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## *Starting a Soup and Security Group*

A Soup and Security group is a place where this book really comes alive. By gathering once a week with other women to share a meal and share in each other's battles, you can work together to fight for a secure life, while building lasting relationships.

The concept is simple. The facilitator should start the group with a prayer, then allow ten or fifteen minutes for everyone to fill their bowl (or plate) with food. After everyone has a seat, starting with the facilitator, each participant takes a turn reading out loud through part of the book. At the end of each section, pause for discussion. Then the person to the left picks up the reading. Reading out loud from the book is powerful because it helps you focus together on the same concepts. Then as you hear each other's responses, you find yourself applying what you are reading to your own life. Allow around ninety minutes from start to finish.

These five S's are key to a successful Soup and Security Group: Spirit, Soup, Safe Haven, Sharing and Support.

### **Spirit**

Soup and Security provides a time for God's Holy Spirit to work. Before starting, pray specifically for each of your hearts and your response to the Spirit's prompting.

### **Soup**

Having a meal together bonds women. In our group our mainstay was soup, but as the weather warmed up, we substituted with Salad and Security. Our final party at the end was a Steak and Security meeting. It makes the meetings memorable and catchy.

**Safe Haven**

It is important to create an environment where women feel safe to open up and share their battles. What matters is that when you meet together, you are building each other up and helping each other fight the battle against insecurity. You can do this by encouraging everyone to keep anything that is discussed within the group confidential.

**Sharing**

This is an important part of the process. Make sure that everyone gets a chance to share what's on their heart as they are ready. By opening up and talking about what you read and how it affects your life, you'll begin to engage with one another in the battle for a secure life. After a person shares, the facilitator simply says, "Thank you for sharing." This is not a time for members to try to fix one another's problems. It is simply a time to be able to share openly, without fear of what someone else might think or say.

**Support**

As you go through the book together, look for ways to offer support to one another beyond your time in Soup and Security. You can keep fighting battles together long after the group study of the book is finished.

A Soup and Security group is a great opportunity to invite your friends, family members or other women you know to share your lives with them. Here are what some of the first participants in Soup and Security had to say about their experience:

*"It was a safe haven; I looked forward to it, and the group setting helped me to persevere and apply the truths of the book to my life. Up to that point I had usually quit reading a book somewhere in the middle."*

*"It was amazing and encouraging to discover that insecurity is not just my battle. There were women here going through*

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*the exact same things that I was. It was useful to take the book and apply it. Now I have been able to go through some of the same kind of circumstances that made me insecure in the past and come out in a better place.”*

*“It’s taught me to recognize there is an enemy, Satan’s voice, and what he is saying and how can I train my mind against it.”*

*“Every week I looked forward to Soup and Security. It was by far my favorite time of the week. I came away encouraged, inspired and convicted.”*