



SESSION 1

To view the video for this session, go to <http://ariseministries.net/whodoyousee>

In this week's session, we discovered that we continually send ourselves messages. Some days they speak truth of a woman deeply loved by her Creator; other times we accept the lies dictated by ourselves and the world. A majority of these thoughts can be detrimental to our self-perception. We also learned we use three mirrors to measure ourselves and that which mirror we choose makes all the difference

1. Shelley shared the statistics of how many women struggle with some form of identity. Mark the ones that apply to you:

- You believe you have to please everyone.
- You feel an immense pressure to look a certain way.
- You would like to change something about the way you look.
- You think you're not good enough or don't measure up in some way, whether it be your looks, performance at work or relationships with friends and family members.

2. Read the Bible passages that share more insight into the story of Moses. How do you identify with Moses?

Exodus 3:9-14

Exodus 4:10-12

3. Read the key scripture passage explaining the situation with the Midianites and describing the encounter of Gideon with the angel. Did anything stand out to you?

Judges 6:1-16

4. If God made the following statements to you, what would be your response or thoughts?

The Lord is with you, beautiful daughter.

God is lifting you up, favored child.

The Almighty one adores you, super mom.

5. We yearn to be the chosen one who gets swept off her feet by the white knight, the one who the dashing hero rescues from the railroad tracks, or the one who waltzes through the door amidst oohs and aahs from the crowd. We want to be the one who feels cherished, accepted, worthy, and adequate. God is that white knight, that dashing hero, the one who oohs and aahs over us.

Do you see God in that way? Describe God's feelings for you.

6. **Self-worth** is the sense of one's value as a person—how we value ourselves.

Self-concept is everything you know about yourself—the knowledge we have.

Self-esteem is how you rate what you know about yourself.

Explain the differences between the three terms listed above.

7. Write the following scripture in your own words.

Proverbs 27:19

8. We develop our self-concept based on three mirrors: one that reflects our own beliefs, one that exhibits the world's standards, and one that emits the truth from God. Which mirror do you believe formed the majority of your identity? Why?

9. What do you think God wants you to learn from this study?

10. The Weekly Challenge: Every time you are presented with a difficult situation or impossibility, remember Gideon and that it is not your own strength or abilities that wins the battle but the might and power of the living God who prevails. Write a couple of examples or situations you experienced this week where you were able to implement the challenge.

Father, You created me. You give me strength to accomplish all You have laid before me. My desire is to live as a reflection of Your strength, mercy and love. Would you help me to put into practice those things I have studied this week? I ask for the power of the Holy Spirit to do a mighty work in my life. Amen.

Notes for Thrive Group Discussion:

1. Briefly share your thoughts on the video.
2. Briefly talk about spiritual concepts you learned.
3. Discuss the questions marked with *. If time allows, share answers to other questions from the study.
4. Share with your group a choice you need to make that will honor God.
5. Consider practical ways to find accountability with these truths.

*To connect with a **Thrive Group**, inquire at www.ariseministries.net/thrive.*

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