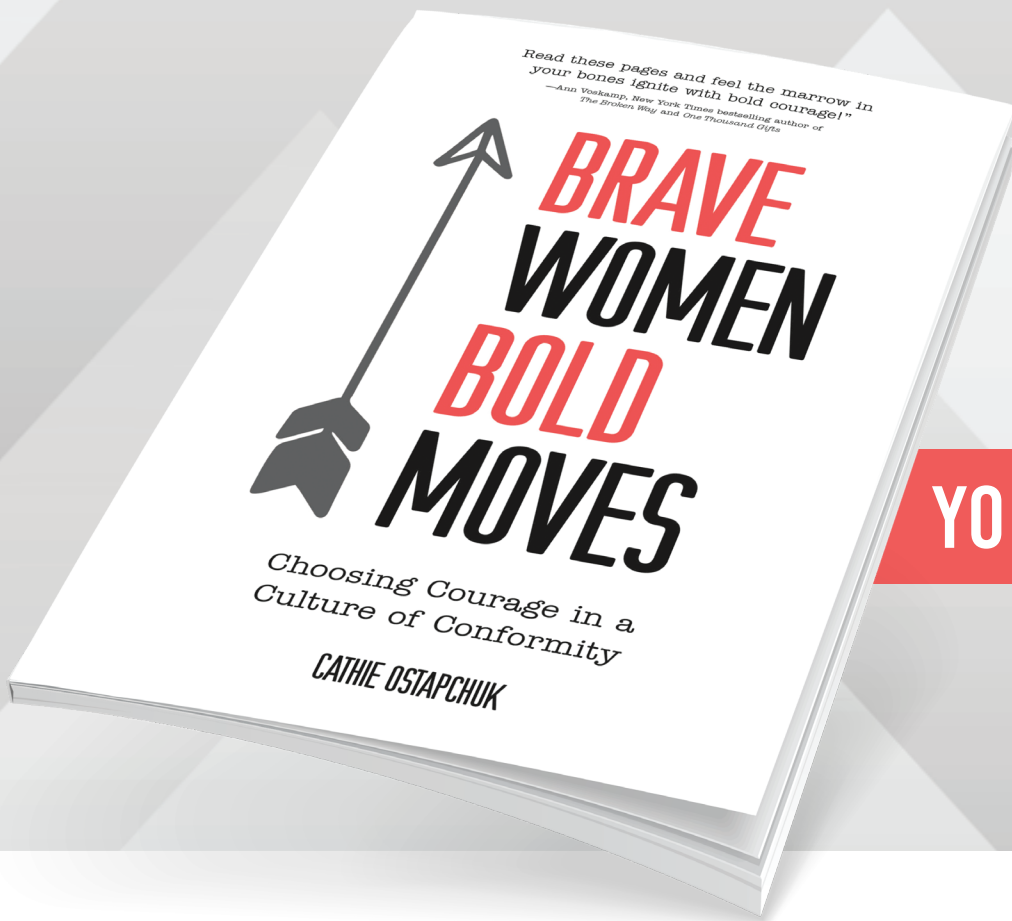


BRAVE WOMEN BOLD MOVES BOOK CLUB KIT

Cathie Ostapchuk unpacks the stories of brave women living in biblical times with snippets from women in today's culture, plus some of the author's story, in order to answer the question,

"Where did bravery ever get you?" Brave Women, Bold Moves embodies a "big-picture" narrative approach to women in history and the church, with an encouragement to all women, in any season, to choose courage over conformity.





YOU WILL NEED:

- ➡ A copy of BRAVE WOMEN, BOLD MOVES
cathie@cathieostapchuk.com for signed copy
or Amazon.ca or Indigo.ca
- ➡ To join the Brave Women Bold Moves Book
Club Page to access Videos – one for each
week of the study [https://www.facebook.com/
bravewomenboldmoves/groups/](https://www.facebook.com/bravewomenboldmoves/groups/)
- ➡ A copy of this Book Club Kit so you can use the
guides and worksheets each week. There are
additional Study Questions and a Prayer to use
at the end of each chapter of the book if you
want to go deeper with your book club squad!

WEEK 1

READ:

INTRODUCTION

PROLOGUE

CHAPTER 1: Making Way for Brave

Don't Measure Brave with a Faulty Measuring Stick

CHAPTER 2: A Brave Comeback – Eve

Don't Give Up After the First (or Second) Failure

LISTEN:

WEEK 1: Interview with *Jennie Nadeau*
Recording on BWVM Facebook Group
<https://www.facebook.com/bravewomenboldmoves/groups/>

CHAT:

- » What are most looking forward to in this book club?
Why are you here?
- » Do you struggle with any of the fears Cathie lists in the book on page xxvi? Are you distracted, deceived or discouraged by any of the same things that Eve was in her story?
- » What encouraged you most about Jennie's story as you listened to the recording?
- » Have you tried to measure God? In what ways?
- » What does 'your brave is for now and your bold is for future generations' mean to you?

PRAY:

- » READ the Making Brave prayer together on page 26.

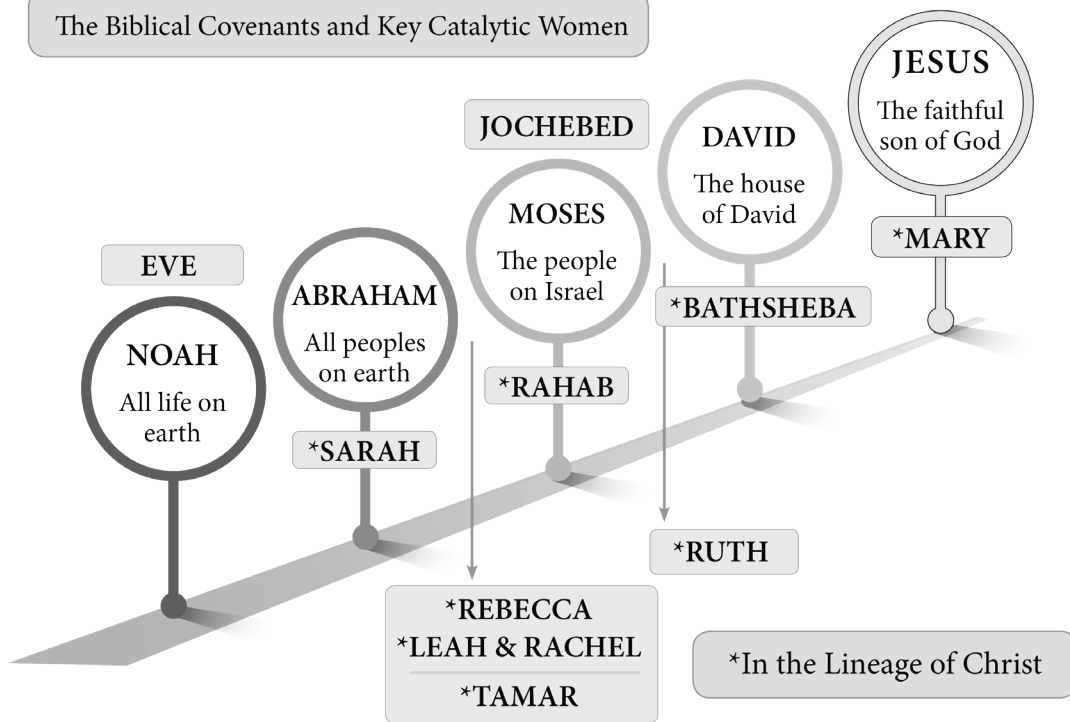
APPLY:

Look at the catalytic women in the diagram on the next (page xxvii in the book)

Write yourself into the story – where would your brave moment find itself showing up for future generations?



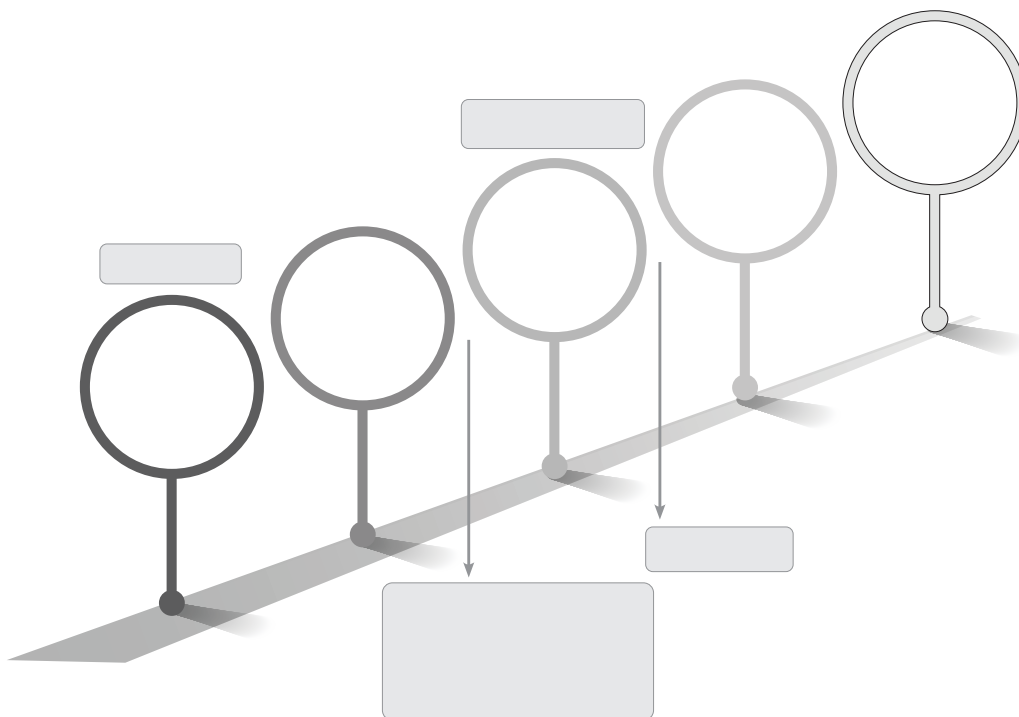
The Biblical Covenants and Key Catalytic Women



Which woman do you admire most?

Now write in historical events happening in your life time. Write the name of those who came before you, your name, and those that might come after you in the key hinge moments.

How might your bold move change history?



WEEK 2

READ:

CHAPTER 3: A Brave Waiting – Sarah

Don't Focus on Things You Can't Control

CHAPTER 4: When Brave Turns to Bitter – Leah & Rachel

Don't Envy Others's Success

CHAPTER 5: Braver Than Brave Can Be – Jochebed & Rahab

Don't Fear Taking Calculated Risks

LISTEN:

WEEK 2: Interview with *Joanna Lafleur*

Recording on BWBM Facebook Page

<https://www.facebook.com/bravewomenboldmoves/groups/>

CHAT:

- » What encouraged you most about Joanna's story as you listened to the recording? What have you, like Sarah, have had to wait a long time for? What are you still waiting for?
- » Are you 'green with envy' in any of the ways listed on pages 57-58 of the book?
- » Share which fears you relate to on pages 70 & 71? Where do you find yourself shying away from risk from the list on page 72?
- » What is the biggest lesson you learned from Jochebed and Rahab's stories?

PRAY:

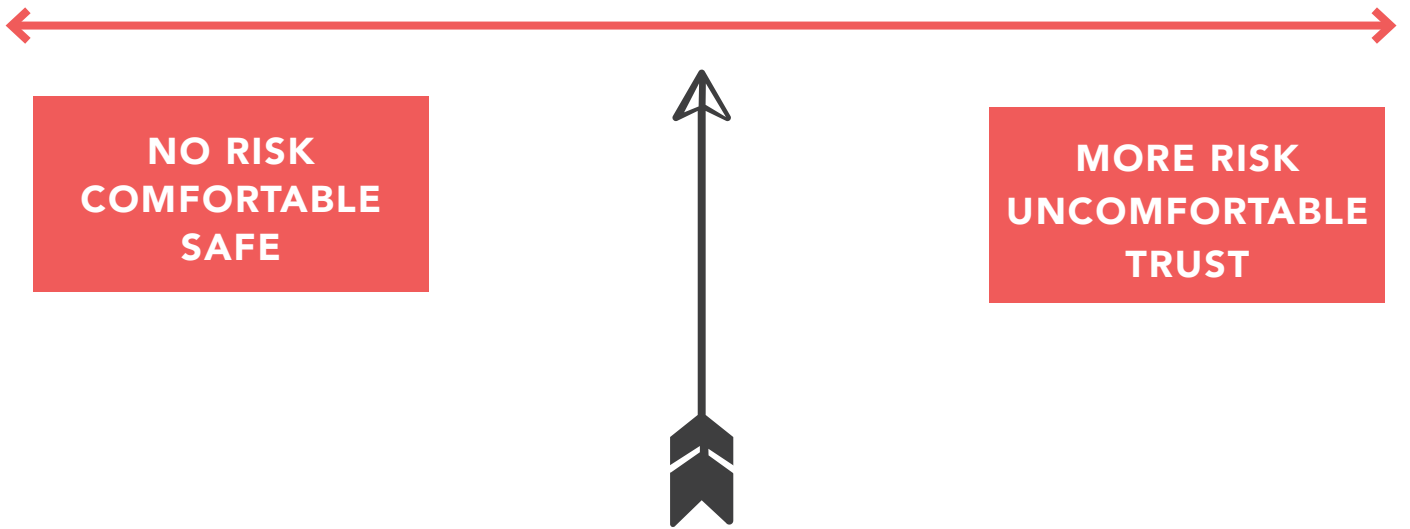
- » READ the Making Brave Prayer together on page 76

APPLY:

On the line below, plot where you find yourself today.

Are you willing to have a conversation with God and ask him to make you brave – and take a risk in an area of life you have been too comfortable in?





**NO RISK
COMFORTABLE
SAFE**

**MORE RISK
UNCOMFORTABLE
TRUST**

WEEK 3

READ:

CHAPTER 6: A Brave Valour – Ruth

Don't Be Scared of Change



LISTEN:

WEEK 3: Interview with *Vanessa Hoyes*

Recording on BWBM Facebook Page

[https://www.facebook.com/](https://www.facebook.com/bravewomenboldmoves/groups/)

[bravewomenboldmoves/groups/](https://www.facebook.com/bravewomenboldmoves/groups/)



CHAT:

- » What encouraged you most about Vanessa's story as you listened to the recording?
- » Respond to the statement that 'character is forged in defining moments when a person must choose between right and right'. Have you ever had to choose between right and right?
- » How do you identify with chayil – woman of valour? Have you ever thought of yourself as valiant?
- » Share how you would complete your I AM Statements on page 90

PRAY:

- » Pray the Making Brave Prayer together on page 93.



APPLY:

Journal your response to these questions:

"Do you believe you can choose to shape your environment, be resourceful and move forward into a new life?"

"How can Ruth's story encourage you?"

Spend some time going through both columns on the diagram below. Circle the areas where you would like to move into the Strong Life column. Ask God to help you grow your character in these areas.



MY STRONG LIFE	MY WEAK LIFE
Self-managing, shapes environment, shows resourcefulness	Quickly offended, easily provoked, too sensitive, slow to recover
Responsive, intentional, thoughtful	Reactive, instinctive, automatic
Open, light-shedding, aware	Underhanded, covert, flourishes in the dark
Resilient, flexible, has a sense of proportion	Demanding, willful, stubborn, resistant (especially to reason and love), unbending
Have breadth of understanding, allow time for things to process	Think in black/white or yes/no, intolerant of ambiguity; seek final solution, want all or nothing
Take responsibility for self, learn when challenged, define self from within self	Blame, criticize, displace, fault-find, have poor discrimination
Relaxed, at ease, sensible	Uptight, serious, defensive
Take turns, collaborate, stay in touch even when tension grows	Competitive, either with or against, see life as contest, contemptuous
Clear, objective, purposeful	Vague, non-specific, cloaked
Create space, options, and common goals	Create too much or too little space and one sided solutions

WEEK 4

READ: **CHAPTER 7: A Brave Recovery - Bathsheba**
Don't Give Away Your Power

LISTEN: **WEEK 4:** Interview with *Kallie Wood*
Recording on BWBM Facebook Page
<https://www.facebook.com/bravewomenboldmoves/groups/>

CHAT:

- » What encouraged you most about Kallie's story as you listened to the recording?
- » How hard would it have been for you to forget, forgive and focus on the future as Bathsheba did? Is there something in your life now that is complicated?
- » Why do you think God chose this 'woman of shame' as Bathsheba is often referred to, to bring forth His story – and ultimately Jesus from her line?
- » Do you believe you can take the power back to co-author with God, your own endings?

PRAY:

- » Pray the Making Brave Prayer together on page 106

APPLY: Journal about a person who you might have to forgive, a past you might have to forget, or a future God is calling you to focus on. *How hard is it for you to leave the past behind in an appropriate way and trust God to call you forward? Lift a prayer of surrender to God.*

WEEK 5

READ:

CHAPTER 8: A Brave Surrender - Mary

Don't Worry About What Everyone Else Thinks

CHAPTER 9: Bringing Brave Home

Don't Ever Quit

CONCLUSION

LISTEN:

WEEK 5 – Interview with Bonnie Pue

Recording on BWBM Facebook Page

[https://www.facebook.com/](https://www.facebook.com/bravewomenboldmoves/groups/)

[bravewomenboldmoves/groups/](https://www.facebook.com/bravewomenboldmoves/groups/)

CHAT:

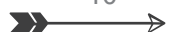
- » What encouraged you most about Bonnie's story as you listened to the recording?
- » What new wine do you believe Jesus wants to pour into you? What will your new wineskin need to look like to receive it?
- » There is an arrow shooting into the future that bears the potent ingredient of bravery from the first woman to your bravery, to the bravery of the women following after you. What are some ways you can be brave for the generations to come?
- » Share what you believe the ordination, the calling on your life, is.

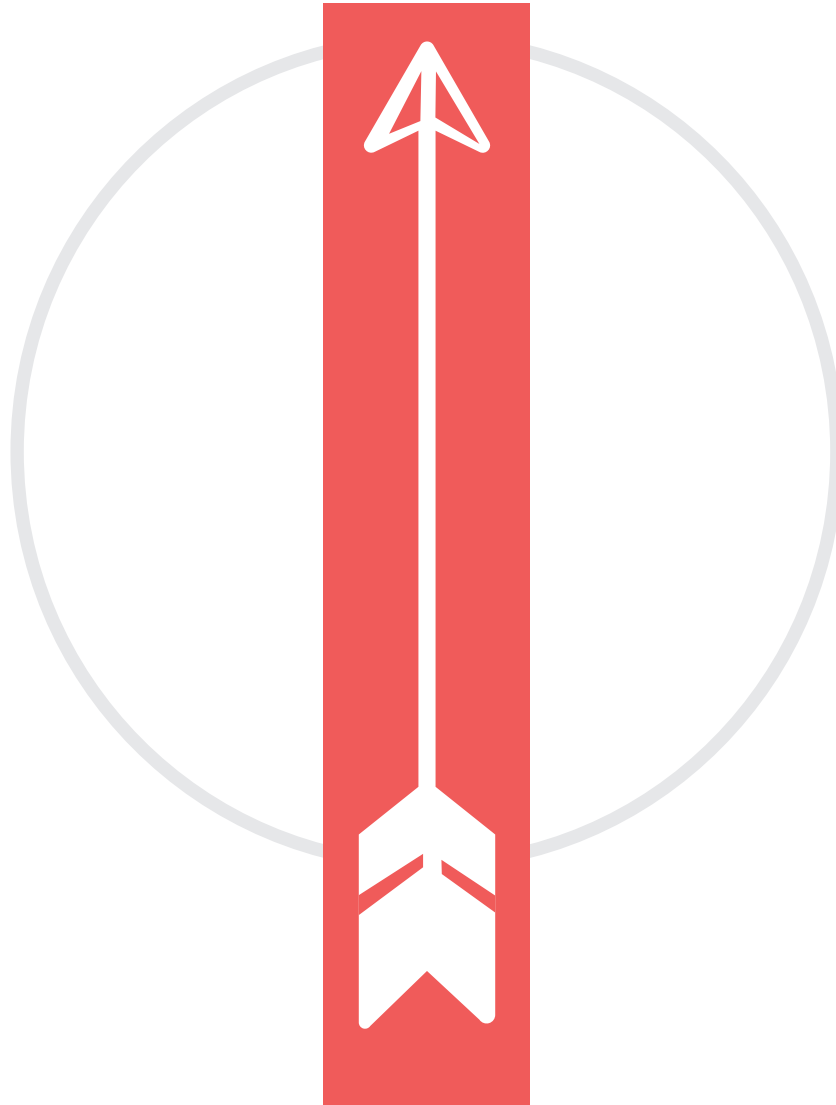
PRAY:

- » Pray the Making Brave Prayer together on page 119 & 120.

APPLY:

In all her humanity, amid all her fears, doubts, and worries, Mary was a woman who said Yes to God. Her Yes was strong because she wrestled with it and because it was a choice. A strong Yes with a surrendered heart will take you farther than you can imagine.





Around the tip of the arrow, fill in the names of those who you believe will be impacted positively by your 'yes' to being brave and making your bold move.



Thank you for taking time to lean into the lessons of
BRAVE WOMEN, BOLD MOVES.

Hear God's words to you at this moment:

*"For I am the Lord your God who takes hold of your right hand and says to you, Do not fear; I will help you".
(Isaiah 41:13)*

There is a cloud of women witnesses who forged the path for you by their example. You can step out with courage and clear the path for all those coming after you.



BE BRAVE.

CHOOSE COURAGE.

DON'T CONFORM.

YOUR BOLD MOMENT AWAITS YOU.