

Welcome! Here's a **6-session guided Bible study outline** themed around **Spiritual Renewal During Menopause**. You can use this for a small group, Sunday school, women's ministry—or adapt it for personal study.

Session 1 • Honest Prayer and Surrender

Key Scripture: 2 Corinthians 4:16

Goal: Name your struggles and open your heart to God's renewing power.

1. **Welcome & Icebreaker** (10 min)
 - Pair up and share one thing you wish someone had told you about midlife.
2. **Scripture Reading** (5 min)
 - Read 2 Cor 4:16 aloud.
3. **Teaching Moment** (10 min)
 - Paul contrasts outer decay with inner daily renewal. What does “renewed day by day” look like in real life?
4. **Discussion Questions** (20 min)
 - What physical or emotional changes feel most isolating for you?
 - How have you tried—and struggled—to “keep it together” on your own?
 - Where can you practice saying “Lord, I surrender this” this week?
5. **Prayer Practice** (10 min)
 - Spend five minutes in silent honest prayer. Encourage writing one sentence of confession or need.
6. **Take-Home Challenge**
 - Each morning, write one “I need You, Jesus” prayer and one “Thank You” statement in your journal.

Session 2 • Rooted in God's Promises

Key Scripture: Proverbs 16:31 (“Gray hair is a crown of glory.”)

Goal: Meditate on a promise as a foundation for confidence.

1. **Check-In** (10 min)
 - Share one “I need You” prayer from the week and any fresh insight.
2. **Scripture Immersion** (10 min)
 - Read Proverbs 16:31 in several translations. Notice what “crown of glory” stirs in you.
3. **Interactive Exercise** (15 min)
 - On index cards, write 3–5 promises you need right now (e.g. “He cares for me,” “I am chosen”). Place cards where you’ll see them each day.
4. **Discussion Questions** (20 min)
 - Which promise card felt hardest to believe? Why?
 - How can meditating on these promises reshape your view of menopause?
 - How might you encourage a friend with one of your promise cards?
5. **Prayer Response** (5 min)
 - Pray aloud one of your promise cards over the group.
6. **Take-Home Challenge**
 - For the next week, choose one promise to memorize and speak aloud three times daily.

Session 3 • Community and Shared Burdens

Key Scripture: Galatians 6:2 (“Carry each other’s burdens.”)

Goal: Build a culture of honesty, support, and prayer.

1. **Welcome & Sharing** (10 min)

- In triads, share a recent struggle and one thing you’re grateful for.

2. **Scripture Exploration** (5 min)

- Read Galatians 6:2 together.

3. **Group Activity** (15 min)

- Create a “Burden Board”: on a whiteboard or poster, anonymously pin or write burdens you’d like prayer for.

4. **Discussion Questions** (20 min)

- What keeps you from asking for help?
- How does it feel to see others’ needs and to share your own?
- What practical steps can we take to “bear one another’s burdens” this week?

5. **Prayer Pairs** (10 min)

- Pair up and pray specifically over one burden from the board.

6. **Take-Home Challenge**

- Text or call someone not in this group; ask how you can pray for her this week.

Session 4 • Lament, Gratitude, and Healing

Key Scripture: Psalm 42:11 (“Put your hope in God... I shall again praise him.”)

Goal: Learn to bring honest lament and turn it into hope-filled praise.

1. **Opening Lament** (5 min)

- Read aloud from one lament Psalm (e.g., Ps 13 or Ps 42).

2. **Scripture Reflection** (10 min)

- Discuss why the psalmist moves from anguish to hope.

3. **Journaling Exercise** (15 min)

- Two-column page: in left column write current laments; in right column write promises or truths to respond with.

4. **Discussion Questions** (20 min)

- What was hardest to write in your lament column?
- Which promise felt most lifegiving?
- How can lament shape your relationship with God during menopause?

5. **Group Prayer** (10 min)

- Invite anyone who cares to share a lament, then have the group respond with a collective promise (e.g., “God cares for you,” “He is near”).

6. **Take-Home Challenge**

- Keep a daily lament-gratitude journal for one week, noting how hope grows.

Session 5 • Creative Worship and Expression

Key Scripture: Psalm 149:3 (“Let them praise his name with dancing and make music to him with tambourine and harp.”)

Goal: Engage the arts as a pathway to see God at work in your season.

1. **Welcome & Show & Tell** (10 min)

- Bring a small creative item (photo, fabric, short poem) that reflects your current season.

2. **Scripture & Creativity** (5 min)

- Read Psalm 149:3; discuss what “creative praise” might look like.

3. **Hands-On Workshop** (20 min)

- Provide paper, magazines, glue, markers. Create a one-page “Renewal Collage” capturing both struggles and hopes.

4. **Discussion Questions** (15 min)

- What images or words jumped out at you?
- How did the process speak to your heart differently than talking?
- In what other creative ways could you worship God this week?

5. **Expressive Prayer** (5 min)

- Invite volunteers to share one collage element and pray over its significance.

6. **Take-Home Challenge**

- Spend 10 minutes in creative worship (drawing, music, dance) each day and note what God shows you.

Session 6 • Mentoring and Passing On Wisdom

Key Scripture: Titus 2:3–5

Goal: Equip midlife women to invest their hard-won insights into the next generation.

1. **Opening Reflection** (10 min)

- Recall one piece of counsel from an “older woman” that changed your life.

2. **Scripture Study** (10 min)

- Read Titus 2:3–5. Identify the qualities younger women need most.

3. **Action Planning** (20 min)

- In small groups, brainstorm three ways you can mentor:
 - One-on-one coffee or call

- Leading a brief devotional or Bible study
- Sharing a short video or written reflection

4. **Discussion Questions** (15 min)

- What gifts and experiences do you bring?
- How can you build margin in your schedule for mentorship?
- Who might God be calling you to reach out to?

5. **Prayer Commissioning** (5 min)

- Lay hands on one another in pairs, praying for boldness, wisdom, and compassion.

6. **Next Steps**

- Commit to one mentoring step in the coming month and set a date. Exchange contact info with accountability partners.

Materials & Preparation Checklist

- Printed study guide or handouts with scriptures and questions
- Bibles or apps for reading texts together
- Journal or paper and pens for everyone
- Sticky notes or index cards for exercises
- Simple craft supplies for Session 5 (magazines, scissors, glue)
- Refreshments and a welcoming space

This outline gives you a clear flow—honest prayer, promise-centered meditation, community care, lament and gratitude, creative praise, and intentional mentoring—so that **spiritual renewal during menopause** becomes a shared, life-changing journey. Feel free to adapt timing, group size, or activities to your context!

