



Hello, Beauty Full
By Elisa Morgan

Discussion Questions

Seven Sessions

Seven Video Teaching segments by Elisa Morgan
are available on
www.elisamorgan.com

Hello, Beauty Full is available in paperback and
e-book through your favorite retailer.

Hello, Beauty Full
By Elisa Morgan
Discussion Questions

Session 1: The Hiss

Read aloud the excerpt from Sally Lloyd-Jones *The Jesus Storybook Bible* in *Hello, Beauty Full* (pages 6-7). Listen to the Hiss and notice how deep the words go into your soul. Talk together about what you discovered as you listened.

Bible Study: Read aloud Genesis 3:1-23.

Share together when you last heard this Hiss. Elisa shares some of the hisses we hear in Chapter 2: Not Me! (pages 21-29).

Read aloud the “She Said; He Said” essay in Chapter 1: The Hiss (pages 14-15). Listen to how the Hiss enters your thinking today.

Share together how God speaks differently than the Hiss in the specific example you just offered.

Bible Study: Read aloud Matthew 3:16-17. Take turns filling in the blanks with your name.

This is my beloved daughter _____. In _____ I am well-pleased because I see _____ through Jesus.

Create your own list of infractions and failures. Line after line, consider the mess.

As a group, take your lists and tear them, first horizontally, then vertically, then again and again until the pieces are tiny snowflakes. Fling them into the air and feel the freedom.

Social Media Action:

Now that you’ve shredded your list of ugly, take a picture of the your pile, describe what you did and shout out #HelloBeautyFull – expressing how you see yourself through Jesus.

Page numbers from print version of book.
Go to www.elisamorgan.com for more resources.

Hello, Beauty Full
By Elisa Morgan

Discussion Questions

Session 2: Your Beautiful Voice

Elisa suggests several reasons women don't use our voices (pages 65-68). Which best describes your struggle to find your voice?

- Women use too many words.
- Women use too many words with too many emotions.
- Women use too many words with too many emotions in too many settings.

Bible Study: Read Genesis 1:27, 28; 2:18

Read the synopsis of Carolyn Custis James' research (pages 68-69). Share your thoughts and feelings about the three "roles" of women.

Bible Study: Read Matthew 6:26 and Psalm 119:149.

Personalize each passage. How does your heart respond to reading these words with your own voice, personality, in mind?

Which of the personality tests mentioned have you taken and have found helpful (page 71)?

Share which would you recommend to others – and why?

Respond to Elisa's statement: "*I am the offering. My voice is what I have to invest on this planet in the people and purposes where God places me.*" (page 73)

Take some time to answer the questions at the end of Chapter 5 (pages 78-81).

Pick three for conversation and share your answers.

Social Media Action:

Try out your own voice yodel. Take a picture or video of yourself – just you! – *La la la la laing* with your beauty full voice. If you're brave enough, share the photo with others and encourage them to discover #HelloBeautyFull.

*Page numbers from print version of book.
Go to www.elisamorgan.com for more resources.*

Hello, Beauty Full
By Elisa Morgan

Discussion Questions

Session 3: Your Beautiful Vessel

How does using the word “vessel” to describe your physical body shift your perception about your body?

Which element – flesh, curve, brain, muscle – is easiest for you to embrace as beauty full? Which is the most difficult. Can you share why?

Bible Study: Read 1 Corinthians 6:19-20 and John 1:14.

How does understanding that God created you as a vessel to house his presence on earth affect your embrace of your physical body?

Bible Study: Read Psalm 145:11.

Elisa describes the concept of “vessel vows” to express how we can “reimage” our physical bodies (page 103). What vessel vow do you need to make about one or more of the elements of your vessel: flesh, curve, brain, muscle?

Can you imagine doing the mirror prayer (page 106)? That might be something to try alone after the study. As a group, go to a large mirror – in a bathroom perhaps. One at a time, go to the mirror and say, “God loves you _____ and I love you _____.”

Share how the experience affects you.

Social Media Action:

Step in front of your mirror and make your own “vessel vow” to see yourself the way God sees you. Take a selfie and shout out to yourself #HelloBeautyFull.

*Page numbers from print version of book.
Go to www.elisamorgan.com for more resources.*

Hello, Beauty Full
By Elisa Morgan

Discussion Questions

Session 4: Your Beautiful Womb

How has the concept of fertility – or infertility – defined your days as a woman?

Bible Study: Read Luke 1:45; Luke 2:19.
How did Mary's womb define her over her lifetime?

Read Genesis 4:1. What was the work of Eve's womb? How did this work continue over her lifetime?

Read aloud the definitions of vocation (pages 117-118). Which makes the most sense to you – and why?

Share how you respond to Elisa's comments that vocation is defined more about what comes out of us rather than something we embrace on the outside (pages 116-118). Such an offering can include the birthing of children and the birthing of ideas, ministries, businesses, service etc.

Review the "Womb Questions" (page 119).
Share together where you are in the lifetime of your beautiful womb. With the help of the Lord, what will you bring forth?

Social Media Action:

Write this question on a sticky note, note card or in a journal: "With the help of the Lord, what will I bring forth?" Snap a photo of the question and challenge others to do their #HelloBeautyFull womb work.

Page numbers from print version of book.
Go to www.elisamorgan.com for more resources.

Hello, Beauty Full
By Elisa Morgan

Discussion Questions

Session 5: Your Beautiful Scar

Elisa differentiates between a “blemish” and a “wound.” Read Elisa’s words about how we can learn to see the beauty in our blemishes, in our *different* (page 129).

Can you share an example of a “blemish” in your life? How have you learned to live with it?

A wound is a life-altering experience that shapes our life story forever. Consider one wound in your being:

- Did it occur by the hand of another or by your own effort?
- What steps has God invited you to take toward healing?
- Where is your wound still raw and needing help?

Bible Study: Read 2 Corinthians 4:7 and John 20:27.

Consider your scar story and how God reveals himself both to you and to others through it:

- Why doesn’t God heal all our brokenness?
- Why does he leave us with scars in this lifetime?

Read over how God uses the broken (pages 138-139). Many of us we think we are disqualified because of our scar when in reality, our healed scars can actually make us *more* qualified.

How do you have *more* to offer because of the reality of your scar story?

Social Media Action:

Do you have a scar you could photograph and share? Declare it redeemed!
#HelloBeautyFull scar.

Page numbers from print version of book.
Go to www.elisamorgan.com for more resources.

Hello, Beauty Full
By Elisa Morgan

Discussion Questions

Session 6: Your Beautiful Sway

Can you name a moment when you first realized that you had “sway”? Describe the circumstances. How did you feel?

Elisa summarizes three “sway struggles” that hold us back from investing our influence (page 146). What are they? Which do you most identify with at this point your life and why?

Bible Study: Read Luke 8:1-3.

Consider how Jesus included women in his ministry. Name each woman and explore a bit more using Bible references or dictionary to discover what you can find out about each.

- Does anything surprise you about Jesus’ inclusion of these women in his work?
- Are you as inclusive as Jesus of women – including yourself?

Consider together the various ways you can develop your sway in the Becoming Beautiful You section for chapter 9 (pages 159-162).

Make a list of women you might “sway” together with.

What might your combined “sway” look like in your world?

What could you do if you “swayed” together that you could not do if you “swayed” alone?

Social Media Action:

Put your hand on the door to your home that you usually use to enter and exit. Stop and photograph your grip. Prayerfully determine to invest your sway – and to hold that door open for the next woman who is also #HelloBeautyFull.

*Page numbers from print version of book.
Go to www.elisamorgan.com for more resources.*

Hello, Beauty Full
By Elisa Morgan
Discussion Questions

Session 7: To the Brim!

Elisa asks, “Why do we settle for empty when Jesus came to give us life to the full?”

How would you respond to this question?

Elisa explores MANY reasons why we settle for empty (pages 167-175).

How do you “expect empty”?

How might you have false ideas of what “full” includes?

Bible Study: Read John 10:1-18.

Differentiate between the role of the Shepherd and the role of the thief.

Elisa suggests a practice that Jesus offers to help us stay full (page 175).

How can you utilize this great tactic that threatens to steal your “full”?

Social Media Action: Share what you’ve learned! Invite others to see themselves as God does #HelloBeautyFull.

Page numbers from print version of book.
Go to www.elisamorgan.com for more resources.

Thanks for investing in yourself through the *Hello, Beauty Full* Book and Study

Let's stay connected—and invite friends along as they experience their own Beauty Full selves.

- Go to www.elisamorgan.com and sign up for the **Really** weekly blog. Explore the website for videos, blogs and more.
- Like Elisa Morgan Author on Facebook
- Follow @elisa_morgan on Twitter
- Follow elisamorganauthor on Instagram
- Invite Elisa to speak at your event, see information on her website, www.elisamorgan.com

