

YOU ARE THE GIRL FOR THE JOB

DARING TO BELIEVE

THE GOD WHO CALLS YOU

Jess Connolly

STUDY GUIDE | SIX SESSIONS

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You Are the Girl for the Job Study Guide

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NOTE FROM JESS

Friend, I want to tell you something about the front cover of the study guide, book, and video. It was very intentional, and it actually had a lot more to do with a revelation from God than you might think.

As you're doing this Bible study you're going to come face to face with this truth: I often struggle to believe that I'm the girl for the job too. I press into the message with you, alongside you, because the alternative is doubting God, His power, and His capacity in our lives.

When my friends were praying and dreaming about what the book cover needed to communicate, I realized it was super important that whoever reads and digs into this message doesn't hear *me* saying they're the girl for the job—it's important that they tell it to themselves. We have to learn so many lessons for ourselves or else they don't take root. Before we take a step further, it should be clear that by the time we're done, I want you to be able to tell yourself *you're* the girl for the job, not because it's a cute message but because it's the truth of God.

When you see the cover, I pray you will remember that this is *God's* message you're receiving, not a fluffy statement that some author is telling you casually.

Jess

HOW TO USE THIS GUIDE

GROUP SIZE

The *You Are the Girl for the Job* video study is designed to be experienced in a group setting, such as a Bible study, community group, or any other small group setting. To ensure everyone has enough time to participate in discussions after the video teaching, smaller groups of six to eight women are recommended.

MATERIALS NEEDED

Each participant will need her own copy of this study guide. For the most comprehensive personal experience of the material, an individual copy of the book *You Are the Girl for the Job* is encouraged. One copy (per group) of the DVD or the ability to view digital video sessions is required.

STUDY GUIDE

A schedule is included at the beginning of every session to help you plan and prepare for each group meeting as well as to see the personal study time planned for that session.

This study guide contains fill-in-the-blank spaces to follow along with the video teaching as well as margin room to take personal notes. Group discussion questions follow the video, as well as a weekly group exercise that deals with changing our language in order to change our culture.

You will have three days of personal study to do on your own between sessions. You can break it into smaller bits or do it all at once. The personal time exercises go in a pattern each week. On the first day, you'll let God speak to your heart and emotions regarding the topic of that session. On the second day, you'll engage your mind with some deeper biblical history and study. On the third day, you'll focus heavily on application and agreeing to God's Word with *your actions*. By the time you meet with your group again, whatever truth you've studied will be deeply implanted in your heart, your head, and your life.

Note: If you are unable to finish (or even start!) the between-sessions personal study, still attend the group study video session. We are all busy, and life happens. You are still wanted and welcome at the group even if you don't have your "homework" done.

Keep in mind that this is an opportunity to train yourself to see the world as God sees it. The videos, discussions, and personal studies are simply meant to kick-start your imagination in order to help you see how God is working through you already.

TIMING

The time notations next to each group section indicate either the actual video run time or the suggested time you can expect for discussion and activities. Each group meeting should be able to be completed in 60–90 minutes, depending on how much time you choose to allow for discussion.

LEADING A GROUP

Each group should appoint a leader who is responsible for starting the video and keeping track of time during discussions and activities. Leaders often find it useful to read the discussion questions in advance.

SESSION

1

LET'S QUIT

SCHEDULE

Review this week's schedule as a group before opening your time together.

BEFORE THE GROUP MEETING

Read the introduction and chapters 1–3 in *You Are the Girl for the Job* book.*

IN YOUR GROUP

- Welcome from Jess
- Set the Temperature (prayer)
- Personal Heart Check-In
- Watch the video teaching for Session 1 and take notes
- Complete Discussion Questions
- Change the Language/Change the Culture
- My Prayer + Your Prayer

AT HOME

- Personal Study Day 1 (engage your heart with God's love)
- Personal Study Day 2 (fill your head with God's truth)
- Personal Study Day 3 (agree with abundance)

PREP FOR NEXT GROUP MEETING

Count the fruit of what God's done. Read chapters 4–6 in the *You Are the Girl for the Job* book.*

**Reading through the book will enhance your experience of this study, but it is NOT required.*

GROUP STUDY

WELCOME NOTE FROM JESS (2 MINUTES)

Leader, read *Note from Jess* aloud to the group.

Friends! I am so excited to be with you, to grow with you, over the next six weeks. There's no getting around it. I believe God is going to change each of us, change our lives, and change the world through this study. Here's how I know:

For as the sky soars high above earth,
so the way I work surpasses the way you work,
and the way I think is beyond the way you think.
Just as rain and snow descend from the skies
and don't go back until they've watered the earth,
Doing their work of making things grow and blossom,
producing seed for farmers and food for the hungry,
So will the words that come out of my mouth
not come back empty-handed.
They'll do the work I sent them to do,
they'll complete the assignment I gave them.

—*Isaiah 55:9-11* MSG

We are the girls for the job because He is the one who starts and finishes the work in and through us. We can believe that He'll bring fruit in our lives because His Word does not come back empty-handed.

Jess

SET THE TEMPERATURE (2 MINUTES)

Pick someone to open the group in prayer before we do our personal heart check.

PERSONAL HEART CHECK (3 MINUTES)

Before we dig into this session's video, let's do a quick personal heart check. Take a minute or two to answer the following questions. You don't have to share these answers; this is just an opportunity for you to pause and get honest with yourself and God.

- A. On a scale of 1–10 (1 = very little, 10 = significantly), mark how much you believe God can change your life and change the world through you?

1 2 3 4 5 6 7 8 9 10

- B. How does the phrase “you are the girl for the job” make you feel? (Circle, underline, or highlight which option you resonate with most.)

SUSPICIOUS

DOUBTFUL

NEUTRAL

ENCOURAGED

- C. How willing are you to be surprised by God this week? (Circle, underline, or highlight how you feel this week.)

WON'T HAPPEN

THAT SOUNDS NICE

**TEACH ME, CHANGE ME,
SURPRISE ME**

VIDEO TEACHING (21 MINUTES)

Watch the Session 1 video. Fill in the blanks throughout the teaching if you'd like:

- God has call each of us to be his _____.
- God does not make _____.
- God's _____ will combat our _____.

- Ideal you is not nearly as _____ as _____ you.
- God is _____ He _____ He is.
- God is not going to stop _____ OR _____.

God is the hero. We are part of the rescue plan.

Take notes if you'd like:

Answer key: ambassadors, mistakes, capacity/inadequacy, strong/actual, who/says, showing up/walk away

GROUP DISCUSSION (30 MINUTES)

Leader, read each question aloud to the group. Take turns/volunteers for any Scripture reading.

1. What does “ideal you” look like? In a few words, describe her to the group—her state of mind, her movement through the day, her perspective, maybe her character traits and most defined attributes.
2. In what areas of life do you currently struggle to feel adequate? Discuss what you think is making you feel inadequate. Is it the standard you have set? A standard you perceive others to hold? Is your inadequacy backed up in Scripture anywhere?
3. Where do you find yourself asking God, “Why me?” Are there burdens you feel overwhelmed by? Are there circumstances you are being called to engage or deal with that challenge you or bring you out of your comfort zone? Is there something or someone you find yourself dealing with but don’t feel equipped to handle?
4. What would change if you believed that God was going to bring you what you needed to accomplish whatever He has presented you? Would your attitude, your perspective, your willingness, your openness change? In what ways would you behave differently?
5. **Look up and read Hebrews 12:1–2 aloud.** Take turns sharing what you need to quit to fully embrace God’s call on your life. What do you need to throw off that hinders and so easily entangles you? With what are you engaging that is keeping you from fixing your eyes on Jesus, from acknowledging the race marked out for you? (Ex.: being the best wife, being the most servant hearted, winning at life.)

CHANGE THE LANGUAGE, CHANGE THE CULTURE (20 MINUTES)

When we change the language, we change the culture. When we put different words in our mouths, words that agree with God’s character and capacity, things begin to shift not only in our lives but also in our communities.

Read Proverbs 18:21 aloud together.

Select one person to read a statement from the left column, and then have another person read the alternate statement in the right column. Talk about the difference you hear and feel in each change in the language. Discuss how these simple shifts in our language can effect change in our immediate culture. Commit to using language with one another that agrees with God’s Word.

INSTEAD OF:	TRY THIS:
One day I’ll get my junk together. (this reinforces an ideal-self that’s never coming)	God has placed me in this season on purpose, with what I need to love and serve others.
Becky is the BEST mom. (this puts people on a pedestal and denotes that there is a competition)	Becky is being faithful to God’s call on her life, and her example encourages me to do what God has called me to also!
I’m not sure why God picked me for this. (this doubts His intentional wisdom and power)	I know it’s God’s capacity that matters and it’s such a privilege to use what I’ve got to serve Him!
I’m so overwhelmed and not sure how this is going to work out. (this speaks chaos into places where He already has a plan)	I can’t wait to see how God works this out. It looks dark, but I know He’s got this.

Keep telling each other that you're the girl for the job, because what's the alternative?

Keep reminding one another that He is mighty in each of you, because you get to, because He's placed you in each other's lives on purpose—for His glory and the good of others.

**READ THIS
ALoud
IN UNISON.**

God is the hero. I am only a part of the rescue plan. I can quit trying to be the best, quit doubting my place in His plan of redemption, and start believing that He has placed me here on purpose. I *am* the girl for the job.

MY PRAYER + YOUR PRAYER (10 MINUTES)

Each week ask a volunteer to read the short prayer for the group, *but* because you're the girl for the job, each of you will also write a short prayer for yourself. Where are you asking God to meet you this week? What are you hoping will happen?

Father, I thank you for our new friends and our connection through Your Word. I ask this week that you'd help each of us to see potential defeat in our lives, to perceive it in places where we may have grown numb to the lies and condemning voices in our own heads. I ask that You would also give us eyes to see areas where we are striving, hiding, and pushing hard to be our ideal selves—instead of the women you've created us to be. I pray you give us the boldness and belief to quit trying to be heroes, and to begin trusting Your capacity and power in our lives. Amen.

Your turn:

UP NEXT

Leader, *before dismissing remind the group of what comes next.*

- Count the fruit of what God's done and write it down or share with someone.

- There are three days of personal study time to complete before we meet again.
- Read chapters 4–6 in *You Are the Girl for the Job* book if you are following along.

PERSONAL STUDY

SESSION

1

DAY ONE: HEART

I find that so many heart issues that keep us from experiencing the fullness of God come from a lack of understanding about our relationship with Him: how we got it, how we experience it, and how we share it.

Let's read a little from Ephesians 2, The Message Version:

Now God has us where he wants us, with all the time in this world and the next to shower grace and kindness upon us in Christ Jesus. Saving is all his idea, and all his work. All we do is trust him enough to let him do it. It's God's gift from start to finish! We don't play the major role. If we did, we'd probably go around bragging that we'd done the whole thing! No, we neither make nor save ourselves. God does both the making and saving. He creates each of us by Christ Jesus to join him in the work he does, the good work he has gotten ready for us to do, work we had better be doing.

But don't take any of this for granted. It was only yesterday that you outsiders to God's ways had no idea of any of this, didn't know the first thing about the way God works, hadn't the faintest idea of Christ. (*Ephesians 2:7-11 MSG*)

In your own words, how did you get here? How did you become a daughter of God? Spend some time reflecting before you begin writing. Allow yourself to go back and observe everything that has contributed to you becoming a royal daughter.

What role did you play in saving yourself? Consider your response when God first appeared on your radar, entered your life, or when you realized He was a part of your life. Did you respond? Did you rebel? Why and how did matter?

What do you feel obligated to do to keep your place or status in the kingdom?

For all have sinned and fall short of the glory of God, and all are justified freely by his grace through the redemption that came by Christ Jesus.

—Romans 3:23–24

Why do you think it's easier to try to earn our place in the kingdom rather than just celebrate the grace that brought us here?

How do you think God feels when you strive for your ideal self in light of the great grace He's lavished on you?

But just as he who called you is holy, so be holy in all you do; for it is written, "Be holy, because I am holy."

—1 Peter 1:16

Now that we're here alone, with nobody watching but you and God, I have a really honest question for you: What are you trying to be the best at?

If you are struggling to find an answer, I have a follow-up question: Could you potentially be trying to be the best at not caring if you're the best? What does that look like? How is it keeping you from experiencing personal value, confidence, a spirit of gratitude for all you are?

How would your soul feel if you were to take a deep breath and perceive that you were off the hook, just for a day?

What would happen if you continued to miss the moment? What might you miss out on if you continually try to be the hero or if you continually discount yourself from having any potential part in God's rescue plan?

What might happen if you *didn't* miss the moment? What might you see in the kingdom of God because you believed in His capacity, power, and presence in your life?

DAY TWO: HEAD

I don't want to just tell you to quit trying to hold it altogether, quit trying to be the best, if we can't trust that God's capacity truly will be enough. Let's engage our head and our minds, dig into God's Word and see if we can't find some biblical proof that we can quit striving, pretending, and let God be the hero.

First, let's do this:

Write an encouraging handful of lines that you would love to receive from a friend to make you feel capable, ready, prepared, worthy. Maybe something like, "You've got this! You were born for this!"

If anyone in the Word of God were ever in need of a pep talk, it was Moses on the mountain of Horeb, just before he'd answer the call to go to Pharaoh on behalf of his people.

Let's refresh ourselves a little with where we find Moses.

Read Exodus 3:1-10 and write any observations you have about what God is asking Moses to do.

Now read Exodus 3:11. What is the singular question Moses has in response to the task God is giving him?

Now read Exodus 3:12. What is God's response to Moses' question?

Maybe many of us are craving an encouraging word, a handful of empowering statements not just from our friends but from God.

But ultimately, we don't find God telling Moses how great Moses is; we find God reminding Moses of who He is and that He'll be with him.

Let's look at a few other times in Scripture where God outlined a task for humans and what He told them to encourage them accept the call.

Read Genesis 46:2-4.

What is God asking Jacob to do?

What reassurance does He give Jacob to complete the task?

Read Luke 1:26–35.

What is God asking Mary to do?

What reassurance does He give Mary to obediently move forward?

Read Matthew 28:16–20.

What is Jesus commissioning the disciples to do?

What reassurance does He give them about how they'll accomplish the task?

So here's my question: Do you know what God is asking *you* to do?

You have this whole video study, the entire *You Are the Girl for the Job* book to guide you, to sort through what God may be calling you to in this season of life. But if you had to say right now, in private, is there something He's put on your heart to accomplish, some area in which you need to obediently move forward, what would it be?

Write it here:

Now, instead of the pep talk you imagined in the beginning of today's work, how would you want to rewrite the encouraging words that will help you feel prepared using the passages of Scripture we've read today?

Hint: These words should have more to do with God's capacity, power, and presence than anything about you. If you need a little help, here are a few other verses of Scripture you can reference for help:

- Isaiah 41:10
- Ephesians 6:10
- 2 Thessalonians 3:3

Rewrite the encouraging words you need to hear here:

DAY THREE: HANDS

GRATITUDE

Today, let's actively quit. Let's make movements and participate in actions that agree with the capacity, power, and presence of God.

First: There is one specific posture we can take to acknowledge the fact that the goodness and grace of God alone are responsible for anything that happens in our life. *Gratitude*.

Being grateful reminds us that He is the giver of all good gifts. Let's take some time to be grateful and remember that gratitude is not a passive practice. Gratitude is worshipful warfare, declaring that He is God and He is good and He has brought what we've needed.

What are you grateful for? List here and now everything you are grateful for.

Now, spend a minute or two reflecting on your list. Notice the connection between what you are grateful for and God's capacity to meet your needs. Try to summarize your list into a word or phrase you can use to fill in the statement below:

Heavenly Father, I am so grateful for your _____.

QUITTING

We've talked a lot this week about quitting, but let's put some action toward this attitude. Here are the ground rules.

If you've committed to something and someone else is counting on you to complete it, it's important that you be a woman of your word. Girded by and compelled by grace, you get to walk through this process empowered by the Holy Spirit in a respectful and responsible way.

Are there any responsibilities that you are currently committed to for your own glory? Daily rhythms you are following that give personal, glorified satisfaction? If so, list them below. *(Examples: I get to work before everyone, I started a diet, I signed up to volunteer again even though I already serve somewhere else, I go overboard when planning my kids' birthday parties, I am the one who always brings coffee and goodies.)*

For the responsibilities or commitments that others are counting on you for, what would it look like to quit? Not abruptly, of course, but responsibly? Would there be drastic consequences/no consequences/temporary hurt/major inconvenience?

For the rhythms or commitments that people are *not* counting on your for, can you quit today? Can you acknowledge that any and all commitments that are self-glorifying keep us from glorifying God? Describe the ways in which quitting will free you up to glorify God.

Write a quick pledge and purpose statement of why you're quitting and sign your name to it with the date.

Signature _____

Date _____

I'm proud of you!

EXPECTANCY

*You might not always get what
you want, but you always
get what you expect.*

Charles
Spurgeon

Gratitude helps us quit and committing to quitting helps us release our world back to the capacity and power of God, but we can't end there.

We also get to put expectancy into our spiritual lives as well.

What are you expecting God to do in your life today?

Who are you expecting Him to be?

Search the following Bible passages for some of God's promises regarding His power and His presence.

- **Character of God:** Psalm 18:30; Isaiah 41:10; 2 Peter 3:9; 1 John 1:9; 1 John 4:8
- **Promises of God:** Exodus 14:14; Psalm 34:17; Isaiah 40:29, John 14:13–16; James 1:5
- **What we can expect:** Psalm 27:14; Psalm 37:4; Hosea 6:3; Romans 8:28; 1 Corinthians 10:13

Write truth-filled statements of expectation regarding His character and capacity in your life:

God's character is: _____

God promises me: _____

Because of who He is, I am expectant of: _____

God's character is: _____

God promises me: _____

Because of who He is, I am expectant of: _____

God's character is: _____

God promises me: _____

Because of who He is, I am expectant of: _____

COUNT THE FRUIT

I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.

—John 15:5

Before you gather with your group again, take a moment to count the fruit. Identify what God has grown in and through you this week:

God has accomplished _____ in me this week.

God has shown me _____.

God has answered my question(s) of _____.

God has reminded me of His capacity in this way this week:

God has shifted me, changed my mindset, altered my personal perspective in these ways:

When we abide and remain in God's presence by praying, studying His Word, and even asking introspective questions, He grows us.

DAYS FOUR & FIVE (OPTIONAL)

Read chapters 4–6 in the *You Are the Girl for the Job* book. **Reading through the book will enhance your experience of this study, but it is NOT required.**

You Are the Girl for the Job

Daring to Believe the God Who Calls You

Jess Connolly

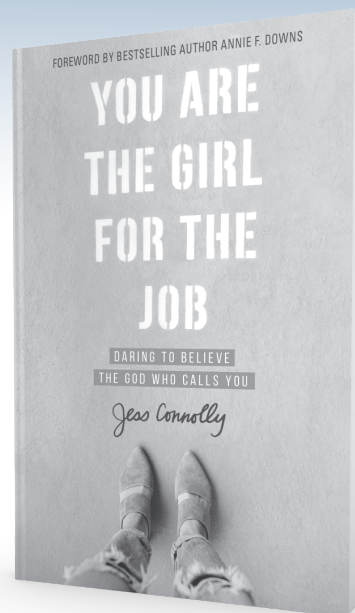
You believe (or want to believe) God has called you and given you purpose, but where do you start? How do you get from feeling stuck to making a move? If this sounds familiar, bestselling author Jess Connolly has a message for you: *You Are the Girl for the Job*.

But this is not simply a peppy catchphrase. This is the straight-up truth God has proclaimed over your life from the beginning, and it's not dependent on what you can do or achieve but based on His power, capacity, and character.

It has taken one million, maybe one zillion (who knows?!) slight moves of His hand to place you in this exact moment. So forget about fear and second-guessing your gifts, because God has meticulously prepared you to be an ambassador for the kingdom right where you are, here and now. Life is too short to get stuck in a holding pattern of shame, self-doubt, and comparison. So let this book be your very good news: you don't have to wait for permission when you've already been commissioned.

With passion and heart-pumping hope, Jess shows that being the girl for the job doesn't depend on your capacity. Rather, it has everything to do with God's capacity and our willingness. It has everything to do with believing we are who God says we are and quieting any inferior word spoken against us. Are you ready?

Let this book be your jumpstart into confident, purposed living, as Jess walks you through the six steps she has used to coach and encourage women for years: set your focus, take stock of the story that has shaped you, face your fear, catch the vision, make a plan, and finally, make your move—all in the bold belief that God has called you to every step of the journey.



Available in stores and online!

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Also Available from Jess Connolly

Dance, Stand, Run is an invitation to the daughters of God to step into the movements of abundant life: dancing in grace, standing firm in holiness, and running on mission. Through story and study, Jess casts a fresh vision for how to live into your identity as a holy daughter of God, how to break free of cheap grace and empty rule-keeping, and finally, how to live out your holy influence with confidence before a watching world. Spoiler alert: it's a beautiful thing.

For anyone longing to take their place in what God is doing in the world, *Dance, Stand, Run* will rally your strength, refresh your purpose, and energize your faith in a God who calls us to be like Him.



Book
9780310345640

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