



SEASON 10 EP.7

Daughter: The Redemption of Daughterhood



GROUP QUESTIONS

1. What stood out to you from this week's episode?
2. Where do you feel at war with your body and where do you feel at home in your body? How is God inviting you to see your body as a blessing rather than a burden?
3. What beliefs about yourself have you felt inspired to renounce and repent of after today's episode? What truth does Jesus desire to speak into your heart to fill this space?

LECTIO DIVINA

...I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God. Now to him who is able to do immeasurably more than all we ask or imagine...be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen." - Ephesians 3:14-21

JOURNAL QUESTIONS

1. Have you cursed your body or believed the lie that your body is too much or not enough? Take a moment to practice repentance and ask God to speak his truth into your body.
2. Can you imagine your body as a temple where the Holy Spirit is dwelling and what kind of temple does it look like? What is the Holy Spirit doing in this temple? Where is He illuminating? Where is He healing? Where is He moving?
3. Are there areas brought up in the past few weeks that you would rather avoid than allow Jesus to redeem and restore? Take a moment to commit to moving through the cross towards the resurrection with trust that Christ desires your redemption.

QUOTE TO PONDER

"Because their shame was twofold and disgrace was proclaimed their portion, they will possess twofold in their own land; everlasting joy shall be theirs." - Isaiah 61:7

