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Bestselling Author of *God in My Everything*

Now I Become MYSELF

How Deep Grace Heals Our Shame
and Restores Our True Self



A PDF COMPANION TO THE AUDIOBOOK

ZONDERVAN REFLECTIVE

Now I Become Myself

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Chapter 1

THE FEAR OF NOT BEING ENOUGH

Study Guide Questions

1. Why do you think that even very successful, accomplished people fear not being enough?
2. Take a moment to reflect on an area in your life where you feel like you are not enough.
3. Have you ever experienced healthy shame? How has this experience been beneficial in your life?
4. Have you (or someone you know) ever experienced toxic shame? How has unhealthy shame been destructive in your life (or the life of someone you know)?
5. How can we overcome harmful shame?

Chapter 2

COVERED BY GRACE

Study Guide Questions

1. When have you experienced a healthy sense of *state* shame? When have you experienced destructive *trait* shame?
2. What are some “fig leaves” you reach for to cover your true self? When we hide behind our “false self,” why can’t we experience the love of God?
3. What are some of the implications of Jesus bearing our shame (Hebrews 12:2)?
4. How does God restore our honor so we can come home to our true self?

Chapter 3

ENCOUNTERING THE LOVE OF GOD

Study Guide Questions

1. If a child experiences secure attachment with a significant adult figure, what kind of capacities will they likely have? How can a child (or adult) who lives with insecure attachment patterns change from insecure to secure attachment?
2. How does being securely attached to God embolden us to take risks and face possible rejection?
3. Have you experienced a sense of God's love for you? If so, how?
4. Is there a practice that might help you expand your "receptive affect" for God's love (your capacity to receive God's love)?

Chapter 4

SEEING GOD'S FACE IN OTHERS

Study Guide Questions

1. How has your sense of self been shaped by others?
2. In what ways have explicit and implicit childhood memories formed you?
3. How can the presence, body language, and words of others help us experience healing from shame?
4. What practice or posture might help you expand your capacity to receive the affirmation of others?
5. How might confession with a trusted, empathetic person bring healing? How can you make confession a regular practice in your life?
6. How can you seek to reflect God's face to others?

Chapter 5

MASTERPIECE IN THE MAKING

Study Guide Questions

1. How can you root your identity in your *original glory*? How might this inspire you to holiness more than emphasizing rules and regulations?
2. How can you cultivate a future vision of yourself? How might this make you more beautiful?
3. How can you *consent* to holiness in your daily life?
4. Where do you see God shaping you and inviting you to embrace the holy?
5. How can you focus on seeing God's mercy more clearly in your daily life? Do you sense a posture or practice you are being called to embrace so you can become a masterpiece?

Chapter 6

OVERCOMING ENVY

Study Guide Questions

1. Who (or what kind of person) do you tend to envy?
2. How can you resist comparing yourself with others?
3. How might becoming a channel of God's love help you overcome envy? How might praying for someone or blessing someone else help you vanquish envy?
4. What is the relationship between practicing gratitude and experiencing freedom from envy? Is there a posture or practice you feel stirred to embrace to help you overcome envy?

Chapter 7

EMBRACING OUR LIMITS

Study Guide Questions

1. Rather than believing that if you work hard enough, you can become anything you want, how might recognizing your limits foster a sense of freedom for you? How does exceeding your limits damage you and others?
2. How did Jesus choose to *limit* himself during his earthly existence?
3. Practically, what might help you discern the will of God and embrace your limits so you know when to say yes or no to something?
4. How can you ensure that you live your life, not someone else's?

Chapter 8

FULFILLING OUR POTENTIAL

Study Guide Questions

1. How does shame prevent us from fulfilling God's calling on our lives?
2. Like Peter's mother, have you ever experienced someone helping you to see beyond what you considered to be your weaknesses and failures?
3. How does God's grace help us overcome our fear of failure so we can take risks? How does experiencing God's love enable us to contribute to the world?
4. How are you being stirred to serve others?

Chapter 9

AWAKENING TO BEAUTY

Study Guide Questions

1. How does beauty free us from self-absorption and leave less room for shame to work?
2. How can beauty awaken us to the love of God?
3. What is the relationship between experiencing beauty and bringing justice to the world?
4. How can you put yourself on the path of beauty?

Chapter 10

CHOOSING JOY

Study Guide Questions

1. How does joy help us overcome shame? How can you choose joy each day? How can you practice gratitude each day?
2. Recall a time when you experienced the joy of anticipating something good in your future. How can you nurture the belief that God holds your future?
3. What are some activities that bring you joy and draw you to God? How might you engage these activities as a pathway of delight?
4. How might a regular Sabbath practice lead you on a pathway of joy?

Epilogue

NOTHING WASTED

Study Guide Questions

1. When Jesus engages Peter's painful memory of failure, how does he create a path of restoration and healing for Peter?
2. How does knowing that Jesus is *with us* in our pain and shame bring us solace and wholeness?
3. How have failure and shame become fodder for growth in your life? How have some of your failures shaped your life work?
4. How can we seek to live as Christ's body in the world to help heal shame and encourage one another to become our true selves?