

THE UNOFFENDABLE WIFE

6-Week Small Group Leader's Guide

A Note to the Leader

Sweet leader,

You don't have to have it all together to lead this group. In fact, the most powerful thing you can offer the women in your circle is your honesty—not your expertise.

The Unoffendable Wife isn't a curriculum about fixing marriages from the outside. It's a Spirit-led journey of interior transformation. Your role is not to teach these women how to be better wives. Your role is to hold safe space while God does the work He's already begun.

This guide was designed so that anyone—a pastor's wife, a neighbor, a first-time group leader—can pick it up and lead with confidence. Each week is fully mapped out with everything you need: reflection context, leader coaching notes, discussion questions, a practice focus, and a closing prayer.

You don't need to rush. You don't need to fill every silence. You don't need to fix anyone's marriage.

You just need to show up, open the book, and trust that the Holy Spirit will do what only He can do.

This is a place for growth, not judgment. For healing, not comparison. For grace, not perfection.

With love and expectation,

Misty Parenzan

How to Use This Guide

The Structure

This 6-week study moves women through the full 30-day devotional at a sustainable, community-friendly pace. Week 1 prepares the heart. Weeks 2–5 walk through the four phases of the book. Week 6 anchors what God has done and sends women forward.

Suggested Meeting Format (60–90 Minutes)

0–5 min	Welcome & settling in
5–10 min	Opening prayer
10–20 min	Leader reads the Opening Reflection aloud
20–50 min	Group Discussion (choose 4–6 questions that feel most alive)
50–60 min	Practice Focus sharing: “What did you notice this week?”
60–65 min	Closing Prayer
65–75 min	(Optional) Connection time / refreshments

General Leader Tips

- Read the week’s devotional days yourself before the meeting. Your personal engagement will shape your leadership.
- You never have to answer every question. Choose the ones that feel most relevant to your group’s season.
- Protect safety. Remind the group: we share our own hearts, not our husband’s failures.
- Honor silence. Some of the most powerful moments happen when no one speaks immediately.
- Don’t fix. If someone shares something painful, resist the urge to offer solutions. Simply say: “Thank you for trusting us with that.”

- Pray over your group in the days between meetings. That unseen intercession is part of your leadership.
- If someone shares something that raises safety concerns, follow up privately and connect them to appropriate pastoral or professional resources.

The Group Agreement

Read this aloud together during Week 1 and keep a copy visible each week:

A Gentle Agreement for Our Group

- What is shared here, stays here.
- We share from our own hearts—not our husband's failures.
- We listen without fixing or correcting.
- We honor different seasons and different stories.
- We prioritize safety, grace, and humility.
- This is a place for growth, not judgment. For healing, not comparison. For grace, not perfection.

6-Week Overview at a Glance

Week	Theme	Reading	Focus	Key Scripture
1	Orientation & Foundation	Front matter + Prologue	Create safety, set intention	Psalms 46:10
2	Awareness & Reflection	Days 1–7	Pause before you pounce	James 1:19
3	Softening & Surrender	Days 8–15	Respond, don't react	Proverbs 19:11
4	Connection & Renewal	Days 16–23	Restore closeness through grace	Proverbs 18:13
5	Strength & Legacy	Days 24–30	Live unoffendably	Colossians 3:14
6	Reflection & Blessing	Epilogue + back matter	Carry the posture forward	Philippians 1:6

Week 1: Orientation & Foundation

Reading

Letter to the Reader • A Gentle Note on Safety and Grace • Introduction • Prologue

Key Scripture

Be still, and know that I am God. — Psalm 46:10 (NIV)

Opening Reflection for the Group

Before transformation begins, the heart needs safety. This first week is not about content—it's about soil. The goal is simple: help your group feel known, safe, and ready to be honest. Remind them that grace, not performance, sets the pace for everything that follows. You are not asking these women to have their lives together. You are asking them to show up willing.

Leader Notes

- Set the tone this week—it will carry through all six weeks. Warmth, honesty, and zero pressure from you will give the group permission to do the same.
- Read the Group Agreement aloud together. Invite the group to add anything they need in order to feel safe.
- If this is your first meeting, consider having women introduce themselves with one word that describes where they are right now in their marriage. No explanations needed—just a word.
- Don't rush past the "Gentleness Note on Safety." If anyone is in an unsafe situation, they need to hear clearly that this material is not for them in their current season. Be ready to follow up privately.
- Misty's origin story—God giving her the word "unoffendable" in December 2020 and then repeating it the following year—is the heartbeat of the book. Share it early so the group understands this wasn't a self-help idea. It was a God-given challenge.
- If the group is small or quiet, model vulnerability by sharing one honest sentence about your own marriage journey.

Discussion Questions

Read each question aloud. Allow silence before sharing begins. You don't have to cover every question—let the Spirit lead.

1. What drew you to this journey in this particular season of your life?

2. When you hear the phrase “a softer heart,” what comes up for you—hope, resistance, or something else?
3. Where do you feel the most pressure to perform or have it together—at home, in this room, or somewhere else?
4. Is there something you're afraid this journey might ask of you?
5. What would it look like for this group to be a safe place for you over the next six weeks?
6. Have you ever experienced a season when peace came not from your circumstances changing but from your heart changing? What did that look like?

Practice Focus for the Week

Release pressure. Begin each morning this week with this simple prayer: “Lord, I’m willing. Meet me here.” Don’t try to do anything yet—just practice showing up with an open hand.

Closing Prayer

Lord, thank You for bringing us together.

We lay down the need to impress or perform.

Make this a space marked by safety, honesty, and Your presence.

Soften us before You shape us, and meet every woman here exactly where she is.

Amen.

Week 2: Awareness & Reflection

Reading

Days 1–7 (Phase 1: Awareness & Reflection)

Key Scripture

Everyone should be quick to listen, slow to speak and slow to become angry. — James 1:19 (NIV)

Opening Reflection for the Group

Awareness is the doorway to change. This week the women in your group have been invited to notice—not fix, not perform, not overcome—just notice. They've been looking at where offense sneaks in, how tone shapes a conversation, how assumptions build invisible walls. That kind of honest self-examination takes courage. Celebrate them for showing up to do it.

Leader Notes

- This week's key thread is the “pause”—that sacred space between emotion and response. Keep drawing the group back to it.
- Day 1 (“Pause Before You Pounce”) and Day 3 (“See His Effort, Not His Error”) often land hard. Give extra space if those come up.
- Day 4 (“Release the Scorecard”) can surface grief—women realizing how long they've been keeping mental tallies. Normalize it. Awareness is the first step of grace.
- Remind the group: noticing a pattern isn't condemnation. It's an invitation. God wouldn't show us what He's not ready to heal.
- If someone shares a reaction they aren't proud of, resist the urge to reassure too quickly. Sometimes sitting in the honesty for a moment is more healing than a quick “But grace!”
- Watch for women who go quiet. Check in after group if someone seemed to be carrying something heavy.

Discussion Questions

Read each question aloud. Allow silence before sharing begins. You don't have to cover every question—let the Spirit lead.

1. Which day this week hit closest to home? What was it about that devotion that landed?

2. How does your particular “pounce” tend to show up—sarcasm, silence, snappy tone, defensiveness, or something else?
3. What assumptions have you been making about your husband that you’ve never actually checked?
4. Day 3 invites us to see effort, not error. Where has your focus been set most of the time?
5. What would it feel like to release the mental scorecard you’ve been keeping—even one category of it?
6. When you paused before responding this week, what happened in that space? What did you notice?
7. Where do you sense God inviting awareness in you right now—not correction of your husband, but awareness of yourself?

Practice Focus for the Week

Practice the pause every single day this week. When irritation rises, breathe before you respond. Whisper: “Holy Spirit, lead my response.” At the end of each day, write down one moment where you paused—and one moment where you wish you had.

Closing Prayer

*Lord, thank You for meeting us in awareness—not shame.
What You reveal, You also heal.
Help us notice what You're ready to transform.
Teach us to pause before we pounce
and invite You into the space between emotion and response.
Amen.*

Week 3: Softening & Surrender

Reading

Days 8–15 (Phase 2: Softening & Surrender)

Key Scripture

A person's wisdom yields patience; it is to one's glory to overlook an offense. — Proverbs 19:11 (NIV)

Opening Reflection for the Group

Last week was about noticing. This week is about letting go. Surrendering expectations. Forgiving before the apology comes. Choosing response over reaction. For many women, this is where the journey gets costly—because it's easy to want change as long as the change belongs to someone else. Phase 2 asks: what if God's primary invitation right now is to you?

Leader Notes

- The word “surrender” can feel threatening to women who have spent years protecting themselves. Frame it carefully: surrender here means giving the burden back to God, not accepting mistreatment.
- Day 9 (“Expectations—The Silent Killer”) often opens up rich conversation. Unspoken expectations are one of the most common sources of chronic low-grade offense. Give it room.
- Day 11 (“Pray Before You Replay”) is a practical game-changer. Ask the group what they actually do when a conversation starts looping in their head.
- Watch for women who confuse surrender with self-erasure. This journey is about inner freedom, not becoming a doormat. Misty is clear about this—reference her “Gentleness Note on Safety” if needed.
- Proverbs 19:11 is a powerful anchor this week: “a person's wisdom yields patience.” Patience isn't passive—it's a choice made by someone with wisdom.
- If someone seems stuck in resentment, gently name that resentment is always self-directed pain. Freedom isn't for her husband's benefit—it's for hers.

Discussion Questions

Read each question aloud. Allow silence before sharing begins. You don't have to cover every question—let the Spirit lead.

1. What expectations have you been carrying silently that your husband has no idea exist?
2. How do unmet expectations typically surface in your reactions—irritation, withdrawal, sarcasm, ultimatums?
3. Day 8 says “reacting is instinctive; responding is intentional.” Where are you living mostly on autopilot?
4. What does it mean to “pray before you replay”? Have you tried it? What happened?
5. Day 12 talks about grace in the gray areas—where there’s no clear right or wrong, just two different preferences. Where is grace needed there in your marriage?
6. Has God shown you something this week about how He sees your husband that you hadn’t considered before?
7. What does surrender look like practically for you—in real time, on a Tuesday, in a hard moment?

Practice Focus for the Week

This week, when a thought about your husband begins to loop, stop and pray before you replay. Say aloud: “Jesus, take this thought.” Then replace it with one true thing you are grateful for about him. Do this every time—not just once.

Closing Prayer

Father, soften what pride has hardened.

Help us release control and trust You with what we cannot fix.

Teach us to respond from peace instead of reacting from pain.

Where we’ve carried expectations that were never ours to carry—we lay them down now.

Amen.

Week 4: Connection & Renewal

Reading

Days 16–23 (Phase 3: Connection & Renewal)

Key Scripture

He who answers before listening—that is his folly and his shame.
— Proverbs 18:13 (NIV)

Opening Reflection for the Group

After two weeks of looking inward, something beautiful begins to happen: the women in your group may start to notice their marriages actually shifting. Not because their husbands changed, but because they did. Phase 3 is about rebuilding closeness—through gratitude, empathy, presence, and real listening. Connection doesn't come from perfection. It comes from showing up soft.

Leader Notes

- This is often the week when women start sharing signs of hope—a moment where something felt lighter, a conversation that didn't escalate, a connection that surprised them. Make space for that.
- Day 16 (“The Beauty of Silence”) distinguishes between peaceful silence and punishing silence. That distinction matters deeply. Ask the group which one they're more practiced in.
- Day 17 (“Forgiveness in Real Time”) may land hard for women who have real wounds. Don't rush past it. Forgiveness in real time doesn't mean pretending it didn't hurt—it means not letting the hurt take root.
- Day 20 (“Protecting His Reputation”) is countercultural and convicting. Be ready for the group to get honest about conversations they've had about their husbands with others.
- Day 22 (“The Ministry of Listening”) and Day 23 (“Humility Heals”) build on each other beautifully. Consider letting these two anchor the group discussion.
- Some women may be experiencing renewed tenderness toward their husbands and not know what to do with it. Celebrate it. Remind them: that softness is the fruit of the Spirit at work.

Discussion Questions

Read each question aloud. Allow silence before sharing begins. You don't have to cover every question—let the Spirit lead.

1. Have you noticed any shift in your home's atmosphere over these past few weeks? What changed—even in a small way?
2. Day 16 draws a line between peaceful silence and punishing silence. Which one do you reach for more often?
3. What does “forgiveness in real time” actually look like for you practically—before the apology comes?
4. Day 18 focuses on gratitude during conflict. What happens to your heart when you intentionally look for something to be thankful for in the middle of a hard moment?
5. How do you feel when you realize you've talked about your husband's failures with someone outside your marriage? (Day 20)
6. What does truly listening to your husband look like—not waiting to respond, but actually hearing him?
7. Where has humility opened a door that pride once kept closed in your marriage?

Practice Focus for the Week

This week, practice listening without an agenda. At least once, when your husband is talking, put down your phone, turn your body toward him, and don't start forming your response until he's finished. Afterward, ask: “Do you want me to listen, or do you want my input?” Notice what happens.

Closing Prayer

Lord, restore what distance has taken.

Teach us to listen with compassion, forgive in real time, and love with humility.

Renew joy and closeness through Your Spirit.

Where offense once lived—let connection grow.

Amen.

Week 5: Strength & Legacy

Reading

Days 24–30 (Phase 4: Strength & Legacy)

Key Scripture

And over all these virtues put on love, which binds them all together in perfect unity. — Colossians 3:14 (NIV)

Opening Reflection for the Group

This is the legacy phase—the one that echoes beyond the thirty days into the years and generations ahead. By now, something has shifted in these women. Not everything is resolved; marriages aren't perfect. But hearts are softer, patterns are changing, and peace is rising where offense once lived. This week is about protecting what God has built and learning to live from a posture of unoffendable grace.

Leader Notes

- This week may carry a mix of emotions: gratitude, grief for time lost, hope, and also a little fear about sustaining the change. Make room for all of it.
- Day 24 (“Guarding Your Heart Without Hardening It”) is a beautiful capstone. The image of a gate instead of a wall is one to linger on with the group.
- Day 25 (“Peace Over Proving Your Point”) and Day 27 (“Rest from Resentment”) are the two that most directly address the issue of self-protection vs. surrender.
- Day 26 (“Speak Life”) is practical and immediately applicable. Ask the group what words have actually changed the atmosphere of their homes this month.
- Day 30 (“Unoffendable Love”) is the culminating declaration. Consider having each woman read the Day 30 decree aloud before closing prayer.
- Begin planting seeds for Week 6: ask the group to think this week about what God has done in them, so they can come ready to name it.

Discussion Questions

Read each question aloud. Allow silence before sharing begins. You don't have to cover every question—let the Spirit lead.

1. Looking back at these five weeks—what is the biggest shift you've noticed in yourself?
2. Day 24 talks about the difference between a heart with walls and a heart with gates. Which have you been building?

3. What happens inside you when you feel the urge to prove your point—and then choose peace instead?
4. Where have your words spoken life this month? Where do you still want to grow in that?
5. Day 27 says resentment is a burden we carry that was never ours to hold. What resentment are you still carrying? What would it look like to set it down?
6. How has your understanding of “officially unoffendable” changed from Day 1 to Day 30?
7. What does an unoffendable wife look like in your everyday life—at the kitchen table, in a conflict, in the mundane?

Practice Focus for the Week

Choose peace over proving—every single day this week. When you feel the pull to be right, whisper: “I want peace more than I want to win.” Write down one moment each day where you made that choice. Bring those moments to share next week.

Closing Prayer

Lord, thank You for the work You have done in each heart in this room.

Help us protect this peace You've restored.

Let our marriages carry the fragrance of grace—for our children, our families, and the generations ahead.

May our legacy be gentleness, forgiveness, and love that doesn't bend under offense.

Amen.

Week 6: Reflection, Integration & Blessing

Reading

Final Encouragement • Beyond the 30 Days • Prayer of Completion • Epilogue

Key Scripture

He who began a good work in you will carry it on to completion.
— Philippians 1:6 (NIV)

Opening Reflection for the Group

This is not an ending. It's a threshold. The thirty days are complete, but the posture you've built belongs to the rest of your life. This final gathering is a celebration—not of perfection, but of faithfulness. These women showed up. They were honest. They did the inner work. Today you're here to see what God has done, name it, and send one another forward with blessing.

Leader Notes

- Reserve more time for sharing this week. This is not a teaching session—it's a testimony session. Let the women speak.
- Consider starting with a minute of quiet reflection before any discussion. Let the weight of what God has done settle.
- If your group is open to it, consider having each woman read the Day 30 Decree aloud as a group declaration—or write their own one-sentence version to share.
- This is a great week to gently mention next steps: journaling, continuing the Daily Decrees, staying connected as a group, or recommending Misty's first book *He Was Always There*.
- If women want to continue meeting, this is the moment to cast that vision. Even a monthly check-in can sustain the growth.
- Close with intentional blessing over each woman—either collectively in prayer or individually. Let them leave feeling seen.

Discussion Questions

Read each question aloud. Allow silence before sharing begins. You don't have to cover every question—let the Spirit lead.

1. What has changed in your heart since you first opened this book?

2. Is there a specific day, story, or phrase from the devotional that will stay with you? What was it and why?
3. Where do you see grace on repeat in your marriage now—in ways you didn't before?
4. What practices do you want to carry forward intentionally? What does your plan actually look like?
5. How has your definition of peace in marriage shifted over these six weeks?
6. What would you tell a friend who is hesitant to begin this journey?
7. Misty ends with this: "Offense no longer has a home here." What does that mean for your marriage specifically?

Practice Focus for the Week

Name what God has done. Write one sentence that begins: "Over these six weeks, God has shown me..." Come ready to share it. This is your testimony. Don't minimize it.

Suggested Closing Activity: Letters Forward

- Give each woman a notecard. Ask her to write a short letter to herself dated one year from today.
- She should write what she hopes her marriage looks like—and one commitment she's making to get there.
- Seal the letters and return them to the women to open in a year. (Or collect them and mail them—if your group agrees.)
- This tangible act anchors the transformation and creates hope for the road ahead.

Closing Prayer

Lord, seal what You have begun in each heart in this room.

Thank You for every moment of honesty, every hard choice, every pause before the pounce.

Help us carry softened hearts and guarded peace into every season ahead.

May our homes reflect Your gentleness.

May our marriages testify to Your grace.

And may offense find no home in us—today or ever again.

Amen.

Appendix A: Leader Resources

Quick-Reference: All 30 Days

Use this list to quickly locate specific devotions when women ask questions, share experiences, or you want to reference a theme mid-discussion.

Phase 1: Awareness & Reflection (Days 1–7)

Day 1	Pause Before You Pounce	James 1:19
Day 2	Choose Curiosity Over Criticism	Philippians 4:5
Day 3	See His Effort, Not His Error	1 Thessalonians 5:11
Day 4	Release the Scorecard	1 Corinthians 13:5
Day 5	Choose Reconciliation Over Being Right	Matthew 5:9
Day 6	What You Feed Grows	Galatians 6:8
Day 7	The Power of Soft Answers	Proverbs 15:1

Phase 2: Softening & Surrender (Days 8–15)

Day 8	Respond, Don't React	Proverbs 19:11
Day 9	Expectations—The Silent Killer	2 Corinthians 12:9
Day 10	Don't Take It Personally	Proverbs 14:29
Day 11	Pray Before You Replay	Philippians 4:8
Day 12	Grace in the Gray Areas	Romans 15:7
Day 13	Seeing Him as God Sees Him	1 Samuel 16:7
Day 14	Bite Your Tongue, Bless Instead	James 3:10
Day 15	Let Love Lead	1 Corinthians 13:4

Phase 3: Connection & Renewal (Days 16–23)

Day 16	The Beauty of Silence	Exodus 14:14
Day 17	Forgiveness in Real Time	Ephesians 4:26
Day 18	Choosing Gratitude Mid-Conflict	1 Thessalonians 5:18
Day 19	Rewriting the Narrative	Romans 12:2
Day 20	Protecting His Reputation	Proverbs 31:12
Day 21	When He Doesn't Notice You	Psalms 139:14
Day 22	The Ministry of Listening	Proverbs 18:13
Day 23	Humility Heals	James 4:10

Phase 4: Strength & Legacy (Days 24–30)

Day 24	Guarding Your Heart Without Hardening It	Proverbs 4:23
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Day 25	Peace Over Proving Your Point	<i>Colossians 3:15</i>
Day 26	Speak Life	<i>Proverbs 18:21</i>
Day 27	Rest from Resentment	<i>Matthew 11:28</i>
Day 28	Love Without a Hook	<i>1 Corinthians 13:5</i>
Day 29	Grace on Repeat	<i>Lamentations 3:22–23</i>
Day 30	Unoffendable Love	<i>1 Peter 4:8</i>

Appendix B: Handling Hard Moments in Group

Every group will have moments that require a steady, grace-filled leader. Here are some of the most common scenarios and suggested responses.

⚠ Situation: Someone shares that their marriage is unsafe or abusive

➤ Response: Don't minimize it or rush past it. Say: "Thank you for trusting us with that. This material was written for safe marriages—and what you're describing needs more support than this study can offer. Can we connect after today?" Follow up privately with pastoral or professional resources.

⚠ Situation: A woman vents about her husband's failures in detail

➤ Response: Gently redirect: "Thank you for your honesty. In our group we try to share from our own hearts rather than our husband's story. What did this bring up for you personally?"

⚠ Situation: Someone says "I've already tried all of this and nothing changes"

➤ Response: Validate her tiredness without reinforcing hopelessness: "That weariness is real, and I hear you. This journey isn't a guarantee that he will change—it's an invitation for God to work in you. Sometimes the fruit takes longer than 30 days to appear. Can you stay open to that?"

⚠ Situation: Silence after a question

➤ Response: Don't panic. Let it breathe for 10–15 seconds. If needed, say: "I'll share a little first." Model vulnerability and the group will often follow.

⚠ Situation: Someone cries

➤ Response: Simply say: "That's okay. You're safe here." Don't rush to fix or explain. Tears are often the Holy Spirit working. Keep the space quiet and gentle.

⚠ Situation: Theological disagreement about submission or marriage roles

➤ Response: Acknowledge it without debate: "Women come from different church backgrounds and that's okay. This material isn't asking us to debate theology—it's inviting us to look at our own hearts. Can we stay focused there?"

Appendix C: Phase Prayers & Decrees

Use these at the start of each phase week or as group declarations. They can be read aloud together or printed and given to each woman.

Phase 1: Awareness & Reflection

Prayer

Father, open my eyes to see what's really happening in my heart. Show me where peace begins inside me, not around me. I'm not asking You to change what I can't control. I'm asking You to change what I haven't surrendered. Meet me in the honest places. Amen.

Decree

I will pause before I pounce. I will see his heart before his habits. Awareness is the beginning of grace, and grace is always enough.

Phase 2: Softening & Surrender

Prayer

Father, soften my heart where it's grown guarded. Teach me the power of gentle strength—the kind that releases rather than resists. Help me surrender offense, unmet expectations, and my need to be right. Make my heart tender again, open to love and ready to forgive. Amen.

Decree

I will surrender control and choose grace. God's love will soften what pride has hardened. My strength will come through humility, not striving.

Phase 3: Connection & Renewal

Prayer

Lord, restore what distance has taken. Teach me to rebuild trust through small acts of kindness and consistent grace. Renew the joy and laughter that once came easily. Help me listen deeply, speak softly, and love intentionally. Breathe new life into our connection. Amen.

Decree

I will nurture connection through peace and patience. God's Spirit will renew our love daily. What grace restores, no offense can destroy.

Phase 4: Strength & Legacy

Prayer

Father, thank You for the work You've done in my heart. Help me protect this peace You've built within me. Use my marriage as a testimony of grace for my family and the generations to come. Let my legacy be one of gentleness, forgiveness, and unoffendable love. Amen.

Decree

*I will guard my peace and protect my legacy. God's grace will be my strength and my song.
My love will endure because it is rooted in Him.*

*You are living proof that love can transform.
That peace can protect.
That humility can heal.*

Connect with Misty at mistyparenzan.com
#TheUnoffendableWife