



hearts at Rest

Hostess Guide First Edition

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A Letter to the Hostess:

It was early February 2018 and just hours away from our first ever Hearts at Rest event. It was the coldest day of the year so far, and there was unexpectedly no heat in our building (a former auto repair shop). The wind howled against the uninsulated garage doors like it was determined to come inside— noisy and distracting.

We hadn't promoted the event or even put anything on Facebook about it, so we had no idea who would come. We had just invited our personal friends that battled anxiety.

As I swept up dust and shop residue, that we had done our best to mask with area rugs and pretty lights, I passively thought, "there's nothing perfect about this place." And in response to that thought, I heard that nudge of the Holy Spirit, the Voice of Truth, gently whisper, "but MY love is perfect in this place." (see 1 John 4:18)

And that's exactly what I needed to know to move forward. His perfect love is what needed to be experienced to meet the need of the situation— ministering to sisters burdened with fear and anxiety.

The building would flood, the heat would always be unreliable, the toilet would break, and there would be an incident with wasps a time or two! Yet, despite all of this, God's love and warmth were so present and perfect in a place, a program, and a people that were far from perfection.

And to my surprise, women showed up. Again, and then again for divine appointments between the Lord and themselves, which had nothing to do with me or my mother.

As Psalm 84 alludes to, we were "doorkeepers" to something the Lord was doing.

We showed up, we opened doors, and we trusted the Prince of Peace to do His work; He hasn't failed us yet. But it's truly only His perfect love in operation that casts out fear.

So, if you're reading this because you're a hostess of Hearts at Rest, remove any notion that you need a perfect place, a perfect process, or a perfect program to address fear in your life or the lives of others. You simply need to know and flow in the perfect love of the Father, and the rest will take care of itself.

There honestly isn't a perfect way to facilitate what's in your hands. We've done this with 1 person, 7 people, and groups of 50+. We've done this in weekend formats but also over the course of 7 weeks. No group has ever been the same, received the same, or responded the same. Each time we are utterly dependent on the Holy Spirit to show us how to do what we do; we pray earnestly for His love to be more concrete than anything else, and then we prepare to be doorkeepers— opening up an opportunity for women to step into that perfect love.

Thank you for saying yes to bringing this material to your church or community. We have prayed for you, and He will be faithful to complete the good work He is beginning in and through you.

A perfectly loved doorkeeper,

Paige Scott

Co-Author, Hearts at Rest

7 Day Prayer Guide

Preparing your heart for facilitating Hearts at Rest (most of these scriptures are taken from the weekly scripture that you will provide for the session journals on pages 17, 33, 57, 73, 85, 97, 109 of the Hearts at Rest book)

Day 1: 2 Timothy 4:7

"For God has not given us a spirit of fear, but of power and of love and of a sound mind." (NKJV)

Thank the Lord right now that He is renewing a steadfast spirit within you that is full of power, love, and a sound mind, in Christ. Thank Him that fear and timidity are not your nature in Him. Release to Him any fear or trepidation you have about your role in facilitating this group, and receive his power, love, and sound mind in its place.

Take a moment to pray for every woman by name who may go through this study with you, and ask the Lord to expose and bind any spirit of fear that may be at work in her life. Alternatively, pray the Lord would release and reveal a spirit of power and love and a sound mind, as she steps into these sessions of truth and life with you in the coming weeks.

Day 2: Psalm 103:1-6

"Bless the LORD, O my soul; all that is within me, bless His holy name.

Bless the LORD, O my soul, and do not forget all His kind deeds—

He who forgives all your iniquities and heals all your diseases,

who redeems your life from the pit and crowns you with loving devotion and compassion, who satisfies you with good things, so that your youth is renewed like the eagle's." (BSB) Thank the Lord right now that there has been no pit in your life that He has not been able to redeem you from. Begin to thank the Lord for His kind deeds as they come to your mind. Thank the Lord that He not only redeems you, forgives you and heals you, but he satisfies you, crowns you and renews your life! Thank Him for giving you fresh boldness to be able to testify of these kind deeds in the coming weeks as you walk other ladies through these truths.

Now, begin to pray that same prayer for each woman by name who may go through this study with you. Pray that they, and you also, would know the fullness of His Holy name and that your life would be an echo of "Bless the Lord, O my soul."

Day 3: Ephesians 3:20-21

"Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen." (NIV)

Declare about the circumstances of your own life today that "God is able" to do more than you can ask or imagine! Thank God that He works according to His power, not your own. Thank Him for choosing to work His power within your very life for His glory, the church, and future generations.

Pray by name for the ladies who may go through this study with you, that they would have a stirred revelation that "God is able," and that their expectancy of God not be hindered by their own abilities or perceived lack of abilities, carnal understanding or past disappointments, but that their expectancy be rooted in the truth that "God is able."

Day 4: James 1:5

"But if any of you lack wisdom, you should pray to God, who will give it to you; because God gives generously and graciously to all." (GNT)

Thank the Lord that Jesus is the wisdom of God, and He lives inside of you. Thank God that you have access to the mind of Christ in all things. Thank God that regardless of the day, you have the voice of truth through the Holy Spirit showing you which way to walk and which path to take. Thank Him for making wisdom freely available to you, and earnestly ask Him for wisdom in how to best facilitate your Hearts at Rest group in logistics, location, and liberty. Thank the Lord that He answers your prayers.

Pray that the women attending would hear the cry of wisdom over the cry of folly as they near the day of committing to this study with you. Pray they would grow in wisdom and understanding as they make themselves students of truth and the Word in the coming weeks alongside you.

Day 5: Psalm 19:14

"May my words and my thoughts be acceptable in your sight, O LORD, my sheltering rock and my redeemer." (NET Bible)

Thank the Lord that you are acceptable in His sight because of Jesus Christ alive in you. Ask the Lord to show you any thoughts and words that you have received or sown as truth which are not of Him. Ask the Lord to replace any untrue thoughts with truth from His Word and His Heart.

Pray the same for the women walking through this study with you: that the Lord would gently reveal any lies or deceit that are not reflective of God's heart toward them and that He would replace them with the truth.

Day 6: Romans 8:15

"So, you have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when he adopted you as his own children. Now we call him, "Abba, Father." (NLT)

Thank God as Father; thank Him that you are His child and anything that would tell you otherwise is not of Him. Ask the Lord to give you a deeper revelation of what it means that you have been adopted as his own child. Thank Him for caring for you as your Abba, Father.

Pray that the testimony of the spirit of adoption would transform the lives of your fellow participants as they grow in their revelation that they have been chosen, loved, and adopted by God. Pray now for any who would have a barrier to receiving this because of the futility of unhealthy relationships with their natural Father or earthly parents.

Day 7: John 15:4-5

"Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing." (NIV)

Thank the Lord that good fruit comes from Him alone. Thank the Lord that the burden of producing good fruit is His, and the invitation to abide is what has been made available to you. Thank Him that you get to partake in His nature of abundant life as you rest and remain in Him. Ask Him to show you anything disturbing your rest in His Vine, and thank Him for a new grace to abide in deeper measure to bear fruit, much fruit, and more fruit.

Finally, pray by name for the ladies who will do this study with you. Pray they be delivered from a works mentality and come to understand the power of resting in Him. Pray that this season become a marked season of abiding and fruit-bearing, especially of peace and joy, for them unlike any they have ever known in life before now.

The Basics - Before You Begin

Note: You will find the word "recommended" in front of each item below because that's all they are—recommendations. We strongly encourage you to customize this study to meet your group needs, according to your liking and the leading from the Holy Spirit. There are many ways to facilitate this material, but the suggestions below are what we have found to be most effective for our general purposes.

Recommended Format: We recommend facilitating Hearts at Rest over the course of 6-8 weeks, meeting in a group setting once a week, with 1.5 hours allotted for each of the 6 sessions.

Recommended Location: Our goal is always for women feel a strong sense of safety and security when we facilitate this, at least as much as it is in our control (see hostess letter). It is important to us that any environment in which we host cultivates this type of atmosphere. We recommend a cozy gathering place, free from excess noise and distraction. As women confront serious matters of the heart, it is important they have the safety and serenity to do so. A cozy living room or dining room table would be more than perfect. Certain sessions are less intense than others. Session 3 specifically needs to be somewhere without any distractions. We would also recommend a location that has been prayed in and over, as well as for you to arrive early to pray for the seats of each woman coming into your group.

Recommended Technology: As you will be watching on-line videos together each session, we recommend having either a tablet, computer, or television large enough for others to see that can also connect to the Internet. You are welcome to go through the material without utilizing the Online videos, however the experience would be very different.

Recommended Group Size: Much of this can be facilitated in a group of any size; however, for the most authentic and intimate discussions, we recommend going through this in groups of 3-5. That may look like hosting a group of 30 women and having 6 "hostesses" for discussion times. The smaller the group the more comfort exists for women to be transparent earlier in the process, thus expediting their time in the material with you.

Recommended Communication & Launch: Begin reaching out to the women the Lord puts on your heart 4-6 weeks before you plan to begin your Hearts at Rest group. Not all will be eager to accompany you the first time you ask, so let time and the Holy Spirit soften hearts. Invite a few more women than the number you are planning for. Order your books at least 2 weeks in advance from entourageministries.com, and one week before the group begins, send out the event details, the introduction video, and begin your 7 Day Prayer Guide.

For more information, or to book our team to do a weekend/conference format, visit www.entourageministries.com

Online Video Table of Contents

All videos are available at www.entourageministries.com/hearts-at-rest. Each chapter in the book reminds readers of this as well. We have categorized by session and created "session playlists." Beyond this page, you will see a link as well as a QR code for accessing the session playlist you'll need.

Introduction Playlist (7 minutes 30 sec):

Video 1 - Hearts at Rest Introduction (pre-study content)

Session 1 Playlist (44 min 15 sec):

Video 1 / Session 1 - What is anxiety? (Paige) Book: pg 10

Video 2 / Session 2 - Defining anxiety in your life (Debbie) Book: pg 15

Session 2 Playlist (35 min 49 sec):

Video 1 / Session 2 - Where did anxiety come from? (Paige) Book: pg 18

Video 2 / Session 2 - The snake and the fall (Debbie) Book: pg 24

Session 3 "Extras" Playlist (61 min 54 sec):

Video 1 / Session 3 extras - Letter to Eve (Paige) Book: pg 36

Video 2 / Session 3 extras - Testimony Panel (Hearts at Rest participants)

Session 3 Playlist (59 min):

Video 1 / Session 3 - The What (Paige) Book: pg 41

Video 2 / Session 3 - The Why (Debbie) Book: pg 47

Video 3 / Session 3 - Letter and Do you want to be well? (Paige & Jessie)

Book: pg 54

Session 4 Playlist (37 min 24 sec):

Video 1 / Session 4 - From Wounds to Wellsprings (Paige) Book: pg 58

Video 2 / Session 4 - Setting Boundaries (Debbie) Book: pg 66

Video 3 / Session 4 - Rejoice! God will guard your heart (Paige) Book: pg 69

Session 5 Playlist (28 min 28 sec):

Video 1 / Session 5.1 - Renew your strength and mind (Paige) Book: pg 74

Video 2 / Session 5.2 - Renew your mind and resist your adversary (Debbie)

Book: pg 86

Session 6 Playlist (43 min 27 sec):

Video 1 / Session 6 - Rest to Release (Paige & Debbie) Book: pg 98

Resource Playlist (8 min 8 sec):

Video 2 - Resource Video (post-study content)



Introduction



Session 1



Session 2



Session 3 extras



Session 3



Session 4



Session 5



Session 6



Session 1 - Hostess Guide

Realize: What is Anxiety?

This session will be unique in format compared to the other sessions in that it is shorter book content and you do it during the actual session, instead of prior to it. As with the previous recommendations of this guide, the "flow" of the session below is simply a recommendation. Please be led by the Holy Spirit in deciding how to best do these sessions with your individual groups.

Prepare the technology ahead of your guests arriving so that your video playlist is ready to go.

Turn on worship music and prepare the environment in prayer and praise before your guests arrive.

Open with introductions and prayer. (pro-tip: coffee and tea make everything better!)

Share your "why" – why are you choosing to lead this group?

Have everyone open to page 10 of their Hearts at Rest book, then begin the "Session 1 Playlist" online by scanning this QR code or at www.entourageministries.com/hearts-at-rest



Session 1 Playlist (44 min 15 sec):

Video 1 / Session 1 - What is anxiety? (Paige) Book: pg 10

Video 2 / Session 2 - Defining anxiety in your life (Debbie) Book: pg 15

After video 2 concludes, give ladies an opportunity to complete the questionnaire on page 15. Depending on the size of your group, pick up to 2 questions for everyone to answer aloud.

From page 15:

What does anxiety look like in your life?

What is your expectation for participating in this study?



Note: Be discerning about women who may not want to speak. Present the opportunity and let it stand, but do not force them to speak

Give everyone a moment to complete the session journal on pages 16-17, then give them a scripture for the week to meditate on and pray over throughout their week as anxiety may arise. Allow them a safe opportunity to share something from their journal.

Introduce Session 1 Journal Scripture: "For God has not given us a spirit of fear, but of power and of love and of a sound mind." 2 Timothy 4:7 (NKJV)

Preview for next week: instruct the ladies to complete all of Session 2 (pages 18-31) ahead of your next meeting. Encourage them throughout the week via text, call or email with truth from the session journal scripture.

Dismiss in prayer and thank God for each woman and the work He is doing.



Session 2 - Hostess Guide

Recall: Where Did Anxiety Come From?

Prepare the technology ahead of your guests arriving so that your video playlist is ready to go.

Turn on worship music and prepare the environment in prayer and praise before your guests arrive.

Open with introductions and prayer.

Create a safe opportunity for women to share from their session journals on pages 32-33.

Have everyone open to page 18 of their Hearts at Rest book, then begin the "Session 2 Playlist" online by scanning this QR code or at www.entourageministries.com/hearts-at-rest



Session 2 Playlist (35 min 49 sec):

Video 1 / Session 2 - Where did anxiety come from? (Paige) Book: pg 18

Video 2 / Session 2 - The snake and the fall (Debbie) Book: pg 24

After the video concludes, give ladies an opportunity to discuss what stood out to them from this session.

- **Note:** Be discerning about women who may not want to speak.
- Present the opportunity and let it stand, but do not force them to speak.

Introduce Session 2 Journal Scripture: "Bless the LORD, O my soul; all that is within me, bless His holy name. Bless the LORD, O my soul, and do not forget all His kind deeds— He who forgives all your iniquities and heals all your diseases, who redeems your life from the pit and crowns you with loving devotion and compassion, who satisfies you with good things, so that your youth is renewed like the eagle's." Psalm 103:1-6 (BSB)

Preview for next week: instruct the ladies to complete all of Session 3 (pages 41-53, 56-57) ahead of your next meeting. They will NOT complete page 54 on their own. It will be addressed at the next group. Encourage them throughout the week via text, call or email, with truth from the session journal scripture.

Dismiss in prayer and thank God for each woman and the work He is doing. Read the prayer over them on page 30-31. Discern if women in your group may need further explanation of the gospel or to place trust in Jesus Christ.

Between Session 2-3 - Hostess Guide

A few days after your session 2 is completed, send the links for "Session 3 Extras" and encourage them to watch both before you meet again. We cannot state enough the importance of them watching these two videos, especially the testimony panel video. If you aren't sure if they will actually be watched, you might consider devoting a week simply to watching these two videos as a group and discussing them. They are that important in the process, moving from session 2 to session.

You can access the "Session 3 Extra Playlist" online by scanning this QR code or at www.entourageministries.com/hearts-at-rest



Session 3 "Extras" Playlist (61 min 54 sec):

- Video 1 / Session 3 extras - Letter to Eve (Paige) vBook: pg 36
- Video 2 / Session 3 extras - Testimony Panel (Hearts at Rest participants)

Session 3 - Hostess Guide

Recognize: Eve's Wounds & Your Other Wounds

This is the most pivotal session you will facilitate. It is a very hard session for some women to engage with. Be sensitive to this. I would allow for up to 30 extra minutes for this session.

Prepare the technology ahead of your guests arriving so that your video playlist is ready to go.

Turn on worship music and prepare the environment in prayer and praise before your guests arrive.

Open with introductions and prayer.

Create a safe opportunity for women to share from their session journals on pages 56-57.

Discuss their takeaways from the panel video and Letter to Eve that they viewed the week earlier.

Have everyone open to page 41 of their Hearts at Rest book, then begin the "Session 3 Playlist" online by scanning this QR code or at www.entourageministries.com/hearts-at-rest



Session 3 Playlist (59 min):

- Video 1 / Session 3 - The What (Paige) Book: pg 41
- Video 2 / Session 3 - The Why (Debbie) Book: pg 47
- Video 3 / Session 3 - Letter and Do you want to be well? (Paige & Jessie) Book: pg 54

After the video concludes, give ladies an opportunity to finish their letter to themselves. Replay the song if you need to, or another one of your choosing.

Consider offering communion to your group as a means of closure and illustrating that through His brokenness we receive wholeness. Ask ladies gently if they would like to share their wounds/roots/sources that they've begun to identify as they take communion and demonstrate the exchange of brokenness for wholeness.

Introduce Session 3 Journal Scripture: “Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.” Ephesians 3:20-21 (NIV)

Preview for next week: instruct the ladies to complete all of Session 4 ahead of your next meeting (pages 58-73). Encourage them throughout the week via text, call or email, with truth from the session journal scripture.

Dismiss in prayer and thank God for each woman and the work He is doing. Read the prayer over them on page 53.



Session 4 - Hostess Guide

Recognize & Rejoice: From Your Wounds to Your Wellspring

Prepare the technology ahead of your guests arriving so that your video playlist is ready to go.

Turn on worship music and prepare the environment in prayer and praise before your guests arrive.

Open with introductions and prayer.

Create a safe opportunity for women to share from their session journals on pages 72-73.

Have everyone open to page 58 of their Hearts at Rest book, then begin the “Session 4 Playlist” online by scanning the QR code above or at www.entourageministries.com/hearts-at-rest



Session 4 Playlist (37 min 24 sec):

Video 1 / Session 4 - From Wounds to Wellsprings (Paige)

Book: pg 58

Video 2 / Session 4 - Setting Boundaries (Debbie) Book: pg 66

Video 3 / Session 4 - Rejoice! God will guard your heart (Paige) Book: pg 69

After the video concludes, give ladies an opportunity to discuss examples of boundaries they have or should set regarding the final question on page 66.

From page 71 have women share two items that stir rejoicing within their hearts.

Introduce Session 4 Journal Scripture: “But if any of you lack wisdom, you should pray to God, who will give it to you; because God gives generously and graciously to all.” James 1:5 (GNT)

Preview for next week: instruct the ladies to complete all of Session 5 ahead of your next meeting (pages 75-97). Encourage them throughout the week via text, call or email, with truth from the session journal scripture. They’ll only complete one of the session 5 journals unless they desire to do it twice.

Dismiss in prayer and thank God for each woman and the work He is doing. Read the prayer over them on page 60.



Session 5 - Hostess Guide

Renew & Resist: Renew Your Strength & Renew Your Mind Renew Your Mind & Resist Your Adversary

Prepare the technology ahead of your guests arriving so that your video playlist is ready to go.

Turn on worship music and prepare the environment in prayer and praise before your guests arrive.

Open with introductions and prayer.

Create a safe opportunity for women to share from their session journal on pages 84-85.

Have everyone open to page 74 of their Hearts at Rest book, then begin the “Session 5 Playlist” online by scanning this QR Code or at www.entourageministries.com/hearts-at-rest



Session 5 Playlist (28 min 28 sec):

Video 1 / Session 5.1 - Renew your strength and mind (Paige) Book: pg 74

Video 2 / Session 5.2 - Renew your mind and resist your adversary (Debbie)

Book: pg 86

After the video concludes, give ladies an opportunity to discuss examples of statements that have falsely shaped their lives. If you feel led, speak life and truth over those areas and be willing to help them find truth about what God says about them to replace those hurtful words, moments, and conversations.

Introduce Session 5 Journal Scripture: “May my words and my thoughts be acceptable in your sight, O LORD, my sheltering rock and my redeemer.” Psalm 19:14 (NET Bible)

Preview for next week: instruct the ladies to complete all of Session 6 ahead of your next meeting (pages 98-109). Encourage them throughout the week via text, call or email, with truth from the session journal scripture.

Dismiss in prayer and thank God for each woman and the work He is doing. Read the prayer over them on page 95.



Session 6 - Hostess Guide

Rest To Release: The New Harvest

Prepare the technology ahead of your guests arriving so that your video playlist is ready to go.

Turn on worship music and prepare the environment in prayer and praise before your guests arrive.

Open with introductions and prayer.

Create a safe opportunity for women to share from their session journal on pages 108-109.

Have everyone open to page 98 of their Hearts at Rest book, then begin the “Session 6 Playlist” online by scanning this QR code or at www.entourageministries.com/hearts-at-rest



Session 6 Playlist (43 min 27 sec):

Video 1 / Session 6 - Rest to Release (Paige & Debbie) Book: pg 98

After the video concludes, give ladies an opportunity to discuss and further articulate their thoughts on the freedom to forgive, flourish and dream again. Ask them if the Lord is calling them to do one of those things or more and if they would be willing to share it with the group. Be transparent and lead by example. Share your pearls.

Introduce Session 6 Journal Scripture: “Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.” John 14:4-5 (NIV)

Consider doing some type of activity with your group as a conclusion— plant something together, arrange flowers, write a personal declaration and share it. Make the conclusion of your study as celebratory as possible. Go face a fear together as a group that you’ve each been anxious about before the study. Ask the Holy Spirit to give each of you His creativity.

Send everyone the link to the resource video available for them post-study.

Pray for them as they depart.



