

FOUNDATIONS

Section Three

Loving Myself: Beauty and Brokenness

LESSON 8: Ready Willing And Able

Key Points:

- Not only does God love us-he is able connect with us and heal our pain and mistakes, and he is eager to do so!
- Our misconceptions and fears of God interfere with our ability to trust.
- God's part/Our Part.

Hints for the material:

- Read all the scriptures out loud in your group.
- After completing and sharing the exercise (page 66) about how you would help your child (or future children) grow, ask group members to share how God has done the same things in their lives. The main thing to emphasize here is how God is our loving Father and wants to help us grow.

Extra Insight:

- In Lesson 7 we discovered we have struggles, sins and shortcomings from which we need Him to heal us. In this Lesson, we will focus on God's ability to heal us, meet our needs, and direct our lives.
- It is easy to stay on a "thinking" level in this chapter. Most of your group members are probably Christians, and thus have acknowledged their need for God in their lives. But it is important to look at the areas in our lives that we are still not giving over to Him. As much as you can, try to model sharing at a "heart" level.
- If you have non-believers in your group, this may be a good week to ask them what they feel about God, and where they are at with the person of Jesus Christ.

Homework:

- In Lesson 3 we had fun looking at our "Positive Childhood Qualities" As adults, these qualities may translate as "childlike" qualities-the part of our personality that is fun-loving, energetic, and carefree-and/or interests we have maintained since our childhood. In Lesson 9 we will look at our "child-ish" qualities as well. The goal here is to be able to accept ourselves, with strengths and weaknesses.