



# THE JUSTICE COLLECTIVE

FACILITATOR GUIDE



THIS BOOK BELONGS TO:

---



PRODUCED BY MOMCO © 2025 IN PARTNERSHIP WITH IJM.

COVER PHOTO PROVIDED BY IJM

International Justice Mission © 2025. All rights reserved. MomCo Mentors and Leaders have permission to use content contained within this book for MomCo Meetups and discussion, including reproducing content specifically for use during a MomCo Meetup, but all rights to this content are retained by International Justice Mission. This content may not be used by MomCo Mentors or Leaders for purposes outside of a MomCo Meetup or an affiliated gathering without express written permission from International Justice Mission.

In this Collective, you'll get to consider what social causes speak to your heart and learn how to practice stepping outside your comfort zone by fighting injustice in your neighborhood or around the world. The pictures included are examples of ways IJM is fighting injustice worldwide. But remember ordinary people truly can do extraordinary things. It just takes courage.

THE MOMCO  
2370 S TRENTON WAY  
DENVER, CO 80231

**THEMOM.CO**

# M | COLLECTIVES

THEMOM.CO



INTERNATIONAL JUSTICE MISSION (IJM) is the world's largest international anti-slavery organization, working to fight modern day slavery, human trafficking, and other forms of violence against the poor. IJM partners with local authorities to rescue victims of violence, bring criminals to justice, restore survivors, and strengthen justice systems.

Highlighted as one of 10 non-profits "making a difference" by U.S. News and World Report, IJM's effective model has been recognized by the U.S. State Department, the World Economic Forum and leaders around the globe, as well as featured by Foreign Affairs, Forbes, The Guardian, The New York Times, The Times of India, The Phnom Penh Post, National Public Radio, and CNN, among many other outlets.

**IJM.ORG**



# WELCOME TO *THE JUSTICE COLLECTIVE*!

Thank you for taking this time to walk alongside your group as a *Justice Collective* Facilitator! The following information will assist you in facilitating your group over the next few weeks. Every week has components that are just for you (written in this color), and aren't listed in the Participant Guide.

If you are preparing to lead a small group through this study, be encouraged that God is well-pleased with your desire to lead others closer to his heart for justice.

## THE TANGIBLES

- Facilitator Guide
- Whiteboard or something to write on
- Dry erase markers

## PRAYER

Begin every week with prayer. Invite God to guide you into his truth and new understanding.

## TOPICS TO TABLE

Questions will come up during class that cannot be immediately addressed. With your group, assign a place for these questions and come back to them when the group is ready.

Many of the questions in this course may take time to answer. Be respectful of your group's needs and record them in a place where they can be acknowledged and discussed in a timely manner.

## PUT IT INTO PRACTICE

Homework is assigned at the end of each meeting to be completed before the next meeting. At the beginning of each meeting, your group will share highlights from their homework.

## GOALS FOR THIS STUDY

- Gain a better understanding of what injustice is and where it is happening in your community, country and around the world.
- Get to know God's heart for justice more deeply.
- Explore what it looks like in your own life to answer the call to seek justice.

## NOTES

How often do you find yourself bravely fighting for justice? Justice is a trendy topic, and one that can be complex. It can feel daunting to follow the Isaiah 1:17 mandate to *seek justice*. *What does that look like? What's required? What will it cost? What does it mean?* The truth is, God asks us all to live just lives, but it's not just a requirement; it is his beautiful invitation. The adventure of living just lives is about knowing God, and experiencing him in deeper, more real, more tangible ways. It's about understanding his heart and being transformed. It's about being unleashed to look, to live and to love more like Jesus.

This study is about our pursuit of freedom together. Freedom to fully live out of our purpose, and to usher in freedom for others. This is the freedom that we find in pursuing the heart of God, and it fuels us to pursue rescue for those who need it. And we realize that his power is reflected in each of us. *What if we all lived in the freedom of fully knowing who we are and whose we are? What if our lives were about bringing freedom to others?*

*Learn to do right; seek justice. Defend the oppressed. Take up the cause of the fatherless; plead the case of the widow.*

- Isaiah 1:17 (NIV)

As you begin this study each week, take some time to settle your heart before the God who has created and rescued you. Release to him each issue, agenda, item, anxiety and to-do list that rushes to mind. Stillness before God is a profoundly spiritual discipline, and one that can be so hard to cultivate in our fast-paced culture. IJM's Founder and CEO, Gary Haugen, gives the example that much like a jar filled with pebbles and sand that is shaken, our spirits and souls can be shaken up as we move through the hectic responsibilities of work, family, school, etc. "When you sit the jar down, the sediment settles to the bottom and you can see clearly through the top of the jar." Let's decide that we will allow our hearts to be still before the Lord throughout this study.

*It is absolutely clear that God has called you to a free life ... use your freedom to serve one another in love; that's how freedom grows. For everything we know about God's Word is summed up in a single sentence: Love others as you love yourself. That's an act of true freedom.*

- Galatians 5:13-15 (MSG)

It is important to remember that not all the women in your group have the same relationship with God. Try to be as inclusive as possible to women of all spiritual paths. Each section has opportunities for diving more into scripture and looking at issues from a Christian worldview. If you choose to look at what the Bible has to say about justice and courage, be mindful and considerate to the women in your group who may not share your worldview.



# TABLE OF CONTENTS

|                                    |    |
|------------------------------------|----|
| WEEK 1: Introduction               | 1  |
| WEEK 2: Seek Justice               | 9  |
| WEEK 3: Love Your Neighbor         | 15 |
| WEEK 4: Walk Humbly                | 21 |
| WEEK 5: Live Boldly                | 27 |
| WEEK 6: A Blueprint for Your Story | 33 |
| WEEK 7: Celebrating the Journey    | 39 |
| Resources                          | 41 |
| Next Steps                         | 43 |

# WEEK 1: INTRODUCTION

## **AGENDA**

---

Introductions

Group Expectations

Facts About Injustice

Expectations for Our Journey

Discussion and Reflection

Putting It Into Practice



## INTRODUCTIONS

Welcome to Week 1!

Begin the meeting with prayer. If some women in your group feel uncomfortable with prayer, invite them to just close their eyes and meditate on the possibilities of this study.

After prayer, it is time to do introductions. Introduce yourself first by answering the questions below, then go around the room and ask the other women to do the same.

- *What is your name?*
- *Why are you here?*
- *What is one interesting fact about you?*

## WHAT CAN YOU EXPECT FROM YOUR FACILITATOR EACH WEEK?

Your group can expect you to be reliable, empathic, respectful and trustworthy. Also, try to have fun!

## GROUP EXPECTATIONS

It is now time to set some expectations for your time together. Group expectations are important, as they ensure that everyone feels comfortable sharing their thoughts and reflections.

Ask for volunteers to share their expectations for the group. It is important for every member to understand what is expected of her and to know that this is a safe place for sharing. Have each group member sign this page agreeing to keep her commitments. If someone violates the terms of the agreement, you may address it by going over the Group Expectations again.

Important ones to mention may include:

1. I will keep everything shared here confidential.
2. I will not judge other women in this group.
3. I will respect myself and those around me.
4. I will keep my phone turned off during our time.
5. I will show my commitment to my group by attending every session and doing my homework.

Name \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_



Go through the following statistics on injustices with your group. You can read each statistic aloud or ask for a volunteer to help you read it. The purpose of this exercise is to bring to light the struggles of the world and normalize members' fears about speaking up.

## INJUSTICE AROUND THE WORLD

- Globally, 1 billion children aged 2 – 17 years experienced physical, sexual, emotional or multiple types of violence in the past year.<sup>1</sup>
- Eleven children under age 5 die every minute, and 35 mothers die during childbirth every hour.<sup>2</sup>
- Almost three-fifths of the world's extreme poor are concentrated in just five countries: Bangladesh, China, the Democratic Republic of Congo, India and Nigeria.<sup>3</sup>
- One in five women and one in 13 men report having been sexually abused as a child.<sup>4</sup>
- Some 880 million people live in slums, and nearly 40 percent of the world's future urban expansion may occur in slums.<sup>5</sup>
- There are 168 million children worldwide trapped in child labor, accounting for almost 11 percent of the overall child population: 100 million boys and 68 million girls. Around half are engaged in hazardous work.<sup>6</sup>
- Worldwide 18,000 people a day die because of air pollution.<sup>7</sup>
- Globally, women earn 24 percent less than men and hold only 25 percent of administrative and managerial positions in the business world.<sup>8</sup>

Ask your group for their thoughts on these statistics: *What stands out to you?*

---

<sup>1</sup> World Health Organization Media Centre Fact Sheet N°150. Child Maltreatment, September 2016.

<sup>2</sup> World Health Organization Media Centre Fact Sheet. Violence Against Children, February 2018.

<sup>3</sup> World Bank Group. 2015. Global Monitoring Report 2014/2015: Ending Poverty and Sharing Prosperity. Washington, DC: World Bank. doi: 10.1596/978-1-4648-0336-9. License: Creative Commons Attribution CC BY 3.0 IGO

<sup>4</sup> UNESCO, 2016 Global Education Monitoring Report Gender Review: Creating Sustainable Futures for All.

<sup>5</sup> UNDP. Human Development Report 2016. Human Development for Everyone.

<sup>6</sup> World report on child labour 2015: Paving the way to decent work for young people / International Labour Office. Geneva: ILO, 2015

<sup>7</sup> UNDP. Human Development Report 2016. Human Development for Everyone.

<sup>8</sup> World Health Organization Media Centre Fact sheet N°239. Violence Against Women, November 2016.

## EXPECTATIONS FOR OUR JOURNEY

If you are reading this, you are about to begin a journey toward new expressions of advocacy. There is always a sense of anticipation at the beginning of a new season – and it is important for us to set expectations for how we want to grow, learn and practice courage along the way.

Before diving in, spend time discussing with your group what they hope to get out of this study. Use the questions below to prompt your expectations and guide your thinking about what you'd like to learn about yourself, your life and most importantly, how seeking justice fits into God's call on your life.

Ask your group to take time to answer the following questions in their workbooks and then discuss with the group:

*What do I want to be free from?*

*How do I want to bring freedom to others?*

*What would it look like for me to move from being safe to being brave?*

*Where do I want to grow?*

We'll return to these questions at the end of the study, and reflect on how we've grown on the journey.

## DISCUSSION AND REFLECTION

*“Injustice anywhere is a threat to justice everywhere.”*

- MLK

Ask the women in your group to consider this statement and ask for reflections.

*Recount a time that you stepped beyond your comfort zone in a way that required courage.*

*What might it look like to live that way on a daily basis?*

*What is getting in the way?*

**PUTTING IT INTO PRACTICE**

Get started by becoming more aware.

What issues are you interested in learning more about? List them below, then do your research and find organizations that advocate for these causes.

These may include issues about poverty, human trafficking, social injustice, animal rights or even environmental causes. If you can't think of any off the top of your head, do an online search or talk with friends and neighbors.

---

---

---

---

---

---

---

---

Write down 6 injustices that IJM focuses on that affect the poor around the world.  
**ijm.org/the-problem**

Then, research ways you can help at **ijm.org/get-involved/volunteer**.  
Keep learning at **ijm.org**.

| Injustices | How can I help IJM? |
|------------|---------------------|
|            |                     |
|            |                     |
|            |                     |
|            |                     |
|            |                     |
|            |                     |
|            |                     |



## JOURNAL



# WEEK 2: SEEK JUSTICE

## **AGENDA**

---

Week 1 Reflections

Fighting for Justice

Discussion and Reflection

Putting It Into Practice



Welcome to Week 2!

Begin the meeting with prayer. Remember: If some women in your group feel uncomfortable with prayer, invite them to close their eyes and meditate on the words.

## WEEK 1 REFLECTIONS

Ask your group to share highlights from their homework assignment. *What causes speak to their hearts? What do they want to fight for? What did they learn?*

*“We cannot live only for ourselves. A thousand fibers connect us with our fellow men; and among those fibers, as sympathetic threads, our actions run as causes, and they come back to us as effects.”*

- Herman Melville, American Writer

## FIGHTING FOR JUSTICE

Ask the women in your group, *What would it look like to fight for others and actively seek justice in your life?*

- *What would I do?*
- *What would I say?*
- *What would I feel?*
- *What would I believe?*

From a Christian worldview, doing the work of justice is also a large part of God's heart and character, and it is God's call to his people. Scripture has much to say about God's relationship to justice:

*He has shown you, O mortal, what is good. And what does the LORD require of you? To act justly and to love mercy and to walk humbly with your God.*

- Micah 6:8

Ask for a volunteer to read Micah 6:8. Ask the women in your group: *What do you see in this verse? What does this tell us about our humanity, that we were created to act justly?*

*Doing the work of justice is an intrinsic part of our humanity.*

God will always act justly, not because something outside of himself compels him to love justice, but because God himself IS justice. It should not come as a surprise then that God includes justice on the short list of three things that are close to his heart in Micah 6:8.



## DISCUSSION AND REFLECTION

Ask for volunteers to share their answers to the following questions:

*What do we mean by “justice”?*

The term is often defined widely and differently. Perhaps it's more helpful to think about how we define “injustice.” According to Merriam-Webster, injustice is defined as, “absence of justice: violation of the rights of another: unfairness: an unjust act: wrong.”

Read the dictionary definition of injustice to your group and ask them for their reflections.

It is tempting to think that injustices happen simply because there is evil and darkness in the world, but injustices often occur for a much more insidious reason: they happen as a result of a person or a people group being overlooked or unseen by the people around them. Which means when you and I don't see the unjust acts taking place in our world, we are perpetuating this vicious and ugly cycle of oppression. This is not to bring condemnation, but clarity around the fact that it is our responsibility as humans to take care of one another, by first seeing one another.

*The first step toward advocacy is simply having the eyes to see.*

Eyes to see, in your everyday life, the hurting, oppressed, forgotten, marginalized people around you.

*Where do I get affirmation in fighting for justice?*

For some women in your group, they may feel compelled to fight for justice because “it is the right thing to do.” Ask them, *What compels you to fight for justice? Why should we fight for justice?*

From a Christian worldview, we are armed with powerful affirmations in God's word. If the women in your group share this worldview, you may want to discuss what the Bible has to say:

1. God is on the side of justice.
2. God sees and cares.
3. God condemns injustice.
4. God seeks rescue for the victims.

*Have you ever felt compelled to fight for justice, but did not have the courage? Or have you ever tried to fight for justice and failed? What was this like?*

*Have you ever “put yourself out there” to help someone who didn't want your help? What was this like?*

*How does justice overlap with compassion?*

## PUTTING IT INTO PRACTICE

Practice courage by stepping out of your comfort zone to help someone else! Try something compassionate every day that might make you feel uncomfortable or awkward, and then briefly describe your experience below.

Little acts of compassion might not feel like “fighting injustices,” but practicing courageous acts of compassion helps us begin to shift our mindset from an “inward” focus to an “outward” focus. Need suggestions?

- Bring food to a neighbor
- Make an appointment to volunteer at a soup kitchen, hospital or nursing home
- Smile at a stranger
- Generously tip a stressed-out server
- Pay for another mom's groceries
- Forgive someone for a past wrong
- Send a card to someone you haven't talked to in years
- Give up your seat on the train/bus
- Offer to watch a friend's kids for a few hours
- Drop food off for a homeless person

## JOURNAL





# WEEK 3:

## LOVE YOUR NEIGHBOR

### **AGENDA**

---

Week 2 Reflections

Loving My Neighbor

Discussion and Reflection

Putting It Into Practice

Welcome to Week 3!

Begin the meeting with prayer. Remember: If some women in your group feel uncomfortable with prayer, invite them to close their eyes and meditate on the words.

## WEEK 2 REFLECTIONS

Ask your group to share highlights from their homework assignment. *What impact did these courageous acts of kindness have on them? Ask the women in your group to share the specific ways they stepped out of their comfort zone and how it made them feel.*

*“Do to others as you would have them do to you.”*  
- Matthew 7:12

## LOVING MY NEIGHBOR

Ask the women in your group for their reflections on this statement. This comes from Matthew 7:12.

*What does it mean to love my neighbor?*

## DISCUSSION AND REFLECTION

Ask for volunteers to share their answers to the following questions:

*How can I love my neighbor?*

In other words, what actions can I take to demonstrate love to others in a way that is meaningful to them? Why are boundaries important here?

*Who is my neighbor?*

What about the neighbor who is suffering? Further still, what about the neighbor who is suffering and unseen by us - in houses, schools or countries far away? What about the neighbor who is poor? Are we to love them as ourselves, too?

*What does “loving my neighbor” have to do with fighting for justice?*

Fighting for justice requires sacrifice. So does loving others. It often means putting others first.

*“The struggle for justice always stands or falls on the battlefield of hope.”*

Ask the women in your group for their reflections on this statement.

## DISCUSSION AND REFLECTION

Ask for volunteers to share their answers to the following questions:

*How can we cultivate hope in the face of injustice?*

How can we turn hope into an active verb in our lives?

*Do you believe that the average person can do something about injustice in the world?*

*What can you do to encourage others to live lives of justice?*

## PUTTING IT INTO PRACTICE

Establish healthy boundaries.

Before we dive right into loving our neighbors and fighting the injustice in the world, it is important to establish healthy boundaries to protect others and ourselves.

Boundaries are a necessary part of emotional self-care, especially when we are working to advocate for others. This week, identify several of your boundaries that you already have or wish to begin implementing while pursuing your advocacy goals:

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

4. \_\_\_\_\_

\_\_\_\_\_

5. \_\_\_\_\_

\_\_\_\_\_

## JOURNAL



PHOTO PROVIDED BY IJM

# WEEK 4: WALK HUMBLY

## **AGENDA**

---

Week 3 Reflections

Where to Start

Discussion and Reflection

Putting It Into Practice



Welcome to Week 4!

Begin the meeting with prayer. Remember: If some women in your group feel uncomfortable with prayer, invite them to close their eyes and meditate on the words.

### WEEK 3 REFLECTIONS

Ask your group to share highlights from their homework assignment. *What healthy boundaries did they establish in their pursuit of becoming an advocate? Did anyone struggle to come up with any?*

***“Great things are done by a series of small things brought together.”***

- Vincent Van Gogh

### WHERE TO START

Ask the women in your group for their reflections on this statement. Then ask them to discuss the following question:

*How does pride get in the way of fighting for justice?*

Poverty. Mental illness. Addiction. Genocide. Child abuse. Sometimes the problems of the world seem too big and we feel too small.

It's easy to feel paralyzed by the massive need in the world. The truth is, pride often disguises itself as modesty or practicality. Because of pride, we are tempted to think that we can't do enough, that we don't know where to start or that we have nothing to give.

From a Christian worldview, humility brings us to our knees in prayer. It focuses us on the Lord, his power and his grace. It brings us into deep gratitude for God, and motivates us to love what he loves and hate what he hates. Our power lies in our identity in Christ. It lies in knowing the source of all power. And it's that knowledge and security in who we are in him that enables us to charge into the darkness.

Ask the women in your group to consider these three ways that we charge into the darkness of injustice in our world. Give them the following examples and discuss practical ways they can step into these calls:

### DEFEND THE POOR

Poor and vulnerable people today cannot afford to have advocates defend them. For example, a young girl who has been trafficked far from her home cannot afford legal representation, and more simply than that, cannot raise her own voice for her freedom. This is a role that we can play: we can speak up for those who cannot speak for themselves. Wouldn't we want someone to do that for us? Praying and paying for the rescue and defense of the poor is something we can and must do.

### RAISE YOUR VOICE

We can look back on any era of injustices in history and see that all movement toward justice was initiated by a small, passionate group of people who raised their voices and demanded to be heard. As kingdom-minded people, it is our duty to speak up for those who don't have a voice, and when we're told to quiet down, to speak even louder.

### LOOK AROUND

Search within your own life and community to see who might be suffering from intimidation or fear. Consider how you could be the one who breaks through with hope and God's power to bring justice and restoration. Spend time rediscovering, not only God's passion for justice in the scriptures, but also God's promises for those who pursue justice (Isaiah 58). Test God's faithfulness and power.

## DISCUSSION AND REFLECTION

Ask for volunteers to share their answers to the following questions:

*Consider other heroes who have “charged the darkness” of injustice. Who comes to your mind?*

*Ask the women in your group for examples of people who have “charged the darkness” of injustice for Christ. Ask, What inspires you about that person?*

*Consider your story from childhood until now. Who in your life has charged the darkness?*

*Ask, What kind of a reaction did it cause in you?*

*Recount a time when you were desperate to help someone you love, but you couldn't. How did you feel?*

*Ask, Who eventually helped? What was the outcome? What could you do differently in the future?*

*What can we do today to support those who are severely oppressed and enslaved?*

*Ask, What would it look like for you to lead in this way?*

## PUTTING IT INTO PRACTICE

Dealing With Stress and Conflict. Respond Instead of React.

As we begin to stand up for justice, many emotions may get stirred within us. Good — use that! It is our passion for justice that will drive us forward and give us the courage to stand up for others and ourselves. However, it is important to have healthy responses to these emotions.

Begin by being aware of your triggers. Ask yourself, *What people, situations or words cause me to react in an automatic way that feels out of my control?*

Record your triggers and reactions below or on your journal page.

| Triggers | Automatic Reactions |
|----------|---------------------|
|          |                     |
|          |                     |
|          |                     |
|          |                     |
|          |                     |
|          |                     |

When you have identified several of these automatic reactions, try to work through new ways of responding. Sometimes it helps to have reminders, such as writing the word “pause” at the top of your notebook in a business meeting. Then practice responding instead of reacting by following 4 steps:

1. Identify the triggering situation.
2. Notice how you want to react.
3. Learn to pause. What might remind you to do so?
4. Select a response. What will you do instead?

JOURNAL





# WEEK 5: LIVE BOLDLY

## **AGENDA**

---

Week 4 Reflections

Ordinary People Doing Extraordinary Things

Discussion and Reflection

Putting It Into Practice

Welcome to Week 5!

Begin the meeting with prayer. Remember: If some women in your group feel uncomfortable with prayer, invite them to close their eyes and meditate on the words.

## WEEK 4 REFLECTIONS

Ask your group to share highlights from their homework assignment. *How did the women in your group “charge the darkness”? What impact did it have on them?*

*The work of justice is not passive.*

Ask the women in your group to reflect on this statement: *God does not require us to “think justly” or to “feel justly.” He requires us to “act justly.”*

Use the following questions to prompt further discussion: *What does this mean? How exactly do we enact justice on a daily basis? How do we become brave?*

## ORDINARY PEOPLE DOING EXTRAORDINARY THINGS

*Harriet Tubman: Led over 300 people to freedom and never lost a single passenger*

Harriet Tubman was born a slave. After she escaped from Maryland, she went back to lead family, friends and other slaves to freedom through the Underground Railroad. Tubman made over 19 successful trips and saved over 300 lives! It is said that she never lost a single passenger.

*Todd Beamer and the passengers of Flight 93: Fought back against 9/11 terrorists*

Todd Beamer was an account manager who was on United Airlines Flight 93. When he and other passengers realized their plane had been hijacked by 9/11 terrorists, they worked quickly and courageously to reclaim control. Flight 93 crashed in a field in Shanksville, Pennsylvania. The passengers acted courageously and sacrificed themselves to keep the plane from killing more innocent people.

*Candy Lightner: Stood up against drunk driving*

Candy is a mother whose 13-year-old daughter was killed by a repeat DWI offender. At this time, there was no legal consequence for driving while intoxicated. Candy founded Mothers Against Drunk Driving (MADD) on March 7, 1980. Her organization advocated against drunk driving and successfully fought for stricter laws across the country.

*Moses: Led the Israelites out of captivity*

In Exodus 3, God commands Moses, a man of great faith, to confront Pharaoh and bring the Israelites out of Egypt. Moses questions God: “What if they won’t believe me? What if they don’t think you’ve sent me?” To this God says, “What is in your hand?” God chooses to use the very thing in Moses’ hand to demonstrate God’s power and equip Moses to feel strengthened in this task.

In the Bible, God presents a massive problem and intentionally invites ordinary people into facing it with what they have in their hands. It’s their obedience that triggers the miracle.

Moses receives the blessing and sees the demonstration of God’s faithfulness because he is willing to act. That’s what it takes to be brave.

*“When our grandchildren ask us where we were when the voiceless and the vulnerable in our era needed leaders of compassion and purpose, I hope we can say that we showed up, and that we showed up on time.”*

– GARY HAUGEN

## DISCUSSION AND REFLECTION

*What do I have to offer?*

*Is it resources? Skills? Experience?*

*Perhaps it's heartbreak, pain or deep love and empathy?*

*Do I believe that I can take part in standing up for justice?*

*How am I being called to act?*



## PUTTING IT INTO PRACTICE

This week, choose to “opt-in” to living justly. Choose to see those who are vulnerable in your own community.

Decide one way in which you will “charge the darkness”: bring food, visit with someone who is alone, make a donation, ask to hear someone’s story and share it with others.

### Prepare To Share Your Story:

Consider each of these questions. Record a response to each.

*What do I want to be free from?*

*How do I want to bring freedom to others?*

*What would it look like for me to move from being safe to being brave?*

*Where do I want to grow?*

Now, look back at your answers to these four questions, which you recorded on the first day of the study. What do you notice? Has your perspective changed? What insight do you have into the changes in your heart and spirit over the past five weeks?

### Theme or Key Lesson:

As you’ve compiled your thoughts, do you see a dominant theme or lesson you are learning? A consistent struggle or success? Prayer request or praise? Are there new thoughts, or perhaps a new passion for seeking justice?

## JOURNAL





# WEEK 6: A BLUEPRINT FOR YOUR STORY

## **AGENDA**

---

Week 5 Reflections

Sharing Our Stories

Discussion and Reflection

Putting It Into Practice

Finding Your Role



Welcome to Week 6!

Begin the meeting with prayer. Remember: If some women in your group feel uncomfortable with prayer, invite them to close their eyes and meditate on the words.

## **WEEK 5 REFLECTIONS**

Ask your group to share highlights from their homework assignment. What ideas did the women in your group come up with for living boldly and bravely?

## **SHARING OUR STORIES**

One of the most effective and exciting ways to share about how we are growing is to share our personal stories. Each of us has a powerful story. It can be challenging to find the right memories or words when we're asked to describe our experiences in different moments. But each of us is well-equipped to share an impactful story. Through our own journey to courage, we can communicate the need for others to become involved. We can motivate others to raise their voices, raise awareness or advocate.

Ask the women in your group to reflect on and share what they've learned. Model this by sharing your story first. Start by answering the four questions we asked at the beginning of the study:

- What do I want to be free from?
- How do I want to bring freedom to others?
- What would it look like for me to move from being safe to being brave?
- Where do I want to continue to grow?

## **DISCUSSION AND REFLECTION**

Then, think about a key theme or lesson that you are learning.

*What surfaced at the top of your heart? What have you reflected on during this study?* This will be a critical part of sharing your story.

Continue by thinking about any significant stories or scriptures that have resonated deeply with you.

Finally, consider how you might be moved to action.

Plans for Follow-up Meeting (Week 7):

Week 7 will be an opportunity to bring women together, enjoy some great food and celebrate the community around the table. If you feel inclined, consider inviting your significant other so they can hear about the study and your time together.

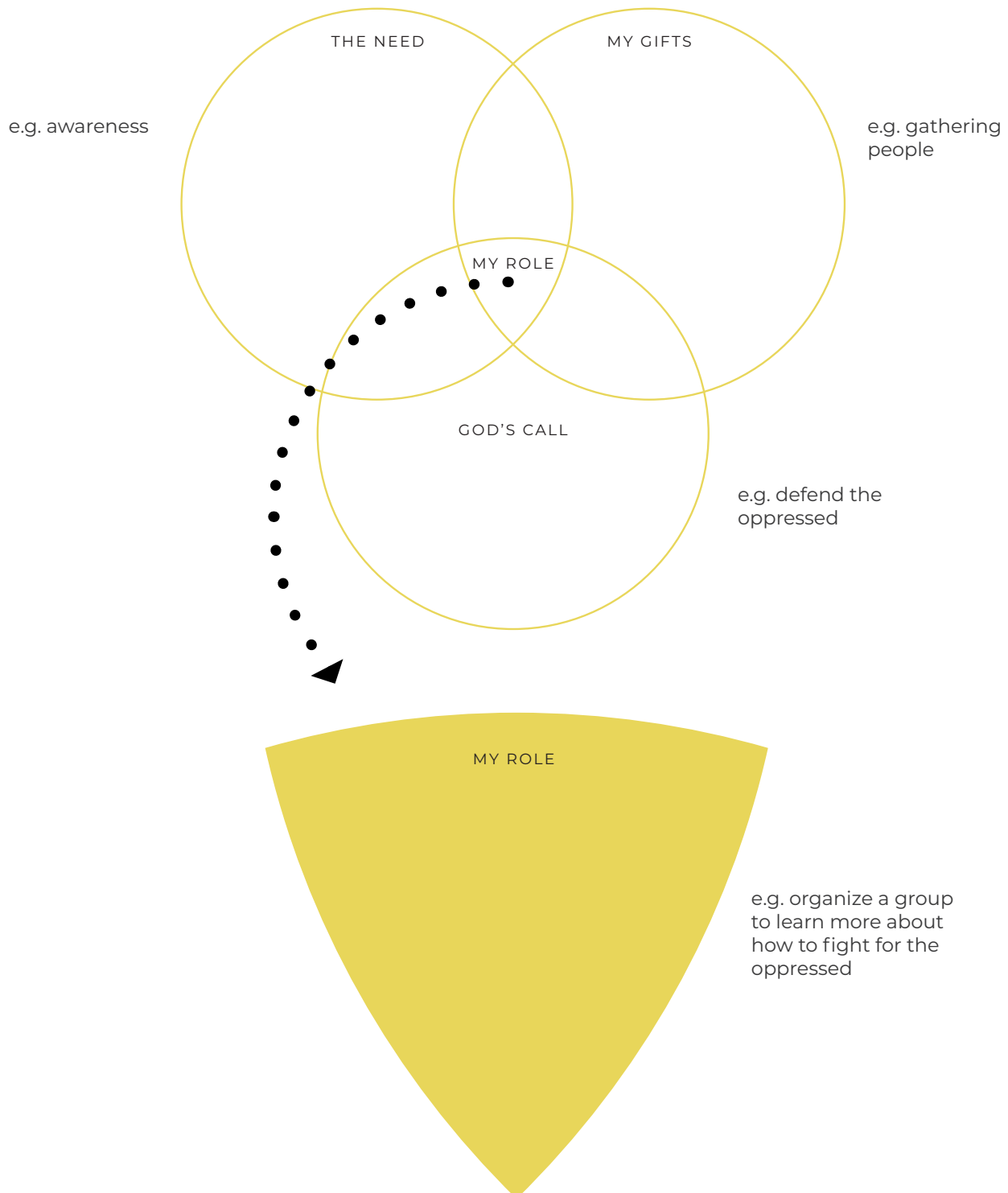
## PUTTING IT INTO PRACTICE

### Significant Stories

Which stories, quotes or scripture from this study have resonated deeply with you? Write these down to remember where you are in your journey, and reflect on them as you move forward.

## FINDING YOUR ROLE

Complete the Venn diagram below. In each space, list some words or thoughts. Then, in the center, consider what specific action you might take in the fight against injustice. Each of us has a purpose, and we're intricately designed for the role we are intended to play.



## JOURNAL



PHOTO PROVIDED BY IJM



# WEEK 7: CELEBRATING THE JOURNEY

## **AGENDA**

---

Week 6 Reflections

Celebrating the Journey

Remembering Together

Prayer

IJM Stories

Discussion and Reflection

Next Steps

Welcome to Week 7!

Begin the meeting with prayer. Remember: If some women in your group feel uncomfortable with prayer, invite them to close their eyes and meditate on the words.

## **WEEK 6 REFLECTIONS**

If you didn't meet during Week 6, take some time to share your stories with one another.

Focus this time on where you've been and where you're going! Consider distributing these questions, or asking each woman to choose one.

## **CELEBRATING THE JOURNEY**

Where We've Been:

- *What has been the most interesting thing you've learned through this process?*
- *How have you been changed?*
- *What was the most challenging concept or discussion topic for you?*
- *How have your perceptions about injustice or justice changed?*
- *What was surprising about this experience?*

Where We're Going:

- *What are you most excited to share with people about this journey?*
- *What are you most burdened to pray for in the future?*
- *How are you going to live differently because of this study?*
- *How will you convert your learning to action?*
- *How will you do more training for bravery?*
- *How will you mobilize others for this work?*
- *How can you serve here in your local community?*

Sharing an IJM Story:

If you'd like, read Manna and Mien's stories (on the IJM Stories page) and reflect on the questions for response. Choose to see the people who are in need of rescue, and praise the God who is the Rescuer and the Redeemer.

## **REMEMBERING TOGETHER**

To conclude your celebration, ask each woman to write a positive letter, powerful quote or scripture to herself, and include her name on it. Have one person collect the pieces of paper and agree to give them back to each woman after an agreed upon amount of time: two weeks, six months or one year.

*Let's remember the journey we are on to bring freedom to others.  
Let's remember and celebrate together!*

## **PRAYER**

Close with a word of celebratory prayer. Thank the women in your group for the opportunity to walk alongside them in this journey.

## IJM STORIES

Manna's\* Story, Age 14:

Manna\* lived with her brother and was often beaten by him. When she was 14, she made the decision to run away, believing it was her only option to escape her terrible living situation. Passing through the clutter and scuffle of the bustling train station, a young woman noticed Manna crying and offered to help her. She listened to Manna and won her trust. The woman promised her a job selling fabric - just the kind of opportunity a desperate Manna needed. The woman led her to a place to rest, but when Manna woke the woman was gone and another woman warned her that her life was no longer her own. She would not sell fabric, but her body.

Manna refused her first three customers, but the brothel keeper beat her repeatedly until she gave in to the men who had come to rape her. She tried to run away and even begged the men who raped her to rescue her or call the police. There seemed to be no escape from this nightmare. Manna was trapped.

### DISCUSSION AND REFLECTION

*What factors made Manna especially vulnerable to exploitation?*

*What do you think Manna needed most while in the brothel?*

---

Manna's Story, Part 2:

Manna's nightmare continued for two years until another girl, whom International Justice Mission had rescued, led IJM operatives back to the brothel to rescue more girls hidden in a soundproof dungeon. Manna was one of four young girls rescued from that dark place. She now lives in the freedom of an aftercare home that provides love, safety and schooling where she is studying to become a social worker. IJM helped build a case against her brothel keepers. They were both convicted and sentenced to five year imprisonments.

After her rescue, with a smile that filled the room, Manna said, "I came to prison, but I am not alone. God took me from that place to here ... What is impossible for men is possible for God."

### DISCUSSION AND REFLECTION

*How can we use Manna's story to mobilize for action?*

*How is our need for rescue similar to Manna's?*

### Mien's\* Story, Age 14:

Mien grew up in Svay Pak, a marginalized community in Cambodia that was notorious for selling very young girls for sex. Mien's family emigrated from Vietnam, and they were desperately poor. Her father spent what little money they earned on alcohol, and her mother was helpless to stop his abuses.

Like many other girls growing up in the poor community, Mien was sold to a brothel one block from her own home when she was just 14 years old. Night after night, Mien was sold to sex tourists and men who came to Svay Pak because they knew they could find young girls. The nightmare became a routine. Although she was minutes from her childhood home, Mien was trapped.

In 2003, IJM heard about Mien and the many girls who were trapped and abused. IJM investigators assisted the Anti-Human Trafficking and Juvenile Protection Unit of the Cambodian National Police with its first-ever rescue operation. On that day, 37 girls were rescued from sex slavery. The youngest girl was only 5 years old. But Mien hid from the police during the rescue operation. The brothel owners had told her, time and time again, that if the police found her they would arrest her. Sadly, Mien was not rescued that day.

Her family moved north, to Siem Reap, near the popular tourist destination of Angkor Wat, a beautiful ancient temple. Mien was again sold to a brothel there, where her life fell back into the same nightmare.

Mien was sold night after night to men who paid to rape her. She said, "I despair – my life does not have meaning ... I feel like I don't want to do this anymore, but what else can I do? I have no skills and my family depends on the money I send to them every month."

### **DISCUSSION AND REFLECTION**

*Is it hard for you to believe that a story like this is real?*

*How do we engage God in the face of such suffering? What do we need to believe is true about God?*

---

### Mien's Story, Part 2:

IJM investigators started to gather evidence in the very same brothel where Mien was being exploited. The brothel was disguised as a massage parlor, but IJM soon documented evidence to reveal girls had been trafficked there to be sold for sex.

In 2007, IJM worked with an anti-trafficking unit of the police in Siem Reap to rescue women and girls who had been trafficked to a brothel, including Mien and seven other girls, most of whom were minors. Mien was taken to a short-term aftercare shelter, where she received crisis care and started a new life of freedom. IJM assisted the prosecutor to develop a strong legal case against the pimps and traffickers. At the end of the trial, justice was delivered: five perpetrators were convicted.

### **DISCUSSION AND REFLECTION**

*How can we use Mien's story to mobilize others for action?*

*What does Mien's story teach us about life after trauma or suffering?*

*It is absolutely clear that God has called you to a free life ... use your freedom to serve one another in love; that's how freedom grows. For everything we know about God's Word is summed up in a single sentence: Love others as you love yourself. That's an act of true freedom.*

- Galatians 5:13-15 MSG

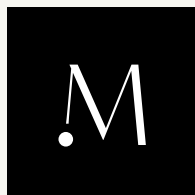
## NEXT STEPS

God has uniquely gifted each one of us and he is on the move bringing justice today. Take what you've learned about yourself and join the movement to end slavery.

Here's some ideas for what could be next for you:

- Give. Become an IJM Freedom Partner - Help IJM show up 24 hours a day. Donate \$24 each month and help bring last minute-rescue and critical aftercare. Your faithful support defends children and families in need, no matter how long justice takes. **[ijm.org/mops](http://ijm.org/mops)**
- Host. Host your own Rescue Party. We'll give you everything you need to organize a screening of a 15- minute film with your friends, family or entire church. You'll learn how together, we can end slavery. **[ijm.org/mopscreening](http://ijm.org/mopscreening)**
- Host. Invite an IJM speaker to your church to share about God's heart for justice. **[ijm.org/request-a-speaker](http://ijm.org/request-a-speaker)**
- Pray. Sign up and join IJM in monthly prayer for urgent needs. **[ijm.org/get-involved/pray](http://ijm.org/get-involved/pray)**
- Volunteer. Use your time and talent in your community. **[ijm.org/get-involved/volunteer](http://ijm.org/get-involved/volunteer)**
- Share. Host an IJM event in your home or favorite coffee shop and share about the work of IJM. **[ijm.org/our-work](http://ijm.org/our-work)**
- Fundraise. Fund a rescue operation for only \$6,300 for families trapped in slavery and young girls in brothels. **[ijm.org/financials/start-a-fundraiser](http://ijm.org/financials/start-a-fundraiser)**

*this is motherhood.* NEVER FORGET THAT LOVE IS THE BEST THING WE DO. LOVE BIG, LOVE MESSY, LOVE LOUD. SLOW DOWN AND CUDDLE YOUR LITTLES, EVEN WHEN THEY'RE BIG. ABANDON THE LIE OF PERFECTIONISM. LEARN FROM YOUR KIDS AND COLOR OUTSIDE THE LINES, AND THEN STAND IN AWE OF THE MASTERPIECE YOU CREATE. SMILE KNOWING RIGHT NOW WILL TASTE EVEN BETTER AS A MEMORY. DECLARE GOODNESS; THE WORDS YOU SPEAK DICTATE THE LIFE IN FRONT OF YOU. REMEMBER THAT BAD DAYS COME AND GO. WHEN ALL ELSE FAILS, DANCE IT OUT. YOU ARE LOVED BY A GOOD GOD WHO CALLS YOU DAUGHTER. TEND TO YOUR OWN WOUNDS AS GENTLY AS YOU DO THE SKINNED KNEES AND THE JAMMED FINGERS AND THE HURT FEELINGS. BE THE FRIEND YOU NEED, EVEN WHEN YOU'RE BUSY. HUG PEOPLE TOO LONG. CATCH THE TEARS OF OTHER MOMS TOO. SPEAK UP FOR THOSE WHO DON'T HAVE A VOICE AND YOUR KIDS WILL DO THE SAME. SIT IN THE WARMTH THAT YOUR BABY WILL CHANGE THE WORLD SOMEDAY. STAND KNOWING THAT YOU CAN TOO.



THE MOMCO





M

