

## WEEK 2 | PERSONAL REALM

SCRIPTURE FOCUS | Exodus 1:15-21

BOOK CHAPTER FOCUS | Chapters 1 - 5

### SERMON CONNECTION

The first two people we're looking at from the Bible in this series on resistance are Shiphrah and Puah. Reread their story, and use your holy imagination to consider how they individually engaged their own personal realm. What practices do you imagine they held, as they did the hard and holy work they're remembered for?

### FOR REFLECTION/CONVERSATION

(Read the "Resistance Commitment" at the end of each chapter. If possible, give yourself some time as you read to pause, and engage with each of those commitments.)

Based on how we understand faith development, we wrestle with previously held ideas about our faith as we journey adulthood. What is an idea you've held about your faith, that you've had to reconsider? What caused you to begin this reconsidering? What has helped or hindered your journey? Where do you feel like you are now?

This section on the "personal realm" lifts up practices of art, ritual, embodiment, and self-love. Which of these chapters spoke most to you? Why do you think that is? What is one thing you could add as a practice to your daily life that would bring you more in touch with your personal realm?

### GROUP GUIDE

If you're reading this book with a group, take a moment for everyone to share which chapter most resonated with them. Encourage one another to choose a practice that aligns with the themes of that chapter, and to try doing it for at least the next 30 days. Decide how you will hold one another accountable, and check in to encourage each other.