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Fully known.

REFLECTION EXERCISE

STEP 1: Let's pause & think.
While our clothes and accessories can help boost our confidence, at times they also become the protection we use against some of the thoughts and feelings we have about ourselves.
"I look ugly without makeup." "This shirt helps me hide my insecure areas." "I need a fun and younger look." "This outfit makes me feel like a boss."
Similarly, we can put on character qualities and roles to help protect us from the thoughts and feelings we don't want to confront.
"If I don't take charge, who will?" "I don't want to come off as weak." "I need to put them first, I'm all they have." "I don't want to cause any problems."
What makes you put on this protective wear? Is it fear? The pain of your past? Are you unaware of what protective gear is on you?

STEP 2: Circle the things that God is asking you to drop. Then circle the areas God wants you to put on.

Wardrobe TO DROP:		Wardrobe TO PUT ON:	
Pride	Control	Faith	Discipline
Envy	Manipulation	Норе	Shield of Faith
Wrath	Failure	Love	Belt of Truth
Anger	Despair	Joy	Helmet of Salvation
Gluttony	Depression	Peace	Breastplate of Righteousness
Offense	Anxiety	Restraint	Shoes of the Gospel of Peace
Unforgiveness	Pain from Abuse	Kindness	Sword of the Spirit: Word of God
Lust	Addiction	Goodness	
Adultery	Sexual addiction	Servanthood	Other:
Laziness	Drug addiction	Generosity	
Greed	Social media addiction	Faithfulness	
Jealousy	Food addiction	Gentleness	
Gossip	Other:	Forgiveness	
Slander		Self-control	
	above and reflect. Ask the Holy Specific to face the hard things and ask fo	-	_

STEP 3: Prayer & Reflection Time Face-to-Face
1) Take a moment and write down what you are deciding to DROP. Things you no longer want to hold on to and wear; write these down on the lines provided for you below.
2) Next write the things you are deciding to PUT ON, write these on the mirror. Remember that you are fully known and loved by your Heavenly Father, He delights in you and because of Jesus, this is how He sees you.
3) Go receive prayer. Something powerful happens when we take a step of faith and allow someone else to pray with us and over us. If you are comfortable, share with the prayer leader what you are dropping, and they will pray God's Truth over you.

