



Greater Life Church North

"Loving and Leading People to a Greater Life"

Pastor Nate Stewart, Lead Servant

2770 Glebe Rd. Lemon Grove, CA 91945

| 619.263.8101

| admin@greaterlifed.org

| www.greaterlifed.org

Refreshed, A Woman to Woman Journey Toward Renewal

Overview

This four week Woman to Woman small group study is designed to help women rediscover spiritual, emotional, and mental renewal through God's presence, His Word, intentional rest, and purposeful living. Refreshing is presented not as a one time experience, but as a continual posture of the heart cultivated through daily connection with God and healthy community.

Defining Refreshed and the Importance of Refreshing:

To be refreshed means to be renewed, restored, and strengthened in spirit, mind, and heart. Biblically, refreshing is the work of God that revives what has become weary, dry, or depleted. It is not simply physical rest or temporary relief, but a spiritual renewal that flows from God's presence and truth.

Refreshing is important because life has a way of draining even the most faithful women. Responsibilities, relationships, disappointments, and expectations can slowly wear down joy and clarity. Without intentional refreshing, women may continue functioning, but without strength, peace, or spiritual vitality.

God calls His daughters to live from renewal, not exhaustion. Refreshing realigns our hearts with God, restores perspective, and replenishes strength so we can love, serve, and lead with wholeness. It is not a luxury, it is a necessity for sustained spiritual health and purposeful living.



Greater Life Church North

"Loving and Leading People to a Greater Life"

Pastor Nate Stewart, Lead Servant

2770 Glebe Rd. Lemon Grove, CA 91945

| 619.263.8101

| admin@greaterlifesd.org

| www.greaterlifesd.org

Week One :Refreshed by God's Presence

Introduction:

Many women carry the weight of responsibility, expectation, and unspoken pressure. They pour into families, careers, ministries, and relationships, often placing their own spiritual health last. Over time, this constant giving can lead to spiritual dryness, fatigue, and disconnection from God.

God never intended for His daughters to live depleted or disconnected from Him. From the beginning, His presence has been the place of renewal, rest, and strength. Scripture reminds us that God's presence restores what life drains. Refreshing begins when we intentionally return to Him, not only in moments of crisis, but through daily dependence, awareness, and relationship.

Main Point:

True refreshing starts in the presence of God, not in changed circumstances.

Scripture Focus:

Acts 3:19

"Repent therefore, and turn back, that your sins may be blotted out, that times of refreshing may come from the presence of the Lord."

This verse reminds us that refreshing flows directly from God's presence. Turning back to Him realigns our hearts and opens the door for renewal.

Psalms 16:11

"You make known to me the path of life, in your presence there is fullness of joy, at your right hand are pleasures forevermore."

God's presence is not empty or burdensome, it is full of joy and life giving peace.

Refreshing Layout:

Refreshing begins with awareness. Many women live disconnected from God's presence, not because He is absent, but because life is loud. Being refreshed requires



Greater Life Church North

"Loving and Leading People to a Greater Life"

Pastor Nate Stewart, Lead Servant

2770 Glebe Rd. Lemon Grove, CA 91945

| 619.263.8101

| admin@greaterlifesd.org

| www.greaterlifesd.org

intentional awareness that God is near and available. Women are encouraged to begin each day acknowledging God through prayer, even if brief and simple.

Refreshing also requires consistency over intensity. Short, daily moments in God's presence often bring more lasting renewal than occasional extended times. Worship during a commute, Scripture before bed, or quiet reflection in the morning can all become sacred spaces.

Finally, refreshing grows through honesty. God's presence is a safe place to bring weariness, disappointment, and unanswered questions. As women learn to show up honestly before God, heaviness begins to lift and peace replaces strain.

Discussion Questions

1. In what ways have you been feeling spiritually or emotionally drained?
2. What usually distracts you from spending intentional time in God's presence?
3. How have you experienced God refreshing you in the past?
4. What would it look like for you to create more space for God's presence this week?

Simple Homework

Set aside at least 10 minutes each day this week to intentionally acknowledge God's presence. This can include prayer, worship, or quiet reflection. At the end of the week, write a short reflection on how this intentional time affected your heart, mood, or perspective.



Greater Life Church North

"Loving and Leading People to a Greater Life"

Pastor Nate Stewart, Lead Servant

2770 Glebe Rd. Lemon Grove, CA 91945

| 619.263.8101

| admin@greaterlifesd.org

| www.greaterlifesd.org

Week Two: Refreshed in the Word

Introduction:

The Word of God is not only informative, it is restorative. In a world filled with constant noise, opinions, and expectations, many women find their thoughts overwhelmed and their peace unsettled. While many are familiar with Scripture, fewer consistently allow the Word to shape their thinking and nourish their souls.

When God's Word becomes daily bread rather than occasional reading, it brings clarity, direction, and strength. Scripture has the power to refresh weary minds, realign misplaced priorities, and remind women of who God is and who they are in Him.

Main Point:

God refreshes us by renewing our minds through His Word.

Scripture Focus:

Psalms 19:7

"The law of the Lord is perfect, reviving the soul; the testimony of the Lord is sure, making wise the simple."

God's Word has the power to revive, restore, and stabilize us when life feels overwhelming.

Romans 12:2

"Do not be conformed to this world, but be transformed by the renewal of your mind."

Refreshing happens when our thinking aligns with God's truth instead of cultural pressure or personal fear.

Refreshing Layout:

Being refreshed in the Word means allowing Scripture to speak to both the mind and the heart. Women are encouraged to read slowly, reflect prayerfully, and ask God how His Word applies to their current season.



Greater Life Church North

"Loving and Leading People to a Greater Life"

Pastor Nate Stewart, Lead Servant

2770 Glebe Rd. Lemon Grove, CA 91945

| 619.263.8101

| admin@greaterlifesd.org

| www.greaterlifesd.org

Refreshing also comes through repetition. Reading the same passage throughout the week allows truth to sink deeper. Writing verses down, reading them aloud, or praying Scripture helps internalize God's promises.

Additionally, refreshing in the Word involves obedience. When women apply even small portions of Scripture, faith grows and discouragement weakens. God's Word becomes living and active when it is practiced, not just studied.

Discussion Questions

1. How would you describe your current relationship with God's Word?
2. What thoughts or beliefs do you need God to renew through Scripture?
3. What makes it difficult to stay consistent in reading the Bible?
4. What is one practical way you can engage the Word daily this week?

Simple Homework

Choose one Scripture from this week and read it every day. Write it down, read it aloud, or pray it back to God. At the end of the week, write a few sentences about what stood out to you and how the Scripture spoke to your current season.



Greater Life Church North

"Loving and Leading People to a Greater Life"

Pastor Nate Stewart, Lead Servant

2770 Glebe Rd. Lemon Grove, CA 91945

| 619.263.8101

| admin@greaterlifed.org

| www.greaterlifed.org

Week Three: Refreshed Through Rest and Surrender

Introduction:

Many women struggle with rest because they feel guilty slowing down. They equate rest with weakness or believe everything depends on their effort and availability. As a result, exhaustion becomes normal and surrender feels uncomfortable.

However, rest is not laziness, it is obedience. God calls His daughters to release control, trust His timing, and acknowledge their limitations. True rest requires faith, believing that God is working even when we pause and surrender what we cannot carry.

Main Point:

Refreshing comes when we surrender control and embrace God's rest.

Scripture Focus:

Matthew 11:28–29

"Come to me, all who labor and are heavy laden, and I will give you rest."

Jesus invites the weary to exchange heavy burdens for His gentle leadership.

Isaiah 40:31

"But they who wait for the Lord shall renew their strength."

Waiting on God restores strength that striving can never produce.

Refreshing Layout:

Refreshing through rest begins with permission. Women must first give themselves permission to slow down without guilt. God designed rest as a rhythm, not a reward. Rest becomes an act of trust, acknowledging that God is at work even when we pause. Surrender is closely connected to rest. Women are encouraged to identify areas where they are striving, controlling, or carrying unnecessary weight. Through prayer, they can intentionally place those burdens in God's hands.



Greater Life Church North

"Loving and Leading People to a Greater Life"

Pastor Nate Stewart, Lead Servant

2770 Glebe Rd. Lemon Grove, CA 91945

| 619.263.8101

| admin@greaterlifed.org

| www.greaterlifed.org

Refreshing also requires boundaries. Rest is protected when women learn to say no when needed, limit distractions, and create margin in their schedules. Waiting on God renews strength and restores clarity.

Discussion Questions

1. What makes it hard for you to truly rest?
2. What burdens are you carrying that God is asking you to release?
3. How do you normally respond when you feel overwhelmed?
4. What would intentional rest look like for you this week?

Simple Homework

Identify one area where you need rest or surrender. This week, intentionally pause and give that area to God in prayer. Practice one act of rest, such as unplugging from your phone, taking a quiet walk, or going to bed earlier, and reflect on how it impacted you.



Greater Life Church North

"Loving and Leading People to a Greater Life"

Pastor Nate Stewart, Lead Servant

2770 Glebe Rd. Lemon Grove, CA 91945

| 619.263.8101

| admin@greaterlifesd.org

| www.greaterlifesd.org

Week Four: Refreshed for Purpose and Overflow

Introduction:

God does not refresh His daughters only for personal comfort, He refreshes them for purpose. Spiritual renewal is not meant to stop with us, it is meant to flow through us. When women live exhausted, service becomes heavy and joy fades.

A refreshed woman lives from overflow, not depletion. When God restores our hearts, minds, and strength, He empowers us to love, serve, and lead with joy and clarity. Refreshing positions women to walk confidently in their God given purpose without burning out.

Main Point:

God refreshes us so we can pour into others from a place of wholeness.

Scripture Focus:

John 7:38

"Whoever believes in me, as the Scripture has said, out of his heart will flow rivers of living water."

Refreshing produces overflow that blesses others.

Galatians 6:9

"Let us not grow weary of doing good, for in due season we will reap, if we do not give up."

God strengthens us to continue walking in purpose without burnout.

Refreshing Layout:

Refreshing for purpose begins with recognizing that overflow is God's design. God never intended women to pour endlessly without being refilled. When spiritual health is prioritized, ministry, relationships, and service flow naturally.



Greater Life Church North

"Loving and Leading People to a Greater Life"

Pastor Nate Stewart, Lead Servant

2770 Glebe Rd. Lemon Grove, CA 91945

| 619.263.8101

| admin@greaterlifesd.org

| www.greaterlifesd.org

Women are encouraged to serve from a place of wholeness, paying attention to warning signs of burnout such as irritability, exhaustion, or resentment. These signs are invitations to return to God for renewal.

Refreshing is sustained through community. God uses relationships to encourage, strengthen, and restore. As women commit to ongoing connection, prayer, and accountability, refreshing becomes a lifestyle rather than a seasonal experience.

Discussion Questions

1. Where do you feel God calling you to serve or pour into others?
2. How can you tell when you are serving from overflow versus exhaustion?
3. What boundaries do you need to protect your spiritual refreshment?
4. How can this group help you stay refreshed beyond these four weeks?

Simple Homework:

Ask God to show you one person or area where you can serve from a place of overflow. Take one intentional step this week, whether through encouragement, prayer, or practical help. Write a short reflection on how serving from a refreshed place felt different.