



# Scripture for use with 8 Week Session

*Used with permission from Eunice M. Cheshire*

## **Welcome Session**

“I will not be forgetful to entertain strangers, for by this some have entertained angels unaware.”  
*Hebrews 13:2*

“You are the light of the world...your light must shine before others, that they may see your good deeds and glorify your heavenly Father.”  
*Matthew 5:14,16*

## **Session 1**

### **Self-Esteem and Self-Acceptance**

“You formed all the inner parts of my body. You knit them together while I was in my mother’s womb. Thank you for making me so wonderful.” *Psalms 139:13-14*

“I have called you by name; you are mine.”  
*Isaiah 43:1*

## **Session 2**

### **Stress, Worries and Anxiety**

“Do not let your heart be troubled. Trust in God and trust in me.” *John 14:1*

“Come to me, you who work hard and carry heavy burdens. I will give you rest.”  
*Matthew 11:28*

## **Session 3**

### **Everyday Spirituality**

“In God we live and move and have our being: (exist).” *Acts 17:28*

“I will praise the God of our Lord Jesus Christ who has given me every spiritual blessing in Christ.” *Ephesians 1:3*

## **Session 4**

### **Feelings**

“The temple of God is holy. You are that temple.” *1 Corinthians 3:17*

“All things work to the good of those who love the Lord.” *Romans 8:28*

“I tell you all this that you may be filled with my joy.” *John 17:13*

## **Session 5**

### **Personal Growth**

“Do not be conformed to this age but be transformed by the renewal of your mind.”  
*Romans 12:2*

“You must put on that new person created in God’s image whose justice and holiness are born of truth.” *Ephesians 4:24*

## **Session 6**

### **Expressing Values in Friendship**

“There is no greater love than this: to lay down one’s life for one’s friends. You are my friends.” *John 15:13-14*

“This is how all will know you for my disciples: your love for one another.” *John 13:35*

## **Session 7**

### **Discernment: Continuing the Journey**

“There are different gifts but the same Spirit; there are different ministries but the same Lord.”  
*1 Corinthians 12:4*

“I know the plans I have in mind for you, plans for your good, not for harm, offering a future full of hope for you.” *Jeremiah 29:11*

“My grace is enough for you: my power will work perfectly in your weakness.”  
*2 Corinthians 12:9*

## **Session 8**

### **Celebration of New Beginnings**

“Blessed be the God and Father of our Lord Jesus Christ, who in his great mercy gave us a new birth to a living hope through the resurrection of Jesus Christ.” *1 Peter 1:3*

“I will give you a new heart and place a new spirit within you, taking from your bodies your stony hearts...” *Ezekiel 35:26*

*Ministry of Mothers Sharing*

*An outreach ministry of the Sisters of St. Benedict of St. Paul’s Monastery*

