



The Storm Inside Study Guide: Trade the Chaos of How You Feel for the Truth of Who You Are

Sheila Walsh

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Do you realize that you are a daughter of the King? You need to live, hope, and dream as if this were true—because it is! You don't need to be paralyzed with fear, frozen by the chaos you feel inside. Instead, you must choose to stand on the truth of who God says you are.

In *The Storm Inside*, an 8-session, video-based small group Bible study, popular teacher and author Sheila Walsh unpacks the stories of women from the Bible who faced seemingly insurmountable problems—regret, shame, insecurity, and heartbreak. And just like the women from the Bible, you can overcome the lies the enemy uses to torment you. You too can rely on the truth of God's word so you can stand during the strongest storms of your life.

This companion study guide will lead you and your group deeper into the video content (sold separately) with session-by-session discussion topics, personal reflection, and between-session studies to enhance the group experience. Designed for use with *The Storm Inside: A DVD Study*

Sessions include:

1. Heartbreak to Strength (Hannah)
2. Disappointment to Hope (Woman with Issue of Blood)
3. Fear to Joy (Mary Magdalene)
4. Shame to Love (Samaritan Woman)
5. Regret to Rest (Rahab)
6. Insecurity to Family (Ruth)
7. Insignificance to Courage (Esther)
8. Despair to Faith (Sarah)

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