

HER  rules

DISCUSSION  
QUESTIONS





# Welcome

Thank you for downloading the PDF copy of the HERcules: Empowering the Fierce and Feminine Inside Every Woman discussion questions.

Whether you are doing an independent study of HERcules or are in a small group, I pray that the conversations sparked by these questions are pivotal, powerful, and positive catalysts in your spiritual walk with Jesus Christ.

HERcules was written with the heart and passion of seeing all women grow closer to God and learn the fullness of the identity that He created women to contain. We are women and warriors, girls with grit!

I cannot wait to hear what you learn through HERcules and the discussion questions. Thank you again for your support, and I pray that you continue to grow in the strength and knowledge of Christ.



Thank you,  
Ashley  
Silvey

# CHAPTER 1



1. What processes or pursuits has God called you to in the past?
2. How did you handle the disappointment of changed plans or broken dreams?
3. How do you perceive God when you experience letdowns or heartbreaks?
4. How is God asking you to pivot today?
5. What has been your bootcamp experience?

# CHAPTER 2



1. Why is knowing where your allegiance lies so important?
2. What could or does cause your allegiance to God to waver?
3. What is situations make choosing faith over flesh so difficult?
4. What steps can you personally take to build your life's foundation on Christ?
5. How can "spiritual safety" be dangerous?

# CHAPTER 3



1. What has your "movie moment" been in your walk with God?
2. How does having a "trained eye" connect with our spiritual clarity and health?
3. How does our focus affect our faith?
4. Why is compromise so lethal to our spiritual strength?
5. Where are you being insubordinate in your faith walk?

# CHAPTER 4



1. What are skills unique to you?
2. How do you enjoy serving God? (Think in church, volunteer work, etc)
3. How does Psalm 139:15-16 impact how you think about God?
4. How does Psalm 139:15-16 impact how you think about yourself?
5. How is God calling you to make disciples?

# CHAPTER 5



1. How would you describe the Frontline Fighter?
2. Who are some women you believe encapsulate the Frontline Fighter?
3. What are other Biblical examples of Frontline Fighters?
4. What is a strength of the Frontline Fighter?
5. Where can Frontline Fighters be strengthened?

# CHAPTER 6



1. How would you describe the Strategist?
2. Who are some women you believe encapsulate the Strategist?
3. What are other Biblical examples of Strategists?
4. What is a strength of the Strategist?
5. Where can Strategists be strengthened?

# CHAPTER 7



1. How would you describe the Negotiator?
2. Who are some women you believe encapsulate the Negotiator?
3. What are other Biblical examples of Negotiators?
4. What is a strength of the Negotiator?
5. Where can Negotiators be strengthened?

# CHAPTER 8



1. How would you describe the Armor Bearer?
2. Who are some women you believe encapsulate the Armor Bearer?
3. What are other Biblical examples of Armor Bearers?
4. What is a strength of the Armor Bearer?
5. Where can Armor Bearers be strengthened?

# CHAPTER 9



1. How would you describe the Shield Wielder?
2. Who are some women you believe encapsulate the Shield Wielder?
3. What are other Biblical examples of Shield Wielders?
4. What is a strength of the Shield Wielder?
5. Where can Shield Wielders be strengthened?

# CHAPTER 10



1. How do our thoughts impact our actions (or lack thereof)?
2. How can we take our negative thoughts captive? (Seeking the wisdom of god, develop a personal plan of action!)
3. What are some consequences of allowing doubts to control our mind/thoughts? (Consider the story of Elijah!)
4. Why is mental strength more important than physical strength?
5. Why must we be responsible for our own faith?

# CHAPTER 11



1. Why is physical health important?
2. How does self-control play a role in our diet and destiny?
3. Why can we not rely on past successes?
4. What excuses do you give yourself for seeking physical fitness?
5. What is the connection between physical fitness and spiritual fitness?

# CHAPTER 12



1. Where can wisdom be found and how can it be developed?
2. How does our attitude impact our usefulness for the Kingdom of God?
3. How does God's definition of being respectable differ from the world's?
4. What risks are associated with being responsible?
5. How does involvement evolve throughout your life?
6. Why is being observant so essential to our spiritual strength?
7. How is being a risk-taker different from being reckless?

# CHAPTER 13



1. How do we know when to say "yes" or "no" to a commitment?
2. What does it mean to be discerning?
3. What does the following mean to you: "You are only as successful as you are faithful"?
4. Based on where you invest your time, energy, and finances, what are your values?
5. What is the difference between The Brand and The Breakthrough?

# CHAPTER 14



1. Why is it important to embrace the mountain (the positives) and the valley (the negatives)?
2. What can God teach us on the heights and in the lows?
3. How can we acknowledge the ascent while not dismissing the necessity and struggle of the descent?
4. What are the different mountaintop experiences?
5. How do our decisions before the mountain impact our experience on it?

# CHAPTER 15



1. What is a battle buddy?
2. What qualities should a battle buddy possess?
3. What can we take away from difficult relationship experiences?
4. How can we break walls and building bridges after being hurt?
5. How can you be a better battle buddy?

# CHAPTER 16



1. How do you respond to rejection?

2. How is retreat defined in this chapter? How does this definition impact your thoughts on past experiences?

3. What connections do you see between yourself and Fear or Overwhelmed?

4. In the Fear and Overwhelmed parable, who was the helpful soldier and why was her role important?

5. What is your greatest takeaway from HERcules: Empowering the Fierce and Feminine Inside Every Woman?

# WARRIOR QUIZ



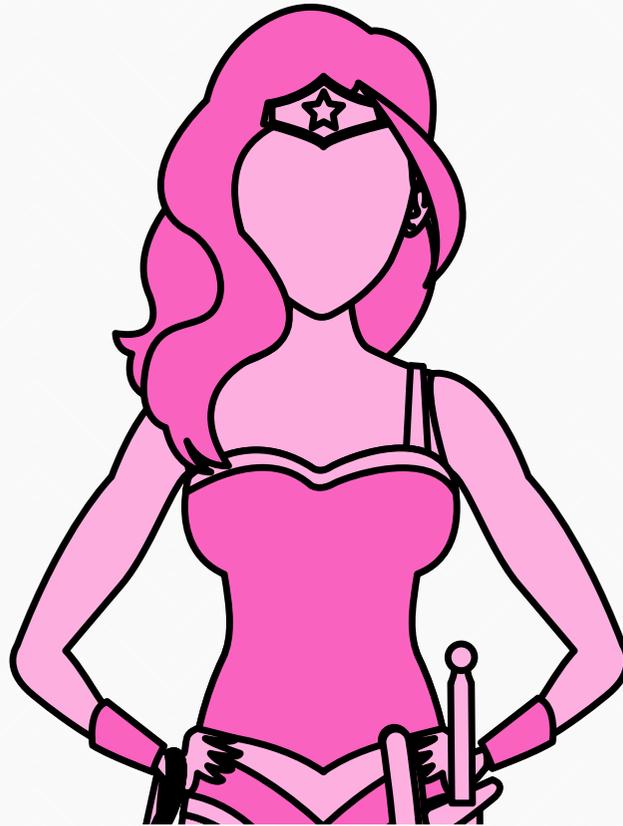
1. Before you take the quiz, what warrior type do you think you will be? Why?

2. After you took the quiz, what were your results? Do you believe they were accurate? Why or why not?

DO  
Amazing  
THINGS!

NEVER  
Give  
UP

DREAM BIG,  
WORK HARD,  
MAKE IT  
happen.



"Our God is not weak. The same Spirit that rose Jesus from the dead abides within us. Our Warrior King has created us to be divinely fierce and divinely feminine, to be warriors and to be women. We are not weak. We are more than conquerors through Christ.

We are HERcules."

