



R-Group Process

WATC - SHINING A LIGHT ON THE TRUTH

[Have enough small pieces of paper/cards with Truth words written on them in an invisible ink pen for each woman]

Leader: “We talk a lot about our false selves and about the lies that replay in our heads. Generally, this is really great awareness about how we show up in our lives and helps us to break out of past patterns and to grow. Personally, I’ve been fighting my performer lately. Wanting to get my kids school stuff set up just right so that I’m perceived as a mom that ‘has it together’. Needing to be the competent one at work – so that I feel respected. But deep down I feel ‘less than’, ‘not smart enough’, and with a house that is ‘not clean enough’. [This is just an example. Use your own personal example here.] Would anyone [just popcorn style] be willing to share some of the lies they’ve been fighting lately?”

[Pause, giving the other women time to share.]

It’s hard to find the truth in our world when we believe the lies.

So today – I want to help us bring the truth back out into the light. Don’t stop being aware of your false selves and lies – that awareness can help bring healing. But we need to also live in the Truth of who we are. We don’t always recognize the Truth of who we are, do we? Sometimes it’s hidden. Sometimes it’s there, we just can’t see it. I think we all have moments – moments when we can feel God’s presence – moments when we let go (of the dishes and the worry and the control) and we let God seep into our lives – moments when we grasp onto that Truth that says we are free and saved and loved and worthy. But then over time, the moments fade and the lies cloud over the truth and we struggle.

Thus, this afternoon --- I want each of you to remember – to see – to know – and God willing, BELIEVE, that you are a child of the one true God.

John 8:32 – ‘Then you will know the truth, and the truth will set you free.’

I'm going to hand each of you a card – it looks like an ordinary piece of paper – but on that card is TRUTH that you have forgotten or that you've set aside. I'm going to pass this UV light around the circle. When you receive the light – I want you to shine it on your piece of paper and take a second to believe the word(s) as Truth about you. Then I'd like each of you to step one step forward and share your full name with us – first, middle, and last. Then claim your rightful position as a daughter of God and then say, 'I am [your word(s)]'.

I'll model and we'll go to my right around the circle.

“My name is Tasha Christine Herron – daughter of the one true King – and I am [word]”

Let's pray: Father in Heaven – thank you loving us so deeply and giving each of us a river of grace. I pray that we would each hold onto your Truth – the truth that you believe about all of us. May we see it. May we believe it. Amen

Truth Words

Accepted
Loved
Worthy
Enough
Beautiful
Cherished
Adored
Prized
Embraced
Treasured
Sufficient
Esteemed
Set free
Valued
Significant
Safe
Blessed
Lightgiver
Grace-Filled
Forgiven
Remarkable
Image bearer
Strong
Complete
Beloved
Heaven-Held
Glory-Given
Royalty
Admired
Creative
Redeemed
Extraordinary
Desired