



## Week 2

### Connect (20 minutes)

- How did your week go, did you encounter any of life's speed bumps or potholes?

### SOUL CARE PRINCIPLE #1 – IDENTITY (45 minutes)

- Share ONE thing that stood out to you in the first 5 pages of this chapter.
- “A key problem with our identity is that we often believe lies about ourselves rather than the truth. These lies are like building a house on a faulty foundation, and they leave us with cracks in our soul” (pg. 38).
- **Two Tools to Renewing the Mind**
  - 1. Hold to the truth - Not just KNOW but HOLD to. (John 8:31-32) “The truth alone will not set you free, but holding on to the truth in the face of the lie, over and over again, will set you free” (pg. 42).
  - 2. The presence of God – The presence of God is transformational. This is why you need to spend time alone with God, developing intimacy with Him as you journey towards wholeness” (pg. 40).
- **Symptoms of Lies**
  - Defensiveness – “When you are standing on the faulty foundation of a lie, you become more defensive” (pg. 43).
  - Pettiness – “The things that annoy you point to your own false ways of being” (pg. 45).
  - Compulsive Behavior – “We are compulsive about the things that we believe we need most; we grab and clutch to the things we feel are lacking in our souls, things that we believe will help us overcome feeling ‘less than’ or inadequate” (pg. 45).
  - Which of these symptoms do you recognize most in your life? Can you give an example?
- **Reflection Exercise**
  - What family slogans do you remember, either spoken or unspoken?
  - What are the things you catch yourself saying to yourself?

## Pray Together

## For Next Week:

- Read second half of Soul Care Principle # 1 IDENTITY (Pages 51-71).
- Be sure that you make time to process through the Spiritual Action Steps at the end of the chapter. We will discuss your reflections next week.