



## **Week 1: Reflection**

### **Mirror Mirror**

#### **Discussion Questions**

1. Did you ever write messages to yourself on your mirror growing up?
2. If your mirror could talk, what's the first thing it would say to you in the morning?

#### **Read Genesis 1:26–27**

3. We all have a voice in our heads that's constantly talking to us. What's something you often tell yourself—good or bad?
4. How might seeing yourself as created in God's image change the way you talk to or think about yourself?

#### **Read Ephesians 4:23–24**

5. What would a "renewed" thought or self-belief look like for you?
6. If you believed everything God said about you—loved, worthy, chosen—how might that change the way you see yourself or treat others?
7. What's one thing you can say to yourself every morning this week that reflects how God sees you? Will you commit to writing it down and saying it out loud each day?

## **Moving Forward**

Rahul reminded each one of us to *“remember who we are and whose we are.”* This week when you find yourself believing lies, remember Jesus says you are:

**Forgiven | Ephesians 1:17**

**New | 2 Corinthians 5:17**

**Adopted | Romans 8:15**

**Valuable | Ephesians 2:10**

**Chosen | John 15:16**

**Loved | John 3:16**

**Worthy | Genesis 1:27**