

**How do we begin to see ourselves and believe what God says about us instead of all the faulty mirrors we have in our lives?**

**Step 1:** You have to face the mirrors that have impacted you.

**Step 2:** Ask yourself, *How do I respond to rejection?*

- Common responses:
  - Withdraw
  - Compensate

The good news: You can change by renewing your mind.

*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 12:2 NIV

If you renew your mind, God will allow you to see, believe, feel, and live **out of** your approval rather than **for** the approval of God or other people.

**Misbelief:**

- I need other people's approval to be happy.



**Truth:**

*I want people's approval, but I don't need it. With God's approval, I am no longer compelled to earn love and acceptance. I am free to be me.*

*By the grace of God I am what I am, and His grace toward me did not prove vain, but I labored even more than all of them, yet not I, but the grace of God with me.*

1 CORINTHIANS 15:10 NASB

### Misbelief:

I must be approved or accepted by certain people in order to be happy. I need other people's affirmation to know I am wanted.



### Truth:

I am wanted, appreciated, and loved by God, the most important person in my life.

*For he chose us in him before the creation of the world to be holy and blameless in his sight. EPHESIANS 1:4 NASB*

## Assignments

1. Ask God to reveal some of the false mirrors that you have believed. For example, how do you typically respond to rejection? Sit quietly and listen.
2. Write out the Truth/Misbelief cards and read them slowly and prayerfully. Sit and listen.
3. Put the cards on your nightstand tonight and review them for three or four minutes, slowly and prayerfully. Then review them again first thing in the morning.
4. OPTIONAL: For deeper understanding, read pages 44-48 of the **Discover Your True Self** book or listen to the Day 5 audiobook excerpt.