



Two Important Questions

Have you ever personally received Jesus Christ and the free gift of salvation by faith?

Have you ever really stopped and considered how you cover, mask, bury, or compensate for the unresolved guilt in your life?

Assignments

1. What past issues or present struggles do you feel guilty about? How do you tend to deal with it?

Three horizontal lines for writing.

2. What lies or misbeliefs about yourself are keeping you from realizing you are beautiful in God's eyes?

Three horizontal lines for writing.

Misbeliefs:

- I am a bad person. My past mistakes and guilty feelings confirm I am dirty, ugly, and unlovable.
• If only I could be as beautiful, talented, and morally pure as _____, then I would be happy.



Truth:

My soul (the real me), my physical appearance, my natural talents, and my personality (in their unchanging aspects) are beautiful in God's sight. He is my designer and maker.

Psalm 139:13-17

3. PRAYER: Ask God to show you roadblocks, misperceptions, and false guilt in your life so you can experience His favor and delight in you.

4. OPTIONAL: For deeper understanding, read pages 184–188 of the ***Discover Your True Self*** book or listen to the Day 17 audiobook excerpt.