

A WOMAN'S GUIDE TO OVERCOMING ADVERSITY
AND LIVING WITH CONFIDENCE



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SESSION THREE

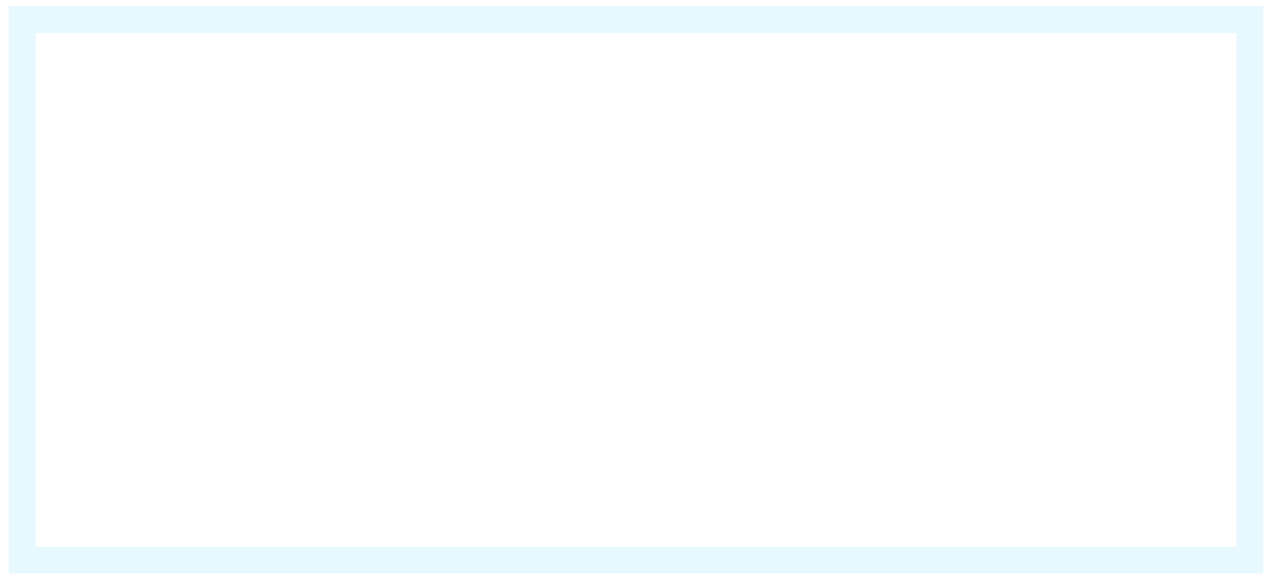
It is your responsibility, and yours alone, to guard yourself against the wrong voices, whether they are from within or without. It's your responsibility to actively partner with God to stand strong even amidst disappointment, overcome your inner critic, and live with the confidence to hear and trust his voice."

Walking in complete obedience to all God calls us to requires us to be brave and push past our fear of disappointing others.

- How strong is your fear of disappointing others? Is it something that you struggle with daily?
- Reflect on or discuss what you fear will happen if you disappoint others. Do you think God would help you if what you feared happened?

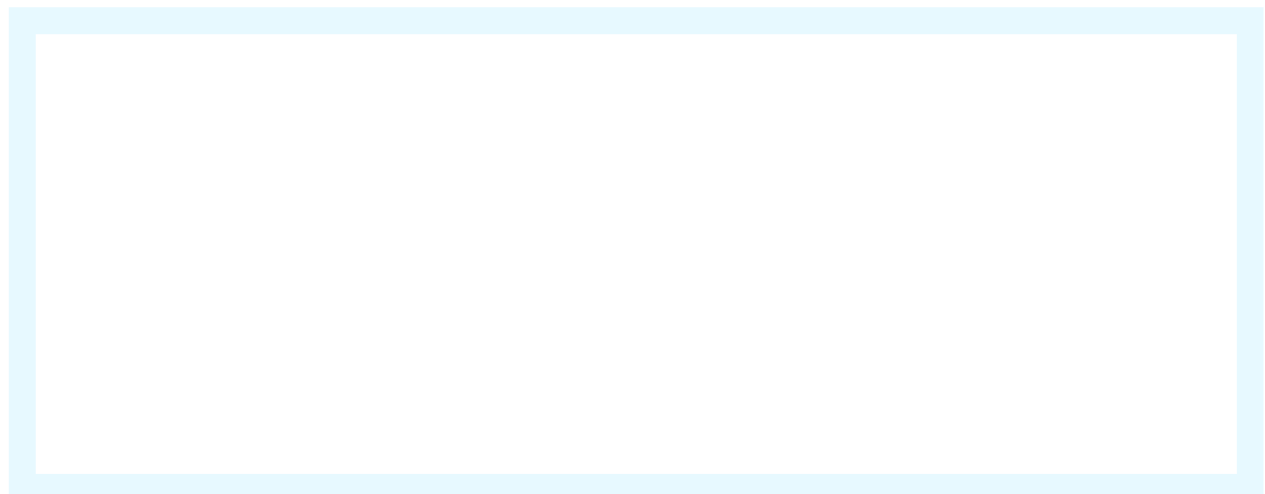
You can't find real happiness, real health, or real calling without sometimes disappointing others in the process. It does not mean you are selfish; it doesn't mean you are hurtful. It means you are living with purpose and intention.

- Reflect on or share a time in the past when you have felt selfish or guilty in the process of drawing boundaries on your time and resources in pursuit of your calling.
- Share with your group or write one or two boundaries you need to have in this season in order to take the next step towards what God has for you.

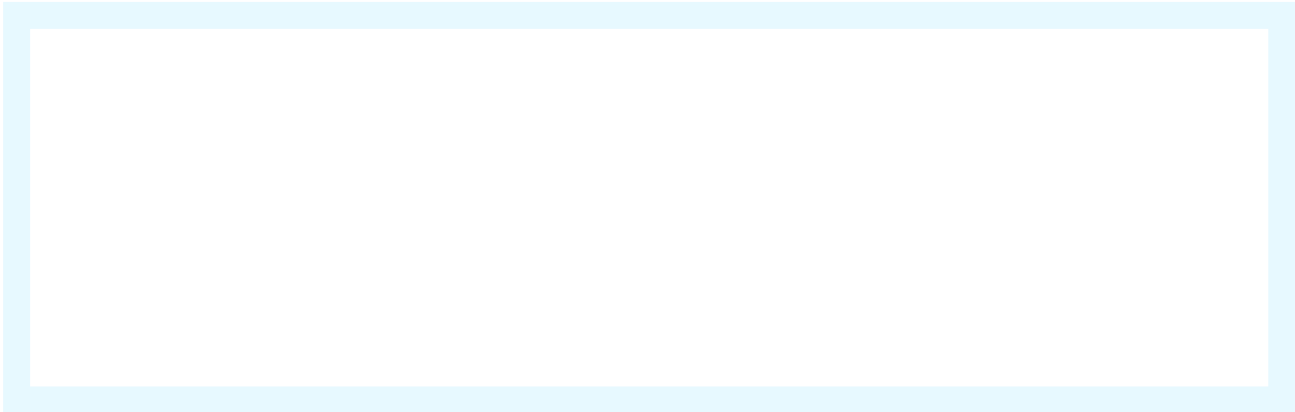


The most dangerous critic is the one living inside you. The inner critic doesn't trust God; she worships the false gods of security, perfectionism, and acceptance.

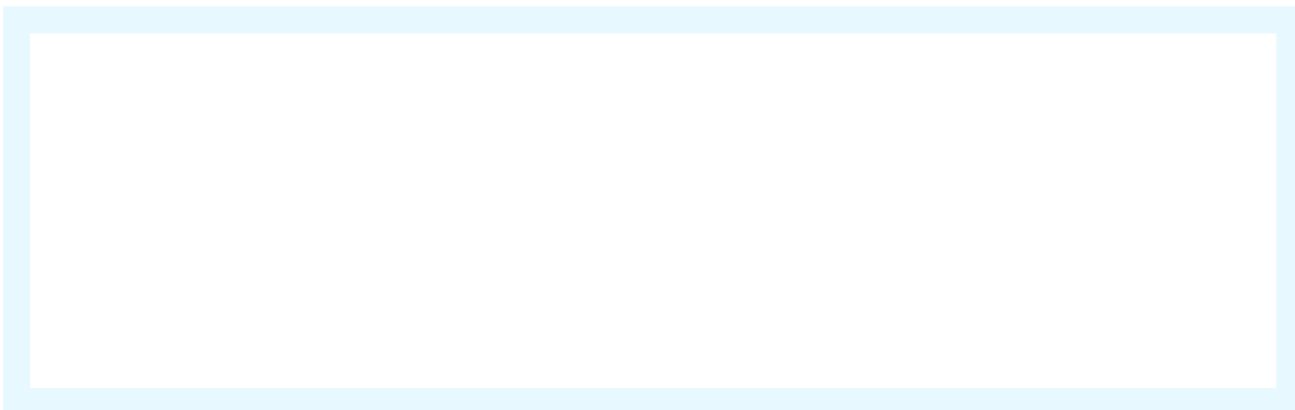
- Write down or discuss the message your inner critic been speaking to you recently. Consider whether or not this message reflects trust in God.



- Reread Ephesians 2. Do you view yourself as God's handiwork? Or have you allowed yourself to feel dead in your transgressions and deserving of wrath?



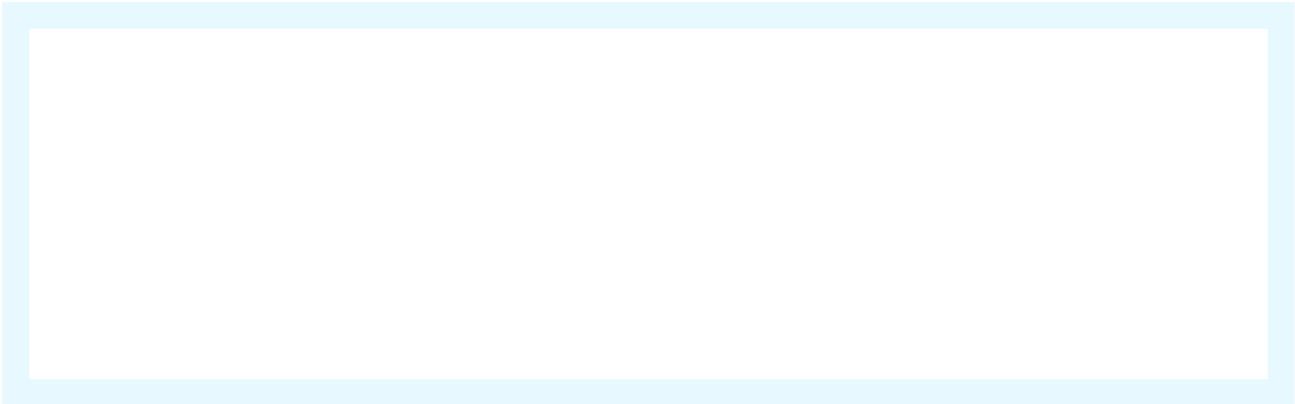
- Examine your life in the past month. How have you, consciously or not, worshipped the false gods of security, perfectionism, and acceptance? Reflect on or discuss what would it look like to walk forward in faith over relying on your inner critic to guide your course?



Reflection:

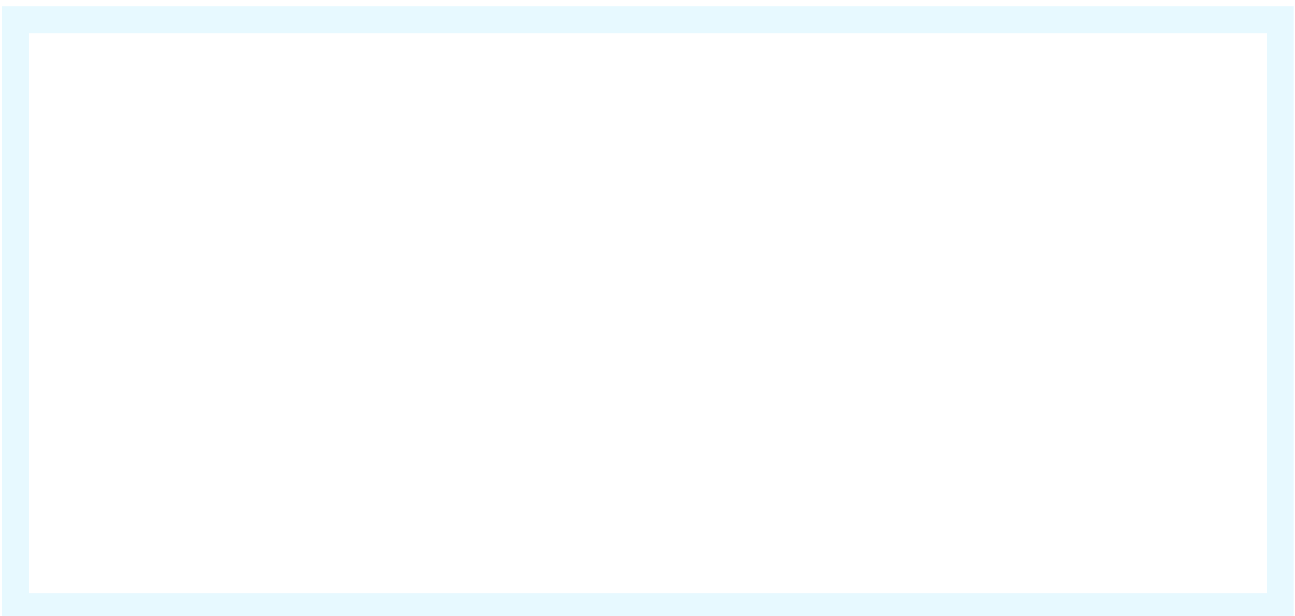
Have you ignored that still, small voice inside of you? What voices have you been listening to? Are you more apt to turn to your friends for advice or turn to God?

For you to step into that new thing, God asks that you learn to listen to him, that you listen to the voices that align with him, and most of all that you decide to partner with him. Take a moment to reflect on what voices are filling your heart and mind and prayerfully consider any changes you need to make as you move forward in partnership with God.



Action Steps:

Sticking to the season at hand is crucial to overcoming the fear of disappointing others. Bring this question to God in prayer: What is my calling in this season? Write down what you believe your calling in this season is.



Sometimes telling the difference between your voice, the voices of your family and friends, and the voice of God is hard. Write down what you sense God is telling you. Then ask these questions:

Is it loving?

Does it invite me to love him more, love myself, and love others?

Am I being encouraged to step out in faith?

Am I being shamed into submission or encouraged in obedience?

Am I led to stay small or to enlarge my faith?

What do you feel God wants you to know about learning to hear his voice?

