



# Study Guide for Individuals & Small Groups

Transformation in my life came about through a combination of heart work and physical work. We are going to come together to find our renewal at the intersection of these things. You will need a journal to complete the work below, which you'll see is divided up into four-chapter sections. Visit [inbloombook.com/extras](http://inbloombook.com/extras) to download journaling pages, Scripture affirmations, and other fun extras!

## Chapters 1-4

### AFFIRMATION

What you say about yourself means nothing in God's work. It's what God says about you that makes the difference. (2 Cor. 10:18 MSG)

### CONVERSATION

- \* Share the statement(s) in these four chapters that resonated the most with you. Why did they speak to you?
- \* What is the origin point for your shame or insecurity? How has that shaped the way you live and interact with others?
- \* How does self-worth manifest in your life? Would you describe it as positive or negative?
- \* How do you feel about yourself? Do you speak love to yourself or does criticism dominate your inner voice?

### TRANSFORMATION

- \* Print out the scriptural affirmations found at the link above. Memorize and meditate on them. Hang them up where you need them most!
- \* Start a journal and keep a record of the areas in your life that are triggering feelings of shame or inadequacy within you. At the end of the week, evaluate each instance to see what situations or thoughts are causing them. What are some ways that you can change these for the better?
- \* Go through each instance in your journal and pair it with a scriptural affirmation that speaks to it. Each time you are confronted with a negative thought, stop and meditate on the truth.



## Chapters 5-8

### AFFIRMATION

You'll be a stunning crown in the palm of God's hand, a jeweled gold cup held high in the hand of your God. No more will anyone call you Rejected, and your country will no more be called Ruined.  
(Isa. 62:3-4 MSG)

### CONVERSATION

- \* Share the statement(s) in these four chapters that resonated the most with you. Why did they speak to you?
- \* In what areas do you struggle with self-esteem or self-doubt?
- \* How do you deal with rejection?
- \* Do you fear abandonment? How does this manifest in your life? How does this impact your relationships?

### TRANSFORMATION

- \* Print out the journal pages and the Scripture affirmations found at [inbloombook.com/extras](http://inbloombook.com/extras). Pair each "I feel" statement with an affirmation of truth to meditate on. (Example: "I feel unattractive." God says, "You shall be a crown of beauty in the hand of the LORD." —Isa. 62:3 ESV)
- \* If you struggle with shame from past relationships, read 2 Corinthians 5:17-19 and commit to reading it aloud daily.
- \* Reflect on how you handle instances of rejection. How do they make you feel? How do you react to those feelings?
- \* Memorize and meditate on Deuteronomy 31:6 and Hebrews 13:5.


## Chapters 9-12

### AFFIRMATION

For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do. (Eph. 2:10 NIV)

### CONVERSATION

- \* Share the statement(s) in these four chapters that resonated the most with you. Why did they speak to you?
- \* How does envy erode your relationships?

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- \* What areas do you seek validation in? How does that affect your relationships? How does it affect how you see yourself?
  - \* What comparisons do you find yourself making? In what areas do you struggle with feeling like you don't measure up?
  - \* What is your love language? What does love feel like to you?

### TRANSFORMATION

- \* Visit [16personalities.com](https://www.16personalities.com) and take the personality quiz.
- \* In your journal, list the ways you give and receive love.
- \* Identify a relationship that envy encroaches on in your life. Write down three fruitful steps you can take to replace envy with empathy, kindness, or love.
- \* Read Proverbs 31. In what ways did you relate to this passage of Scripture in the past? Discuss new takeaways after reading this passage framed as a blessing.

## Chapters 13-16

### AFFIRMATION


Therefore, if anyone is in Christ, he is a new creation; the old has passed away, and see, the new has come.  
(2 Cor. 5:17)

### CONVERSATION

- \* Share the statement(s) in these four chapters that resonated the most with you. Why did they speak to you?
- \* What do you think your gifts are? How are you using them? How do you think others see your gifts?
- \* In what areas of your life would you most want to experience a transformation?
- \* Do you believe you are a new creation? If not, what keeps you from embracing grace in your life?

### TRANSFORMATION

- \* In your journal, keep a record of the time you spend on social media for one week. Then, take a week-long social media sabbatical. Write down how you spent the time differently and how it made you feel.
- \* In your journal, list each area of gifting that you see in your life. What are you passionate about? What are your talents? If you are studying this in a group setting, have others speak to what kind of attributes they see in you. Write down ways that your gifts can be used fruitfully.

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- \* My friend Stacey Thacker suggests keeping a list of examples of God's faithfulness to you in the past. Start a fresh page in your journal to write down where you have seen God work in your life. How do you see these themes in your present?
  - \* Set a goal to initiate time with a friend this week.

## Chapters 17-20

### AFFIRMATION

She is clothed with strength and dignity, and she laughs without fear of the future. (Prov. 31:25 NLT)

### CONVERSATION

- \* Share the statement(s) in these four chapters that resonated the most with you. Why did they speak to you?
- \* How do you feel about friendship? How do you feel about the relationships in your life?
- \* What area in your life do you feel judged in?
- \* What things in your life are preventing you from flourishing?

### TRANSFORMATION

- \* Write down the areas that you feel judged in. Match an affirmation to each instance and meditate on it.
- \* Ask a trusted friend to help you work through the area of shame in your life by listening to your story and helping to point out the areas of blamelessness in you.
- \* Read back through your journal. What lies have you been able to replace with truth?
- \* Share your flourishing by sending encouragement to someone else this week!