

# facing the MIRROR

Finding a Self to Live With

WORKBOOK

**Daphne Delay**



[www.daphnedelay.com](http://www.daphnedelay.com)

# Suggested Leader Guidelines

Dear Leader,

Thank you for choosing Facing the Mirror: Finding a Self to Live With for your group Bible Study! It is our prayer that you and those you influence will be profoundly enriched, refreshed, empowered and changed by the revelation of who you are in Christ.

The workbook for Facing the Mirror was designed for individual or group study. But here are some helpful tips to make this a life-changing experience for you and your group:

## INSTRUCTIONS

1. Decide the pace you want to work through this Bible study. *For example, do you want to do the study in 6 weeks, meeting once a week? Or more or less?*
  - a. *Once you decide, divide the chapters by the number of weeks and prepare your time accordingly. [Suggestion: Keep total Bible Study time at 1 hour—not counting fellowship time before or after. Your attendance will remain steady and high if you recognize people’s busy schedules and work within those needs.]*
  - b. Recommendation: Use Facing the Mirror as an 8-week study, meeting once a week, covering 2 chapters each time. [Chapter 15 is slightly longer and encourages the reader to act, therefore this chapter can be done on its own the last week giving time for an overall summary review at the end.]
2. Every member of the group should have their own copy of Facing the Mirror book and workbook. This way they can write in their books and/or highlight text or quotes they want to remember or review again. *Encourage this. It will help the members of your group be more authentic with themselves and others.*
  - a. *This will require time to announce, take signups and order books.*

- b. Hand out books & workbooks prior to first meeting. Instruct everyone to read and complete workbook for the first 2 chapters before they come. (Or whatever pace you decided to set.)
- c. An **announcement** and **sign-up sheet** are included at the end of this Leader's Guide.

#### FIRST WEEK:

- 3. Make sure everyone knows each other by name. (In any group, it's hard to be vulnerable and share if you already feel uncomfortable.)
- 4. Ask the group members to share their name and a fun fact about themselves. (You can suggest one if you'd like. Example: Favorite pair of shoes and why?) This is simply a way to get everyone comfortable with each other.
- 5. Next, go around the group again and ask them to share their reason for wanting to participate in this Bible study. This will help you, as the leader, have a hint as to the goal of the group individually and together.

#### GETTING STARTED:

- 6. Open with prayer.
  - a. Pray for peace that passes understanding to guard their hearts and minds in Christ Jesus (Philippians 4:7) as you work through this study.
  - b. Pray and ask God to give each of you a spirit of wisdom and revelation in the knowledge of Him, the eyes of your understanding being enlightened (Ephesians 1:17-18).
  - c. Give thanks to God that He will be faithful to His Word (Isaiah 55:11) and complete the work that He has begun in each of your lives (Philippians 1:6).

7. With each chapter, open with this discussion question:

**What was the number one thing you learned about yourself or God in this chapter?**

8. Choose one question from the workbook chapter and ask for volunteers to share their answer. *As the Leader, you may have to share first. [To respect time, don't try this for every question.]*
9. Using the scripture review suggestion from each chapter, have everyone look up the passage to discuss.
- a. *Have a volunteer read the scripture aloud. It's a good idea to let others help you so you don't feel like you're doing all the talking 😊*
  - b. *Ask group to share their interpretation of the scripture and if it possibly has new meaning to them in light of the study.*
10. If time allows, share Daphne's thoughts on the quotes chosen for each chapter and use as discussion fillers or starters.
11. Close with prayer.
- a. Ask God to continue to help each person remain open and authentic with Him and themselves.
  - b. Thank God for sealing His truth in their heart by the Holy Spirit (Ephesians 1:13-14).

For more help, email [info@daphnedelay.com](mailto:info@daphnedelay.com).

# 1

## Through the Fire and Past the Mirror

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Primary Discussion Question (from workbook): \_\_\_\_\_

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Discussion Scripture (*Have everyone look up together and ask for a volunteer to read aloud*):

**Proverbs 23:7a**, *“For as a man thinks in his heart, so is he.”*

Review Quotes (*share Daphne’s thought behind each one and ask for others to share their own*):

- **Love yourself, for if you don’t, how can you expect anybody else to love you? –**

*Author Unknown*

“It’s not hard to tell others, ‘Jesus loves you,’ but we sometimes wrestle with this personally because we know our own faults. The problem is, we forget that how we view ourselves comes out in one way or another. In other words, we are putting off a vibe that says, ‘Don’t like me.’ Others may not know that’s what they’re sensing, but distancing yourself (emotionally or physically) is often the result either way. We all crave to be loved and accepted—but it starts with self.” *–Daphne*

- **Life is a mirror and will reflect back to the thinker what he thinks into it. –Earnest**

*Holmes*

“This is more true than any of us realize. It’s amazing how many negative circumstances or situations *always* happen to a negative person. They seem to always have a crisis of

some sort going on. How much more true would this be in the positive if we would just learn this principle?" -*Daphne*

LEADER NOTES (to self):

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# 2

## “You be (like) Jesus”

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Primary Discussion Question (from workbook): \_\_\_\_\_

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Discussion Scripture (*Have everyone look up together and ask for a volunteer to read aloud*):

**2 Corinthians 5:17**, *Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.*”

Review Quotes (*share Daphne’s thought behind each one and ask for others to share their own*):

- **The art of pleasing is the art of deception** –*Luc de Clapiers*

“The only reason we fall in the trap of trying to please others is because we don’t really know who we are ourselves. I’m not referring to being kind or genuine in our pleasing, but the opposite—when we simply please hoping someone will accept, approve, and like us, all while hoping they never really get to know the ‘real’ us. We’re only fooling ourselves. This is the deception.” –*Daphne*

- **The greatest deception men suffer is from their own opinions.** –*Leonardo da Vinci*

“Opinions are dangerous. They are rarely founded on truth. And when applying an opinion to how we view ourselves, the enemy has opportunity to distort the truth. This can be in the form of pride or low self-esteem. Either one is bad.” –*Daphne*

LEADER NOTES (to self): \_\_\_\_\_

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# 3

## Changing Clothes

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Primary Discussion Question (from workbook): \_\_\_\_\_

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Discussion Scripture (Have everyone look up together and ask for a volunteer to read aloud):

**Romans 8:1**, *“There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit.”*

Review Quotes (share Daphne’s thought behind each one and ask for others to share their own):

- **One reason God created time was so there would be a place to bury the failures of the past.** –Author Unknown

“This would be great if we could bury and *forget*. But sadly, we have a good memory and an enemy who takes advantage of that fact. But I do believe time heals all wounds if we let it. I finally got to a place where I could remember my failures *without the pain*. Learning who we are in Christ helps us remember as if it really were another person altogether who committed those failures.” –Daphne

- **All men are not cast in the same mold.** –Author Unknown

“The media is guilty of making us feel this way, but God never intended for us to be cookie-cutter-creatures. According to Psalm 33:15, God fashioned us individually. We are unique and yet, capable of being like Him.” –Daphne

LEADER NOTES (to self):\_\_\_\_\_

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# 4

## Cricket Mentalities

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Primary Discussion Question (from workbook): \_\_\_\_\_

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Discussion Scripture (Have everyone look up together and ask for a volunteer to read aloud):

**Proverbs 4:23**, “Keep and guard your heart with all diligence, for out of it spring the issues of life.”

Review Quotes (share Daphne’s thought behind each one and ask for others to share their own):

- **I don’t think of all the misery but of all the beauty that still remains.** –Anne Frank

“Knowing who said this is really inspiring. Of all people, Anne Frank had a reason to be sad, disillusioned, or depressed. Instead, she did something we should all do: ‘Forget the past and look forward to what lies ahead... pressing on to reach the goal...’ (Philippians 3:13-14).” –Daphne

- **It is what a man thinks of himself that really determines his fate.** –Henry David Thoreau

“I hear a story once about a man who had accidentally been locked in a freezer car on a train. When the train reached its destination, the man was found dead, but the freezer on the car was disabled. The man was convinced he would die of hypothermia... and so he did. If true, how much of our lives are on the wrong course, simply by what we think?” –Daphne

LEADER NOTES (to self): \_\_\_\_\_

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# 5

## The Truth About God

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Primary Discussion Question (from workbook): \_\_\_\_\_

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Discussion Scripture (Have everyone look up together and ask for a volunteer to read aloud):

**1 John 4:19**, “We love Him because He first loved us.”

Review Quotes (share Daphne’s thought behind each one and ask for others to share their own):

- **You can bend it and twist it... You can misuse and abuse it... But even God cannot change the Truth.** –Michael Levy

“Religion has made God seem hard and unapproachable. And the devil is behind every lie about God. But no matter what, the Bible will never lie against itself. And whether we come to realize it in this life or in eternity, the truth will prevail that God *does* love us and all His motivation for sending Jesus was to save us from utter destruction.” –Daphne

- **Whenever you have truth it must be given with love, or the message and the messenger will be rejected.** –Mahatma Gandhi

“I had an online discussion with a gentlemen once who argued with me regarding faith and healing. I finally asked him, ‘Do you not even want to believe God could be that good?’ He couldn’t answer me, but it was the first time I realized some people don’t really see God as loving. In all honesty, I don’t know if I could follow God if I believed He was out to get me. It was His unconditional love that won my heart. After discovering

that, I have no problem with His correction." -*Daphne*

LEADER NOTES (to self): \_\_\_\_\_

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## A Permanent Solution

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Primary Discussion Question (from workbook): \_\_\_\_\_

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Discussion Scripture (Have everyone look up together and ask for a volunteer to read aloud):

**2 Corinthians 5:21**, *“For He made Him who knew no sin to be sin for us, that we might become the righteousness of God in Him.”*

Review Quotes (share Daphne’s thought behind each one and ask for others to share their own):

- **The supreme happiness of life is the conviction that we are loved.** –Victor Hugo

“I have lived in an apartment, a duplex, a small house, a medium house, and a large house. But in every one of them, my happiness came from the fact that God was there with me. I have sweet memories of every home because of His presence. And I’m still convinced today that if I lost it all, I would be content knowing He is for me, and not against me.” –Daphne

- **No man was ever so deceived by another as by himself.** –Author Unknown

“We are our greatest salesman or greatest enemy. Either way, the truth is somewhere outside of our thinking. This is why I love God’s Word—it always sets me straight.” –Daphne

LEADER NOTES (to self): \_\_\_\_\_

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# 7

## The Free Gift

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Primary Discussion Question (from workbook): \_\_\_\_\_

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Discussion Scripture (Have everyone look up together and ask for a volunteer to read aloud):

**Romans 5:17**, *“For if by the one man’s offense death reigned through the one [man, Adam], much more those who receive abundance of grace and of the gift of righteousness will reign in life through the One, Jesus Christ.”*

Review Quotes (share Daphne’s thought behind each one and ask for others to share their own):

- **God’s gifts put man’s best dreams to shame.** –Elizabeth Barret

“This quote automatically makes me think of Ephesians 3:20, which says, ‘God is able to do exceedingly abundantly above all that we ask or think according to the power that works in us.’ It’s so true. When we choose to believe God is good, He will go above and beyond to prove it to us.” –Daphne

- **You can give without loving, but you can never love without giving.** –Author Unknown

“I am married to a very generous man. But affection has never been his strong suit (although he tries for me). Regardless, he has been a living example of this truth. He gives without question—proof of his love for me and our children. How much more is God like this?” –Daphne

LEADER NOTES (to self):

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# 8

## Qualified & Convinced

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Primary Discussion Question (from workbook): \_\_\_\_\_

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Discussion Scripture (Have everyone look up together and ask for a volunteer to read aloud):

**Colossians 1:12**, “Giving thanks to the Father who has qualified us to be partakers of the inheritance of the saints in the light.”

Review Quotes (share Daphne’s thought behind each one and ask for others to share their own):

- **To forgive is to set a prisoner free, and then discover the prisoner was you.** –Lewis B. Smedes

“I always tell people when it comes to forgiveness, ‘Grit your teeth and do it anyway.’ What I mean by that is, it won’t be easy, but it must be done. The great thing is, after you have forgiven, the feeling of *freedom* your heart was crying out for shows up. It’s then you realize how bound the enemy had you.” –Daphne

- **Nothing is more wretched than the mind of a man conscious of guilt.** –Maccius Plautus

“It’s like the junk drawer or the hall closet you hope no one will open. If we could see the stain that guilt leaves on our inner man, we’d all run to take a bath! Thankfully, Jesus cleansed us Himself, and made us fit to share in all the joys of Heaven.” –Daphne

LEADER NOTES (to self): \_\_\_\_\_

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# 9

## Misunderstood Revelation

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Primary Discussion Question (from workbook): \_\_\_\_\_

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Discussion Scripture (*Have everyone look up together and ask for a volunteer to read aloud*):

**Hosea 4:6a**, *“My people are destroyed for lack of knowledge.”*

Review Quotes (*share Daphne’s thought behind each one and ask for others to share their own*):

- **What use is revelation or religion if it doesn’t change anything?** –*Bakir Bashir*

“Good question. Incomplete Christians are one reason the world mocks us. If we say we’ve been a Christian for 20 years, but our friends at the high school reunion can’t see any difference, then who are we fooling other than ourselves?” –*Daphne*

- **The spiritual is parent of the practical.** –*Thomas Carlyle*

“I am guilty of this too, but it seems people are way more aware of their natural surroundings (including their feelings) than they are of the greatness of God that dwells within us. We need to be less self-conscious, people-conscious, time-conscious, or even devil-conscious, and become more GOD-conscious!” –*Daphne*

LEADER NOTES (to self): \_\_\_\_\_

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# 10

## Resisting Condemnation

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Primary Discussion Question (from workbook): \_\_\_\_\_

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Discussion Scripture (Have everyone look up together and ask for a volunteer to read aloud):

**Romans 7:24-25**, *“O wretched man that I am! Who will deliver me from this body of death? I thank God—through Jesus Christ our Lord!”*

Review Quotes (share Daphne’s thought behind each one and ask for others to share their own):

- **Compassion will cure more sins than condemnation.** –Henry Ward Beecher

“You have to envision Jesus in Matthew 9:36 when He was moved with compassion as He looked out over the multitude. This is how He still views humanity. And in our worst sin, this is how He sees us—through compassion, not hate. He desires for us to be free more than we desire it ourselves.” –Daphne

- **Guilt is perhaps the most painful companion to death.** –Coco Chanel

“Guilt is a slow torture. Have you ever wondered why enemies of war don’t just kill off their captives instead of keeping them prisoner? It’s evil, but it’s the torture. They know death would seem a luxury in some cases. Our enemy, the devil, is the picture of evil—and guilt is his game. But praise God, Jesus came to give LIFE and life more abundantly!” –Daphne

LEADER NOTES (to self):

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# 11

## Engrafted

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Primary Discussion Question (from workbook): \_\_\_\_\_

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Discussion Scripture (Have everyone look up together and ask for a volunteer to read aloud):

**James 1:21b**, “...Receive with meekness the implanted [engrafted] word, which is able to save your soul.”

Review Quotes (share Daphne’s thought behind each one and ask for others to share their own):

- **A man finds his identity by identifying.** –Author Unknown

“An identity is simply who you are, or who you *believe* you are. But identifying describes recognition or verification. To discover who we are in truth, we must begin to see ourselves in light of God’s Word. Identify a truth, and then apply yourself to it. This is the beginning of finding your identity.” –Daphne

- **Forgiveness is the fragrance that the flower leaves on the heel of the one who crushed it.** –Author Unknown

“Some things in life are bittersweet. I’ve often said I wouldn’t want to go back and re-live certain times of my life, but I’m glad for who I am on this side of it. That’s the fragrance of a new life... even after the old one has been buried.” –Daphne

LEADER NOTES (to self): \_\_\_\_\_

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# 12

## Performance Not Required

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Primary Discussion Question (from workbook): \_\_\_\_\_

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Discussion Scripture (Have everyone look up together and ask for a volunteer to read aloud):

**Ephesians 2:8**, *“For by grace you have been saved through faith, and that not of yourselves; it is the gift of God.”*

Review Quotes (share Daphne’s thought behind each one and ask for others to share their own):

- **The wheel’s spinning, but the hamster’s dead.** –*Author Unknown*

“In other words, we can spin our wheels all day long, but that doesn’t mean our performance is impressive. God saved us by His grace. Trying to *earn* God’s love and approval (when we already have it through Christ) is a dead hamster!” –*Daphne*

- **My salvation was a free gift. I didn’t have to work for it and it’s better than any gold medal I’ve ever won.** –*Betty Cuthbert (4-time Olympic Champion)*

“I love watching the Olympics. I am impressed with how much dedication and time the athletes put into their training to make it that far. So all the more why this quote spoke so much to me—this woman realized there were things in life far greater in reward than any accolade the world could give, or she could earn.” –*Daphne*

LEADER NOTES (to self):

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# 13

## Mirror, Mirror

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Primary Discussion Question (from workbook): \_\_\_\_\_

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Discussion Scripture (Have everyone look up together and ask for a volunteer to read aloud):

**2 Corinthians 3:18**, *“But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord.”*

Review Quotes (share Daphne’s thought behind each one and ask for others to share their own):

- **There are two ways of spreading light: to be the candle or the mirror that reflects it.** –Edith Wharton

“Jesus is amazing. He is the true Light of the world. And to think He made us amazing by choosing to make our hearts His home. He is the candle. We are the mirror.” –Daphne

- **The face is the mirror of the mind, and eyes without speaking confess the secrets of the heart.** –St. Jerome

“I have never been good at hiding my emotions. My face always gives me away. This must be why masks were invented; they hide what the face would reveal. But our eyes are another story. Look deep into anyone’s eyes, and the truth will be found there.” –Daphne

LEADER NOTES (to self):

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# 14

## Awakening

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Primary Discussion Question (from workbook): \_\_\_\_\_

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Discussion Scripture (*Have everyone look up together and ask for a volunteer to read aloud*):

**1 Corinthians 15:32**, *“Awake to righteousness...”*

Review Quotes (*share Daphne’s thought behind each one and ask for others to share their own*):

- **A single event can awaken a stranger within us totally unknown to us. To live is to be slowly born.** –*Antoine de Saint-Exupery*

“My single most life-changing event was the day in front of my mirror. It’s odd to think that it wasn’t salvation itself, but I now realize why. Eternity would’ve welcomed me, but my life (and effectiveness) on earth would have been far less than God intended. I’m so grateful for my awakening.” –*Daphne*

- **Every issue, belief, attitude, or assumption is precisely the issue that stands between you and your relationships; and between you and yourself.** –*Author Unknown*

“When I read scriptures like Jeremiah 29:11, which says God has plans for every person –good plans–I wonder how many people are not walking in those plans because of their wrong belief system? I can only look at myself, but I know I would not be where I am today if my belief system hadn’t changed to match God’s truth.” –*Daphne*

LEADER NOTES (to self): \_\_\_\_\_

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# 15

## Living Out Our Righteousness

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Primary Discussion Question (from workbook): \_\_\_\_\_

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Discussion Scripture (Have everyone look up together and ask for a volunteer to read aloud):

**Mark 11:22-23**, “[Jesus said to them] Have faith in God. For assuredly, I say to you, whoever says to this mountain, ‘Be removed and be cast into the sea,’ and does not doubt in his heart, but believes that those things he says will be done, he will have whatever he says.”

Review Quotes (share Daphne’s thought behind each one and ask for others to share their own):

- **A little knowledge that acts is worth infinitely more than much knowledge that is idle.** –Kahlil Gibran

“This true of anything, but how much more when applied to who we are in Christ? There are champions among us! How sad for the person who studies and learns but never applies.” –Daphne

- **All the art of living lies in a fine mingling of letting go and holding on.** –Havelock Ellis

“We can’t hold on to regrets and insecurities if we want to embrace all that God has for us in Christ. But at the same time, we mustn’t ever forget where we started. I remember, not to feel bad about my past, but to remind me how good God is and how grateful I am

to be His child." -*Daphne*

- **Those who danced were thought to be quite insane by those who couldn't hear the music.** -*Angela Monet*

"The Bible talks about a 'joy unspeakable and full of glory' (1 Peter 1:8). Those who don't have a relationship with Jesus don't understand how you can have peace in the storm or joy in the wilderness. And sadly, I know some Christians like this too. It's hard to explain. It must be experienced. But the good news is, God is trying to bring every person to that revelation!" -*Daphne*

LEADER NOTES (to self): \_\_\_\_\_

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facing the  
MIRROR

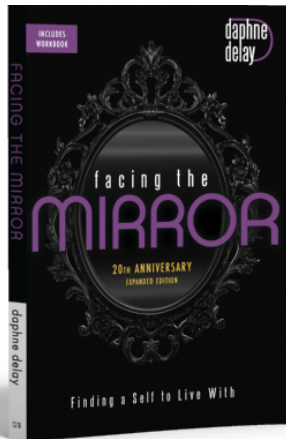
## Finding a Self to Live With

DATE: \_\_\_\_\_

**TIME:** \_\_\_\_\_

# Bible Study

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When you look in your mirror, do you like what you see?

*Or, are you like most people who avoid their mirror to mask the reminders of their mistakes, or the scars of their experiences?*

Trials are unavoidable, but they don't have to define us.

In this life-changing Bible Study, you will:

- **See yourself as God sees you**
- **Learn how to drop the dead weight of guilt, condemnation, and regret**
- **Discover the Truth about God**
- **Learn what Righteousness is, and the benefits that belong to every believer**
- **Find out who you are despite what you've been through**
- **Learn the truth about the lies and deception that have held you back**
- **Be taught how to live in the freedom God intended you to have**

*Facing the Mirror* consists of fifteen chapters full of real-life examples, biblical revelation, and helpful resources. It is not a theory. It is *truth* to help you find a self you can live with.

**Sign up today!**

**Date:**\_\_\_\_\_ **Time:**\_\_\_\_\_

*For more information, contact:*

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Book & Workbook cost:\_\_\_\_\_