

Get Out of Your Head

Proverbs 31 Ministries Online Bible Study

Our **Small Groups**, found over on Facebook, each consists of 15-20 participants led by a trained volunteer who will engage you in discussion and community. This is your opportunity to enhance your study experience and get to know a small group of fellow participants on a more personal level. These private groups are open to any woman 18 years or older, but **space is limited**, so if you're interested, don't delay! You can [learn more about our small groups and register for one here](#).

Our **Community Group**, is a private Facebook group open to any woman 18 years or older who is a part of our study. This group is led by a team of trained volunteers who are excited to welcome you in and provide you a deeper study experience through discussion questions, videos, and interaction and community with study participants from all over the world, all done on *your* schedule. You can [request to join the Community Group here](#).

The **Bible Study Companion**, or BSC, as we like to call it, is a collection of stand-alone Bible study lessons written by a team here at P31 OBS. These lessons will take you straight into Scripture and are designed to complement and explore the themes and ideas we're reading about in our study book. These optional weekly lessons will be shared with you in each Wednesday's blog post.

Bible Study LIVE at the Table, is a weekly interactive livestream event over on our [P31 OBS Facebook page](#). This is your chance to preview each week's author teaching video with a team from P31 who will talk through and provide their own insights and ideas. Bible Study LIVE at the Table takes place each Thursday of the study at 8 p.m. ET, but if you can't be on live, no worries! You can watch the replay on our Facebook page anytime throughout the duration of our study. The author teaching videos will also be included in each Friday's blog post.