

Foreword by Katherine Wolf,
coauthor of *Hope Heals*

JESS CONNOLLY

Breaking Free *from* Body Shame

DARE TO RECLAIM
WHAT GOD HAS
NAMED GOOD



A PDF COMPANION TO THE AUDIOBOOK

ZONDERVAN BOOKS

Breaking Free from Body Shame

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ISBN 978-0-310-35259-4 [audio]

Library of Congress Cataloging-in-Publication Data

Names: Connolly, Jess, author.

Title: *Breaking free from body shame* : dare to reclaim what God has named good / Jess Connolly.

Description: Grand Rapids: Zondervan, 2021. | Summary: "For women who love God but have a love/hate relationship with their bodies, join Jess Connolly to discover a bold new way to rest in God's workmanship and heal the broken beliefs that have held you back from your fullest life"— Provided by publisher.

Identifiers: LCCN 2021000401 (print) | LCCN 2021000402 (ebook) | ISBN 9780310352464 (trade paperback) | ISBN 9780310352501 (ebook) Subjects: LCSH: Body image in women—Religious aspects. | Self-perception—Religious aspects—Christianity.

Classification: LCC BF697.5.B63 C657 2021 (print) | LCC BF697.5.B63 (ebook) | DDC 306.4/613—dc23

LC record available at <https://lcn.loc.gov/2021000401>

LC ebook record available at <https://lcn.loc.gov/2021000402>

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Published in association with literary agent Jenni Burke of Illuminate Literary Agency, www.illuminateliterary.com.

Art direction: Curt Diepenhorst

Cover illustration: MURRIRA / Shutterstock

Interior design: Denise Froehlich

Printed in the United States of America

Why Body Image Is a Spiritual Issue



Questions

If your heart was a house with many rooms, what room would represent your body? What does that room look like? Is it cared for or hidden? Is it visited often? Is God invited into that room?

What have you been told about your body? List the first three messages that come to mind.

Is there someone in your life who loves her body simply because God made it? How has her friendship or relationship impacted your life?

A Better Mindset



Questions

What body image movements have you been exposed to?

Which of these has been a blessing? What has helped you to form a positive body image?

How does it make you feel to know that God is not neutral about your body?

Do you agree that mainstream Christian culture has shied away from these messages? Why do you think that is?

What's your immediate response to the idea that your body lives in the kingdom?

What would it look like to live as if the kingdom is real in your body today?

CHAPTER 3

Renaming What the World Has Labeled Less-Than



Questions

What do you think about when you think of your own name? How do you describe yourself?

What negative occurrence of naming comes first to mind?

What kind of name-giver do you want to be known as?

Resting from the Quest for a “Better” Body



Questions

What are you getting your body ready for?

Would you like to pull the lever and scream “stop” too?

Would you like to stop trying to “get your body right”?

What would it look like for you to let your body rest
from the ongoing work of “making it better”?

What will your soul say for your body
when anything tries to provoke her?

Restoring Your Body to Its Original Purpose



Questions

Have you ever thought about **why** you want healing or restoration in your body?

Why do you want to grow?

What if living in your body was less about how you could make it better and more about seeing God?

When you eat, when you move, when you spend time in your body, are you more in awe of God? Are you aware of Him at all?

What would an act of worship in your body, outside of the typical singing and dancing, look like today?

Welcoming Revival



Questions

If repentance, prayer, and returning are how revival begins, are you in?

Are you on the lookout for other women walking in freedom? What happens when you see this kind of fruit?

How likely is it, in your opinion, that women in our time and culture can see breakthrough in the stronghold of negative body image?

When was the last time you told God you're sorry for how you've treated your body?

Resources



Revelation Wellness: www.revelationwellness.org

Online Christian Counseling: www.faithfulcounseling.com

Onsite Workshops: www.onsiteworkshops.com

The Wellness Revelation by Alisa Keeton