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Finding The Love You Deserve:
30 Lessons in Self Love &
Acceptance
The Reader's Guide

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Part One: Do You Boo!

Lesson 1: Find Yourself

Connect with who you are—the real you. Have you given yourself as much attention as you hope to someday give to your significant other?

Speak God:

And you shall seek me, and find me, when you shall search for me with all your heart (Jeremiah 29:13)

Think it Over:

1. In 5 words, who are you? In 5 words who are you NOT?
2. What makes you uniquely you?
3. When you take your final breath in this life, what would you like others to say about you?
4. What is the part of your identity that makes you most proud? Why?

5. What is the one thing that has caused you to question why God made you the way He has? Give to God; let Him heal your hurt.

Discussion Questions:

1. What events can you identify in your life that caused you to “find” yourself?
2. What parts of yourself are you confident exploring? Why?
3. Which parts of your identity are you uncomfortable exploring? Why?
4. In what ways can you reconcile the many parts of your identity? Think about concrete ways to do so.

Add additional questions here:

Lesson 2: Know Yourself

No one knows you as well as you know yourself. You know your deepest thoughts and your innermost feelings. You understand the sum of your life's experiences. God has empowered you to decide about your life and your path to your destiny.

Speak God:

Be still and know that I am God; I will be exalted among the heathen, I will be exalted in the earth (Psalm 46:10)

Think it Over:

1. What do you know about yourself? This is a brainstorm, so just go crazy!
2. What can you do within the month in order to grow to know yourself more intimately?
3. What decisions will you make BECAUSE you know what's best for you?
4. What boundaries will you set BECAUSE you know what's best for you? This includes relationships with family, friends, and strangers.

5. What goals will you pursue BECAUSE you know what you are capable of achieving?

Discussion Questions:

1. What does it mean to truly *know* yourself?
2. Why is it essential to know yourself as you navigate life?
3. What are the benefits of knowing yourself within the context of relationships with others?
4. What are challenges to truly knowing yourself? In what ways can we eliminate those challenges to truly grow to know ourselves?

5. In what ways can you reconcile the many parts of your identity? Think about concrete ways to do so.

6. In what ways does your knowledge of yourself impact your knowledge of God and vice versa?

Add additional questions here:

Lesson 3: Be Yourself; Show up authentically

Bring all of who you are into the space in which you find yourself. Be all that makes you who God ordained you to be—every inch, every crack and crevice of you. Don't self edit to please others.

Speak God:

I will praise thee; for I am fearfully and wonderfully made: marvelous are thy works; and that my soul knoweth right well. (Psalm 139:14)

Think it Over:

1. What/who stops you from showing up authentically in every area of your life? (This may include people, thoughts, past experiences)
2. What are the things that make you uniquely you?
3. What reservations do you have about who you are? (This could be physical features, character traits, fears, or doubts)
4. What things can you do to start showing up authentically in all areas of your life? (ex: dress how you want)

5. What is one thing that screams “You?”

Discussion Questions:

1. How does knowing that God made you beautifully challenge and/or affirm your view of yourself?

2. What does the Word say about God’s thoughts toward you?

3. What or who gives you boldness to “keep it 100?”

4. Have you ever been around someone who is genuine? How did that person’s authenticity impact you?

5. How essential is authenticity to the Christian walk?

Add additional questions here:

Lesson 4: Own your strengths and weaknesses

Pay attention to yourself. Your strengths might open a door of opportunity that your weaknesses might get slammed in your face, if you're not careful. Awareness of your weaknesses can save you so much heartbreak and disappointment.

Speak God:

And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. (2 Corinthians 12:9a)

Think it Over:

1. Brainstorm a list of your strengths. What are you good at? (Examples may be listening, writing, helping others, etc.)
2. Brainstorm a list of your weaknesses. What do you need help with? (Examples may be scheduling, balancing chores, etc.)
3. What are real ways that you can nurture your strengths? These need to be realistic, specific, and measurable actions.

4. What must you stop doing in order to improve your weaknesses? Let's be real here. (Procrastination, avoidance, denial are good examples.)

5. Who can you enlist for help?

Discussion Questions:

1. Define strength and weakness. Give an example of each.

2. In what ways can we look to God even in our weaknesses?

3. What are some resources that we can use to nurture our strengths?

4. What are some resources that we can take advantage of in order to strengthen our weaknesses?

5. How has God's grace sustained you in your weakest moments?

Add additional questions here:

Lesson 5: Value Yourself

You are God's masterpiece, created in His image and likeness. God calls you the apple of His eye. You are the center of His focus and provision. You are valuable. You are worthy. You are loved and accepted.

Speak God:

For thus says the Lord of hosts... "he who touches you, touches the apple of His eye." (Zechariah 2:8)

Think it Over:

1. What do you value/appreciate/ love most about yourself?
2. Whose life do you impact positively?
3. What is it about you that brings joy to others?
4. You are a game changer; what makes you so?
5. Finish the sentence: The thing that I admire most about myself is...

Discussion Questions:

1. If God says we are valuable, what perspectives, things, people, situations tell us differently?
2. How would you treat your precious people and things? Would God do more or less?
3. If we are valuable to God—and we ARE—why don't many value themselves?
4. If God values each part of His creation, is there such a thing as a “reject?”
5. When do you feel most valuable to yourself? When do you feel most valuable to God? Does God value us any less when we fall, error, or sin?

Add additional questions here:

Lesson 6: Trust Your Gut

Trust that your innermost self knows. Go with your gut. Your inner voice warns you to be patient, pay attention, wait, and to think again. In times of decision making we must really search our souls. We must look within.

Speak God:

In God have I put my trust; I will not be afraid of what man can do unto me. (Psalm 56:11)

Think it Over:

1. How can you sense knowing about certain situations? List concrete ways that you identify knowing about a person or situation.
2. Think of a current situation that you are considering. What do you know, but you're afraid to say out loud?
3. What stops you from trusting your gut/feelings/intuition?
4. What are concrete ways that you can be more true to your inner voice?
5. What does your inner voice sound like?

Discussion Questions:

1. What lesson have you learned from instances where you did not trust enough to follow your instincts?
2. What advice would you give to your younger self about listening to your gut?
3. What skills would you say are necessary to prepare young girls to trust themselves and their decision making skills as they grow older?
4. How much do the opinions and views of others impact your decisions? Does fear hold most people back from moving forward?

Add additional questions here:

Part Two: Take Care of Yourself

Lesson 7: Validate Yourself

You don't need permission to be who you are. Move how you want and clap for yourself too. Trust yourself to be who you are called to be. And do it effortlessly. Then applaud, praise, appreciate, and affirm yourself.

Speak God:

I can do all things through Christ which strengtheneth me. (Philippians 4:13)

Think it Over:

1. In what ways do you validate yourself?
2. Are you often unsure of the decisions you make? Why?
3. Who do you look to for validation? What makes his/her approval necessary?
4. How can you appreciate who you are every day?

5. What habits can you develop in order to appreciate yourself out loud?

Discussion Questions:

1. Think about what seems impossible in your life. What does it mean that you can do it through Christ?

2. What stops you from validating yourself instead of looking to others for validation?

3. How powerful is it that you can validate yourself? How does self validation empower us and give us confidence?

4. Take time now to praise yourself. What are you proud of? Clap for yourself & share it with others!

Add additional questions here:

Lesson 8: Be your own hero

God has given you the power and authority to change your life and to create the life that you want. You are in control. God has given us choices; we are partners with Him. Work with God to be your own hero.

Speak God:

So God created man in his own image, in the image of God created he him; male and female created he them. And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth, and subdue it: and have dominion... (Genesis 1:27-28a)

Think it Over:

1. Envision yourself as the hero of your life. What would you fix first?
2. What is your superpower?
3. How will you partner with God to facilitate your healing? (This may include cleaning the clutter—both naturally and spiritually—out of your life)
4. In what areas of your life do you feel powerless? Why do you think this is so?

5. How will you begin to change feelings of powerlessness to feelings of empowerment, by God's power? (The first step is acknowledgement. You're well on your way!)

Discussion Questions:

1. Who are the heroes in your life?
2. What attributes do you have that your heroes also have?
3. Christ in us is greater than any obstacle that we may face. How can we lean into His power in us in order to move forward in life?
4. Since God created man to dominate the earth, subdue it and walk in authority, in what ways and spaces should we do so?

Add additional questions here:

Lesson 9: Get Thinking Right

Our thinking creates our world. Most great things start in our minds. Thinking right starts with perspective. Fast and pray for deliverance from perspectives, beliefs, and practices that inhibit your growth and development.

Speak God:

(For the weapons of our warfare are not carnal, but mighty through God to the pulling down strongholds;) casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ; (2 Corinthians 10:4-5)

Think it Over:

1. What are the mind monsters/strongholds with which you struggle?
2. Can you pinpoint the origin of those negative thoughts? Can you pinpoint their painful source? (Maybe it was a memory or event.)
3. What is your plan to begin to heal and take out the trash (negativity)?
4. In addition to God, who will you enlist to help you to get your mind right?

5. As you reject negative thoughts/fears, what good things will you fill your mind with? What behaviors & ideas will you unlearn? What new things will you learn?

6. What would you try/do if you were not frozen with fear?

Discussion Questions:

1. How does your thinking impact who you become?

2. Think of a time when your thoughts directly impacted your actions positively and negatively? What did this time teach you?

3. Why is it important to subject every thought to the obedience of Christ?

Add additional questions Here:

Lesson 10: Guard Your Heart

If I ask you what's important to you, how long will it take you to list yourself? Your heart signifies your desire, your passion—your innermost being. Your heart represents your priorities—it is what drives you. You must set your heart in order. Get your priorities straight.

Speak God:

For where your treasure is, there will your heart be also. (Matthew 6:21)

Think it Over:

1. What are the ways that you show self love and prioritize yourself?
2. Write 5 affirmations that you commit to speaking daily that will change how you speak to yourself for the better.
3. How do you know God loves you?
4. Give yourself permission to be loved. You don't have to beg for it. You deserve it. How will you love yourself today?

5. Write a short letter or draw a picture below that explains why you deserve love.

Discussion Questions:

1.What do your priorities say about you?

2.What are the ways in which we can ensure that our priorities align with our morals and values?

3.When was a time that you truly made yourself a priority? How did it make you feel?

Add Additional Questions Here:

Lesson 11: Guard your peace

Peace is priceless. You can't buy it with money. There's no replacement for a calm spirit and a clear mind. Anything that takes away your peace is too costly.

Speak God:

And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. (Philippians 4:7)

Think it Over:

1. List the things and people that often rob you of peace.
2. What will you do today to guard your peace?
3. What activities bring you true peace? How will you incorporate them into your daily routine?
4. Do you know the Prince of Peace? How can you learn to trust God more and relinquish your worries, doubts, fears, and burdens to Him?

5. What is the thing that you refuse to take with you after engaging with this lesson--What is the thing that often robs you of your inner peace? Write it down. Leave it here. Give it to God.

Discussion Questions:

1. Share a time when you allowed someone or something to steal your peace.

2. What lesson can be learned from peace thieves?

3. How can your tribe of girlfriends help each other to protect the peace?

4. In your opinion, what things or people signify "peace?"

Add Additional Questions Here:

Lesson 12: Become the Woman You Wanna Be

Give yourself permission to become the woman you wanna be. Someone is waiting for you to become the woman you want to be—the one God ordained you to be. This is your time; this is your season. You are called to this.

Speak God:

For if thou altogether holdest thy peace at this time, then shall there enlargement and deliverance arise to the Jews from another place; but thou and thy father's house shall be destroyed: and who knoweth whether thou art come to the kingdom for such a time as this? (Esther 4:14)

Think it Over:

1. Describe the woman you envision yourself to be.
2. What things must you change to become this woman? What things must you stop doing in order to become this woman? What things must you start to do in order to become this woman?
3. Who will you enlist to help you to become this woman?
4. What markers will you use as evidence that you are on the right path?

5. How will you make room for all that this future version of yourself will bring?

Discussion Questions:

1. What season are you called to? What birthed this calling/passion?
2. Do you have any “Mordecais” in your life who “push” you into purpose? How can you identify them?
3. What advice would you give to women who are afraid to move forward in order to become the woman they desire to be?
4. What are the attributes of the woman that you hope to become?

Add additional questions here:

Part Three: Enjoy Yourself

Lesson 13: Say “Yes, And” to life

The world of opportunity opens up to us when we say, “yes.” When you say “yes,” you invite endless opportunities and adventures. Our perspective changes because we simply said, “yes.” “Yes” brings a kind of relief. You never know what opportunity your “yes” will bring. The possibilities are endless.

Speak God:

And Mary said, Behold the handmaid of the Lord; be it unto me according to thy word. (Luke 1:38)

Think it Over:

1. Is there anything in your life that you have had difficulty accepting? Why is it tough for you to accept?
2. Are you avoiding addressing anything in your life? Why are you avoiding this?
3. Are you willing to take what you have and build upon it? Give it to God. After all, little becomes much in the Master’s hand.
4. How will you work together with God to build your future?

5. What key actions will you take in order to foster open mindedness in your life?

Discussion Questions:

1. Share a time when your “Yes,” opened doors for you?
2. Is there an experience that you discovered later to be an unexpected blessing?
3. In what ways can we practice open-mindedness regularly?
4. What hinders you from saying “Yes” to life’s opportunities disguised as challenges?

Add additional questions here:

Lesson 14: Roll with the Punches

Rolling with the punches simply means that you are pliable to God's will and plan. You can trust God. He has the ability and right to alter our plans.

Speak God:

Then the word of the LORD came to me, saying, O house of Israel, cannot I do with you as this potter? Saith the LORD. Behold, as the clay is in the potter's hand, so are ye in mine. (Jeremiah 18:5-6)

Think it Over:

1. Think about your plan A. How has it worked out for you?
2. What goal, dream, or aspiration do you need to place in the Master's hand?
3. Which of your life's disappointments have caused you to get "stuck?" Talk to God about it. Ask Him to reveal insights about that time in your life.
4. Are you open to your life turning out much differently than you'd planned and hoped? What might that look like? What are your options? Write them out.

5. What ways can you practice surrendering your life to Christ—not simply with words, but with actions to back up your words?

Discussion Questions:

1. In your opinion, what does “being pliable to God’s will” mean?

2. Share a time when God’s will did not align with your plan? How did you deal?

3. In retrospect, what advice would you give your younger self regarding God’s plan for you?

4. Many people say, “God’s plan is better than your plan,” but what does that really mean, like, in real terms?

Add additional questions here:

Lesson 15: Find Your Light & Live in it

YOU are the light of the world. Your light is your gift to the world. You bring hope. Your light will lead others to Christ—the True Light.

Speak God:

You are the light of the world. A city on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to... (Matthew 5:13-15)

Think it Over:

1. What is it about you that “shines?”
2. What is your vision for your life?
3. What do you see yourself accomplishing this year?
4. Where do you see yourself in 5 years?

5. What are the things about you that bring you joy?

6. How do you bring joy to others (shine your light)?

Discussion Questions:

1. Why is light important to a dark world?

2. Compare the impact of one lonely light to that of a group of lights?

3. Lights don't talk—they shine in silence. In your opinion, what's the benefit of "being" as opposed to "doing" in our Christian walk? Are they mutually exclusive or are both necessary?

4. What attribute of "light" most resonates with you? Why?

Add additional questions here:

Lesson 16: Explore & Travel

There is so much within us that we have yet to discover, explore, and expose. So get into yourself. Stop looking for a significant other to get into you when you don't even like yourself. Learn to love and accept yourself first.

Speak God:

Search me, O God, and know my heart: Try me, and know my thoughts. (Psalm 139:23)

Think it Over:

1. What is one thing that you would like to explore about yourself?
2. What is a new thing that you can commit to trying or learning?
3. What is one nagging issue that you have that you can commit to “dig around” in order to resolve? You might do this through prayer, therapy, journaling, reflection, sharing with a trusted confidant or all of the above.
4. How will you intentionally continue to learn about yourself?

5. What obstacles can you anticipate on this journey? How will you overcome them?

Discussion Questions:

1. What are the ways in which you explore yourself as you evolve?
2. How have you evolved in the past 5 years? 10 years?
3. What are new avenues of your identity & interests that you want and plan to explore?
4. Do you have a bucket list? If so, spill the tea—what's on it? Where would you travel, if money and responsibilities permit?

Add additional questions here:

Lesson 17: Explore Intimacy

Find out what makes you feel sensual, feminine, powerful, desirable, and desired.

Speak God:

If any of you lacketh wisdom, let him ask of God, who giveth to all men liberally, and upbraideth not; and it shall be given to him. (James 1:5)

Think it Over:

1. How do you define intimacy—closeness, comfort, support, companionship? Where does that definition come from?
2. What makes you feel connected to yourself? What makes you feel connected to others in relationships?
3. How do you communicate to those you love and spend time with?
4. What makes you feel sexy, desirable, powerful, and confident? What's your love language?

5. What practice can you incorporate into your daily schedule in order to discover your sexual and sensual self? This may include lighting candles, wearing satin underwear, or taking a nice warm bath before bed.

6. What do you find attractive about yourself? Find something–anything! Maybe it's the sultriness of your morning voice or the curve of your lips when you smirk. You choose.

7. What can you do today to learn more about your physical anatomy, your lady parts, your preferences of touch, and what fulfills you sexually? Can you commit to doing this, regardless of your relationship status?

Discussion Questions:

1. Why do you think there is a lack of safe spaces in which to discuss intimacy within faith communities?

2. What do you wish you would've learned about intimacy early on in life?

3. How do we begin to have more discussions about intimacy as women of faith? What are our next steps?

4. How do you explore intimacy in ways that are wholesome? Is this necessary, in your opinion?

Add additional questions here:

Part Four: Live On Purpose, In Purpose, and Be Intentional

Lesson 18: Live Unapologetically, Intentionally, and Purposefully

What will you contribute to the world when you close your eyes for the last time? Be mindful of your time on earth and be conscious about what, when, how and why you do what you do.

Speak God:

So teach us to number our days, that we may apply our hearts unto wisdom. (Psalm 90:12)

Think it Over:

1. What is your purpose for today?
2. In what ways will you live unapologetically?
3. What habits can you practice in order to remain conscious of your frailty?

4. How will you acknowledge God as you live life on purpose?

5. Reflect on your life so far. Have you lived life on purpose? If so, Identify specific events in which you did. If not, how will you change that?

Discussion Questions:

1. What strategies that foster intentionality can we incorporate into our daily lives?

2. What kind of legacy do you hope to leave in the world?

3. How do you live with purpose daily?

4. What are the consequences of not living in purpose?

Add additional questions here:

Lesson 19: Live consciously

*Be aware of the times and seasons of your life because some seasons come, never to return again. Many times in life, there is no "do-over".
Enjoy every moment.*

Speak God:

To everything there is a season, and a time to every purpose under the heaven: a time to be born, and a time to die; a time to plant, and a time to pluck up that which is planted; a time to kill, and a time to heal...a time to weep, and a time to laugh; a time to mourn, and a time to dance; (Ecclesiastes 3:1-4)

Think it Over:

1. What mistakes have you made in the past in regard to living with intention? Have you always taken advantage of the opportunities set before you?

2. What do you want to see in your life right now? What is your plan to make it happen?

3. What life do you envision for yourself in the future? How do you plan to get there?

4. What concrete steps can you take to live consciously—to live in the moment?

5. How do you define your life's work/ fulfillment? If you're unfilled, how will you move consciously in order to become fulfilled? Ask yourself, "What fills me up to the brim—what things bring me joy and make me content?"

Discussion Questions:

1. What tips can you share that are essential for living a conscious life?
2. In faith communities, what areas of our lives are most impacted by living unconsciously?
3. What practices can we use to live life and to number our days?
4. Do you have any regrets about a time when you were not conscious of decisions that you made?

Add additional questions here:

Lesson 20: Walk with God

God speaks to us in various ways: He speaks as we read His Living Word, through His servants, and through our life circumstances. Sometimes the way may become difficult or it may even seem unbearable, but just keep walking. God is with you.

Speak God:

Enoch walked with God; and he was not, for God took him. (Genesis 5:24)

Think it Over:

1. How would you categorize your relationship with God--healthy, unhealthy, estranged? Why?
2. How do you see God: Master, Father, Friend, Stranger, Enemy, etc.? Explain. Has your view of God changed over time?
3. What does “walking with God” look like for you?
4. What are the benefits of walking with God?
5. What are some challenges to your walk with God? How will you plan to overcome them?

Discussion Questions:

1. Where would you be without your relationship with God?
2. How have you persevered in your walk with God?
3. In your opinion, what exactly makes your walk with God irreplaceable?
4. What is one sweet memory that you share with God that is unforgettable?

Add additional questions here:

Lesson 21: Prioritize Yourself First

If you don't show up for yourself, you can't expect anyone else to. As women, we must prioritize ourselves FIRST.

Speak God:

'Love your neighbor as yourself.' (Mark 12:31)

Think it Over:

1. What do you do for yourself that makes you feel valued (special, valued, cared for)?
2. How highly do you esteem yourself on a scale of 1 (I have no value) to 10 (I am priceless)? Explain.
3. List 5 people who value you and tell how you know.
4. What boundaries can you set to be sure you prioritize yourself and your needs above all others.

5. How much time in a day do you spend for and with yourself? How do you refill your cup after serving others each day?

Discussion Questions:

1. Be honest. Are you the first thing on your to do list every day?
2. Who fills your cup after you have poured out to all of your loved ones and friends?
3. What are the ways in which you care for yourself?
4. At the end of your day would you say that your energy for self-care is in abundance or in a deficit?

Add additional questions here:

Lesson 22: Know what you want

Once we refuse to allow the opinions and views of others to influence our decisions more than our own, we can really live the life God designed for us to live and the life that we deserve.

Speak God:

But let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed. For let not that man think that he shall receive anything of the Lord. a double minded man is unstable in all his ways. (James 1:6-8)

Think it Over:

1. If money was not an obstacle, what would you want (to do/be)?
2. What would you do if you didn't care about the opinions of others? Why not go for it and do this thing?
3. What is stopping you from admitting your true desires? Are you embarrassed? Are you afraid of what others would say or think?
4. If you only had 1 month to live, How would you spend it? How can you live that way NOW? What legacy would you want to leave?

5. Think of the ones you love. If that person was diagnosed with a terminal illness what would you prioritize doing with him/her? How can you prioritize that now?

Discussion Questions:

1. What are the challenges to truly knowing what you want?
2. What factors contribute to what we want and how has that changed overtime in your life?
3. What role should others play in our lives as we figure out what we truly want?
4. What role does God play as we decide what things to pursue? How can we allow Him to take His proper place?

Add additional questions here:

Lesson 23: Go After What You Want

Jesus wants you to live a life of joy, happiness, peace, grace, overflow. He wants your life to be filled with all good things. He is cheering for you, opening doors of opportunity for you, and creating divine connections in your life.

Speak God:

Even so faith, if it hath not works, is dead being alone. Yea a man may say, thou hast faith, and I have works: shew me thy faith without thy works, and I will shew thee my faith by my works. (James 2:17-18)

Think it Over:

1. What is it that you want, but have been hesitant to go after? Why? What has been holding you back?

2. What are you passionate about? What have you done with that passion? Is it in hiding or are you actively pursuing it?

3. What is your dream life? Are you living it? Why not?

4. What things, habits, mindsets, or people do you need to remove from your life in order to go after what you want in life?

5. What things, habits, mindsets, or people must you add to your life in order to pursue your desires?

Discussion Questions:

1. What are the keys to establishing a balance between going after our desires and acknowledging God as we pursue our desires?

2. What practices are essential to successfully pursuing one's desires?

3. What are the do's and don'ts when it comes to goal setting & accomplishments?

Add additional questions here:

Lesson 24: Love Yourself

Loving yourself is essential to loving others—the two are intrinsically connected. If you don't know how to love yourself, you could never know how to truly love others. Girl, God loves you deeply and He wants you to love yourself first.

Speak God:

Love your neighbor as yourself...(Leviticus 19:18b)

Think it Over:

1. Moving forward, how will you practice self love?
2. What thoughts about yourself will you reject/ get rid of?
3. What self talk/ affirmations will you begin to incorporate into your life?
4. Who will you enlist to keep you accountable as you walk in self-love?

5. What are the actions of God toward you that assure you of His love for you?

Discussion Questions:

1. What is your love language? What fills your love tank?
2. How has your relationship with God informed your understanding of love?
How do you translate that to your relationship with yourself?
3. What are some ways to express self-love?
4. What are some challenges to loving ourselves? How can we destroy these challenges?

Add additional questions here:

Part 5: Heal Yourself

Lesson 25: Get comfy with being Uncomfy

In order to get results that you've never gotten, you've gotta do something that you've never done. Things will get better, but first they'll get worse. It's okay. Trust the process. It's inevitable and necessary. We learn and grow through this struggle.

Speak God:

And we know that all things work together for good to them that love God, to them who are the called according to His purpose. (Romans 8:28)

Think it Over:

1. What is it about this season that is uncomfortable?

2. Write a list of things that will help you to feel more comfortable during this season?

3. What will you commit to doing in order to increase your faith during this season? (This might include fasting or praying more. You may even want to start yoga, meditation, or self-talk)

4. What good things do you envision happening as a result of your current season?

5. List the lessons that you have learned from this season. How have you come to know yourself better? How have you grown to know God more deeply?

Discussion Questions:

1. Talk about a time when you were uncomfortable in life. How did you benefit and grow through that season?
2. Why is it important for us to experience times of discomfort?
3. What advice can you give to someone who may be in an uncomfortable season in life so that they can grow through their season?

Add additional questions here:

Lesson 26: Do it in the Face of Fear

Fear is a natural part of humanity. We should acknowledge fear and respond to it appropriately BUT we cannot allow fear to paralyze us.

Speak God:

God has not given us the spirit of fear, but of power, love, and a sound mind. (2 Timothy 1:7)

Think it Over:

1. What/who are you afraid of? Keep it 100. (be honest)
2. Why does this thing/person scare you?
3. If you were not fearful of this thing/person, what would you do?
4. What fear in your life most paralyzes you? Where does this fear come from? Is it from childhood trauma? Does it come from something someone said or did to you?

5. How will you move past this fear in your life? What steps will you take in order to “do it afraid?”

Discussion Questions:

1. What are some practical steps to dispel fear?
2. If fear wasn't an issue, what would you explore?
3. What does God's Word tell us about fear? Have you had an experience that affirms this?

Add additional questions here:

Lesson 27: Get in touch with your Feelings

We are stewards over our bodies, possessions, giftings, relationships, and yes, our feelings. Feelings must be appropriately managed. Expressing emotion shows your strength and humanity.

Speak God:

Examine yourselves, whether ye be in the faith; prove your own selves, how that Jesus Christ is in you... (2 Corinthians 13:5)

Think it Over:

1. What feeling do you most often express? Why do you think this is?
2. Are there any feelings that you feel uncomfortable expressing? Why?
3. When you get angry, what do you do? Is this practice toxic or healthy?
4. Are you holding a grudge against anyone? If so, why?

5. How can you move toward forgiveness? What concrete steps can you take? What is your plan to forgive and to heal so that you can move on?

Discussion Questions:

1. Has there been a time in your life that forgiveness was not an option? You didn't want to forgive someone—how did you move beyond that?
2. In your opinion, should you forgive and forget?
3. Some people say that forgiveness means that you treat the person as if they never did the offense. Do you agree? Why or why not?
4. Are there truly “signs” that you have forgiven?

Add additional questions here:

Lesson 28: Do yourself a favor; Go to Therapy

Deal with the pain you've been carrying for years. Stop denying the hurt that you feel. Stop hiding the abuse that you've experienced. Stop masking the shame that you feel. Stop internalizing the hate and resentment that you harbor. Expose the secret, so that you can begin to heal and let go of the past.

Speak God:

Where there is no counsel, the people fail; but in the multitude of counsel there is safety. (Proverbs 11:14)

Think it Over:

1. Is there any event or experience that you would like to discuss with a therapist/counselor/trusted confidant in detail in order to gain clarity?
2. Do you have a problem with therapy/seeing a counselor? Why?
3. What childhood traumas do you need healing from?

4. What would you do if you didn't have fear, anxiety, pain from childhood trauma or past/present relationships?
5. Are you willing to do the work necessary to receive your healing? What will this "work" entail for you?

Discussion Questions:

1. Are there certain times when therapy is necessary?
2. What are the benefits of going to therapy?
3. Were there times in your life where you know without therapy, you wouldn't have been able to manage your emotions and/or the situation you were experiencing?
4. How do we begin to rid ourselves of the stigma associated with seeing a therapist and normalize managing our mental health?

Add additional questions here:

3. Is there any past relationship in your life that needs healing? If so, list them below. What do they need healing from?

4. Do you have any estranged relationships in your life? If so, list them. Why are you all estranged? How can you fix it?

5. What does a healthy relationship look like to you? Make a list.

6. Do you have a healthy relationship with yourself? If so, how do you know? If not, how will you change that?

Discussion Questions:

1. What are the ways in which past relationships prevent us from progress?

2. How can we begin to heal from past relationship trauma?

3. How do we begin to develop a healthy relationship with ourselves?

Add additional questions here:

Lesson 30: Heal your inner child

As God's child, healing is your right. Maybe you're hurting right now. God is present to heal you and you must partner with Him to heal yourself. Healing your inner child takes time and intention.

Speak God:

But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed. (Isaiah 53:5)

Think it Over:

1. What are your childhood wounds that still sting today?
2. What actions can you take to heal them?
3. How can you partner with God for your healing?
4. How do you imagine your healing to look? How will your healing Feel?

5. Who will you enlist to help you to heal your inner child?

Discussion Questions:

1. How can you heal your inner child, if you deny that he/she exists?
2. How can one begin to break down walls they've built during childhood? How do they begin?
3. What practical steps can listeners take in order to connect with their inner child and identify challenges to their personal growth?
4. Have you ever had a moment where you had to heal your inner child? What strategies did you use to do so?

Add additional questions here:

About the Author



Essie Taylor is an influencer and world changer. She earned a Bachelor of Arts from Northwestern University and a Master's of Arts in Teaching from Rockford College. She is a veteran educator of Bilingual Education, English as a Second Language, and Spanish Language Acquisition with National Board Teacher Certification. She is an advocate of lifelong learning, language learning & multiculturalism. Not only is Essie a writer, but she also is a minister, youth advocate, recording artist, lifestyle model, and improviser. She is deeply committed to motivating minorities, women, and youth to pursue God while chasing their dreams and carving out their life's path. She loves God, people, and helping others. Essie has been a Christian nearly all of her 39 years; She was born again at 15 years old. She has been a bilingual worship leader and interpreter for 10+ years and has by the grace of God helped to establish bilingual ministries at 5 churches in her young life. She is a survivor of domestic violence (verbal and emotional abuse) and marital abandonment in a prior marriage. Essie is a Chicago native; she lives there with her husband Donald Taylor II. To learn more about Essie Faye visit www.essiefayetaylor.com. Follow her at the_essie_faye on Instagram and at Esther Taylor on FaceBook.