

# *She Believes*

## BOOK STUDY: SESSION ONE

with Debbie Lindell

I am so excited to be starting this five-week study with you! For years, the message of *She Believes* has been stirring in my heart. And now I have the amazing privilege of sharing it with you through this interactive study!

Do you know what is so wonderful about following Jesus? No matter where you are in your journey with him, he always has more for you! Your knowledge and faith, no matter how great or small, have room to grow. And that is what this study is all about: opening up your heart to understand what the Bible, God's Word, says about you, your life, and your future, and stepping out in faith to believe it at a new level! So, as you join me in this study, I am praying for you! My prayer is that you will grow in your faith and see God do things in and through your life that you never dreamed or imagined possible.

**In this week's lesson, we will be looking a bit more closely at what the Bible says about who you were created to be and how God designed you absolutely perfect! Before we start, take a moment to ask God to use this time to strengthen your faith. Then watch how your faith begins to grow, changing your heart and changing how you view yourself to reflect how God sees you.**

## SESSION ONE: BELIEVING YOU WERE DESIGNED ON PURPOSE

(Chapters 1-4)

If you read the first section of the book, you already know what I believe God, in his Word, says about you! That no matter how old or young you are, where you are from, or what your circumstances look like today, God beautifully and perfectly designed you on purpose and for a purpose! But if you are like me, there are times when you have had trouble believing those words to be true. Or maybe you would say they are true for someone else, but you have trouble believing them for yourself.

A few years ago, I was sitting with my mom at her kitchen table, drinking coffee with her. At the time, I was working on the introductory chapters for *She Believes*—about how God had purposefully and perfectly designed and created every girl. I knew that my mom had struggled for years with feelings of insecurity and doubt regarding her looks and abilities. That morning I decided to ask her this question: “Mom, do you think you are beautiful?” She looked down at her coffee cup and paused for what seemed like an eternity to me. She didn’t have an answer because she didn’t know what to say. She had lived for decades following Jesus, yet she had struggled to believe that she was beautifully and perfectly designed by God. The truth was, she had not been taught to believe that God’s Word was true about the way she was made, and it had affected the view she had of herself for years. My mom is absolutely beautiful; she just needed to believe it. Thankfully, today she is walking in confident faith about herself and who God created her to be—and it has changed the way she lives!

This is such an important question for every woman and girl to come to terms with. What you believe about God’s design and creation of you will ultimately affect your ability to trust and believe him in every other area of your life.

So, I want to ask you: What do you believe? Do *you* believe you were beautifully and purposefully designed by God? If not, what’s standing in the way of you seeing yourself through the eyes of your heavenly Father, who says in his Word that he perfectly designed and created you? Is it something that was said or done to you when you were young? Is it your own opinion, which has been defined by the world’s standards and views that are not based on what the Bible says? Were you taught that thinking of yourself as beautiful could be a sign of pride?

Whether you need to grow in understanding and believing this truth about yourself or you know someone who does—such as your mom, your daughter, or a friend—I believe God wants to use this time to encourage your heart, build your faith, and help you understand and believe in who you were created to be!

**REFLECTION TIME:**

*Open your Bible. Listen to Jesus. Write in your journal.*

**Read Psalm 139:13-16 (NIV):**

For you created my inmost being;  
you knit me together in my mother's womb.  
I praise you because I am fearfully and wonderfully made;  
your works are wonderful,  
I know that full well.  
My frame was not hidden from you  
when I was made in the secret place,  
when I was woven together in the depths of the earth.  
Your eyes saw my unformed body;  
all the days ordained for me were written in your book  
before one of them came to be.

With these verses as a backdrop, I want you to think about the following questions.

- Do you believe that you are beautiful? How would you respond if God was asking you that same question?
- What lies does Satan constantly whisper to your soul that distort the truth of who God made you to be?
- Why is it altogether right for you to believe that you are beautiful in every way? How does that bring honor and glory to God?
- How does accepting and believing what God says about you and how he created you—your body design and personality—change how you view and interact with others?

**Read 1 Corinthians 6:19-20 (NIV):**

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought with a price. Therefore honor God with your bodies.

These verses were written by the apostle Paul in part to teach us the importance of honoring our bodies. Why? Because our bodies are valuable and precious to God! And when you make a decision to believe God's Word and follow Jesus, your body becomes the very temple where he resides. How amazing is that!

**Want to go deeper? I invite you to take a moment to consider how these verses relate to the value and worth of your body and how important your body is to God.**

- That Christ chose to live in our bodies through the person of the Holy Spirit. Read Galatians 2:20.
- That God, your Creator, loves you so much that he bought and paid for your body with a high price. What was that price? Read Romans 5:8.
- That your body belongs to God. You are called to honor him in the way you view your body and in how you treat it. Stop a minute and think about how you may be dishonoring God's creation of your body through the words you say about yourself or through your actions. Read Romans 6:13.

***THIS WEEK'S SCRIPTURE:***

For we are God's masterpiece. He has created us. (Ephesians 2:10 NLT)

***MY FAITH DECLARATION:***

I believe that my life was perfectly designed by God in every way! I affirm that all the intricate details that make me who I am—my body shape, my personality type, and my intellect—were purposefully woven together by him. No matter what I have been taught, what has been said to me, or what sin I have committed, nothing can change the fact that God loves me and beautifully created me to bring him glory!

**PERSONAL CHALLENGE:**

Read Psalm 139:13–16 out loud to yourself. Take a step of faith: stand in front of your mirror and say these words: “I am fearfully and wonderfully made.” Then take a moment to praise and thank God for his incredible creation—YOU!

**SISTERHOOD CHALLENGE:**

Share this truth with a girl in your world who struggles with feeling beautiful. Write her a note, give her a call, or invite her to grab a cup of coffee with you and encourage her to believe that God perfectly designed her.

**MY PRAYER FOR YOU:**

Dear heavenly Father, thank you for my friend. I pray that you would help her grow in her understanding of who you designed and created her to be. Encourage her as she meditates on your Word and help her to embrace the truth of what you say about your creation of all humanity. Help her to see herself and everyone around her just as you do—*magnificently and beautifully designed for life!* In Jesus’s name, amen.

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