



LINEAGE

OF
LOVE

Intentional Living for Women

Lineage of Love
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We Need Each Other

“Without good direction, people lose their way; the more wise counsel you follow, the better your chances.” Proverbs 11:14 (MSG)

As women, our desire for relationships is pretty natural; we don't need many promptings to sit around and talk to each other. We intuitively understand the value other women add to our lives, and oftentimes we pursue relationships without assistance.

We need the love, security, validation, and companionship other women offer. Girlfriend time helps us feel understood and heard. When we are overwhelmed by a situation, hearing someone else's perspective can lighten our burden. When we are excited by the possibilities ahead, sharing them with a friend somehow brings validation. When we can't solve an ongoing problem, putting it out there to a trusted sister brings a sense of relief and an opportunity for valuable insight.

And that is the power of *Lineage of Love*. It is a deliberate journey to that safe place where accountability, relationship, and vulnerability meet. It's a place where you can be honest but not judged. It is a place you can share it all and know that you will be loved, supported, prayed for, and protected.

Your reason for getting involved in *Lineage of Love* is unique to you. Everyone starts this thing at a different place. But we all want to land in the security of knowing we are living our lives with purpose and influencing those around us.

Are you ready to begin this exciting and promising journey? God is going to open your eyes to His truth and promises. He's going to heal the hurt places and restore those things that have been destroyed. He's going to mend broken relationships and give you new dreams for your life.

And most importantly, He's going to impact your lineage! My prayer is that this journal will be filled with the testimony of what God does in your life, and that it will become a keepsake to be shared and treasured for generations to come.

Heather Zeamer
Lineage of Love Founder



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I can't believe that, as I type this, my *Lineage of Love* journey, at least the writing part of it, is coming to a close. It has been such an important part of me for the last two years. I feel like I'm eight-and-a-half months pregnant—ready to deliver and just a little nervous! I continue to be humbled by God's grace and His trust in me to deliver this message to women.

In many ways, my life has been inundated with boys. Growing up, I was the oldest and only girl, and my three younger brothers kept our house lively, loud, and, well, obnoxious. Now, I have three boys of my own. I think Bryan and I are mostly immune to the craziness of adolescent boys wrestling (literally, all the time) their way through the teen years, and I wouldn't change it for anything.

The experience of writing *Lineage of Love*, however, made me realize how important it is for women to connect with each other. I love my husband, my boys, and my brothers, but I need Girl Time. I never realized it! I never saw it as important. But as my first LOL group met each month, I began to see that we all need it. Women need to feel connected and heard. We need a place that's safe to share our struggles. We need to know that, at least in one place in our lives, our God-given value and internal beauty is recognized and celebrated.

I love that God chose *Lineage of Love* for the name of this journey. What power and peace we find when we realize that, despite what our journey on earth has been like, we are in the family of the Almighty King! We are His, and He is ours. His love is unconditional and can reach into our most vulnerable places. He gives us the courage, confidence, wisdom, and peace we need each day.

And I love that the acronym for this journey is LOL. Because you will (you know, laugh out loud). I know it! Many times, even in the midst of tears, God will bring you into a place of peace and joy you've not experienced before.

I can't wait for you to begin!

Heather



It began with a simple email from my mom,

“I was just wondering if you have been getting any ‘nudges’ from the Lord lately? Let me explain...”

I continued to read with anticipation and perhaps a tinge of apprehension. To give you some background, in 2011, my sister-in-law Jeni casually threw out the idea to a few friends, “Hey—wouldn’t it be kind of cool to organize our own women’s retreat?” From that single idea, God began to weave His intricate plan. Not only did Jeni and her friends organize a retreat in Flagstaff, Arizona, they also launched loveSTRONG Ministries ©, a valuable and life-giving resource for women who desire to “connect, develop, and inspire.”

From its beginnings, loveSTRONG wanted to incorporate a mentoring component. My mom was a part of the loveSTRONG team, and, apparently, God began to lay on her heart the notion that I was to write the material for it. According to her email, she was hesitant to mention anything to me because she knew how busy my life was, “*but that nudge in my spirit just kept tugging.*” She shared the idea with the loveSTRONG team and asked if she could contact me.

As I read the words in her email, my heart pounded slightly at the reality of what she was saying.

In 2005, my husband, Bryan, founded Men of Iron ©, a year-long, one-to-one men's mentoring ministry. As exciting as it was to watch God's power impact men's lives and their leadership in the home and church, it was also a lot of work! Allowing my mind to slip into a laundry list of reasons to say, "no," I immediately questioned my mom's email. How would I ever have time to write mentoring material for women? Were my writing skills adequate? Who would help me? And on and on...

But.

My mom and God, they're pretty tight. He speaks to her in amazing ways. She has stories of His interventions in her life that would make you shake your head. I knew I couldn't shut it down—I knew I had to, as she asked, "*prayerfully consider this and let me know if the Holy Spirit nudges your heart in this direction.*" I replied to the email with a shaky promise, "*I'll pray about it with an open heart over the next few weeks.*"

Oftentimes, God's timeline doesn't look like ours. The next morning, I sat on the couch and opened one of our Men of Iron guides. My thought? Maybe I could use the Men of Iron material and adapt it for women.

And just like that, God began to reveal and create something very different and completely original. That afternoon, I began by making a list of topics that seemed relevant to women's lives. For the next year and a half, God unfolded the mystery of the nudging my mom had felt from the Holy Spirit months before.

The final product is what you hold in your hands. Every page, every question, and every prayer in *Lineage of Love* was written with you in mind. You are not here by accident; it is by God's design that you've chosen this journey. God's Word is a powerful reminder of His love for us.

Thank you for saying "yes" to *Lineage of Love*!

For more information on loveStrong or Men of Iron, visit their websites:

www.lovestrongministries.com | www.menofiron.ws



Mission

*God-centered, relationship-driven,
intentional living for women*

Vision

*Creating opportunity for women to walk in
the freedom of Christ and discover
His purpose for their life.*

Guiding Scripture

*Blessed is she who has believed that the Lord
would fulfill his promises to her! Luke 1:45*



How do I use my
LINEAGE OF LOVE
journal?

- ❖ This journal is a keepsake from your journey with *Lineage of Love*. Write directly on its pages. I've included blank pages at the end of each topic in case you need more space to write.
- ❖ Personal Assessment (pp 10-13) – You will complete the assessment at the beginning and the end of your LOL journey. It will be exciting, humbling, and encouraging to see how God's Word changes you!
- ❖ You will find prayers written in the topics. I encourage you to rewrite the prayers on notecards and recite them throughout the month. God's Word brings power to our lives, and when we pray the words He has written, His power is unleashed into our situations.

- ❖ Promises For A Daughter Of The King (pp 111-112) – Sometimes we need to be reminded of who we are in Christ; we need to reflect on our lineage in His family. The verses found on these pages provide you with reflections of promise, hope, confidence, security, and peace.

- ❖ Power Verses (pp 113-115) provide you with a place to record meaningful or powerful verses for yourself. The most effective way to use the Power Verse pages is to record the date, the scripture itself (yes, write out the verse), where it is found in the Bible, and why it impacted you.

- ❖ In addition to these journals, have the following items handy:
 - Your Bible; if you don't have one, go to your local bookstore or search an online store for the version you like. Consider a study bible—they offer extra notes and useful information.
 - Pens and highlighters (don't be afraid to mark and highlight your Bible!)
 - Notecards for prayers and Bible verses: tape them on your bathroom mirror, your kitchen cabinets, your fridge, in your car—wherever you'll see them often. Say them out loud! Allow God's Word to change your life!
 - Your calendar to mark down meeting dates, times, and places. Schedule your LOL study times and honor them as an important meeting or appointment.

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Where?

When?

Why?

Meeting Chart

<u>Date</u>	<u>Topic</u>	<u>Where?</u>	<u>Snack</u>
	1. First Meeting		
	2. Initial Assessment & Priorities [pp 10 - 23]		
	3. Identity [pp 25 - 31]		
	4. Perspective [pp 33 - 39]		
	5. Purpose [pp 41 - 49]		
	6. Friendships [pp 51 - 55]		
	7. Love [pp 57 - 67]		
	8. Trust [pp 69 - 77]		
	9. Peace [pp 79 - 89]		
	10. Forgiveness [pp 91 - 97]		
	11. Love Link [pp 99 - 109]		
	12. Final Meeting		

Initial Assessment

To establish a baseline for your growth, please complete the following assessment before beginning your first topic in *Lineage of Love*. You will complete the assessment again at the end of your Lineage of Love journey.

Use this scale to respond accurately:

1 - This is completely opposite to how I operate.

5 - I'm not sure how I feel about this.

10 - 100% yes!

For each question, circle the number that most closely corresponds to your feelings or reactions.

I regularly read my Bible and pray (5-7 times/week).

1 2 3 4 5 6 7 8 9 10

When I'm faced with a difficult situation, my first reaction is to pray about it.

1 2 3 4 5 6 7 8 9 10

I feel like I have too many commitments—my plate is too full!

1 2 3 4 5 6 7 8 9 10

When I look in the mirror, I like what I see.

1 2 3 4 5 6 7 8 9 10

I spend a lot of time thinking about the personality traits I would like to change about myself.

1 2 3 4 5 6 7 8 9 10

I feel like I'm a precious treasure to God.

1 2 3 4 5 6 7 8 9 10

In general, I have a positive outlook on life.

1 2 3 4 5 6 7 8 9 10

Although I don't enjoy the hard times in life, I am confident that I can handle them.

1 2 3 4 5 6 7 8 9 10

When I am in difficult situations, I tend to look for the silver lining and growth opportunity.

1 2 3 4 5 6 7 8 9 10

My attitudes and emotions are based largely on my circumstances.

1 2 3 4 5 6 7 8 9 10

I know what my purpose is; I am equipped to do great things for God.

1 2 3 4 5 6 7 8 9 10

I have a lot of talents, gifts, and abilities that I can share with others.

1 2 3 4 5 6 7 8 9 10

I know why God created me; I look forward to using my gifts to bless Him.

1 2 3 4 5 6 7 8 9 10

Trying new things is exciting for me. I love change!

1 2 3 4 5 6 7 8 9 10

I'm willing to take big risks if it means big rewards.

1 2 3 4 5 6 7 8 9 10

I have been blessed with trustworthy and loyal friends.

1 2 3 4 5 6 7 8 9 10

My friends can depend on me to be loyal and honest.

1 2 3 4 5 6 7 8 9 10

I understand and appreciate God's love for me, His daughter.

1 2 3 4 5 6 7 8 9 10

I have a better attitude when I spend regular time with God.

1 2 3 4 5 6 7 8 9 10

I consider Jesus my friend.

1 2 3 4 5 6 7 8 9 10

It's easy for me to show love to those around me.

1 2 3 4 5 6 7 8 9 10

I try to show love even to those who hurt me.

1 2 3 4 5 6 7 8 9 10

I believe my thoughts are powerful indicators of how I will act and feel.

1 2 3 4 5 6 7 8 9 10

I am able to trust God with a good attitude when I'm waiting for Him to answer my prayers.

1 2 3 4 5 6 7 8 9 10

I tend to worry about a lot of things.

1 2 3 4 5 6 7 8 9 10

Difficult and hurtful situations in life make me feel hopeless and drained.

1 2 3 4 5 6 7 8 9 10

I try to use the pain I've gone through in life to help others in their pain.

1 2 3 4 5 6 7 8 9 10

I am self-confident; the risk of failure will not keep me from trying new things.

1 2 3 4 5 6 7 8 9 10

I spend a lot of time thinking about the past and the times I've been hurt.

1 2 3 4 5 6 7 8 9 10

It's easy for me to say, "I'm sorry."

1 2 3 4 5 6 7 8 9 10

When someone hurts me, I try to give him or her the benefit of the doubt.

1 2 3 4 5 6 7 8 9 10

There are some hurts I can't forgive, especially the deep wounds.

1 2 3 4 5 6 7 8 9 10

In the past, I have chosen to forgive someone who has hurt me deeply.

1 2 3 4 5 6 7 8 9 10

Reflect on your answers. What is one area in your life that is going well?
Where are you succeeding?

Over the next year, in what area(s) would like you to see growth or change in
your life?

I'm not breaking ground on a new scientific study when I tell you we live in a crazy, fast-paced world. Some days, it feels like we are going a thousand miles a minute, and we wonder when the crazy train will slow down and allow us to catch our breath. Amidst the emails, tweets, and status updates, we have a constant newsfeed running through our minds.

When we're in a meeting, we're thinking about the piles of laundry at home. When we're putting away the laundry, we're thinking about boot camp at 5 p.m. When we're painfully doing 500 squats, we're thinking about preparing supper. When we're eating, we're thinking about tomorrow's meeting. And so it goes. It is nothing unusual for us to wake up with our minds racing and go to bed in the same, agitated state. We go to church on Sunday, and the pastor has the audacity to suggest we set some time aside for Jesus. He obviously doesn't know your schedule, right? How can you possibly fit one more thing—even one more good thing?

The truth is, our logic is backward. Instead of asking, "How can I find time to spend with Jesus?" we should be asking, "How can I get through the day without it?" This month we're going to examine our time-management skills from a heavenly perspective. This study will be a powerful basis for your Lineage of Love journey because when you start your day with the Lord, the power of His Word saturates every other area of your life. Sound good?

Priorities

Jesus First

1. Read the questions below. You might want to take a day or two to intentionally track your thoughts before answering.
 - What is the first thing on my mind when I wake up or the last thing on my mind when I go to sleep?
 - What thoughts primarily fill my mind during the day? What do I think about most often?
 - What do I talk about the most?

Look at your answers. Did they surprise you? Do you see any patterns?

Your answers provide valuable insight into your priorities. Sadly, for many of us, Jesus doesn't appear too often in our day. Life; kids; husbands; friends; jobs; food; recreation; and even emotions like anger, fear, or worry can rob Jesus of His place of honor in our lives.