



SESSION 4

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

This week is all about truth and love. In mirror #3, God's mirror, we see ourselves through Christ. We peer into this mirror and see nothing but love, grace, mercy, and beauty. This mirror is all about acceptance. It's about whose we are not who we are, how we look, or what we do.

1. In Disney's animated movie *Toy Story*, Woody (a plush toy cowboy) confronts Buzz Lightyear (a toy astronaut) with the fact that he is only an action figure and not really a space hero, but he's still valuable because of the name written on the bottom of his shoe. It's all about belonging to someone who loves us. Who do we belong to? How does that change the way you view yourself?

2. We stand in the shadow of the cross covered in red. When God looks at us He views us through His son, Jesus, who died on the cross that we might be made complete, whole, and blameless. Jesus is written on the bottom of your shoe.

Explain the paragraph above in your own words.

3. The truth is what God says about you. It's not what you think or feel or believe and not what others say or do. The truth is always what God says. He created us for a love relationship. God loves us mightily and accepts us absolutely. God is continually pursuing you, wooing you. He's calling to us every single minute of our lives. What messages does He whisper to you over and over? Circle the ones that stand out to you and reassure you of His delight in you.

You're redeemed (Isa. 43:1).

You're my treasure (Deut. 7:6).

You're fearfully and wonderfully made (Ps. 139:14).

I bought you with a price (1 Cor. 6:20).

You are the apple of my eye (Ps. 17:8).

You're my beloved (Song of Sol. 2:16; Col 3:12).

I rejoice over you (Zeph. 3:17).

4. He says come to my mirror and drop the:

Condemnation

Shame

Hurt

Fear

Guilt

Criticism

Circle the ones above that hinder you the most. If none of them, then list your own encumbrances.

5. Accepting yourself and being content in your identity is essential to all other areas of our life. the core of all areas of your life. Your desire for self-worth is instilled by God and can only be filled by Him. He is our creator. He is the only who can meet all our needs. How can you begin to let God meet your needs?

6. Isaiah 61:3—*to bestow on them a crown of beauty instead of ashes, the oil of gladness instead of mourning, and a garment of praise instead of a spirit of despair. They will be called oaks of righteousness, a planting of the Lord for the display of his splendor.*

In the above verse, which of the statements resonates with you the most? Why?

7. How differently would you act if you saw yourself as the bride of Christ? What would it change?

8. Seeing yourself from God's perspective will change your life in three ways. Next to each method, write how it would impact or change your thoughts or actions.

You will see yourself differently.

You will be content with who you are.

You will see other people the way God sees them.

9. Hebrews 12:2—*Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God.*

According to Hebrews 12, Christ endured the cross because of the joy set before Him—eternity with His father and with us. The key is keeping your focus on Christ and running toward Him. List three ways you can fix your eyes on Jesus. Consider how you might do so at home, in your relationships, with your children, or at work.

What is Christ's joy while enduring the cross? Eternity with you—His betrothed.

10. We have to look in the mirror and see ourselves as exceptional. Not because of who we are on our own account, but because of whose we are and who lives in us. We're significant because He loves us. It's not self-esteem, it's God-esteem.

Which mirror will dictate your belief system? My challenge for you from this study is to intentionally choose the God's mirror each day. Keep looking into God's reflection of yourself and embrace that you are a daughter of the King. He adores you! Live like it!

Father, I want You to be the reflection I see when I look in the mirror. Lead me to see myself differently. Show me the way to see others as You see them and help me find contentment in who You've created me to be. Let my desire be for Your truth and Your love. 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.

To share your thoughts regarding this study, contact us at connect@ariseministries.net.

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