

Beloved and Worthy

Challenge - Day 4

Reflection Questions

1. Where do I compare myself to other people? What am I running after that cannot fulfill me? Write them down and put them into Christ's hands.
2. Write a sentence I can repeat to myself when I feel trapped by my triggers, e.g. "I am free from attachment to food because I am empowered by God's love as his beautiful daughter."
3. What is my mission and purpose- how am I called to be a gift to others?

Action

Write the big picture: How can I be a gift to the world? What is my long-term mission and goal? What choices drag me down: binge eating, scrolling on social media, etc? Where can I cut those things out and live for my larger principles and goals?

