflect God's heart for you.



DAY 3
reflection
notes

PERSONAL REFLECTION

suitcase four

FALSE SECURITY

You may have built a life that gives you a sense of control. And it could burden or consume and even destroy you. Sometimes the darkest moments make you realise there must be more to life.

Ephesians 1:18 (Amplified)

“I pray that the eyes of your heart [the very centre and core of your being] may be enlightened [flooded with light by the Holy Spirit], so that you will know and cherish the hope [the divine guarantee, the confident expectation] to which He has called you, the riches of His glorious inheritance in the [b] saints (God’s people).”

How about you begin to make a list of the contribution that your Father wants to bring through you to others? Begin to work on a list of purposeful living elements where you know your contribution is building His plan in the lives of others.

DAY 4
reflection
notes





LIVING IN
Joy

MARIËTTE SCHUTTE

WEEK FIVE



LIVING IN JOY

Dear Beautiful Lady,

This morning whilst walking through my flower garden, brushing the petals lightly with my fingertips, I became so acutely aware of God's tender love for me. After all, God did not promise us a life without worries and hardship, but He did promise to give us His Holy Spirit that will lead us and guide us in all Truth whilst we navigate challenging times.

I pray that as you venture into this chapter, that you will experience how the Truth comes and sets you free from your once-upon-a-time restricted living to a now-and-forever joyful living. How liberating to know that you and I don't have to fabricate our own joyful living, but that we can have it here and now through Jesus, the Author and Finisher of our faith.

I love Philippians 4:8-9 that says:

“Summing it all up, friends, I'd say you'll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious - the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse.

Put into practice what you learned from me, what you heard and saw and realised. Do that, and God, who makes everything work together, will work you into his most excellent harmonies.”

Let's dive right in!

Much love

Mariette

LET'S GET STARTED

Welcome to this study in joy!

Let's start with an icebreaker:

- Go around the circle and share something funny that makes you really happy.
- Now also share something special that makes you happy.
- Lastly share something significant that brings true joy to you.

my notes



Unlock the Praise

I'M NO LONGER BOUND TO MY SHAME
I'M NO LONGER SLAVE TO MY PAIN
HE LIFTED ME UP, NOW I'M A CONQUEROR

THERE IS FREEDOM FOUND IN HIS NAME
HIS BLOOD RUNNING THROUGH MY VEINS
HE LIFTED ME UP INTO THE WONDER

THE FULLNESS OF MY KING,
ALIVE IN ME TO SING
UNLOCK THE PRAISE, LET LOOSE, SET IT FREE

WE DANCE 'CAUSE WE'VE BEEN REDEEMED
CAN YOU HEAR IT LOUD AS WE SING
AWAKE AND ALIVE, WE LIVE IN THE WONDER

THE FULLNESS OF MY KING, ALIVE IN ME TO SING
UNLOCK THE PRAISE, LET LOOSE, SET IT FREE

THE POWER OF HIS NAME,
IT CANNOT BE CONTAINED
UNLOCK THE PRAISE, LET LOOSE

BOUNDLESS GRACE, LOVE UNTAMED,
I WILL SING AND SHOUT HIS PRAISE

WEEK 5
session
notes

GROUP DISCUSSION

- Share the discovery that spoke the most to you as you listened to Mariëtte.
- How good are you at guarding your heart at the moment?
- How do you react when your heart's guard is down?
- What unrealistic expectations about yourself or others do you struggle with?



WEEK 5
panel discussion
notes

RESPOND

Set up a beautiful table with different cups. Pour clean water into it. During a time of worship go over and take one sip of water. Each time you take a sip also thank God for one thing that you can celebrate. Keep doing it for a while.

John 7:37-38

“Jesus stood and said in a loud voice,
‘Let anyone who is thirsty come to me and drink.
Whoever believes in me, as Scripture has said,
rivers of living water will flow from within them!’”



MY WORDS OF AFFIRMATION

PERSONAL REFLECTION

day one

GUARD YOUR HEART

We guard our hearts by filtering everything that we think, our responses, our emotions and our desires through God's Word. We need to guard our hearts especially in the areas where we are more vulnerable.

Proverbs 4:23 (NLT)

“Guard your heart above all else, for it determines the course of your life.”

Think of an area in your own life where you might honestly admit that it is a sensitive case - it might be a person, a relationship, a situation at work, and every time this situation pops up, so to speak, it feels like you need to deal with your heart.

Begin to journal how you will choose to respond so that those situations do not take your heart captive anymore.

DAY 1
reflection
notes

PERSONAL REFLECTION

day two

EXPULSION OF WORRIES

1 Peter 5:7

“Pour out all your worries and stress upon him and leave them there, for he always tenderly cares for you.”

List the things that cause a high degree of worry and that cause you to be troubled at this stage.

Philippians 4:6-7

“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.”

Now put down a positive desire for each of those situations. Declare what the positive result will be when God answers your prayer.

DAY 2
reflection
notes

PERSONAL REFLECTION

day three

GIVE GENEROUSLY

Luke 6:38(NIV)

“Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you.”

Giving joy is one of the greatest ways to experience our own joy because it is more blessed to give than to receive.

Think about small daily moments where you can sow seeds of joy in the people you encounter every day.

Write down names of people and add the small gift or word of encouragement or little blessing that you will bring to them in the day or two ahead of you.

DAY 3
reflection
notes

PERSONAL REFLECTION

day four

EXPECTATIONS

Unrealistic expectations definitely will rob us of the joy that the Lord has in mind for us. List the situations that steal your joy at this point. Then read this scripture over each of them:

Philippians 4:8

“So keep your thoughts continually fixed on all that is authentic and real, honorable and admirable, beautiful and respectful, pure and holy, merciful and kind. And fasten your thoughts on every glorious work of God, praising him always.”

Now write down one thing that is beautiful about the same situation. Sometimes we lose perspective and only focus on the negative. Find something in each situation that you can praise God for.

DAY 4
reflection
notes

PERSONAL REFLECTION

day five

CONTENTMENT

Hebrews 13:5-6

“Don’t be obsessed with money but live content with what you have, for you always have God’s presence. For hasn’t he promised you, “I will never leave you alone, never! And I will not loosen my grip on your life!”

Contentment is to celebrate what we already have because we tend to focus a lot on what we do not have.

Contentment is to live with celebrations and gratitude in the midst of the reality that we still want to change a lot of things around us.

Philippians 4:7-9 (Message)

“Before you know it, a sense of God’s wholeness, everything coming together for good, will come and settle you down. It’s wonderful what happens when Christ displaces worry at the centre of your life.

Summing it all up, friends, I’d say you’ll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious - the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse.

Put into practice what you learned from me, what you heard and saw and realised. Do that, and God, who makes everything work together, will work you into his most excellent harmonies.”

DAY 5
reflection
notes

EXTRA SCRIPTURES FOR THE WEEK

Romans 14:17

Proverbs 4:23

1 Peter 5:7

Luke 6:38

Hebrews 13:5-6

Philippians 4:6-9

Psalm 16:11

Romans 15:13







LIVING IN
Purpose

CHERAY DEKAS

WEEK SIX



LIVING IN PURPOSE

Hello Beautiful,

We can sometimes live life with “Belief Blind-Folds” that can really trip us up to never fully live in the limitless Glory that God has destined for us. Being a woman is seriously Glorious! I just love that statement.

As you embark on this week’s journey of Purpose I trust that you recognise and envelop the strength of your purpose. Take a moment and ponder on what you believe about “woman” and does it align with what God says about “woman”. Your belief is what fuels your everyday life.

MY heart is that you will live with eyes wide-open in wonder of being woman. May you be in awe and humbled knowing that God, the creator of our universe, has given woman a brilliant purpose and He absolutely adores how He has wired you. Every bit of you is strength!

You are living now because earth and all of creation desires and needs your goodness, that helps promote fullness of life. Your capacity to diffuse harmony in life is tremendous. I am rooting for you. Be encouraged and live unashamed the beautiful strength God has birthed you in.

Much Love

Cheray

LET'S GET STARTED

With this session we want to take you back to our Genesis, to discover what God purposed and declared over us as women. This session is about Living in Purpose.

Let's share something with each other:

Share what you think is the purpose of your life on earth from your current perspective.

my notes



Flawless

I KNOW THAT I'M MORE THAN A FOLLOWER
I KNOW I WAS MADE TO BE
A BELIEVER IN YOUR PLANS FOR ME

I KNOW THAT I'M MORE THAN A SERVANT
I KNOW THAT I'M HERE TO REIGN
'CAUSE IN YOU THERE'S NO FAULT IN ME

I AM FLAWLESS COVERED BY GRACE
I AM DAUNTLESS FOR ALL OF MY DAYS
I'M FREE, CALLED TO TRANSFORM THIS PLACE
I AM CHANGED

I KNOW THAT I'M MORE THAN A CONQUEROR
I KNOW I WAS MADE TO BE
IN THE PRESENCE OF YOUR MAJESTY

I KNOW THAT YOU'VE SHOWN ME TO LOVE
AND ALLOW YOUR PEOPLE TO SEE
THE GRACE THAT WAS SHOWN TO ME

I'M CALLED BY THE FATHER SAVED BY THE SON
AND HIS SPIRIT LIVES IN ME
I'M DEAD TO MY SIN, FOR I LIVE IN THE LIGHT
THROUGH JESUS I CAN SEE

I AM FLAWLESS COVERED BY GRACE
I AM DAUNTLESS FOR ALL OF MY DAYS
I'M FREE, CALLED TO TRANSFORM THIS PLACE
I AM CHANGED

WEEK 6
session
notes

GROUP DISCUSSION

- Share the discovery that spoke the most to you as you listened to Cheray.
- Do you know your purpose?
- With whom do you relate the most, Deborah, Lydia or the woman at the well?
- Share one thing that you may want to change from here on.



WEEK 6
panel discussion
notes

RESPOND

Let's enjoy a time of ministry as we anoint women for their particular unique purpose and calling.



MY PURPOSE & CALLING

PERSONAL REFLECTION

day one

Speak these declarations out loud over each of your responsibilities.

- I am good, I do good, I bring goodness to life, my goodness will be pleasant.
- I am a good companion, I do life well with others.
- I love helping others, I complement others, I adapt to make others strong, I make this planet a better place.
- I am female, uniquely shaped, I am a life-giver.
- I am unashamed of who I am, I am confident and bold about my unique creation and purpose.
- I love who I am and I am comfortable in my own skin.

DAY 1
reflection
notes

PERSONAL REFLECTION

day two

DEBORAH

Read the story of Deborah in Judges 4-5.

Let's take a look at how she lived out her purpose.

Deborah served God and her people as a Judge and a prophet – and God used her to impact her nation.

I find this so encouraging, don't you? It encourages me to rather focus on what we can do for God, than worrying about what we cannot do.

She was not driven by power and did not let her position go to her head. Why? Because she knew it wasn't just about her. She knew that she could bring glory to God by bringing good to her nation through serving, and being a companion and life-giver to her leaders. And it did: By living out her purpose, she was able to lead well and bring freedom to her nation from an evil King.

This is beautiful: An ordinary woman, walking in Grace by living out her purpose as a political figure.

List and pray about 2-3 places where you know you are being called to live out your purpose.

DAY 2
reflection
notes

PERSONAL REFLECTION

day three

LYDIA

Read her story in Acts 16.

So here we have Lydia a businesswoman in Philippi who is a great benefit to the financial markets of the City and an influencer. Once she discovers her identity in Christ, not only does she function in her God-given purpose, she immediately shares this with her family – a life giver of note, who can't keep this goodness to herself.

Her posture and the reality she lives from is an unashamed one. In verse 15 she asks: “If you have found me faithful...” What a statement of belief about herself. There is something beautiful about a believer confident in their new identity.

Lydia comes to the realisation that she has the capacity to help in the mission and invites Paul and Silas to live in her home. This is goodness...

Lydia was a life-giver, a companion to God's mission, and did good in the Kingdom of God.

Acts 16:15: “If you have found me faithful...”

What responsibilities has God placed before you? What is the next “faithful” step you can take in each of these areas? List them and journal about what you sense the Lord would like you to accomplish in each one.

DAY 3
reflection
notes

PERSONAL REFLECTION

day four

WOMAN AT THE WELL

Read her story in John 4.

She really didn't have an easy life. She lived sad and broken and ashamed. But when she received the life-giving water from Jesus, everything changed. She made a 180° turn from being ashamed to unashamed. From avoiding everyone at midday, to walking and talking on the street (to the very same people who judged and frowned upon her).

She immediately takes on the mission of Jesus, inviting people to go to Him! She noticed the same thirst in the lives of others that she had felt and she knew that this Jesus, this man at the well, has living water that can change their lives too! In a moment she starts to connect with other people, does life with them, and lives a life fuelled by the joy, peace and contentment that only Jesus can bring.

List the things in your life that are truly challenging and difficult at this point.

Sit at the feet of Jesus and ask Him to release living water in your own soul, and over your situation. Ask Him for His perspective on each of the items you have listed.

DAY 4
reflection
notes

EXTRA SCRIPTURES FOR THE WEEK

Genesis 2:18

Genesis 2:25

Judges 4

Acts 16

John 4

Romans 8:28

Colossians 1:16

1 Peter 2:9

Psalm 138:8

Romans 11:36







LIVING IN
YOUR
Legacy

IVY SUTTON

WEEK SEVEN



LIVING IN YOUR LEGACY

Hi God's Gorgeous Girl,

I pray you use this time as a gift as you engage this week's topic. Allow it to prepare your heart and your mind for the new thing God wants to do in your life.

You are a daughter of the most high God, no matter your dress, size or age. (Like I always say - If you can't lose it, decorate it!) You are fully known by Him and lavishly loved by Him.

I pray that we will grow in grace and become a flow-through-account of His grace to a world in need.

As women, we are powerful and unique expressions of the beauty of God on the earth, made to release His glory and presence to the world.

Acts 20:24 NLT

"But my life is worth nothing to me unless I use it for finishing the work assigned me by the Lord Jesus the work of telling others the Good News about the wonderful grace of God."

Sweetheart, your calling originated in the heart of God and you were created to participate in God's divine activity.

I dare you to enjoy yourself.

The enemy will hate it, but God will love it.

Have a blessed, joyful day.

Jvy

LET'S GET STARTED

This week we look at what it means to live in your legacy.

Let's share something with each other:

Share the names of the people you know you will influence in this coming season.

my notes



I have a dream


I AM CALLED BY HIS OWN CALLING,
I'M ANOINTED BY HIS WORD
I AM UNCTIONED BY THE VOICE OF GOD,
I AM PURPOSED BY HIS WILL

IT IS NOW MY TURN TO TAKE A STAND,
MAKE THE DIFFERENCE HE DEMANDS
IN THE NAME OF GOD THIS BANNER MUST RISE;
BE COURAGEOUS AND BE STRONG

I HAVE A DREAM, I HAVE A DREAM
I YEARN TO LIVE FILLED WITH PASSION
AND ALWAYS BE ENVELOPED BY HOPE
AS I MARVEL AT THIS FLAME THAT BURNS,
SEE THE FAITH AND THE HOPE IT IGNITES
FOR THE TRUTH AND FOR THIS DREAM,
FOR THE TRUTH AND FOR THIS DREAM
I AM CONSUMED

IN A PERFECT PLACE AND TIME,
SEE THE FAULTLESS MEASURED PLAN
JUST TO LEAD THE WAY TO THIS VAST CRUSADE
AND SURRENDER TO HIS PLAN

IT IS NOW MY TURN TO TAKE A STAND,
TO EMBRACE WHAT HE DEMANDS
IN THE NAME OF GOD THIS BANNER MUST RISE;
BE COURAGEOUS AND BE STRONG



WEEK 7
session
notes

GROUP DISCUSSION

- Share the discovery that spoke the most to you as you listened to Ivy.
- When you think about your legacy, what is one thing that you would want people to say or remember about you?
- How are you currently ensuring you are building a legacy that will last?

RESPOND

Take 7 minutes to reflect personally and journal about the top 3 action steps that you are taking away from this experience.



MY ACTION STEPS

STEP 1

STEP 2

STEP 3

PERSONAL REFLECTION

day one

A legacy is not a résumé or list of accomplishments. A legacy is the imprint you leave on the future. As a result, we all have a legacy. And we will leave our legacy either by default or design.

I've learned that my uniquely beautiful life is an original work of art, designed for my good and for the glory of the One who orchestrated my existence, even if it doesn't look like it at this moment.

Dream and journal about the possibilities of the impact that you could have made by the time you have become 80 years old. Dream expansively about possibilities.

DAY 1
reflection
notes

PERSONAL REFLECTION

day two

I want to set people up to win! In my own life I want to hand over the baton so that others can soar.

2 Timothy 2:2

“You then, be strong in the grace that is in Christ Jesus. And the things you have heard me say in the presence of many witnesses entrust to reliable men who will also be qualified to teach others.”

List the names of the people for whom you are to be a cheerleader in the next year. Add one word of encouragement to each name that you think they might need to hear from you.

DAY 2
reflection
notes

PERSONAL REFLECTION

day three

Grace turns our world upside down. Grace is only hard to give if we're keeping score.

Grace sees that people are not perfect and offers forgiveness.

John 1:16 (Amplified)

“For out of His fullness [the superabundance of His grace and truth] we have all received grace upon grace [spiritual blessing upon spiritual blessing, favor upon favor, and gift heaped upon gift].”

Just a reminder: nothing you've ever done is so repulsive that God can't redeem your potential and love you through it.

DAY 3
reflection
notes

PERSONAL REFLECTION

day four

Find and join a life-giving church community and go and make yourself available to serve in some way. The mission of Jesus Christ is fulfilled by people like you who serve in His mission through the church.

We have been sent on a mission to be part of writing an incredible history; to be inspirational so others can be part of breaking ground so that others can partake in an incredible future, and to live purposefully in the moment that is entrusted to us right now.

Matthew 5:16

“Now that I’ve put you there on a hilltop, on a light stand—shine! Keep open house; be generous with your lives. By opening up to others, you’ll prompt people to open up with God, this generous Father in heaven.”

DAY 4
reflection
notes

EXTRA SCRIPTURES FOR THE WEEK

Acts 20:24

John 1:16

Matthew 5:16

Psalm 145:3

Psalm 78:4

Proverbs 20:7





I know who I am. His.
His plans for me are secure and unthreatened.
I live in a new quality of fellowship with Jesus.

I will move forward. Boldly.
I am sent into this world with purpose.
I am designed for this time.

I live and grow connected to others.
I know Christ defines my identity.
My life, unfiltered, can have a global impact.

I am a daughter of the King. Royalty.
I bear His authority on my lips and in my heart.
I am an ambassador of Light.

His grace can overcome any and all. Enough.
I will live with tangible gratitude.
I will equip myself with His Word.

My every mistake and failure highlights Him. Victory.
My journey is worthy to be shared.
My story is worth being told.

I am on a mission.
Nurture. Love. Inspire.
I am made to live
a colourful life.



Deuteronomy 7:6 (MSG)
“...God, your God, chose you out of all the people on earth for Himself
as a cherished, personal treasure.”

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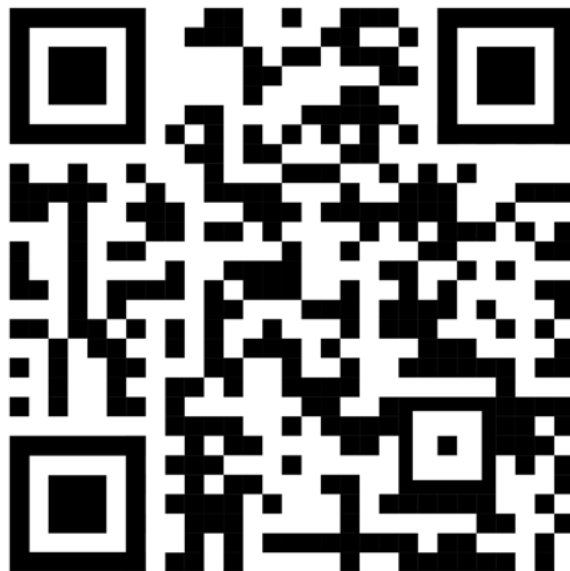
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COLOURFUL LIVING

team

I would like to celebrate every person who made this project come to life! Every effort and every sacrifice was worth every ounce of energy.

We trust that Jesus Christ will minister to thousands of ladies through it. A special mention to my wife, Willianna who lead the whole project. We are extremely proud and grateful to our team for something so special and impactful.

May the Glory of the Lord (Doxa Deo) be released in and through everyone who engages

Colourful Living.

Jean Symons

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