

# She believes

Book Study

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## Chapter 2 – Your Reflection Is Beautiful

**In this week’s study, we will learn how to combat the lies of the enemy with the truth of God’s Word!**

### Key Verse

*Do you not know that your body is the temple (the very sanctuary) of the Holy Spirit who lives within you, whom you have received [as a Gift] from God? You are not your own, you were bought with a price....So then, honor God and bring glory to Him in your body. (1 Cor. 6:19-20 AMP-CE)*

**How can we change our mindset when the enemy attacks us...**

#### 1. With Comparison?

- Romans 12:10
- When you fall into the trap of comparison, how can you *love* and *honor* your sisters in Christ?

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#### 2. With Distraction?

- Ephesians 5:15-17, Psalm 133:1-3, Ephesians 2:10
- When you are distracted, how can you *refocus* on God’s purpose and plan for your life?

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#### 3. With Doubt?

- Ephesians 1:11-12
- When you begin to doubt, what can you do to believe what God says about you in His Word and *thank Him* for it?

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### Further Reflection

As you study at home and reflect on chapter 2, make sure to open your Bible, listen to Jesus and write in your journal. Please read the verses and quote below and take time to answer the following questions.

### Key Verse

*It’s in Christ that we find out who we are and what we are living for. Long before we first heard of Christ and got our hopes up, he had his eye on us, had designs on us for glorious living, part of the overall purpose he is working out in everything and everyone. (Ephesians 1:11-12)*

“When you do not believe the truth about who God created you to be, and when you do not respect, honor and give glory to Him for what He has made (and that includes yourself and your body), you dishonor, disrespect, and discredit His creation.” (*She Believes* p. 39)

1. Do you believe what the Bible says about you is true? How does that effect how you view yourself?

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2. What part of your design do you struggle to believe God intentionally created and why?

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3. List 4 Personality Traits that describe who you are. How are you using your personality to bring Him glory and bless others?

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4. Read Ephesians 1:11-12. How do the words in these verses encourage you to be thankful for the way God made you and how He wants to use you?

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### Personal Challenge

Read 1 Corinthians 6:19-20 and Ephesians 2:10 again and take time to meditate on how God views you and thank Him for who He created you to be!

### Sisterhood Challenge

How can you encourage the girls in your world to embrace what the Bible says to be true about their unique and specific design? What mindset may you need to change to build up and strengthen the Sisterhood around you?