

## **INTRODUCTION: *One2One Real Women***

*Real Women* is a fourteen-session Bible-study guide to be used by an older woman and a teenage girl (or two teenage girls). The odd-numbered sessions (1, 3, 5 and so on) are to be done jointly, as a one-to-one (or a one-to-two, if you're doing *Real Women* with two teenage girls). The even-numbered sessions (2, 4, 6 etc) are to do on your own, in between meeting up. It's great if you can meet weekly, but fortnightly is fine too.

Each joint session should last between 30 and 45 minutes. But it works best as part of a time together that lasts between 60 and 75 minutes, and includes doing something together before you dig into the Bible. What you do depends on who you're working through *Real Women* with. You might meet up in a coffee shop and go for cake; you might go for a walk, do some craft, play a game together, or do something sporty; you might just have some time to chat. But time together is important as it helps build a real trusting friendship between you.

As you get towards the end of *Real Women*, it would be great to organise something to do together as friends. It might be going out for ice-cream, playing sport, or something else—something that you can enjoy together.

Of course, both with meeting up, and with a “social”, make sure that both the teenager's parent/guardian and your church leader know what you are doing. If possible, meet up at the teenager's house—and, wherever you do meet, always make sure that there is someone else around and you are never in a room with the door shut. Equally, try to do the sessions somewhere where you won't be overheard, where you can both feel relaxed, and not get distracted or constantly interrupted.

The aim of this leader's guide is simply to give you confidence that you're on the right track! You might want to use it to help you prepare sessions beforehand, or to check things afterwards—or you may find you don't need it at all!

It's wise not to encourage the teenager to use these notes for her “solo” sessions, because the temptation to cheat and not bother to look at the Bible to find the answers might be overwhelming. The reason there are notes for the solo (even-numbered) sessions is so that you can help her with anything she found confusing when you next meet up.

These notes are not exhaustive. If you want to look into Colossians in more depth, two useful books are the *The Message of Colossians and Philemon* by Dick Lucas, (you can grab a copy here (<http://www.thegoodbook.co.uk/bible/bible-study/all-bible-commentaries/the-message-of-colossians-and-philemon>)), or *Colossians and Philemon* by John Woodhouse from the *Focus on the Bible* series.

We hope that *Real Women* helps both you, and the teenage girl you're reading it with, to be thrilled by what God has done for you through the Lord Jesus; to be equipped and challenged to live for Him every day; and to build a real, lifelong friendship, where you can encourage each other to keep following Christ until you reach your glorious, eternal inheritance.

It would be great to read the whole letter in your first meeting together so that you've read it as a whole, as it was meant to be read.