



RENEWING THE MIND 101

FALL 2019

TAPESTRY OF BEAUTY MINISTRIES

Thank you signing up to join our latest study this Fall on Renewing The Mind 101 with Tapestry of Beauty Ministries.

We are so excited to have you on this journey with us as we go deeper in studying Gods Word, renewing our minds and breaking free from the strongholds of food idols in our life.

In this study guide you will find all the information, tools and recommended resources needed to complete this study.

We pray that you will have an wonderful, powerful and intimate time with our Lord as you find true transformation.

The Tapestry of Beauty Team

STUDY DETAILS

This study is based on the book *Renewing The Mind 101*
By Sophia Tucker

In order to have great success with this study accountability is essential. There are a number of ways to hold yourself accountable during these next 9 weeks.

Resources Needed

Renewing The Mind 101, By Sophia Tucker
Renewing The Mind 12 Week Journal, By Sophia Tucker
The Holy Bible

Facebook Support Group

We have a Tapestry of Beauty Facebook group of ladies who are also following this study and the many others we do throughout the year.

Each day discussion questions will be posted throughout the duration of this study by our bible study leaders Sophia Tucker & April Neal.

RTM101 questions and discussion posts can be easily found in search by the tag #RTMSEPT2019.

Weekly Accountability

We host a weekly weigh in for those who find the scale a helpful tool in their journey. Weighing in is totally optional. Included in this packet will be a weigh in sheet for you to print if you choose to participate. If you choose not to weigh in please focus on the non-scale victory & weekly overview posts.

Small Groups

We recognize the power of small groups therefore we have small accountability teams to keep each other accountable. Each team is ran by one of our leaders and facilitators and will be on hand daily for encouragement and support. Further details can be found within the Facebook group.

Live Video Bible Studies

We run live bible studies by video using the program Zoom which is available both on mobile, PC, Mac and other devices. This is free to join if you are a member of the Tapestry Facebook Support Group. The live bible studies run 4 days a week and you are welcome to join. All details to sign up and register can be found within the group and our facebook page. Replays of Zoom chats are available to purchase.

Youtube & Sound Cloud

Our team has video's and audio recordings available for additional support and teaching. You will need these to help you through the study.

RENEWING THE MIND 101

Study Schedule

Week 1	Renewing the Mind 101	Sept 9 - 15
Week 2	Identity 101	Sept 16 - 22
Week 3	Living Word 101	Sept 23 - 29
Week 4	Biblical Confession 101	Sept 30 - Oct 6
Week 5	Thought Life 101	Oct 7 - 13
Week 6	Christ Focus 101	Oct 14 - 20
Week 7	Fight the Good Fight 101	Oct 21 - 27
Week 8	Standing Strong 101	Oct 28 - Nov 3
Week 9	Lets Revisit	Nov 4 - Nov 9



STUDY GOALS

WHY DO YOU WANT TO PARTICIPATE IN THIS STUDY?

WHAT ARE YOUR GOALS FOR THE NEXT NINE WEEKS?

WHAT AREA DOES THE LORD WANT YOU TO FOCUS ON TO RENEW DURING THIS STUDY?

WHAT STEPS DO YOU NEED TO PUT IN PLACE TO REACH YOUR GOALS?

RENEWING THE MIND EFFICIENTLY REQUIRES TIME. WHAT MIGHT YOU HAVE TO LET GO OF TO MAKE TIME FOR THIS PROCESS?

WHAT ACCOUNTABILITY MEASURES WILL YOU TAKE DURING THIS STUDY?

NOTES

Resources & Links

Tapestry of Beauty Ministries website

For all downloadable resources, updates, encouragement & support

<https://www.sophiatucker.com/tapestry-of-beauty>

Facebook Page

For daily accountability, study discussions, small groups and zoom chat details

<https://www.facebook.com/groups/TapestryBeauty/>

YouTube & Sound Cloud Channels

For encouraging video's, zoom replays, audio and teachings

YouTube <https://www.youtube.com/channel/UCLZppMMWK1yQrW1JBAX0hgQ>

SoundCloud <https://soundcloud.com/user-535341093>

RESOURCES

In order to take part in this study you will need the following books/files:

Renewing The Mind 101 - 2nd Edition By Sophia Tucker

PDF Copy www.sophiatucker.com/rtm-101

Paperback & Kindle Edition

<https://www.amazon.com/-/e/B07QCMYYJ1>

Spiral Bound & Paperback

<http://lulu.com/spotlight/SophiaTucker>

Journals

Renewing The Mind 12 Week Journal

Renewing The Mind & Health 12 Week Journal

<http://lulu.com/spotlight/SophiaTucker>

<https://www.amazon.com/-/e/B07QCMYYJ1>

RTM Worksheets

www.sophiatucker.com/tapestry-of-beauty

We pray that you will have a fruitful 9 week journey with the Lord and that you will achieve mighty breakthrough and healing during this study.