

jess connolly

Breaking Free *from* Body Shame

BIBLE STUDY GUIDE



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FIVE SESSIONS



Go and Tell Gals on behalf of Jess Connolly

Breaking Free from Body Shame Study Guide

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Contents

<i>How to Use This Guide</i>	4
Session 1	5
Kingdom Body Mindset	
Session 2	14
Renaming Your Body as Good	
Session 3	23
Resting from Striving in Your Body	
Session 4	33
Restoration Through Worship	
Session 5	42
Revival and Changing the Language	



Directions

HOW TO USE THE BREAKING FREE FROM BODY SHAME STUDY GUIDE

This study guide was purposefully written to stand alongside Breaking Free from Body Shame (the book) with option to also accompany the Breaking Free from Body Shame Bible Study video series. Each session of the guide begins by detailing the corresponding chapters of book study and video session.

While you can absolutely complete the study guide on its own, I recommend using at least one other resource (if not both!) to enhance your personal experience.

SESSIONS

This guide is broken down into five sessions. I had a week per session in mind when writing the content, but the timeline is completely up to you! You could do a session a day, a week, or longer if that's what best serves you + your community.

Each session contains the following sections:

- A note from me, Jess
- Look for + Pray for
- Read + Reflect
- Personal Journaling + Reflection
- Personal Scripture Study
- Community Questions
- A Break Free Body Project

"Community Questions" assumes that you're completing the study in a group setting, such as a Bible study, community group, or other small group setting. If you're studying independently, feel free to answer these questions on your own!

No matter how you find yourself starting this study and what tools you have to pair with it, I pray the biblically-based truth found in these pages helps you find freedom in your own life. Because you are free, in Jesus' name.

Are you ready? Let's get started. It's time to break free.



SESSION ONE

Kingdom Body Mindset



Session 1

FIRST: READ CHAPTER 1 + 2 IN BREAKING FREE FROM BODY SHAME
OPTIONAL: WATCH SESSION 1 OF VIDEO BIBLE STUDY ALONE OR IN A GROUP

A NOTE FROM JESS

My friend,

This week we're jumping in, and we're not playing small. We're out for freedom in our bodies and souls. We're ready to eradicate shame and its effect on our lives. We're seeking a kingdom body mentality, in Jesus' name.

In this session, we will discuss what it means to push past body ignorance. This will require drawing attention to thoughts and feelings that may have been stuffed down for years, if not our whole lives. It will be worth it when we're able to look Jesus in the eye, tell Him we want healing, and know what we need healing from.

Body ignorance is not working. 97% of women say they feel negatively about their bodies, and this percentage does not decrease within the confines of the Christian community. This means that 97% of the women you know are walking around carrying shame, frustration, grief, and pain in a part of their life that they cannot escape from. This negativity is present with them on their absolute best days, and on their worst.

How we view our bodies impacts how we see God, how we see ourselves, and how we live in this world. It's wildly spiritual, it matters, and it's time for us to break free.

jess



Session 1

LOOK FOR + PRAY FOR

LOOK FOR:

Here are some things I want to encourage you to look for in this session:

- Look for beliefs or thoughts that sound right, but don't sound like God, **especially** as it pertains to body image.
 - Look for moments where you see the kingdom coming.
 - Be on the lookout for other women who are after liberty. They are out there, and they'll be encouraged to know you are as well.
-

PRAY FOR:

If you could use some prayer prompts this week, here are some topics you could talk to God about:

- Pray for the courage to confess + process with your Father.
- Pray the Lord's Prayer from Matthew 6 and see where it leads you.
- Pray for a shift in our culture to be more kingdom-minded as a whole.



Session 1

READ + REFLECT

In this session, we're reading from John 5 about an encounter that Jesus had with a man who needed healing. As you read, try to picture this event. Note any details that stand out to you, write down questions you have or thoughts you want to follow up on!

Some time later, Jesus went up to Jerusalem for one of the Jewish festivals. Now there is in Jerusalem near the Sheep Gate a pool, which in Aramaic is called Bethesda and which is surrounded by five covered colonnades. Here a great number of disabled people used to lie—the blind, the lame, the paralyzed. One who was there had been an invalid for thirty-eight years. When Jesus saw him lying there and learned that he had been in this condition for a long time, he asked him, “Do you want to get well?”

“Sir,” the invalid replied, “I have no one to help me into the pool when the water is stirred. While I am trying to get in, someone else goes down ahead of me.”

Then Jesus said to him, “Get up! Pick up your mat and walk.” At once the man was cured; he picked up his mat and walked. John 5:1-9 NIV

WHAT CAN YOU OBSERVE ABOUT GOD IN THIS PASSAGE?

WHAT QUESTIONS DOES JESUS NOT ASK THE MAN WHO NEEDS TO BE HEALED?



Session 1

PERSONAL JOURNALING + REFLECTION

HOW DO YOU FEEL ABOUT YOUR BODY?

HOW DOES THAT AFFECT HOW YOU BEHAVE IN YOUR BODY?

ARE YOU READY TO BRING THOSE THOUGHTS, FEELINGS, AND BEHAVIORS IN LINE WITH THE KINGDOM?



Session 1

PERSONAL SCRIPTURE STUDY

As we meditate on these verses, let's ask three questions:

1. What does this teach me about God?
2. Do I live like this verse is true?
3. What would it look like for me to come into agreement with this truth?

PSALM 8:3-5

When I consider your heavens, the work of your _____, the moon and the stars, which you have _____, what is _____ that you are _____ of them human beings that you _____ for them?

GALATIANS 2:20

I have been _____ with Christ and I no longer live, but _____ lives in me. The life I now live in the _____, I live by _____ in the Son of God, who _____ me and gave himself for me.

EPHESIANS 2:10

For we are God's _____, _____ in Christ Jesus to do good works, which God prepared in _____ for us to do.



Session 1

COMMUNITY QUESTIONS

IS THERE ANYTHING THAT MAKES YOU SCARED OR NERVOUS ABOUT AGREEING WITH A KINGDOM BODY MINDSET?

DO YOU AGREE THAT TRANSFORMATION REQUIRES GRIEVING AND REPENTANCE PRECEDES REVIVAL? WHY OR WHY NOT? HOW COULD THAT LOOK IN THIS CONVERSATION ABOUT BODY IMAGE?

WHAT DO YOU THINK JESUS WOULD SAY TO YOU ABOUT YOUR BODIES IF HE WAS HERE (IN THE FLESH) IN YOUR GROUP? WHAT SCRIPTURE SUPPORTS THAT STATEMENT?



Session 1

BREAK FREE BODY PROJECT

In each session, I'll give you a small bonus "project": an idea to help you live out the truth you've absorbed this week. Don't overthink it and don't think of it as something you have to do, but something you get to do if you'd like to put some flesh on your faith this week.

Name and write out some of those "rules" or "laws" our current culture holds to, whether spoken or unspoken. We've talked about body ignorance being a movement that subconsciously or overtly encourages us to ignore how we feel about our bodies. But a) we know that is not working for women and b) our Father loves + cares for us, He doesn't intend for us to neglect His creation. Naming these "rules" that we've followed will help us notice how far they are from God's heart for His daughters, and move forward with freedom instead.

HERE ARE SOME EXAMPLES YOU COULD START WITH:

- YOU HAVE TO GET YOUR BODY READY FOR SUMMER.
- YOU HAVE TO GET YOUR BODY BACK AFTER HAVING A BABY.

WHAT COULD THIS LOOK LIKE FOR YOU?



NOTES



SESSION TWO

Renaming Your Body as Good



Session 2

FIRST: READ CHAPTER 3 + 4 IN BREAKING FREE FROM BODY SHAME
OPTIONAL: WATCH SESSION 2 OF VIDEO BIBLE STUDY ALONE OR IN A GROUP

A NOTE FROM JESS

My friend,

Here's the hard news:

Your body and body image have been harassed since birth. You've been sold messages and lies, you've been told untruths and had unkind words written over you. Through people you love, through the media, and even through your own lips - so many negative words have come at you.

Here's the great news:

You're not a victim. A victim is someone who experiences wounding or vulnerability without any power to protect themselves, and that's not us anymore, sister.

In this session, we're going to access some of the authority that's been given to us by our good and loving Father to go back to the original name given to us in God's Word. We're going to rename and reclaim so much power by fighting the enemy of our souls, rather than making everyone else our enemy. And we're going to step into our God-given role as namers in the kingdom of God.

jess



Session 2

LOOK FOR + PRAY FOR

LOOK FOR:

Here are some things I want to encourage you to look for in this session:

- Look for moments when you want to perceive people as the enemy instead of the actual enemy.
- Look for moments where you're used to receiving a name or a proclamation about your body that you need to reject.
- Be on the lookout for moments to speak life over yourself and others. Use scripture, which is the sword of the Spirit!

PRAY FOR:

If you could use some prayer prompts this week, here are some topics you could talk to God about:

- Pray for healing from the past moments where your body was named unkindly.
- Pray for the bravery to believe in your first name.
- Pray for a passion to encourage others, even if you're not being encouraged.



Session 2

READ + REFLECT

In this session, we're reading from Genesis 1-3, where some beautiful things happened (God ascribed value and worth to His creation) and some horrible things happened (the enemy convinced humans for the first time that God wasn't trustworthy).

Let's dig in; there's a lot for us here:

Now the serpent was more crafty than any of the wild animals the Lord God had made. He said to the woman, "Did God really say, 'You must not eat from any tree in the garden'?"

The woman said to the serpent, "We may eat fruit from the trees in the garden, but God did say, 'You must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die.'"

"You will not certainly die," the serpent said to the woman. "For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil."

When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it. Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves. Genesis 3:1-7 NIV

WHAT DO YOU NOTICE ABOUT THE ENEMY IN THIS SECTION?

WHAT DO YOU NOTICE ABOUT ADAM AND EVE?



Session 2

PERSONAL JOURNALING + REFLECTION

WHAT NEGATIVE NAMES HAVE IMPACTED YOUR LIFE? HOW?

HOW HAS THAT IMPACTED HOW YOU BEHAVE IN YOUR BODY?

ARE YOU READY TO LEAVE THESE NAMES BEHIND AND COME UNDER ALIGNMENT WITH THE FIRST NAME YOU WERE GIVEN?



Session 2

PERSONAL SCRIPTURE STUDY

As we meditate on these verses, let's ask three questions:

1. What does this teach me about God?
2. Do I live like this verse is true?
3. What would it look like for me to come into agreement with this truth?

PROVERBS 18:20-21

From the _____ of their mouth, a person's stomach is filled; with the _____ of their lips they are satisfied. The _____ has the power of life and _____, and those who _____ it will eat its fruit.

ISAIAH 43:2-3 MSG

Don't be afraid, I've redeemed you. I've called your _____. You're mine. When you're in _____ your head, I'll be _____ with you. When you're in _____ waters, you will not go down. When you're between a rock and a hard place, it won't be a dead end. Because I am God, your _____ God, The Holy of Israel, your _____.

JOHN 10:10

The thief comes only to _____ and _____ and _____; I have come that they may have _____, and have it to the _____.



Session 2

COMMUNITY QUESTIONS

WHAT WOULD IT LOOK LIKE FOR YOU TO KEEP IN PERSPECTIVE WHO THE REAL ENEMY IS?

HOW CAN WE ACTIVELY AGREE WITH THE FIRST NAME GOD GAVE US?

WHAT WILL IT LOOK LIKE TO STEP INTO OUR ROLE AS NAMERS?



Session 2

BREAK FREE BODY PROJECT

In each session, I'll give you a small bonus "project": an idea to help you live out the truth you've absorbed this week. Don't overthink it and don't think of it as something you have to do, but something you get to do if you'd like to put some flesh on your faith this week.

Speak life over yourself in multiple ways, **and** speak life over other women in multiple ways.

HERE ARE TWO AVENUES OF LIFE-SPEAKING TO TRY:

1. Write a note to another woman affirming some way you've seen God move in her recently. Write a note to yourself testifying to how you've seen God move in you.
2. Speak life over someone who has been difficult in your life. Ask God for words if you need help finding them. Speak life over yourself, in a situation or a time where you're feeling particularly difficult. Ask God for words if you need help finding them.

WHAT COULD THIS LOOK LIKE FOR YOU?



NOTES



SESSION THREE

Resting from Striving in Your Body



Session 3

FIRST: READ CHAPTER 5 + 6 IN BREAKING FREE FROM BODY SHAME
OPTIONAL: WATCH SESSION 3 OF VIDEO BIBLE STUDY ALONE OR IN A GROUP

A NOTE FROM JESS

You have already done such amazing work. You've already been so brave and taken such bold steps toward freedom. We're going to keep going, but the next part of our journey is less about taking steps and more about welcoming a rhythm that we were born to enjoy. It's time for us to talk about rest. But the truth is: I know that resting is complicated for many of us, it's even scary for some of us. It feels risky to take our hands off the wheel. It can be terrifying to not be moving forward.

But when we step back and take the rest that God offers us, we can experience His power, His mercy, His grace, and His love in new and fresh ways. Especially when it comes to our bodies, many of us are pre-wired to strive. We're so incredibly used to working for approval and even just for the right to be, to exist, to take up space.

But this is the gospel: Christ died for us while we were still sinners when we couldn't have chosen Him and couldn't have earned our way to Him. And our Father called our bodies good before we lived a day in them. So let's get back to that pronouncement of good, that inclusion in the kingdom, and let's rest in His goodness, glory, and grace as we dig into His Word and believe what He has said about us.

jess



Session 3

LOOK FOR + PRAY FOR

LOOK FOR:

Here are some things I want to encourage you to look for in this session:

- Look for moments when you're tempted to strive or work just to feel more comfortable. Notice what happens when you don't strive.
- Look for moments when God might be giving you rest or peace that you're used to ignoring.
- Be on the lookout for moments where you're tempted to try and beat the curse, or feel shame about not being able to.

PRAY FOR:

If you could use some prayer prompts this week, here are some topics you could talk to God about:

- Pray for the bravery to rest your body.
- Pray for insight about what rhythms, patterns, or routines are not actually bringing you life.
- Pray for the faith to believe that rest is ours for the taking.



Session 3

READ + REFLECT

In this session, we're reading from Genesis 3:16-19, where there are consequences for sin that still impact us as women and men today. We will dive into deep theological ideas, trusting that the Holy Spirit will guide us and give us eyes to see. Let's pay attention to the curse that is placed on our physical bodies here on earth while owning the good news that our spirits have been set free from any eternal curse through Christ (Galatians 3:13).

When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it. Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves.

Then the man and his wife heard the sound of the Lord God as he was walking in the garden in the cool of the day, and they hid from the Lord God among the trees of the garden. But the Lord God called to the man, "Where are you?"

He answered, "I heard you in the garden, and I was afraid because I was naked; so I hid."

And he said, "Who told you that you were naked? Have you eaten from the tree that I commanded you not to eat from?"

The man said, "The woman you put here with me—she gave me some fruit from the tree, and I ate it."

Then the Lord God said to the woman, "What is this you have done?"

The woman said, "The serpent deceived me, and I ate."

So the Lord God said to the serpent, "Because you have done this, "Cursed are you above all livestock and all wild animals! You will crawl on your belly and you will eat dust all the days of your life.

And I will put enmity between you and the woman, and between your offspring and hers; he will crush your head, and you will strike his heel."



Session 3

READ + REFLECT

To the woman he said, “I will make your pains in childbearing very severe; with painful labor you will give birth to children. Your desire will be for your husband, and he will rule over you.”

To Adam he said, “Because you listened to your wife and ate fruit from the tree about which I commanded you, ‘You must not eat from it, “Cursed is the ground because of you; through painful toil you will eat food from it all the days of your life.

It will produce thorns and thistles for you, and you will eat the plants of the field. By the sweat of your brow you will eat your food until you return to the ground, since from it you were taken; for dust you are and to dust you will return.” Genesis 3:6-19 NIV

WHAT DO YOU NOTICE ABOUT ADAM AND EVE IN THIS PASSAGE?

HOW DOES THIS PASSAGE IMPACT YOU TODAY?



Session 3

PERSONAL JOURNALING + REFLECTION

WHAT HAS TRYING TO BEAT THE CURSE LOOKED LIKE IN YOUR LIFE?

DOES THIS PASSAGE ENCOURAGE YOU OR DISCOURAGE YOU? WHY?



Session 3

PERSONAL SCRIPTURE STUDY

As we meditate on these verses, let's ask three questions:

1. What does this teach me about God?
2. Do I live like this verse is true?
3. What would it look like for me to come into agreement with this truth?

2 CORINTHIANS 4:16

Therefore we do not _____. Though outwardly we are _____, yet _____ we are being _____ day by day.

2 CORINTHIANS 12:9

“My _____ is sufficient for you, for my _____ is made perfect in _____.” Therefore I will boast all the more gladly about my _____ so that Christ’s _____ may rest on me.

PSALM 46:10

He says, “Be _____, and know that I am _____.”



Session 3

COMMUNITY QUESTIONS

WHAT WOULD RESTING FROM THE QUEST FOR A BETTER BODY LOOK LIKE FOR YOU?

ARE YOU SCARED OF RESTING FOR ANY REASON?

IF YOU WERE FREE TO REST, WHAT WOULD YOU DO?



Session 3

BREAK FREE BODY PROJECT

In each session, I'll give you a small bonus "project": an idea to help you live out the truth you've absorbed this week. Don't overthink it and don't think of it as something you have to do, but something you get to do if you'd like to put some flesh on your faith this week.

Explore different rhythms and areas of rest!

WHAT WOULD RESTING LOOK LIKE IN ...

- What would resting look like in your eating and nutrition?
- What would resting look like in your exercise and movement?
- What would resting look like in the way you present your body to the world?

Don't just brainstorm, **actually try** one or two of the ideas. Notice how your soul feels, talk to God about it, and share with your friends!

WHAT COULD THIS LOOK LIKE FOR YOU?



NOTES



SESSION FOUR

Restoration Through Worship



Session 4

FIRST: READ CHAPTER 7 + 8 IN BREAKING FREE FROM BODY SHAME
OPTIONAL: WATCH SESSION 4 OF VIDEO BIBLE STUDY ALONE OR IN A GROUP

A NOTE FROM JESS

This is where I could disappoint you, or where you could experience the most freedom imaginable. I'm not here to prescribe you a “plan” for Breaking Free from Body Shame. There is no three-step process or magic pill or easy fix that will make you feel you don't need freedom. That is for your benefit. What I am here to prescribe is worship.

The plan is worship and, in the process, figuring out why you even want to break free. One of the most spiritual questions we can ask ourselves is “why do I want to break free?” Not only will we find motive, desire, and truth in our asking, but we'll find vision and direction in the answer.

Here's another beautiful thing that happens when worshipping God is our path to freedom: every single woman's journey will look different. Her freedom will look different from your freedom and all of us will be left more in awe of God than when we started. We'll worship through eating, moving, resting, speaking, living, and experiencing the beautiful freedom that is ours for the taking.

*There is no three-step plan, but there is worship, and that's better.
That's where our restoration lies.*

jess



Session 4

LOOK FOR + PRAY FOR

LOOK FOR:

Here are some things I want to encourage you to look for in this session:

- Pay attention to your own why. Start small: why do you choose what you wear or what you eat? Work up to why you want to break free from body shame.
- Look for any perceptions of what your ideal self will be like. What will you look like/feel like/sound like when you're truly free?
- Be on the lookout for moments to worship, to give God glory in your life. Whether you eat or drink, move or rest, pay attention to the places where you can magnify the glory of God in your life.

PRAY FOR:

If you could use some prayer prompts this week, here are some topics you could talk to God about:

- Pray for the desire to worship - sometimes we lose our appetite for it.
- Pray for the bravery to be honest about your why.
- Pray for the women around you to find freedom in their worship.



Session 4

READ + REFLECT

In this session, we're reading from Romans 12:1-3 about offering our worship to God. This passage has a lot for us to unpack and think through, so we're going to eschew our standard two questions and dig in just a little bit further. You ready?

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. Romans 12:1-3 NIV

WHAT ARE WE RESPONDING TO WHEN WE OFFER OUR BODIES AS WE WORSHIP?

WHAT'S THE DISTINCTION BETWEEN CONFORMING TO THE PATTERN OF THIS WORLD AND WORSHIP?

HOW DOES WORSHIP TRANSFORM AND RENEW OUR MIND?



Session 4

PERSONAL JOURNALING + REFLECTION

THINK ABOUT ONE TIME IN YOUR LIFE WHEN WORSHIP HAS HELPED YOU DISCERN GOD'S GOOD WILL FOR YOUR LIFE. WHAT DID THAT LOOK LIKE?

WHAT DOES THE OPPOSITE OF TRUE AND PROPER WORSHIP LOOK LIKE?



Session 4

PERSONAL SCRIPTURE STUDY

As we meditate on these verses, let's ask three questions:

1. What does this teach me about God?
2. Do I live like this verse is true?
3. What would it look like for me to come into agreement with this truth?

1 CORINTHIANS 10:31

So whether you _____ or _____ or whatever you do, do it all for the _____ of God.

ISAIAH 29:13

The Lord says:

"These people come _____ to me with their _____ and honor me with their _____, but their _____ are far from me. Their _____ of me is based on merely _____ they have been taught."

2 CORINTHIANS 5:6-9

Therefore we are always _____ and know that as long as we are at home in the _____ we are _____ from the Lord. For we live by _____, not by sight. We are confident, I say, and would prefer to be away from the body and at _____ with the Lord. So we make it our _____ to please him, whether we are at home in the body or away from it.



Session 4

COMMUNITY QUESTIONS

WHAT IS YOUR WHY FOR BREAKING FREE?

WHAT MAKES YOU FEEL FREE? WHAT MAKES YOU FEEL MORE IN AWE OF GOD?

HOW CAN WE ENCOURAGE OTHER WOMEN WHEN THEIR FREEDOM AND THEIR WORSHIP LOOKS DIFFERENT THAN OURS?



Session 4

BREAK FREE BODY PROJECT

In each session, I'll give you a small bonus "project": an idea to help you live out the truth you've absorbed this week. Don't overthink it and don't think of it as something you have to do, but something you get to do if you'd like to put some flesh on your faith this week.

This week, try worshipping God in a new way with your body.

WORSHIP IN A NEW WAY WITH YOUR BODY

Try something that felt like worship in your past or maybe try something you've never done before. Whether it's tasting a new food, trying out a new form of movement, implementing a new rhythm of rest, or even just changing up your personal time of worship with God, try it and share with the people in your life.

WHAT COULD THIS LOOK LIKE FOR YOU?



NOTES



SESSION FIVE

Revival and Changing the Language



Session 5

FIRST: READ CHAPTER 9 + 10 IN BREAKING FREE FROM BODY SHAME
OPTIONAL: WATCH SESSION 5 OF VIDEO BIBLE STUDY ALONE OR IN A GROUP

A NOTE FROM JESS

Wherever this week of the Bible Study finds you, know that I wish I was sitting right beside you. I would be pumping my fist beside you, cheering you on, smiling and getting all kinds of excited. Because once we embrace and pray for and get excited about revival, there is no turning back.

When you become obsessed with the freedom of other women and seeing this message spread, you won't ever go back. The look of liberty on the faces of others is enough to keep you moving forward, pressing in, and staying outside the boundaries that used to keep you contained.

In this session we're talking about revival, what it looks like biblically, how it's sustained, and whether or not we want to be a part of it.

I love you, and I'm on your team. Let's dig in and see what God has for us.



Session 5

LOOK FOR + PRAY FOR

LOOK FOR:

Here are some things I want to encourage you to look for in this session:

- Pay attention to any fruit you see of body freedom or a kingdom body mentality in your life. Look for signs of healing in yourself and in the people around you.
- Look for any defeat, fear, or lack of hope that might be lingering in your own soul. There's no reason to feel shame about it, but you can ask God if He wants to heal this part of you.
- Look for other women living in freedom. How can you spur them on, encourage them, and use your words to help them keep going?

PRAY FOR:

If you could use some prayer prompts this week, here are some topics you could talk to God about:

- Pray for the belief that God can bring revival.
- Pray for the bravery to repent and keep seeking God's will.
- Pray for the women around you to join the fight for freedom.



Session 5

READ + REFLECT

In this session, we're reading from 2 Chronicles 7:14 about what God is looking for from us for revival to catch. As always with scripture, let's be careful of the temptation in our hearts to look at others with shame and blame, wishing we saw this in them. Let's start with our own selves and see how we can be a part of the revival we're asking God to bring.

"If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land." 2 Chronicles 7:14 NIV

WHAT IS GOD ASKING US TO DO TO BE A PART OF SEEING THE COLLECTIVE LAND HEALED?

WHAT IS GOD PROMISING TO DO?

WHAT DOES THIS TEACH US ABOUT HIS CHARACTER?



Session 5

PERSONAL JOURNALING + REFLECTION

WHAT WILL 2 CHRONICLES 7:14 LOOK LIKE FLESHED OUT IN YOUR LIFE?

WHY IS REPENTANCE, AND THE RENEWAL THAT ULTIMATELY COMES, BETTER FOR US?



Session 5

PERSONAL SCRIPTURE STUDY

As we meditate on these verses, let's ask three questions:

1. What does this teach me about God?
2. Do I live like this verse is true?
3. What would it look like for me to come into agreement with this truth?

1 JOHN 1:9

If we _____ our sins, he is _____ and _____ to forgive us our sins and to _____ us from all unrighteousness.

PSALM 19:7

The _____ of the Lord is perfect, _____ the soul; the _____ of the Lord is sure, making wise the simple.

ACTS 3:19-20

_____, then, and turn to God, so that your sins may be wiped out, that times of _____ may come from the Lord, and that he may send the Messiah, who has been appointed for you — even Jesus.



Session 5

COMMUNITY QUESTIONS

DO YOU BELIEVE WE CAN SEE RENEWAL AND REVIVAL IN THIS AREA OF OUR LIVES?

WHY OR WHY WOULDN'T YOU WANT TO BE A PART OF THAT?

WHAT DO YOU THINK WE CAN DO, COLLECTIVELY, TO ENCOURAGE OTHER WOMEN TOWARD FREEDOM?



Session 5

BREAK FREE BODY PROJECT

In each session, I'll give you a small bonus "project": an idea to help you live out the truth you've absorbed this week. Don't overthink it and don't think of it as something you have to do, but something you get to do if you'd like to put some flesh on your faith this week.

REVELATION 12:11 AND YOU

Revelation 12:11 says, "They triumphed over him by the blood of the Lamb and by the word of their testimony." The "him" in that passage is the enemy. I'm going to ask you to get outside of your comfort zone and testify about what God has done for you through this Bible study to someone else. Maybe it's an Instagram post, maybe it's at a coffee date with a girlfriend, maybe it's telling a spouse what's been happening in your heart. Because scripture tells us this: the enemy is defeated by the blood of Jesus and **your** testimony. *Go tell it on the mountain. You are free, in Jesus' name.*

WHAT COULD THIS LOOK LIKE FOR YOU?



NOTES



