

# *Get Over Yourself!*

## Leader's Guide

By Jennifer Beckham  
with Alida Johnson

## WELCOME LEADER!

Thank you for facilitating this study! I am so incredibly thankful for your obedience to the call and am thrilled that you have chosen the *Get Over Yourself!* Bible Study! Having walked this journey long before I ever began teaching these principles to others, I am confident that this study will be a tremendous blessing to your ladies. I believe the “*Get Over Yourself!*” message can catapult them to a whole new level of faith, freedom, and true transformation, just as it did for me! I am equally thrilled for you and for all that God will do in you, with you, and through you as you lead and facilitate this study. I truly believe that the only qualifications you must have to lead this Bible study are an insatiable hunger for more of God, a desire to see God touch and impact the lives of women, and the courage to step out in faith and trust God to do the rest! As a facilitator, you will be put in a position of seeing God do great things in your midst, and I want you to know that I am fervently praying for God to do just that—great and mighty works for His glory alone!

Whether you are a seasoned women’s ministry leader or this is your very first time leading others in a Bible study, my collaborator, Alida, and I appreciate the time, energy, and effort it takes to prepare yourself as a leader, pray for God’s direction, and seek the Lord on behalf of those He will place in your group for the next eleven weeks. And we want you to know that we have been praying and interceding for you as well. Alida and I know well what it is to stand in that place between obedience to our Lord and trepidation for the task at hand! Let’s be honest, to lead others in a spiritual journey is nothing short of courageous—heroic even! But we are certain that our faithful God will lead you, guide you, and keep you during this appointed time.

In Isaiah 61:1-2 and also Luke 4:18-19 we learn that, through Christ, we are to bring healing to the brokenhearted and preach deliverance to the captives. This study opens the door for that to happen. Please know that as a facilitator, your foremost responsibility is to provide a safe place for women to join in and unload their burdens so that healing and deliverance can ultimately take place. So whether you’ve chosen to conduct this study in the intimacy of a home setting with just a handful of participants or in a church group setting with many, we pray that you will present a loving, trusting, and ministry-minded environment where the Holy Spirit is acknowledged as the one true Guide in this journey. We are convinced that women of every age and every social standing need what is offered through this study, and we are confident that this resource will provide all you need to deliver this timely message of hope and wholeness in a very powerful and practical way.

I believe in you, woman of God, and I pray that this will be as powerful and meaningful a time for you as it is for your ladies. Thank you again for your faithful obedience! May God bless you richly as you give of yourself unto others for the benefit of His Kingdom!

Love, blessings, and prayers,

*Jennifer*

## PART I:

*Getting Prepared for Your Study*

Before we even begin with the particulars of this study guide, we would like to share with you some practical suggestions to help you start your *Get Over Yourself!* Bible Study.

**1) GET YOUR MEETING PLACE SECURED!**

The first thing you'll want to do is secure a location that is convenient for all those interested in participating in this study. Meeting at a church is an option...or perhaps you would want to consider having someone host this study at her home where there is a more relaxed atmosphere that will lend itself to more open dialogue and friendly fellowship. You will need a comfortable place to meet for eleven straight weeks. This place will also need to have a DVD player and a TV to view the video portions of this study.

**2) GET THE WORD OUT!**

After securing your location and choosing a consistent day and time of the week to meet, you'll need to get the word out! We suggest you start promoting your *Get Over Yourself!* Bible Study at least a month before you plan to start your eleven-week study.

Begin with some good ol' word-of-mouth advertising. Be sure to pray about whom God would have you specifically invite—and then ask them to invite their friends whom they feel would be interested in participating in this study.

Now, if you're planning on leading a group that extends beyond your immediate friends and family members, then you will certainly want to do some print advertising as well...

To help make advertising simple and easy for you, we have provided a number of promotional items to assist you in advertising and promoting your study. Go to the "Promo Downloads" page on the [www.GetOverYourselfNow.com](http://www.GetOverYourselfNow.com) website to download free, customizable promotional materials such as posters, bulletin inserts, and more.

Start by placing a poster on your church bulletin board or in your church foyer area. Then see about getting permission to place a special advertising piece in your church's weekly bulletin prior to starting your study. You may even be able to run a 2-minute promotional video clip in church on a Sunday before your study begins (that promo clip is found on DVD 4 of your Teaching Series Set).

In addition to advertising to your local church body, you may also consider advertising to your community through the local newspapers and radio stations. Many newspapers and radio stations offer free public service announcements. Just remember to include all the details of your study like what it's about, when you're meeting and for how many weeks, as well as where you will be holding your weekly meetings. If you have child-care available, make sure you put that bit of information in the announcement as well. And finally, be sure to include a contact number for more information.

**Note:** If you're advertising your study in your local church, remember to put out or pass around a sign-up sheet to get an idea of how many books you will need to order in advance.

### 3) GET YOUR MATERIALS TOGETHER!

Once you get an idea of the number of women participating in your study, you will want to begin gathering the materials for you and your group. For yourself personally, you will need this Bible Study Workbook and Leader's Guide, one 4-DVD Teaching Series Set, and a *Get Over Yourself!* book. For your members, we recommend that each member have her own book and workbook as there will be weekly reading assignments as well as weekly homework assignments that will require all participants to have a book of their own.

We recommend that you place your order for your group's books and workbooks AT LEAST 14 days prior to your first meeting—a bulk order discount is available for 10 or more books at [www.GetOverYourselfNow.com](http://www.GetOverYourselfNow.com), so be sure to place your group's order all together to save!

Some other materials you will want to have and ask that your members bring to class each week are a Bible and a writing utensil. As the facilitator, be sure to have extra of both handy in case anyone forgets hers.

We also highly recommend that you encourage each member to keep a prayer journal throughout this study—perhaps you will even want to furnish them with a simple notebook in which to journal. Some women in your class may already journal their thoughts and prayers in their personal Bibles or notebooks, but we ask that you encourage them to keep a special, private journal for this particular journey. This practice of journaling will only enhance their experience throughout this study and will allow them to better process all that God is revealing to them, doing in them, sharing with them, and leading them to evaluate in their lives. Journaling is not only a powerful tool and a useful practice but a great habit to form...sooner rather than later!

### 4) GET PRAYED UP AND PREPARED FOR THE JOURNEY OF A LIFETIME!

This is of course the most important part—praying and preparing yourself to lead others! First things first: Be sure you are spiritually in a place to lead others and that there is nothing hindering you from seeking God on behalf of your members and being open to the leading of the Lord. Pray for God's wisdom. And pray that God will not only help you to be a confident leader, but to be one who is willing to be honest and transparent about your own struggles and needs so that each member will feel comfortable enough to let down her guard and open up about what she needs God to do in her own life as well.

Also, be sure that you are in a position to commit yourself to the whole eleven-week journey. You may want to consider recruiting at least one reliable, positive, and spiritually strong woman whom you can depend on to partner with you in prayer, help you to set up for each meeting, and serve as a helper to you should you need any assistance to keep everything running smoothly during the course of the eleven weeks. This will help to take some weight off!

Aside from your own personal preparations of prayer, fasting, and seeking the Lord for wisdom so that you can properly handle the questions and concerns of each member each week, you will need to study and familiarize yourself with the next week's lesson materials so that you are able to lead your group intelligently into discussion.

Finally, please be sure to pray that God would lead just the right women to your group—ones who are in need of healing, hope, restoration, and building stronger spiritual foundations.

## PART II:

## Understanding the “Get Over Yourself!” Curriculum

This study is formatted as an eleven-week study. In your curriculum package, along with this *Get Over Yourself!* Workbook and Leader's Guide, you will find an eleven-session DVD Teaching Series Set that you will use to facilitate this weekly study.

Each week your group will view one [22-33 minute] video session and then launch into the corresponding lesson from the workbook. This DVD Teaching Series is designed to give you the opportunity to step back and allow the Holy Spirit to minister to the members of your group as only He can. It also allows me, as the author, the opportunity to share the book's main principles and the more personal portions of my testimony. And it enables you to focus on guiding your members seamlessly through the corresponding workbook lessons, class discussions, practical application of the lessons, in-class prayer and ministry time, and weekly homework assignments.

Each weekly study in your workbook is divided into six main segments. The first three segments are the “in-class” segments, which you will be facilitating. They are as follows:

- (1) **Get Ready: Video Response Section**
- (2) **Get Honest: Class Chat Time**
- (3) **Get Connected: Prayer and Ministry Time**

The final three segments are the at-home or “homework” portions of this study, which members will complete on their own. They are as follows:

- (4) **Get Busy: Personal Bible Study Time**
- (5) **Get Empowered: A Prayer for Change**
- (6) **Get Determined: A Declaration of Faith**

We will look at each segment in more detail in a moment.

### RECOMMENDATIONS FOR FACILITATING YOUR WEEKLY STUDY SESSIONS

Alida and I want to offer some general recommendations to help you facilitate your best study ever! These will be especially helpful to those leaders and facilitators who are embarking on their very first study.

First, concerning the overall format and order of each lesson: Though this study is formatted as an eleven-week study, we recommend that you and your group meet very briefly just one week prior to beginning your study to distribute the books and/or workbooks to your members and assign the first segment of reading: the Introduction and Chapter 1. This way, at your first official week of the study, the members will have already read the two short opening chapters and will be well prepared to watch the corresponding video session: Session #1 of the DVD series. We recommend having your members read the chapter before the video session because we feel the video then helps to reiterate and reinforce what they have already read and gives them more to discuss during the **Class Chat Time**. *However*, this is merely a suggestion. If you'd prefer to have your

members watch the DVD session in class first and then read the corresponding chapter and do the homework afterward, then that will work just as well—it's a matter of your preference as the facilitator.

Next, we want to recommend a basic “order of service” that we have found works best for this particular study:

- First, begin each meeting with an opening prayer.
- Next, we recommend you take comments and questions from last week's homework during those first 10-15 minutes of class, just before starting your current week's video session. This review time is important and, while we leave it up to your discretion to decide when this should be done, we have found that going over the previous week's homework assignment before launching into the current week's topic keeps from disturbing the flow once you move into the new video session.
- Next, play the video—encouraging your members to fill in the blanks in their workbooks under the **Get Ready: Video Response Section**.
- After the video is over, be sure to go over any fill-in-the-blank answers your members might have missed (your answer key is conveniently located in Part III of this Leader's Guide).
- Once every member has filled in her blanks properly, you will then move into the next workbook section entitled **Get Honest: Class Chat Time**. Begin with asking the first question and then allow the discussion to open up from there—leading them through until all questions in that workbook section have been discussed.
- After the last question has been discussed, turn your focus to the final “in-class” segment, the **Get Connected: Prayer and Ministry Time** section. This is the time you will pray one for another about the needs and heart-matters that have been brought up by the group's discussion. Pray—until all your members have had their needs lifted in prayer and all hearts are clear.
- You may then wrap up your class time together with any final comments or thoughts you may have. Be sure to also remind and encourage your group to complete their homework assignments.
- And then, simply close in prayer and dismiss.

## UNDERSTANDING EACH SEGMENT OF THE WORKBOOK LESSONS

(1. **Get Ready: Video Response Section:** The first segment of your workbook lessons is called the **Get Ready: Video Response Section**. We call it **Get Ready** because I believe these 22-33 minute video sessions do just that—they get the viewers ready for the impartation of the Holy Spirit and ready their hearts to receive revelation from the Lord concerning the topic being studied each week.

Because many of us like to take notes when a speaker is speaking, the Video Response Sections were designed to have the majority of the notes provided for the participants—all they need to do is listen and fill in the blanks. You may find that some members will prefer to simply watch the video without filling in the blanks—that is perfectly fine. The most important thing is that they are paying attention...for some that will mean filling in blanks and for others it will mean not filling in blanks. Simply encourage your members to do what is most comfortable for them. The answers to these blanks are provided for you under **Part III** of this Leader's Guide. When the video ends, you may go over any highlights with your class and fill in any blanks they may have missed. You can expect that some of your group members will have been moved by what they heard and stirred in their hearts by the Holy Spirit. They will be full of information and ready to chat about what they heard—which is why we have provided this next segment for you, the **Get Honest: Class Chat Time**.

(2. **Get Honest: Class Chat Time:** This next segment is designed to get your members to chat, interact, and share how the video and/or chapter material impacted them individually. Encourage—but do NOT pressure—the women to share their personal experiences with the group. Guide the conversation without monopolizing it, allowing each member to talk and express herself as she feels comfortable. Then take a few minutes to let your class go over the few questions listed in this section while the material is fresh on their minds.

This is the time for soul searching—so encourage it! The questions compiled in this section are complementary to those issues spoken about in the video and the book and are designed to get your members looking within and examining their own respective hearts. Due to the nature of these questions, a more serious time of reflection may evolve into a very poignant discussion—some women may even begin to share very personal or traumatic events from their pasts. This is what we are hoping for—a time for them to **Get Honest** about their issues and what troubles them, and to share what is heavy on their hearts. When this occurs, be sensitive and listen—and resist the urge to preach at them! Remember that the Word tells us in Romans 12:15 to rejoice with those who rejoice and mourn with those who mourn. Sometimes what we need is to just be heard and to know that we are not alone. Rest assured, it is not your job as the facilitator to have all the answers to life's questions, but rather, to simply lead them to the One who does—Jesus Christ! This Class Chat segment of the study will open the door for the next section of the study—the **Get Connected: Prayer and Ministry Time** segment.

(3. **Get Connected: Prayer and Ministry Time:** This segment is the **most important** time of your weekly gathering and should be the major focal point of each session together. It's your time to lead your members to **Get Connected**—to God and to each other through corporate prayer and ministry. Please remind your members that “what happens in the group, stays in the group”—that no discussion, prayer request, confession, or personal information should ever be shared with others outside of the group at any time.

Now, if I may, I'd like to respectfully state what this time of ministry is **not** designed for so we can get a proper understanding of God's best intention for it:

(A) This is NOT the time to force issues or intentionally work up an emotional frenzy—we certainly do not want any member to feel threatened or embarrassed at any time! Simply allow the Holy Spirit to set the stage for the ministry that will unfold. Some will feel free to express themselves in this intimate setting while others may not—so let each woman feel free to proceed at her own pace.

(B) This is NOT the time for you (or anyone else in the class) to take on the role of counselor or “spiritual advisor.” While God may direct you at times to minister Truth or a word of encouragement, please remember that this is a time of prayer, not a time of counseling—encourage your members to stay focused on God as their Source for help, hope, and answers to their prayers. What God desires in this type of setting is a willing vessel to work through—and He will certainly work through you and through this study to heal the brokenhearted and to bind up their wounds—but we must never forget that this is not about any of us! So please be sure to always allow God and His Word to be the ultimate authority over your members and the issues that they are praying about.

(C) Conversely, this is also NOT the time to put any undue pressure on yourself to have all the answers for everyone in your group! As a facilitator, there is never any reason for you to feel intimidated—God has placed you in a leadership role, but rest assured, God is our Leader and apart from Him, we can do nothing. So relax, prepare, facilitate the class, and lead them to the Cross! Jesus is THE ONLY answer they will need. You are certainly not expected to be anybody's source! (Phew, now isn't that a load off?!)

Now for what this Prayer and Ministry Time **IS** for: This appointed time is truly all about sharing and caring. Allow each member to unload her burdens and open her heart to a loving and caring God who desires to

heal her heart and touch her life. Share needs. Connect on a deeper level. Listen to, care about, and lovingly and earnestly pray for one another. This is a precious, sacred time that should not be omitted and cannot be hurried, so please, make sure you leave enough time for this ministry opportunity—God will surely be present and will not fail to meet every need! Finally, when all is said and done, your group will move into the “at-home” portion of this study—the **Get Busy: Personal (at-home) Bible Study Time**.

(4) **Get Busy: Personal Bible Study Time:** When class is over, each member can maintain the momentum by becoming actively engaged in the process of learning and growing during this study. This at-home portion of the study is designed to personally involve each and every member in her own personal journey to freedom, causing her to enter into a time of reflection and helping her to **Get Busy** in the Word of God so that true, life-changing transforming can take place. The “homework” should only take about 30-45 minutes per week to complete and will consist of short segments of workbook reading and 20-35 interactive questions. Please be sure to encourage your members to participate and complete their weekly assignments—whether they do the assignment all in one sitting or a little each day throughout the week, it is invaluable to their progress! As with most things in life, they will get out of this study what they put into it, so do your best to help them to see the value in doing their weekly “homework.”

Now, I would like to take a moment to share some thoughts and suggestions about this “homework” portion of this study that your members will read and do on their own:

(A) The word *homework* often conjures up negative connotations in people, so do your best to encourage your members to work at the pace that best suits them—some will do all of their homework in one or two sittings, while others will do a little bit every day throughout the week. Either one is perfectly fine! This work is designed to get them experiencing this journey for themselves and to get them acclimated to praying and reading at home, during the week—not just on meeting days.

(B) Remind your class members that the enemy will do all he can to get in the way of their personal study time with the Lord—so encourage them to “schedule” time in their daily routines to work on their assignments and pray about their journey.

(C) Encourage your class members to attend class each week ***whether their homework assignment is completed or not!*** We all know what it is to have life and circumstances get in the way of doing something we needed to do. Guilt is a terrible taskmaster, so assure your members that they are still welcome to attend class even if they fall behind. We want to keep them participating out of desire, not duty! God will help make that happen.

(5) **Get Empowered: A Prayer for Change:** In this section, we provide a prayer that each member can pray at the conclusion of her study time so she can **Get Empowered** by the Holy Spirit for the journey ahead. **However**, please encourage your class members to dig a little deeper with their own heartfelt prayers to God. This is when your class should be using those prayer journals we encouraged you to recommend to them! This is the perfect place for them to pick up their journals and begin recording their thoughts, their hopes, their fears, and their revelations and findings throughout their weekly studies. Before dismissing class each week, when reminding them about their homework assignments, be sure to remind them also about the importance of journaling their experiences throughout their weekly journeys.

(6) **Get Determined: A Declaration of Faith:** This final segment is designed to build up, motivate, and help each member to **Get Determined** to walk out all she has learned and to go apply and incorporate the principles and lessons from each session into her daily life!

## PART III:

*Get Ready: Video Response Section Answer Key*

The following are the answer keys to the **Get Ready: Video Response Sections** found on the opening page of each workbook session. Each answer key is listed in order by week and session title. Immediately following each video session you will want to refer to the appropriate key to assist your group members in filling in the blanks with any answers they may have missed.

**SESSION #1: LIFE IS NO FAIRY TALE AND ONCE UPON A TIME...**

1. These seven principles are what He used to help me get over myself, over my pain, over my past, over my regrets, over my insecurities, over my shame, over all the things holding me back in life.
2. I was looking at a girl that looked like she had it all together on the outside.
3. You can't give out what you don't have.
4. If I could just get there, then...
5. We spend our lives sometimes, ladies, running after there and then, and when we get there it's not there.
6. Sometimes we think that the destiny will fulfill us instead of us fulfilling our destiny.
7. I had tried everything else, why not try Jesus?
8. After the euphoric high goes away...we tend to have the thought that maybe it was all a phase.
9. I chased the next experience.
10. I was into quick fixes.
11. You've got feelings for me, but you don't have real faith in me.
12. God talks to us all right where we're at.
13. He answered me by bringing me back to a moment in my life.
14. What's going on on the inside of you will eventually manifest to the outside of you.
15. Who ever asked you to feel? You were chosen to be a princess. Now go, wash your face, get a new attitude, go put on your clothes, and be Cinderella because nobody asked you to feel anything!
16. David, Esther, Aaron, and Ruth all went through the exact same process to get their destinies.

**SESSION #2: "WHO EVER ASKED YOU TO FEEL?" (PART I)**

1. We're supposed to walk by faith and not by sight (or feelings).
2. God does not ask us to feel faith; He asks us to trust!
3. The enemy has always asked us to feel; if he can get to our feeler, then he can get to our will.

4. God is truth.
5. Free will is useless if we don't actually have the option to disobey.
6. Every time you have truth, you always have a lie.
7. Here Eve stands in the middle of two truths: God's truth...or the enemy's, which is a lie.
8. The devil makes us do nothing!
9. Then the eyes of both of them were opened (Genesis 3:7).
10. They became observant of another way of living.
11. We go hiding too when we do something wrong.
12. When we partake of the enemy's lie, all of a sudden fear comes in, and shame comes in, and it separates us from God.
13. God said this, "*Who told you that you were naked?*" (Genesis 3:11)
14. There will always be voices.
15. Somebody came along and became a voice in our head that pointed out that we were different.
16. There is also a voice that speaks loudly, and that voice is the voice of your life experience.
17. For some of us here today, we hear that voice so loudly that we can't hear anything else.
18. Hurting people hurt people.
19. There is a voice of someone, something, or life experience.

### SESSION #3: "WHO EVER ASKED YOU TO FEEL?" (PART II)

1. 1 Thessalonians 5:23 says that we are spirit, soul, and body.
2. 2 Corinthians 5:7, "*We live by faith, not by sight.*"
3. I felt faith.
4. But faith has nothing to do with our feelings.
5. God never asked us to feel. He asked us to choose and to trust.
6. The only one that ever asks us to feel anything is the enemy.
7. The greatest eye opener to me was when I realized that there is God and there is Satan that is after my soul.
8. God gave us emotions so that we could experience life.
9. We want to have emotions, we just don't want them to have us.
10. Emotions are thoughts put into motion.
11. Your spirit is reborn but your body and your soul is not.
12. It is not the anointing of God that keeps you from temptation; it's the strength of your spirit.
13. Our soul is our mind, our will, and our emotions; it's our chooser, our feeler, and our thinker.

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14. He gets to our will the same way that he got to Eve's will and that was through her five senses.
15. If the enemy can get to your emotions he can get to your will.
16. We have to be very careful about where we allow our memories take us.
17. Be very careful of what you memorialize in your life.
18. There are external influences that you and I have to be **very** aware of.

### SESSION #4: "YOU WERE CHOSEN..."

1. (Princess Principle #2) Trust God's wisdom in choosing you!
2. Everything that you need to be what you were called here to be is inside of that box.
3. If it's not in there, you don't need it.
4. Every day of my life I open my box within myself.
5. He knew exactly what to put inside of me and if it wasn't in there, I don't need it.
6. God, how come I don't feel what she feels?
7. All you can come up with is what you don't have instead of what you do have.
8. If we spend our lives looking at what we don't have, and who we're not; we're not spending our lives being who He called us to be.
9. Psalm 139:14 says that we were fearfully and wonderfully made.
10. God specifically, intricately put us together; everything about us...on purpose.
11. What we've got to do is; we've got to trust.
12. There are two more things that you cannot change.
13. You have no control over what gifting God placed inside of your box.
14. For some of us, the best and the greatest gifting that we have, is an ugly gift.
15. God can take the pain in your life and He can turn it into a purpose.
16. The last gifting that we want to talk about right now is yesterday.
17. It is because of those things that God will use you.
18. Today let your prayer be, "God, because you chose me, let me trust you."

### SESSION #5: "GO!" (PART I)

1. God does require us sometimes to go back before we try to move forward.
2. John 4:13-14, "...Everyone who drinks this water will be thirsty again, but whoever drinks the water that I give him will never thirst. Indeed, the water that I give him will become a spring of water welling up to eternal life" (NIV).
3. Give me a quick fix!

4. Jesus asked her to “go.” To go back before she could go forward.
5. Confession brings healing, ladies.
6. Do you really want the change or are you just talking about it?
7. I want you to go back and find those places in your heart that are hurting and that are empty, that you are trying to fill up with other stuff.
8. Ladies, have you ever been in a funk before?
9. Hope deferred makes your heart sick. (Proverbs 13:12)
10. Have you ever bumped into somebody’s festering wound and you didn’t know you did it?
11. Here’s the problem: Hurting people hurt people—that’s what they do!
12. We need to heal this thing from the inside out.
13. Here’s the problem: Time may have moved on but the wound is still very fresh, and very tender and very painful.
14. We tell ourselves that as Christians we’re not allowed to hurt and to feel.
15. It is okay to have emotions as long as emotions don’t have you.
16. Every one of us has something that we self medicate with.
17. I’m going to use my story for God’s glory.
18. Scars speak!

### SESSION #6: “GO!” (PART II)

1. We’re supposed to confess our sins one to another that we might be healed (James 5:16).
2. It’s a process of healing.
3. God had me go back before I was able to go forward.
4. I was all about turning over new leaves.
5. Every relationship was more broken than the last.
6. Tell him everything.
7. I start playing “let’s make a deal” with God...
8. I’m either going to do this thing now or I’m never going to do it.
9. The only thing that he said back through the darkness was...I love you!
10. And in that moment, the wall that I had built around my heart for so many years, in an instant with those words, came just crashing down.
11. I don’t deserve that he looked beyond my behavior and looked into my heart, and cared enough to be that safe place for me.
12. There was never one instance that I laid down and felt good enough for God.
13. I’ve known all of it and I still chose you!

14. The Word says that confession brings healing.
15. The Bible says in Proverbs that every one of us is looking for unfailing love.
16. Run back, because God will help you to run forward.

### SESSION #7: "WASH YOUR FACE"

1. I keep challenging you to do things that are outside your comfort zone.
2. We need to mourn over our past one last time.
3. God requires a time for mourning and grieving.
4. It's loss of any kind.
5. God doesn't want you to run away; He doesn't want you to try to dance before you mourn; He doesn't want you to try to cope; He wants you to deal with it properly.
6. The first step in the grieving process is denial. \*
7. Denial is our instinctive protection against the agony of the circumstance.
8. When you're good and ready, you're going to have to find somebody to be accountable to.
9. Do not find a friend of the opposite sex to help you through.
10. The second stage is anger. \*
11. Anger is a natural grieving process.
12. You've got to vent your anger first vertically to God, and then to someone else.
13. The next step of grieving is guilt. \*
14. There is true guilt and there is false guilt.
15. Stage four of the grieving process is weeping. \*
16. If I open those floodgates we'll never get them closed.
17. After you go through all of that, there's resolution. (the final stage). \*
18. Your pain is your purpose; your misery is going to be your ministry.
19. Do not let the enemy shut you up with shame.

*\*Notes the five stages of grieving*

### SESSION #8: "GET A NEW ATTITUDE"

1. What does God mean when He tells us to get a new attitude?
2. It means we take our old thoughts and we intentionally replace them with God thoughts.
3. He was wanting me to change my outlook; He was wanting me to change my mind-set.
4. We can't change our behaviors until we first start to change our belief systems.

5. We're going to realize that perspectives and mind-sets and attitudes don't change themselves.
6. We want to take the lie and we want to combat it now with the Truth.
7. God will do what you can't do, but you've got to do your part.
8. The more you begin to think on those things, the more you will begin to change from the inside out.
9. Change your perspective on God's Word. \*
10. Get a Bible you can read and understand. \*
11. Check your heart before you sit down with the Word of God. \*
12. Take your time. \*
13. Know the difference between studying and reading then do both. \*
14. Studying just means this: It means pinpoint an area of your life you need help with.
15. If somebody tells you a lie, replace it with the Truth.
16. It's not that we have control over our circumstances as Christians; it's that we now have control over our attitudes, our mind-sets, and our thoughts about what happens...
17. Renewing our mind is something we do intentionally, purposely, and something we've got to do daily.

*\* Tips on "How to Get Into the Word of God"*

### SESSION #9: "PUT ON YOUR CLOTHES"

1. Step into shoes that were only made for you.
2. Ladies, where our minds go, our body eventually follows.
3. Everything starts in the mind.
4. Continue to renew your mind daily. \*
5. Cast down all lies immediately. \*
6. Capture it, cast it down, give it to God and say, "I'm not even thinking about it."
7. It is not a sin to have that thought enter your mind; it's a sin...if we let it stay.
8. Stay on the offense (not the defense). \*
9. If we are constantly fighting him off, then he's already won!
10. Think about what you're thinking about. \*
11. What's the why behind my what?
12. There's balance in everything.
13. Simplify your life; clear out your pathway. \*
14. Move the boulder out of your pathway and you'll stop tripping over it.
15. Take it one day at a time. \*

16. Make sure you give God as much time to help you to fix it as you gave the enemy to destroy it.
17. If I want help then I've got to do my part.
18. There's an answer for all of it in the Word of God.

\* *Strategies for Putting Your Thoughts in Order*

### SESSION #10: "AND GO BE CINDERELLA!"

1. This is the moment where the misery of your life becomes a ministry and the heartaches of your life become your heartbeat.
2. Princesses are not supposed to have scars.
3. God loves scars.
4. When you and I forget where we come from; we are very quickly on our way back.
5. As a Christian, the enemy's going to tell you, "You need to be perfect."
6. As long as you let the enemy convince you of that lie, you will walk around forgiven of the sin, but never delivered of the shame.
7. Your scars need to speak.
8. I want to encourage you to find your story.
9. God wants to use your former pain as your right-now purpose.
10. Your scars are what are going to connect you to a hurting world.
11. I'm not ashamed of this scar; it doesn't hurt to touch anymore. That's what happens when wounds are healed properly.
12. That's not who I am, it's what I did! (big difference)
13. And your scars, when you're healed up properly, will speak to a world that needs to know, "I need the answer."
14. Matthew 7:7 says ask, seek, and knock.
15. All of us have some type of insecurity, some type of something that if God gets us over it, just watch!
16. That is the place you will find complete fulfillment.
17. And we'll begin to see that, everywhere we go, there's somebody else waiting on us.

### SESSION #11: WHO'S WAITING ON YOU?

1. It's an honor that God even allowed me to learn these lessons for myself.
2. He had to set me free from understanding that even then, back then, those girls weren't my problem, I was my biggest problem.
3. Somebody somewhere is praying for an answer in life.

4. We have the ability to be the answer to somebody's prayer.
5. Somebody's waiting on you.
6. Start with what you know.
7. You don't need a pulpit; you don't need to be a world-renowned anything, you just need to be you.
8. His last wish is to spend some time with you Cinderella; can you do that?
9. God, please don't let them see me; please let them see You.
10. What if I didn't show up today?
11. What if I was so bound up with me that I didn't show up today?
12. It was the moment that I realized that I don't have the luxury of not showing up in life!
13. You don't have the luxury of waiting to feel before you show up.
14. There is somebody somewhere that's waiting on you every day.
15. God's got a great plan for you!
16. Thank you for taking time to "get over yourself."
17. Thank you so much for taking this journey with me.
18. Only God can take the pain of our lives and turn it into a great purpose.