

(Re)discovering Your God-Given Strengths After Abuse

Premise: We may not get back to who we were before the abuse, but we can emerge into a richer life, emboldened by living our unique strengths in God's power

Promise: Each attendee will leave this session with *new appreciation* of her strengths, and those things she considers to be her biggest flaws.

Outline:

Greeting, Premise and Promise

Key Verse: Psalm 139:13-14 - Fearfully and Wonderfully made... defining those terms, Barnes' Notes on the Bible definition of "fearfully"... lead in to Weirdness is Wonderful idea.

Truth: We were made to be weird - unique, set apart, to stand out, to reflect the glory of God

Purpose: today is about discovering the worth in our "weirdness," recognizing ways that was deliberately damaged in our abusive relationship(s), and practicing ways to choose wonder as we heal

Intro quotes and stats:

Quotes about God's glory, his glory in creation, his glory in us.

Quotes from Clifton Strengths re stats on any one person being exactly like another, and the value in our unique personal characteristics

Intro activity: two-column chart of attendee's strengths, weaknesses
Share with neighbor

Main Points:

1. Our weirdness and wonder was targeted by our abusers
2. We can learn to adopt God's view of ourselves: strengths, and weaknesses
3. Changing how we talk about our strengths/weaknesses
4. Inviting God into our weaknesses to access His strength
5. Moving forward - when we come across new strengths/weaknesses in our healing journey

Whole group activity: Introduce "Dark and Life Sides" chart (PDF). Together, process some examples of traits attendees defined as "problems" or "weaknesses."

Small groups/partner activity:

Using "Dark and Life Sides" chart from the book to practice the talk points above.

Work in small groups to help each other with ones for which attendees can't see a "life side."

Whole group share out: what did they learn? What was hard to redefine? What are some roadblocks we can work through together?

Small group and individual prayer time, then closing.