

Practical Application

BIBLE STUDY FOR YOUNG
WOMEN IN A SINFUL
WORLD





Weave Foundation is a Christian charity that financially supports grassroots projects in Zambia and beyond, with the aim of promoting self-sustainability and long-term outcomes. We build relationships and work alongside established projects and local churches. Our mission is to raise the profile of existing non-profit organisations and support them in their important work. Join us in weaving together a brighter future for those in need.



Key Theme:

Navigating Life with God's Wisdom and
Strength in a Broken World

Main Passage:

Romans 12:1-2

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."



Session Overview

This study will focus on biblical wisdom for navigating a world that can be challenging, broken, and sometimes hostile to godly values. Each session encourages practical steps for overcoming struggles, building resilience in faith, and living out a transformed life.

Each session includes:

Key Bible Verse

Big Idea

Practical Application

Discussion Questions

Activity Idea

Prayer Focus



Session 1:

Living Out Your Identity in Christ

Key Verse:

2 Corinthians 5:17

"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"

Big Idea:

Your identity is not defined by the world, but by who you are in Christ. Understanding your new identity helps you resist the lies of the world and embrace God's truth.

Practical Application:

- When you feel overwhelmed by the world's pressures (appearance, success, relationships), remind yourself of your true identity in Christ.
- Challenge: Write down 3 things that define you in Christ (e.g., loved, forgiven, chosen) and reflect on them every day.

Discussion Questions:

1. What are some common ways the world tries to define you as a woman?
2. How does it feel knowing you are a new creation in Christ?

Activity:

Create an "Identity in Christ" board where you write affirmations of who you are in Christ (chosen, beloved, daughter of the King). Hang it somewhere visible as a reminder.

Prayer Focus:

Pray for strength to live out your true identity in Christ and not be swayed by the pressures of the world.

Session 2:

Navigating Relationships with God's Wisdom

Key Verse:

Proverbs 4:23

"Above all else, guard your heart, for everything you do flows from it."

Big Idea:

God calls you to guard your heart and make wise choices in relationships—whether it's with friends, family, or romantic partners. Healthy relationships are built on respect, boundaries, and godly love.

Practical Application:

- In friendships or romantic relationships, make sure you set clear boundaries that reflect God's Word.
- Challenge: Evaluate your relationships—are they bringing you closer to Christ or pulling you away? Pray for wisdom in strengthening healthy relationships.

Discussion Questions:

1. What does it mean to "guard your heart" in your relationships?
2. How can we support one another in maintaining godly relationships?

Activity:

Write a letter to your future self about the kind of relationships you want to cultivate (friendships, romantic relationships, family). Reflect on the importance of godly wisdom in each relationship.

Prayer Focus:

Pray for wisdom in choosing and maintaining godly relationships. Ask God to give you discernment and strength to set boundaries that honor Him.

Session 3:

Living for Purpose in a Self-Serving World

Key Verse:

Matthew 5:16

"Let your light shine before others, that they may see your good deeds and glorify your Father in heaven."

Big Idea:

In a world that often prioritizes selfishness and materialism, God calls us to live a life of purpose, serving others and reflecting His light. Your purpose is to glorify God in everything you do.

Practical Application:

- Consider how you can serve others in your daily life, whether in your community, at school, or at home.
- Challenge: Pick one way to serve someone this week (e.g., a neighbor, a coworker, or a friend) and do it for the glory of God.

Discussion Questions:

1. What are some areas in your life where you feel called to serve others?
2. How can you balance caring for yourself while also serving others?

Activity:

Plan a small act of kindness or service for someone in your life. Write down what you plan to do and follow through with it.

Prayer Focus:

Pray for a heart of service and for God to open doors to opportunities to serve others and reflect His love.

Session 4:

Overcoming Temptation and Staying Pure

Key Verse:

Corinthians 10:13

"No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it."

Big Idea:

Temptation is a real battle, but God always provides a way out. Staying pure in a sinful world requires relying on God's strength and using His Word as a shield.

Practical Application:

- When tempted, remind yourself that God is faithful to provide a way out. Use Scripture as a defense against temptation.
- Challenge: Memorize 1 Corinthians 10:13 and practice applying it in moments of temptation.

Discussion Questions:

1. What are some common temptations young women face today?
2. How can we build stronger defenses against temptation?

Activity:

Write down 3 Bible verses that can help you overcome temptation (e.g., Psalm 119:11, James 4:7, 1 Corinthians 10:13). Keep them in your phone or on cards as reminders.

Prayer Focus:

Pray for strength to resist temptation and for God to guide you in staying pure in thought, word, and action.

Session 5:

Embracing God's Peace in a Stressful World

Key Verse:

Philippians 4:6-7

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Big Idea:

In a world full of stress, worry, and anxiety, God offers His perfect peace. By praying and trusting in Him, you can experience peace even in the most difficult situations.

Practical Application:

- When anxiety or worry creeps in, choose to pray and give those worries to God.
- Challenge: Create a daily habit of casting your worries on God through prayer.

Discussion Questions:

1. What are some things that make you anxious or worried?
2. How can prayer help you find peace in difficult situations?

Activity:

Create a "Peace Journal" where you write down your worries and then surrender them to God through prayer. Track how God brings peace and answers to your life.

Prayer Focus:

Pray for peace in your heart and mind, trusting God with all your concerns. Ask for His help to not be overwhelmed by the pressures of the world.

Conclusion:

Staying Grounded in God's Word

Encourage the women to keep God's Word as their guide and to rely on Him for strength, wisdom, and peace. Remind them that, although the world can be challenging, God has already equipped them to live victoriously through Christ.

Final Prayer:

Lord, thank You for your constant love and for providing everything we need to live boldly in a sinful world. Help us walk in Your truth, love others well, and always find our strength in You. Amen.

