STUDY GUIDE

INTRODUCTION

Our surrender to God is shaped by our view of God—which is best informed through the pages of Scripture. I am a Bible study girl. That is my greatest passion—to see people fall in love with God through studying his Word. So for me, this book was incomplete. The main reason we are rereleasing *Anything* is because I wanted it to contain a Bible study.

It is one thing for you to read about my journey. But in these pages I pray that you would be drawn even deeper into your journey with our God.
In the following pages, I have broken the book up into an eight-week study. Do not do this alone. Grab a small group and commit to gather for eight weeks and process together.

Each week’s study contains assigned chapters to read, a main passage of Scripture for you to study, two projects for personal reflection and application, and six conversation cards to discuss the themes of that week with your small group.

**INSTRUCTIONS**

1. Gather your friends and decide on a time to meet.

2. Read the assigned chapters and work through the Scripture and projects.

3. Meet and discuss the chapters and lesson, then copy, cut out, and lay out the Conversation Cards for discussion.

4. For additional tools, go to jennieallen.com/books/anything.

**GROUND RULES FOR DISCUSSION**

- Be concise. Share your answers to the questions while protecting others’ time for sharing. Be thoughtful. Don’t be afraid to share with the group, but try not to dominate the conversation.
• Keep group members’ stories confidential. Many things your group members share are things they are choosing to share with you, not with your husband or other friends. Protect each other by not allowing anything shared in the group to leave the group.

• Rely on Scripture for truth. We are prone to use conventional, worldly wisdom as truth. While there is value in that, this is not the place. If you feel led to respond, please only respond with God’s truth and Word, not “advice.”

• No counseling. Protect the group by not directing all attention on solving one person’s problem. This is the place to discover and apply God’s truth together as a group. Your group leader will be able to direct you to more help outside of the group time if you need it. Don’t be afraid to ask for help.
For so long I missed this truth: “The state of our invisible hearts takes precedence over all the good behavior, over all the bad” (page 16). It is so difficult to really dig into our own souls. It takes space and prayer and facing whatever darkness may be growing in us. But I have never known a person who truly lived in freedom that hasn’t gone there.

I pray you will spend time before God with this week’s passage of Scripture and find how much freedom lives on the other side of confession.

This week, you’ll read about the following three things: unbelief, pretending, and shame. They all keep us from surrender. Which one do you fight the most? And how does it play out in your life?
Describe and contrast the light and darkness in this passage.

<table>
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<tr>
<th>LIGHT:</th>
<th>DARKNESS:</th>
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In this passage, consider the answer to these two questions:

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<th>WHO ARE YOU LORD?</th>
<th>WHAT DO YOU WANT FOR ME?</th>
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Most of my life I never understood this verse in Galatians 5: “For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery” (v. 1).

I craved freedom, but I didn’t know why I wasn’t experiencing it.

Freedom is only possible through the finished work of Christ, and it lives on the other side of belief and surrender.

And surrender begins with an honest look at what it is we are holding on to.

Do you feel free? If not, what is keeping you from freedom?
PROJECT ONE

Write a prayer to God confessing the places you have lived in unbelief, denial, or shame.

Now write God’s response to you. (For some direction, look at Ephesians 1.)
PROJECT TWO

Everyone craves a space to be honest about what they are really fighting inside . . . it just usually takes someone going first. In your small group or over lunch with a friend, go first.

Share what you are learning and how you are fighting these things no one else sees.

Then come back and talk about how it went.
ABOUT THE AUTHOR

Jennie Allen is passionate about inspiring a new generation of women to encounter the invisible God. A Bible teacher marked by personal authenticity and vulnerability, she encourages women to study Scripture, wrestle with truth, and more fully live out their short time on this planet.

Jennie studied at the University of Arkansas for three years. She met and married Zac Allen and moved to Tennessee where she completed her BS in Communications at Carson Newman College. She and Zac later attended Dallas Theological Seminary at the same time. She graduated with a Masters in Biblical Studies in 2005.

Played out in the stories of her trade books Anything and Restless, Jennie birthed IF:Gathering—gathering, equipping, and unleashing the next generation to live out their purpose. IF:Gathering live streamed its first event from Austin, TX, and brought together over one hundred and fifty thousand women from more than twenty-two countries. Today, IF:Gathering continues to gather women online through a daily Bible study, IF:Equip.

Jennie and Zac have four children—Connor, Kate, Caroline, and Cooper.
Also Available from

jennie allen

A New Bible Study Experience for Women

Women are hurting. A lot of us feel stuck. This is not a novel perception—this is human. We are stuck trying to be perfect. Stuck in sadness. Stuck feeling numb. Stuck pursuing more stuff to make us happy. Stuck in something we can’t even name. Stuck is an eight-session Bible study experience leading women to the invisible struggles that we fight and to the God who has to set us free.

Visit www.stuckdvdstudy.com to learn more.

Available wherever books & Bibles are sold.
Also Available from jennie allen

Chasing After the Heart of God

Chase is a Bible study experience to discover the heart of God and what it is exactly He wants from us. As we work through major events in the life of David, and the Psalms he wrote out of those experiences, you see a man who was reckless and imperfect but possessed the favor of God. Whether you are running from God or working your tail off to please Him, this man’s journey will challenge your view of God.

Watch www.jennieallen.com for more info about Chase.

Available wherever books & Bibles are sold.
Identify the threads of your life

In this DVD-based study using the story of Joseph, Jennie explains how his suffering, gifts, story, and relationships fit into the greater story of God—and how your story can do the same. She introduces Threads—a tool to help you see your own personal story and to uncover and understand the raw materials God has given you to use for his glory and purpose.

Visit www.jennieallen.com for info about Restless.

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