

Embrace Your Worth

group leader's guide

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How to Use This Guide

This six-week discussion guide is ideal for small groups of six to twelve participants. If you are using this guide with a larger group of women, create multiple small groups of six to twelve that can consistently meet together for these discussions.

Each session includes:

- **Pair Up**—A chance for participants to reflect on their week's experiences with a partner.
- **Tune In**—A brief time of prayer focused on tuning in to God's presence.
- **Talk Through**—Small group discussion questions that open the week's themes.
- **Reflect On**—Small group Scripture exploration and discussion.
- **Live By**—A brief time of prayerful corporate Scripture contemplation.
- **Step Out**—A concluding exercise focused on life application.
- **Offer Up**—A closing prayer to wrap up your meeting.
- **Plan On**—Specifics about preparation for next week's meeting.



Broken Selves

Before the meeting, encourage participants to journey through days 1–6 in *Embrace Your Worth*. Make sure each participant brings her copy of *Embrace Your Worth*, journal, and Bible to the meeting.

Pair Up

Direct participants to form pairs and discuss these questions:

- Which experience or activity from *Embrace Your Worth* days 1–6 stood out to you the most? Why?
- How have you been personally challenged, inspired, or changed in your spiritual journey over the last week? Explain.

Tune In

Gather together and lead the group in a brief time of prayer. Include a short time of silence in the prayer as participants intentionally set aside worries or distracting thoughts in order to focus on God's presence.

Talk Through

As a small group, talk through these questions:

- How does our society tend to measure a person's worth? What value measures do you feel pressured to live up to as a modern-day woman?
- What value and identity labels have others pasted onto you? What are some positive labels? On the other hand, what are some negative or painful messages others have spoken into your life that have affected your self-worth?

REFLECT ON

Invite volunteers to read aloud **Genesis 1:26–27** and **Genesis 2:4—3:13**.

- Satan lured Eve by tapping into a desire to be more, to be like God. In one sense, she fell prey to sin by buying into the idea that who she was—who God had made her to be—wasn’t good enough. Can you relate to Eve, to her desire to be more or better than she was? Explain. (Prompt participants to refer to day 4 “Ponder” and “Journal.”)
- God created humanity to live in confidence and without shame (Gen. 2:15). What is your reaction to the image of Adam and Eve hiding from God in shame (see Gen. 3)? Why?
- What triggers in your life cause you to hide—to feel alone, ashamed, small, or distant from God? (Encourage participants to refer to their notes from day 3 “Journal.”)
- Sin and brokenness drastically affect your sense of self—who you are and what you’re worth. How does this brokenness reveal itself in your own life? (Prompt participants to refer to day 6 “Create.”)

Invite a volunteer to read aloud **John 8:44**.

- What lies about your value and identity most often creep into your life?
- Why is it critical to recognize the ultimate source of these lies?

LIVE BY

Invite a volunteer to slowly and expressively read aloud **Genesis 1:26–27** for a brief time of prayerful Scripture meditation together.

Optional: Lead the group in praying this simple prayer aloud in response to Scripture.

Speak to us, Lord, through your Word.
Inspire us, Lord, with your truth.
Change us, Lord, through your Holy Spirit.
Amen.

STEP OUT

Challenge participants to apply this week’s study to their lives by zeroing in on one specific negative message about their own value or identity that they’ve allowed to creep into their lives. Encourage participants to share it with a partner and commit to pray for each other over the next week in an earnest effort to recognize and combat that lie whenever it rears its ugly head in the coming week.

Offer Up

Close by having partners pray together, asking God to help them replace lies with truth and inviting God to instill in them a strong and vibrant sense of identity in him.

Plan On

Remind participants to journey through days 7–11 for next week's meeting. Make sure each participant brings her copy of *Embrace Your Worth*, journal, and Bible to the meeting.



Created

Before the meeting, encourage participants to journey through days 7–11 in *Embrace Your Worth*. Make sure each participant brings her copy of *Embrace Your Worth*, journal, and Bible to the meeting.

Pair Up

Direct participants to form pairs and discuss these questions:

- Which experience or activity from *Embrace Your Worth* days 7–11 stood out to you the most? Why?
- How have you been personally challenged, inspired, or changed in your spiritual journey over the last week? Explain.

Tune In

Gather together and lead the group in a brief time of prayer. Include a short time of silence in the prayer as participants intentionally set aside worries or distracting thoughts in order to focus on God's presence.

Talk Through

As a small group, talk through these questions:

- How would you define and describe these terms: *self-image*, *self-esteem*, and *self-worth*? How are they different from each other?
- If you were to describe what God is like to a curious child, what character traits of God would you likely emphasize? How might you describe God's character differently to an adult struggling with difficult spiritual questions?

REFLECT ON

Invite a volunteer to read aloud **Genesis 1:1–31**.

- Imagine you were explaining verses 26–27 to a new Christian. How would you describe what it means to be made in the image of God? What truths and ideas would be the most essential to communicate about this passage? Why? (Prompt participants to refer to day 8 “Journal” and day 10 “Symbolize.”)
- Why is it significant that God deemed his creation—including humankind—to be “very good” (Gen. 1:31)?
- Do you think this inherent goodness persists even after the brokenness that resulted from the fall? Explain.

Invite a volunteer to read aloud **Ephesians 2:1–10**.

- How do verses 1–9 enrich your understanding of verse 10? How does the backdrop of God’s loving sacrifice and his grace help you grasp what it is to be his workmanship, handiwork, and masterpiece?
- What does a Christian life look like to someone who is unable to really grasp that she is made in God’s image, that God created her as his handiwork for important purposes, and that what God has created is very good? What is lost or damaged when a person loses sight of these fundamental realities?
- How could a more intentional focus on the truth that you are God’s masterpiece shape and change the way you view yourself? The way you interact with others? The way you view daily tasks, relationships, or ministry opportunities? (Direct participants to refer to day 9 “Internalize.”)

LIVE BY

Invite a volunteer to slowly and expressively read aloud **Ephesians 2:10** for a brief time of prayerful Scripture meditation together.

Optional: Lead the group in praying this simple prayer aloud in response to Scripture.

Speak to us, Lord, through your Word.
Inspire us, Lord, with your truth.
Change us, Lord, through your Holy Spirit.
Amen.

STEP OUT

Challenge participants to make time to do the day 11 “Pray” experience this week. (If they’ve already done it, encourage them to do it again. It’s a fantastic spiritual discipline that will grow in richness and meaning as it becomes a habitual practice.)

OFFER UP

Close by praying aloud **Psalm 139:13–16** in unison.

PLAN ON

Remind participants to journey through days 12–15 for next week’s meeting. Make sure each participant brings her copy of *Embrace Your Worth*, journal, and Bible to the meeting.



Valued

Before the meeting, encourage participants to journey through days 12–15 in *Embrace Your Worth*. Make sure each participant brings her copy of *Embrace Your Worth*, journal, and Bible to the meeting.

Pair Up

Direct participants to form pairs and discuss these questions:

- Which experience or activity from *Embrace Your Worth* days 12–15 stood out to you the most? Why?
- How have you been personally challenged, inspired, or changed in your spiritual journey over the last week? Explain.

Tune In

Gather together and lead the group in a brief time of prayer. Include a short time of silence in the prayer as participants intentionally set aside worries or distracting thoughts in order to focus on God's presence.

Talk Through

As a small group, talk through these questions:

- Who is one person you love a lot? Briefly tell the group why you love that person and some of the qualities you treasure in him or her.
- What was it like to spend time thinking about someone you love? What emotions or thoughts did it stir in you? What is it like to love someone?

REFLECT ON

Invite volunteers to read aloud **John 1:1–14** and **Philippians 2:6–7**.

- When we think about God’s love for us, we often think first of the cross. Yet preceding the cross is the emphatic statement of love in the incarnation. How does the incarnation communicate the value God places on humanity?
- What do you find the most beautiful, mysterious, or compelling about the incarnation? Why? (Prompt participants to refer to day 12 “Journal.”)

Invite volunteers to read aloud **Isaiah 53:2–6** and **John 3:16**.

- What stands out to you most as you picture Jesus, the promised Messiah, suffering in this way? Why?
- Jesus suffered not just for the world, but also for each of us as individuals. Jesus died for you. What does this say about your worth and value in God’s eyes? (Prompt participants to refer to day 14 “Journal.”)
- How should we each respond to Jesus’ sacrifice? What emotional or spiritual response does reflecting on Jesus’ death stir in you? Why?
- Jesus’ motivation was love, and we are the beloved he suffered for. Is it difficult for you to see yourself as someone who is loved *that* much—by God himself? Why or why not? Explore your reaction to being God’s beloved. (Prompt participants to refer to day 15 “Journal.”)

LIVE BY

Invite a volunteer to slowly and expressively read aloud **John 3:16** for a brief time of prayerful Scripture meditation together.

Optional: Lead the group in praying this simple prayer aloud in response to Scripture.

Speak to us, Lord, through your Word.
Inspire us, Lord, with your truth.
Change us, Lord, through your Holy Spirit.
Amen.

STEP OUT

Challenge participants to apply this week's study to their lives by doing the day 13 "Symbolize" experience together in the next week. Encourage participants to connect with each other using social media at some point in the week to share how wearing a physical symbol has helped them focus more intently on the depth of Jesus' love for them.

OFFER UP

Close with a time of popcorn prayer in which participants, in any order, briefly express gratitude to God for his love. Encourage participants to pray using this pattern: "Thank you, God, for loving me. Thank you for . . ." Participants can then name expressions of God's love for which they are grateful. (For example, "Thank you for suffering on the cross for me," or "Thank you for being here for me whenever I need you.")

Plan On

Remind participants to journey through days 16–20 for next week's meeting. Make sure each participant brings her copy of *Embrace Your Worth*, journal, and Bible to the meeting.



Restored

Before the meeting, encourage participants to journey through days 16–20 in *Embrace Your Worth*. Make sure each participant brings her copy of *Embrace Your Worth*, journal, and Bible to the meeting.

Pair Up

Direct participants to form pairs and discuss these questions:

- Which experience or activity from *Embrace Your Worth* days 16–20 stood out to you the most? Why?
- How have you been personally challenged, inspired, or changed in your spiritual journey over the last week? Explain.

Tune In

Gather together and lead the group in a brief time of prayer. Include a short time of silence in the prayer as participants intentionally set aside worries or distracting thoughts in order to focus on God's presence.

Talk Through

As a small group, talk through these questions:

- Imagine you were sharing the good news of God's love with a woman who was living a very sinful life. What would you say to her about her value? About her guilt? About God's grace? Why?
- What difference do those same truths make in your life today?

REFLECT ON

Invite volunteers to read aloud **Matthew 11:19** and **Luke 7:34**.

- Jesus was accused of being a friend of sinners. What does this aspect of Jesus' character and demeanor mean to you on a personal level?

Invite volunteers to read aloud **Luke 19:1–10** and **John 4:1–42**.

Optional: Select and read additional passages listed in day 16 “Examine” and day 20 “Examine.”

- Use your imagination to step into the shoes of Zacchaeus and the Samaritan woman. What must it have felt like to receive the dignifying welcome of Jesus? Explain.
- What stands out to you about the way Jesus interacted with them? How did their encounter with Jesus change them?

Invite volunteers to read aloud **Romans 8:1–2** and **Colossians 1:13–14**.

- How would you explain the difference between conviction and condemnation in your own words?
- Just as Jesus restored Zacchaeus, the Samaritan woman, and countless others, we too live restored lives set free from condemnation. Why is it essential for Christians to really live as people who have been set free? As people restored?

LIVE BY

Invite a volunteer to slowly and expressively read aloud **Colossians 1:13–14** for a brief time of prayerful Scripture meditation together.

Optional: Lead the group in praying this simple prayer aloud in response to Scripture.

Speak to us, Lord, through your Word.
Inspire us, Lord, with your truth.
Change us, Lord, through your Holy Spirit.
Amen.

STEP OUT

Challenge participants to apply this week's study to their lives by zeroing in on one specific character trait of God to focus on in prayer, worship, and contemplation. Encourage them to write it in their journals and/or share that trait with a partner or the entire group.

Offer Up

Close by leading the group in the day 16 “Pray” experience. Have everyone follow the instructions as you speak the prayer aloud, allowing time for participants to silently pray after each line.

Plan On

Remind participants to journey through days 21–25 for next week’s meeting. Make sure each participant brings her copy of *Embrace Your Worth*, journal, and Bible to the meeting.



Called

Before the meeting, encourage participants to journey through days 21–25 in *Embrace Your Worth*. Make sure each participant brings her copy of *Embrace Your Worth*, journal, and Bible to the meeting.

Pair Up

Direct participants to form pairs and discuss these questions:

- Which experience or activity from *Embrace Your Worth* days 21–25 stood out to you the most? Why?
- How have you been personally challenged, inspired, or changed in your spiritual journey over the last week? Explain.

Tune In

Gather together and lead the group in a brief time of prayer. Include a short time of silence in the prayer as participants intentionally set aside worries or distracting thoughts in order to focus on God's presence.

Talk Through

As a small group, talk through these questions:

- What is your calling?
- How does this question make you feel? Inspired? Intimidated? Confident? Frustrated? Why?

REFLECT ON

Invite a volunteer to read aloud **Ephesians 2:8–10**.

- Based on this passage, what role does doing or works play in our lives as followers of Jesus? Explain.
- What does it mean to you that you were created by God for his specific purposes, that God put you on this earth to do significant, Christ-ordained things? Why? (Prompt participants to refer to day 21 “Ponder.”)
- God made you just as you are. With this in mind, what are some of your God-given interests, talents, passions, skills, or spiritual gifts? Share at least one trait you have that you feel God has given you to use for his good purposes in this world. (Direct participants to refer to all experiences from day 22.)

Invite a volunteer to read aloud **Esther 4:14**. Review the questions from day 23 “Journal.”

- Consider your normal, everyday circumstances: work, family life, responsibilities, and relationships. Do you believe God has placed you right where you are in your life? What difference could embracing this idea make in your everyday existence?
- How does the idea of vocation fit into your understanding of your identity and your everyday life? (Prompt participants to refer to day 24 “Ponder.”)

Prompt a volunteer to read aloud **Psalms 143:8–10**.

- In what ways do you feel God is leading you in his will and purposes today?
- How can you more fully rely on God’s Spirit to direct your choices?

LIVE BY

Invite a volunteer to slowly and expressively read aloud **Psalms 143:10** for a brief time of prayerful Scripture meditation together.

Optional: Lead the group in praying this simple prayer aloud in response to Scripture.

Speak to us, Lord, through your Word.
Inspire us, Lord, with your truth.
Change us, Lord, through your Holy Spirit.
Amen.

STEP OUT

Challenge participants to do the day 23 “Act” experience several times this week. (Even if participants have already done it once, repeating it will be of great value.) Encourage them to pay close attention to the leading of the Holy Spirit as they pray. Prompt them to consider how God might use this repeated prayer exercise to shape their sense of calling and identity.

OFFER UP

Close by praying aloud François Fénelon’s prayer from day 25 “Pray” in unison.

PLAN ON

Remind participants to journey through days 26–30 for next week’s meeting. Make sure each participant brings her copy of *Embrace Your Worth*, journal, and Bible to the meeting.



Confident

Before the meeting, encourage participants to journey through days 26–30 in *Embrace Your Worth*. Make sure each participant brings her copy of *Embrace Your Worth*, journal, and Bible to the meeting.

Pair Up

Direct participants to form pairs and discuss these questions:

- Which experience or activity from *Embrace Your Worth* days 26–30 stood out to you the most? Why?
- How have you been personally challenged, inspired, or changed in your spiritual journey over the last week? Explain.

Tune In

Gather together and lead the group in a brief time of prayer. Include a short time of silence in the prayer as participants intentionally set aside worries or distracting thoughts in order to focus on God's presence.

Talk Through

As a small group, talk through these questions:

- What do you think it means to be a confident Christian woman? What does that confidence look like in the context of real life?
- Describe a woman you admire who has a solid, Christ-centered self-worth. What is she like? How do you think she deals with bouts of insecurity or attacks on her self-worth?
- How has your own self-worth and identity grown or changed during this devotional journey? Explain.

REFLECT ON

Invite a volunteer to read aloud **1 Peter 5:8**.

- What attacks on your sense of value have you experienced during this devotional journey? How have you struggled with your self-worth? (Direct participants to refer to day 26 “Pray.”)
- Many women struggle with insecurity, but should we? How could a confident, centered sense of value in Christ help women combat insecurities? Talk through some specific examples from culture or from your own life.

Invite a volunteer to read aloud **Isaiah 43:1–4**.

- What strength can you draw from God’s powerful love and faithful presence?
- How can this encourage you when you face attacks on your value and identity?

Invite volunteers to read aloud **John 15:4–5** and **Colossians 1:27**.

- What does it mean to you that you are in Christ and Christ is in you? How does this truth put identity struggles into perspective?
- How will you live more rooted in God’s presence and love? What kind of person are you aiming to become, with God’s help, as a result of all you’ve studied during this devotional journey?

LIVE BY

Invite a volunteer to slowly and expressively read aloud **Isaiah 43:1** for a brief time of prayerful Scripture meditation together.

Optional: Lead the group in praying this simple prayer aloud in response to Scripture.

Speak to us, Lord, through your Word.
Inspire us, Lord, with your truth.
Change us, Lord, through your Holy Spirit.
Amen.

STEP OUT

Challenge participants to deepen their understanding of how God has uniquely made each of them by doing the Go Deeper “E-Interview Others” experience. Encourage them to think and pray about the feedback they receive as they continue to seek God’s leading in their lives.

Offer Up

Close by having group members pray for each other in pairs. Encourage each participant to pray for her partner, asking God to continue to grow a solid and confident sense of value, calling, and identity in her.

Plan On

Optional: Plan to gather as a group at a park or in your church for a short mini-retreat. Direct participants to use the Go Deeper “Personal Mini-Retreat” suggestions to guide their time with God, then gather together at the end to share about your experiences.