



SESSION 2

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

In this week's video, Shelley shared insight into our own personal mirror, the one that is usually most prevalent and in which we set standards for ourselves. From the time we are little children delighting in our image to adulthood when our ideals have changed, this mirror dictates how we view ourselves.

1. As we look into our personal mirror, messages reverberate through our mind. What messages do you find making an appearance in your mind?

2. Read the two key passages below and write them in your own words.

Ephesians 6:12-13 — *For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.*

1 Peter 5:8 warns, *Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour.*

3. Satan looks for ways to gulp, gobble, munch, chomp, or nibble at your identity. How has he been attacking your identity?

4. The book *Sacred Romance* calls the lies of the enemy “the message of the arrows.” Each arrow he shoots has a message dipped in lies. None of us are immune to his attacks. The arrows have struck us all. Sometimes they arrive in a massive onslaught, striking one after the other after the other. Other times they penetrate subtly, and we’re only aware of the wound years later. List examples of how these two types of arrow have struck you.

Multiple arrows (aware of their presence immediately):

Subtle arrows (didn’t know about them until years later):

How did you handle the arrows? Are any still present?

5. God whispers love messages to us, but the enemy tries to steal the truth. Which speaks to you the loudest? God’s truths or Satan’s lies? List three examples of each.

Satan’s lies

God’s truths

6. An encumbrance is anything that keeps you from living your life fully. It might be something that hampers your relationships, your work performance, or your confidence in yourself. What encumbrances has the enemy put in your life? Describe them.

7. We act the way we think and feel about ourselves—negatively or positively. Actions may start in our mind, but they settle in our hearts and are demonstrated in our behavior. Think of an example of this from your recent experience. How did your negative thoughts lead to negative action?

8. **Proverbs 23:7** — *For as he thinketh in his heart, so is he.* According to this verse, how significant is your heart?

9. Our negative thought patterns can materialize in numerous ways. Circle any consequences that you've experienced.

Fear of failure

Fear of rejection

Attempts to please others

Withdrawal

Sense of hopelessness

Blame

Hypersensitivity

Perfectionism

Depression

Jealousy

Self-pity

Defensiveness

Comparison to others

Which one affects you the most? List at least two steps you can take to help change its impact on you.

10. This week's challenge is about identification. Whenever you look in the mirror, note any negative thoughts that come to mind. Make two columns on a sheet of paper. Write those negative thoughts down in the left-hand column. Then for each negative thought, state something positive about yourself in the right-hand column. If you find it difficult to state positive comments, then write down what God says about you. As you go throughout your week, focus only on those thoughts in the right-hand column.

Father, You say I am lovable. You say I am chosen. You say I have great worth. When I look in the mirror and listen to my own thoughts of rejection, inadequacy and shame, remind me of Your truth. Teach me to live life grounded in a belief system rooted in You. 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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