



I am the way. ~Jesus

**NO
MORE
CHRISTIAN
NICE
GIRL**
workbook

BLT 2010:

tuesnite[20]somethings

tuesnite[20]somethings

Bible Study and journaling is a journey over time.
Just like relationships it takes time and practice.

Introduction

Read Pages 11-24

Journaling complete questions 2, 4, 6, 9

2. Nicole's "disease to please" leaves her feeling tired, guilty, irritable, resentful, dejected, frustrated, confused, and sad. Do you frequently feel any of these? What is making you feel that way?

4. Review your self-test. In what areas do you struggle the most with Nice Girliosis?

6. How do you handle conflict and confrontation? For example, do you avoid necessary conflict, or pretend conflict isn't happening when it is? Or do you lie and tell yourself that you aren't feeling certain emotions when you actually are? What successes have you had in the past in handling conflicts/ confrontations?

What's the point?

Read these verses and ask yourself how this verse applies to you, your understanding of who God the Father, Son and Holy Spirit are . Write down your questions for group discussion.

W e d n e s -

John 10:10

T h u r s d a y

Isaiah 41:10

F r i d a y

Genesis 12

M o n d a y

Philippians 4:6-7

T u e s d a y

Isaiah 64:4



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Conclusion

Journaling

Page 186-192: Which Reminder for the Road is most important for your journey?

Which woman of the Bible that we've studied do you find most intriguing?

No More Christian Nice Girl

9. What obstacles are most likely to prevent you from finishing this book? What could you do to set yourself up for success in finishing this book and the study questions?

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Wednesday

Ezekiel 13:10-12

Thursday

Malachi 2:6

Friday

Matthew 5:9

Monday

James 3:17-18

Tuesday

1 Peter 3:10-12



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Chapter 1

Read Pages 25-39

Journaling complete questions 3, 4, 6, 9

3. In the past, when you learned about Jesus, were his salty and sweet sides equally represented? If your answer is no, how has this affected your development as a believer? How has this influenced your relationships?

4. In what situations do you feel pressured to act nice and sweet because you are a Christian?

6. How do passive, people-pleasing, Christian Nice Girl behaviors make Christianity seem impractical or not useful in everyday life?

What's the point?

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Wednesday

1 Corinthians 9:24

Thursday

2 Corinthians 3:16-18

Friday

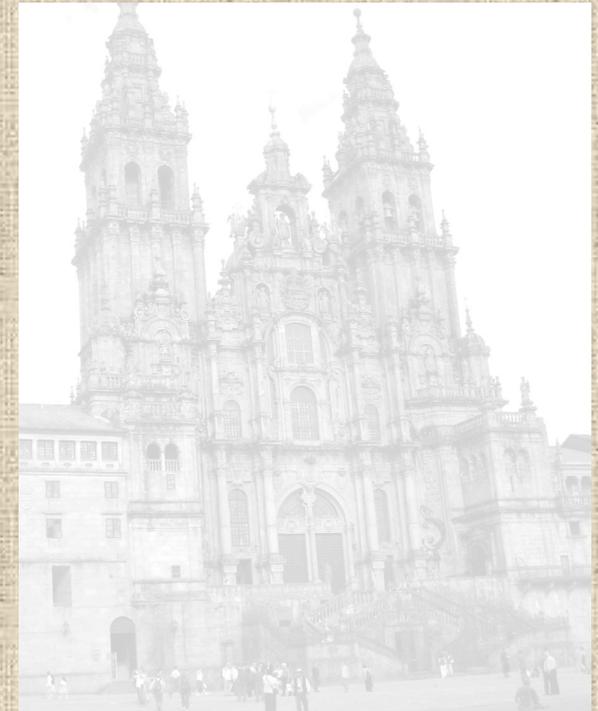
Galatians 5:7-10

Monday

Hebrews 12:1-3

Tuesday

John 10:10



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Chapter 10

PRISCILLA

Read Pages 185-200 & Pages 89-90

Journaling complete questions 1, 2, 3

1. Who in your life will be pleased as you journey toward becoming one of God's Good Women? Who will be displeased? How will you handle the positive and negative reactions? How did Jesus handle people who were displeased with his behavior?

2. At this point, what do you think you need to focus more on developing: your courage or your ability to laugh at yourself? What steps could you take to strengthen that quality?

3. Who are your Balcony Women? Take some time to pray and thank the Lord for them. What could you do to express your appreciation to these valued people? If your balcony is empty, what could you do to begin building relationships with potential Balcony Women?

9. What steps could you take to be more authentic at church or in your study group?

What's the point?

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Wednesday

Mark 6:30-52

Thursday

Mark 6:30-52

Friday

Mark 6:30-52

Monday

Mark 6:30-52

Tuesday

Mark 6:30-52



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Chapter 2

DEBORAH

Read Pages 42-58 & Pages 82-83

Journaling complete questions 3, 4, 5

3. Think back to your childhood. What were society's expectations for boys vs. girls at school, home, church, and in the media? Have those expectations changed now?

4. Have you experienced "sugar and spice" expectations to be perpetually nice, compliant, quiet, and helpful in a church setting? If yes, how has this affected you spiritually?

5. Do you prefer male or female friends? Why?

What's the point?

Read these verses and ask yourself how this verse applies to you, your understanding of who God the Father, Son and Holy Spirit are . Write down your questions for group discussion.

Wednesday

Numbers 27:1-11

Thursday

Friday

2 Kings 22:11-23:3

Monday

Tuesday



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Chapter 9

LYDIA

Read Pages 165-184 & Pages 88-89 (Lydia)

Journaling complete questions 1, 5, 7

1. When you are in a competitive situation, how do you feel? How do you react?

5. How do you typically behave in meetings? Do you need to share your opinions more often at work? If so, when would be a good time for you to practice this skill?

7. Share with your group if any of the following Christian Nice Girl behaviors are impeding your success at work or in volunteer settings. What could you do differently in those situations?

What's the point?

Read these verses and ask yourself how this verse applies to you, your understanding of who God the Father, Son and Holy Spirit are . Write down your questions for group discussion.

Wednesday

1 Samuel 16:7

Thursday

Proverbs 11:22, 31:30

Friday

Jeremiah 17:10

Monday

John 7:24

Tuesday

2 Corinthians 5:9-12

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Chapter 3

J A E L

Read Pages 59-79 & Pages 83-84

Journaling complete questions 2, 4, 8, 11

2. Do you think God created you as more of a “coconut” or a “peach” when it comes to how you react to stressful, emotional situations?

4. When you were growing up, did you hear primarily encouraging or discouraging words from adults? How did those words make you feel? What words would have made a positive difference in your life if you had heard them?

8. Where in your life do you need more courage? What are some small steps you could take to face this fear and begin to grow your courage?

Ch. 7: Is there a particular area in your marriage or romantic relationship where you need to speak the truth in love more often?

What's the point?

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Wednesday

2 Samuel 13:1-20

Thursday

Psalm 103:8-10, Proverbs 29:11, 30:33, Mark 3:4-5

Friday

Ephesians 4:26-27, 30-31

Monday

Genesis 2:24-25, Song of Songs 6:3, 7:10, 8:10

Tuesday

1 Corinthians 7:3-5



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Chapter 6-8

RUTH

Read Pages 117-163 & Pages 84-86

Journaling complete questions

Ch 6: 3. If you have dated Mr. Wrong, how did that dating relationship affect you at the time? Does it affect you now? Share with your group any lessons you learned.

Ch 7: 1. Review your score on the quiz. Are you a Desperate Nice Wife (or girlfriend)? Which of the questions on the quiz were thought-provoking for you? Why?

Ch 7: 7. When do you tend to express anger indirectly (in a passive aggressive manner)? What initial steps could you take to begin expressing your anger assertively and appropriately?

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11. Have you experienced verbal, emotional, spiritual, physical, or sexual abuse? What, if any, lies have you believed as a result of the abuse? Do you need to seek help from a ministry leader or therapist?

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Wednesday

Job 23:10, Jonah 2:2

Thursday

Psalm 119:67, Zechariah 13:9

Friday

Romans 8:28

Monday

2 Corinthians 1:3-7, 4:17

Tuesday

1 Peter 1:6-7



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Chapter 5

ABIGAL

Read Pages 99-115 & Pages 86-87

Journaling complete questions 1, 2, 5

1. What types of weeds have you seen Christian women plant in relationships in the name of being nice? Are you planting false niceness weeds in any relationships in your life? What were you hoping would grow and what is sprouting up instead?

2. What do you think are the hidden, selfish payoffs for false niceness in relationships?

5. What do you think are the costs and the benefits of choosing the path of truth and authenticity in relationships?

What's the point?

Read these verses and ask yourself how this verse applies to you, your understanding of who God the Father, Son and Holy Spirit are . Write down your questions for group discussion.

Wednesday

Psalm 53:1

Thursday

Proverbs 10:18, 14:9, 15:5

Friday

Proverbs 18:6, 20:3, 26:11

Monday

Jeremiah 4:22

Tuesday

Acts 28:27

