

Tea Talk, Good Gossip:



SETTING SPIRITUAL GOALS

JOURNEYCENTER.GLOBAL



A JOURNEY CENTER GLOBAL SISTERHOOD EXPERIENCE

We believe in sacred conversations—the kind that build, encourage, and breathe life into the women we are becoming.

This isn't the kind of gossip that tears down. This is good gossip—spiritual talk that spreads what God is doing in us and around us. When we name our progress out loud, we give others permission to grow too. This gathering is your invitation to reflect, set intention, and stir one another toward meaningful growth in Christ.

STEP 1.

TAKE PERSONAL INVENTORY

This is your moment to pause, reflect, and take honest spiritual inventory. Go through each section below and check the boxes that apply to your current season—or that reflect where you desire to grow. After each section, write a short personal goal.

- No one is grading this.
- Be prayerful. Be real.
- Let the Spirit speak as you reflect.



STEP 2.

SHARE ONE GOAL WITH THE SISTERHOOD

After your inventory, you'll have the opportunity to share **one personal goal** with the group. Choose a goal that reflects your heart and will encourage someone else. This is your good gossip—your testimony in progress.

"Let us consider how to stir one another to love and good works..."

—Hebrews 10:24



1. PURSUING GOD PERSONALLY

- I set aside time daily to connect with God
- I hunger for deeper intimacy with God
- I've fallen out of rhythm spiritually and want to return
- I want to become more sensitive to the Holy Spirit
- I want to rekindle my love for God

My goal in this area:

2. GROWING IN THE WORD

- I regularly read and meditate on Scripture
- I want to move beyond devotionals into deeper study
- I desire to memorize Scripture and speak it with confidence
- I want to understand how to apply God's word in real life
- I want to be able to share what I've learned with others

My goal in this area:

3. LIVING IN COMMUNITY

- I regularly gather with other believers
- I have godly women I trust and can be real with
- I want to build deeper spiritual friendships
- I long to feel connected to a safe sisterhood
- I want to be the kind of friend who encourages others in faith

My goal in this area:

4. HEALING AND WHOLENESS

- I'm working through past wounds
- I want to forgive and release someone
- I want peace of mind and heart
- I struggle with shame or regret
- I want to believe the truth about who I am in Christ

My goal in this area:

5. PURPOSE AND IDENTITY

- I know my calling and I'm walking in it
- I'm still discovering my gifts and purpose
- I feel unclear about what season I'm in
- I want to stop comparing myself to others
- I want to confidently be the woman God created me to be

My goal in this area:

6. EVIDENCE OF THE SPIRIT'S WORK

Galatians 5:22-23

Choose 2–3 fruits you want to cultivate more in this season:

- Love
- Joy
- Peace
- Patience
- Kindness
- Goodness
- Faithfulness
- Gentleness
- Self-control

My goal in this area:

1. SERVING WITH PURPOSE

- I currently serve others through church or community
- I want to begin serving more intentionally
- I feel called to lead or mentor others
- I'm unsure where to start, but I'm open
- I want to use my story to uplift other women

My goal in this area:

FINAL REFLECTION

What's one area where you're seeing spiritual progress that you could "gossip" about—in the best way?

My Good Gossip

Testimony: _____

What's one area where you need support or prayer from your sisters?

My Ask: _____

What's one word that captures the kind of woman you want to become in this season?

My Word: _____

Personal Notes































REMINDER FOR SHARING

When you're ready, share one personal goal from your inventory with the group. It can be a bold declaration or a quiet hope—but let your voice be heard. Someone else needs your honesty to be brave with their own.

This is what Journey Center Global Sisterhood looks like—faith in motion, goals with grace, and women walking it out together.



JOURNEY CENTER GLOBAL

A multi-venue, in-person/virtual hybrid ministry having a global reach that exists to move people towards wholeness and functionality in a healthy community.

[GIVE NOW](#) >

CONNECT WITH US

[LINKTR.EE/JOURNEYCENTERGLOBAL](https://linktr.ee/JourneyCenterGlobal)



[instagram.com/journeycenterglobal](https://www.instagram.com/journeycenterglobal)



[facebook.com/journeycenterglobal](https://www.facebook.com/journeycenterglobal)



[youtube.com/@JourneyCenterGlobal](https://www.youtube.com/@JourneyCenterGlobal)

