



INVITING HEAVEN TO RULE IN YOUR MIND

Dannah Gresh

1. What are the benefits of “holy girl walks”? How does Dannah’s message challenge you to intentionally memorize and meditate on the Word?
2. Discuss some of the mental podcasts that play in women’s minds. How would talking to yourself instead of *listening* to yourself impact your daily life?
3. Review the blessings of dwelling in the shelter of the Most High found in Psalm 91:1–5. What are practical ways to adopt a lifestyle of dwelling and abiding?
4. Share what you’ve learned about God’s character while suffering in a lion’s den or fiery furnace.
5. When are you tempted to believe the lie that everything is up to you? What truth do we need to dwell on when we’re not resting in the faithfulness of God Most High?
6. What does “Heaven rules” mean to you?