



*Granny*   
& *Survivor*  
Workbook



# Granny & Survivor

Workbook



*Welcome!*

I am so glad that you have chosen to be here. That you are taking this leap of faith and venturing into this Granny Program with nothing more than a prompting from God, and a desire in your heart. This relationship won't always be sunshine and roses. It will also be hard work and challenging. As Granny and I have grown through our 8-year relationship, there have been lots of highs and lows, but it truly is the rawest and most influential earthly relationship I have. Things may not always go like you thought they would. But this is a committed relationship of determination and love.

This workbook is designed to be something that you go through together. I recommend choosing a number of pages to fill out on your own time. And then picking a time to say the answers out loud to each other, either through a phone call or zoom. This will help break the ice a little and will give you a window into the other person's life.

*Before you begin this journey, I want to pray for you both, believing that God will bless this relationship in its own unique way.*

*Dear Lord,*

*You have orchestrated and designed the plan for these two amazing women to meet. You have seen them both from before they were formed, and you knew that years down the road, after many of life's circumstances had altered their life, that you were going to join them together as a team. Lord, I give You so much praise for how you have been working this all out long before we ever knew that this was possible. I pray for these two souls, that they will grow in strength and confidence. I pray that You are honored in their friendship and mentorship and that you will be the center of all of their conversations. I ask that you protect them, fill them with peace, with strength to overcome the darkness that has tried to steal, and restoration as they move forward. I thank you for these women and their willingness to step outside of their comfort zone and listen to Your voice. I pray blessings and favor over them and over this friendship and that they remain strong in You against any spiritual warfare that comes. I ask all these things in Jesus' most precious name. AMEN!*

### **A message from Granny:**

*"Faith without actions is dead."*

Thank you for stepping out in faith and answering a call that can only be orchestrated by God. Thank you for wanting to invest in a child of God. No one knows what lies ahead for you, but God. I pray He leads you and protects you and that you call on Him often. This battle is not easy and the blessings will far outweigh any sadness or unjust feelings you may experience.

May God bless you in all you do! 

- Granny



# 1

## Get to know

As a survivor, it is always more helpful to voice our expectations and to hear the expectations of others before beginning anything. Survivors tend to be very black-and-white in our thinking and like to feel like we are fully understanding where someone is coming from. It is a learning curve for us as we grow and begin to see the “grace in the grey,” but let’s begin this workbook with discussing expectations and feelings toward this new relationship that you are embarking in.

Have you ever had a mentor type relationship? If so, explain a bit about it.

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What expectations do you have with this mentor relationship?

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What boundaries do you feel are important to start off with?

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# Goals

What are your goals for the next:

## Week

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## Month

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## Year

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## *Granny*

What is your typical schedule like through the week?

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When are times that you know you will not be available to check your phone?

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What do you feel are your strengths in how you would most like to be there for the survivor?

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What is your belief about God?

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What are ways that you have seen God move and work in your life?

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What are areas you would like to grow deeper in your understanding of God, or your purpose?

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What does your time with God look like?

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What is your favorite scripture and why?

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Who is your favorite person in the Bible and why?

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What is your favorite worship song?

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What is your favorite way to worship?

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Have you experienced any heartache or even abuse within your church that makes church and God a little bit harder to understand? If you feel comfortable you can explain.

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How do you best like to communicate?

- text     phone     zoom





# 2

## Learn Your Color

In order to connect well with others, we must first know who we are ourselves. To get started, take the personality color quiz to see what color you are, and how that pins to your personality. This is a great way to see how each of you think, feel, and process things. Don't get stressed out by the questions on the quiz. Just put what comes to mind first.

### Steps to taking the Personality Color Quiz

1. Go to [www.jacobadamo.com](http://www.jacobadamo.com)
2. Click on Personality Colors Quiz at the top
3. Scroll down and click on Take Quiz
4. Screenshot your results so you don't lose them.

### Answer the follower questions based on your results

What color did you score the highest on? \_\_\_\_\_

Write down the characteristics from that color that you feel describe you best. (Click "Details" next to the color in your results)

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What color did you score the highest on? \_\_\_\_\_

What do you feel are some of the pros to your personality being these two colors?

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What do you feel are some of the pros to your personality being these two colors?

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Having this information is helpful in a fun way but doesn't define who you are. Remember that God made you the way you are for a reason. With the colors you have for a reason. And He purposefully didn't make us all the same color. It's neat for me to be connected with people of the same color, but I also enjoy meeting people with other colors because it's beautiful to see how their brain works differently than mine. Just like in the Bible it says:

*“For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ.... For the body does not consist of one member but of many. If the foot should say, ‘Because I am not a hand, I do not belong to the body.’ And if the ear should say, ‘Because I am not an eye, I do not belong to the body,’ that would not make it any less a part of the body. If the whole body were an eye, where would be the sense of hearing? If the whole body were an ear, where would be the sense of smell? But as it is, God arranged the members in the body, each one of them, as he chose. If all were a single member, where would the body be? As it is, there are many parts, yet one body.” - 1 Corinthians 12:12, 14-20*

In the same way, we are all a different color for a particular reason. We all have strengths and weaknesses that God can use. If we allow Him to.

What areas in your life do you feel are weaknesses that you have to put in the hands of God often?

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*“But he said to me, ‘My grace is sufficient for you, for my power is made perfect in weakness.’ Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me. That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.” - 2 Corinthians 12:9-10*

This is something that as I get older, I see that my weaknesses are blessings in that it can draw me closer to God if I let it.



Tell about a time when you were able to overcome a weakness.

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Who is a person from the Bible that you think might've had the same primary color as you?

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Why do you think it would make God sad if we don't live in the color that God made us?

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How do you think trauma can play a role in losing your color?

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As we grow, and go through things, we evolve and change. We are never meant to stay the same. When trauma enters someone's life it alters things. A life after trauma is never truly the same again. However, it can still be beautiful.





# 3

## Learn Your Color (Continued)

I once met a girl, who had a laugh that could fill the room. It was loud, and kind of silly. You can't help but laugh along when she would let her laugh out. This girl was tall, in fact, even taller than her husband. She had bright bold tattoos in more places on her body than not.

One day, I got a chance to hear her story. Hear where she came from and how this woman became so sure of herself in her boldness. She told me that she hadn't always been that way. In fact, she used to hide her laugh as much as she could because she was embarrassed. She used to hide a lot about herself, actually. She hid the trauma from her past, she hid her insecurities, she hid her destructive coping skills. In fact, it was her coping skills that caused her to lose it all. Everything except God. And it was one night, in a jail cell, with no one else around to see her cry or hear her confession, that she cried out to God and said, "No more." I don't want this life anymore. She had lost her original bright beautiful color when the trauma first started. Then she masked the darkness of the trauma with coping skills that left her washed out, and basically doing nothing but surviving. She didn't want that anymore. She didn't want that life. And she declared at that moment she was ready to change.

Small step by small step she allowed God to pull her out of that pit. She became honest about everything. She did the hard work to deal with her trauma and her past. She learned new healthy coping skills. And more than anything, she found a relationship with Jesus that was unique and beautiful just like her. Still to this day, you will find her in the church where I first met her. You will be able to figure out which one she is because you will hear her laugh over the congregation. She will probably be on stage some leading announcements. And she will be there with her husband and two kids.

She found her color again. She found who God had wanted her to be all along. But not only that, she wasn't even a bit embarrassed by the way God made her. She wasn't changing for anybody. She knew who she was and whose she was. And she is one of the most enjoyable, real, raw people I have ever met.

Have you had someone in your life that has lost their color and then come back bolder than ever?

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Do you have any unhealthy coping skills in your life that have left you washed out and numb to the world?

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What are you doing to make your colors bolder and brighter?

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To help the other person know more about you, answer the following questions.

My favorite color \_\_\_\_\_

My last vacation \_\_\_\_\_

My favorite color \_\_\_\_\_

My favorite subject in school \_\_\_\_\_



Do you have any pets? Add details if Yes.

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Hobbies \_\_\_\_\_

An inspirational person in your life. Give details.

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What is typically your first response when something hard comes up?

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If you could meet one person, dead or alive, who would it be and why?

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Favorite Ice Cream flavor? \_\_\_\_\_

What is one silly question that you would like to ask the other person?

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What is one serious question that you would like to ask the other person?

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**\*Take time to answer the two questions that each of you come up with for the other person.**

# 4

## Follow the Voice

Who is someone in your life who has had a very loud demanding voice?

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Were they someone who was easy or difficult for you to listen to? And why?

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During your life, do you feel like your voice mattered? Explain your answer.

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Tell about a time in your life when you demanded your voice be heard. How did that turn out?

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When I went to an eating disorder facility back in 2017, I was blessed with the opportunity to do equine therapy. Equine therapy is where you are in an arena with horses, and there is an equine therapist who incorporates the horses into the therapy. I was excited about spending time with the horses, but equine therapy ended up being much more frustrating than I had expected.

The first session I was told to walk the horse around a set of cones. But the only tool I was allowed to use was my voice. Well, that horse could care less what I was saying. I ended up



becoming so desperate, pleading with the horse to listen to me. This was perfect because the equine therapist then called me out and asked me why I kept saying, "Please listen to me. Please."

I was pretty frustrated at that point, but the exercise opened my eyes to how often I felt like my voice wasn't heard or listened to. I realized how desperate I was to be heard. To have a voice that matters.

As I have grown in my healing and in my faith, I have learned that God tells me that my voice definitely does matter. That my voice needs to be heard and that I shouldn't let anyone silence me. The same is true for you too.

Name an area in your life where you would like to use your voice, but haven't had the confidence to do so yet

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What could you do to help you be able to use your voice confidently in that situation?

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If you were able to use your voice in that situation how do you think it would change things for you?

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*“Holding back, staying quiet, or agreeing just to keep the peace is self-betrayal. This is a trauma response that ends up manifesting into anger, resentment, and burn out.” - Rachel Kehler*

How can the other person best encourage you in this relationship to use your voice?

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How important is it to you that the other person is real and uses their voice?

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How do you best communicate when you are feeling frustrated or struggling?

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Are you somebody that likes to talk things through immediately, or do you need time to process before talking about something?

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During this relationship, you guys will have misunderstandings, confusion, hurting feelings, and frustrations. When you are dealing with two humans, it is the inevitable truth. But just know that in your frustrations and struggles, each of you are doing your best. Knowing how each other communicates is helpful but be blunt and honest about things. Don't brush anything under the rug. It is important for the survivor to learn healthy ways to use their voice



and this relationship is a safe place to practice that.

Granny is somebody I can tell anything to. I have shared my darkest flashbacks, and my most embarrassing moments. But I still was afraid with certain truths that it would be too much and she would walk away. I was constantly worried about finding the balance of being myself, but also knowing how to be respectful of her boundaries. And I was blessed because she would tell me when she needed time. Or she had other things to do. She was good about always being real so I didn't have to guess what she was thinking or feeling. And over time, I have learned to be the same back to her. Then, as time has gone on, I've been able to use what I've been taught through my relationship with Granny in other relationships and be more real and honest. Using my voice. And finding out that my voice does matter. It's a journey for everyone, so just know that where you are at in that journey is exactly where you need to be. And you'll continue to grow from there.

**It's important to know that our voice matters. But even more so, we need to know that God's voice matters. And that it matters in our lives.**

# 5

## Follow the Voice (Continued)

The video is called Listen to the voice\_ Flying without a pilot (David Gibbs) and you can find it by searching on Youtube.

Share about a time in your life when you heard God's voice (not necessarily audibly, but in your Spirit, or through His Word) and you followed His voice. How did things turn out?

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Why do you think it's so important for us to follow God's voice?

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Do you find it easy or hard to follow God's voice? Why do you think that is?

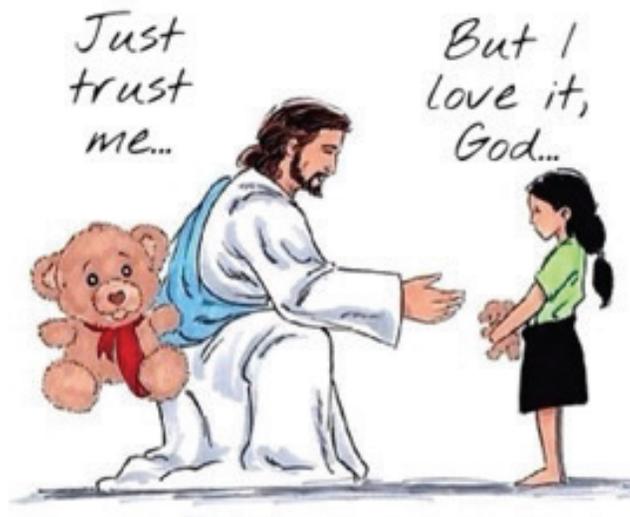
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There have been times in my life where I could feel the pull in my heart to do something. But I simply didn't want to. It was gonna be too hard. Plus, it wasn't what I prayed for. I tried for YEARS trying to ignore God's voice and eventually things got to where I had no choice. And it turns out, God's way was so much better than I ever could've imagined. Even better than what I had wanted to happen.



What does the above picture say to you?

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Share a time when you were holding tight to something and not wanting to trust God, but when you finally trusted Him, it was bigger and better than you ever thought possible?

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Is there something right now that you are holding tightly to? Something that you're struggling to trust God with.

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**Take this time to pray together. To pray for the areas that are hard to put in the hands of God. Pray for strength, wisdom, and peace. Pray for courage and support.**

As I think back to things that I was holding so tightly to, I am baffled that I didn't realize how much better things would've been with God in control. I was too afraid to trust Him. It took longer than it should've, but over time, and with lots of prayer, God gave me the strength to trust Him fully. It's true that my life is so much better, but it had to be my decision. Nobody else could make that decision for me.

Be encouraging and supportive, but each struggle is between you and God. You are not alone in any struggle, but you are in control. You get to decide your tomorrow. And for the survivor, you maybe haven't always felt like that was the case. It might even be something you have to learn as you go. But your life is yours, and your decisions are yours, and your struggles are yours to give to God.

## *Survivor*

How do you feel about control? Is it difficult for you to give up control at times, or is it harder to take control?

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Do you feel like you are able to trust God despite the hard circumstances you've been through? Or is it difficult for you to trust Him because you feel like He is somewhat to blame?

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How do you feel when you see God seemingly answering prayers for others while you are still waiting?

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How has your view of God changed from when you were a child to now?

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What is one silly question that you would like to ask the other person?

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What is one serious question that you would like to ask the other person?

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**\*Take time to answer the two questions that each of you come up with for the other person.**

# 6

## Who is God?

Go to the book of Psalms in the Bible. And write down every word that is written that is a descriptive word of who God is?

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Out of the list of descriptions of God that you found, which ones have you seen in the character of God the most in your life?

_____
_____
_____
_____

Which characteristics do you feel have been missing in your life? Explain.

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God is love, but God is also just. In your own words explain how that works?

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For a long time, I struggled with knowing that God loved both me and my abuser the same. It was extremely difficult to understand how God could love someone who hurt me so badly. But then, after reading the book of Jeremiah, and seeing God’s anger in His words, I became aware that God can both love a person and not like a person at the same time. I believe that God’s anger toward my abusers is fierce. Yes, He loves them, but the justice of their actions, unless there is true repentance, leads to God’s fury and an eternity in hell.

Read this verse in Ezekiel.

*“I will pour out My indignation on you; I will blow on you with the fire of My wrath, and I will give you into the hand of brutal men, skilled in destruction.” - Ezekiel 21:31*

What do you think God was feeling in this verse?

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What do you think God was feeling in this verse?

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Survivor Only: Rewrite the above verse but replace the word “you” anytime you see it in this verse with the name of your abuser.

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**\*Read it out loud to Granny**

That is the same anger that God has towards those who hurt you. How does that make you feel?

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Yes, God loves your abuser. No different than He loves all of His children. But His anger towards what they did to you is very real. Righteous anger is very much a thing. God is angry about what happened to you because He loves you. He knows that You were hurt deeply. In fact, He was with you in every moment of it. He was feeling the same pain you were as it was happening. And He cried with you, angry that you were being put through that. But He never let you.

*“It is the LORD who goes before you. He will be with you; He will not leave you or forsake you. Do not fear or be dismayed.” - Deuteronomy 31:8*

Knowing God is life changing. When we increase our knowledge of Him, not just head knowledge, but intimate knowledge, we begin to live eternal life now. We go from “Fact-Finding” to “God-Apprehending.” So, when we read the Bible we read with the goal of learning who God is. We must let the Bible speak for itself. Without an agenda, without my “help.”

**\*\* Pray together asking God to continue to reveal Himself to you and to each other.**

**\*\*\* Choose some scriptures that are your favorites and search for God’s characteristics throughout the week while you study those scriptures. Start next week with sharing what God revealed to you about Himself through those characteristics.**



# 7

## Who is God? (Continued)

**\*\* Start with sharing what you learned about God’s characteristics from the scriptures you chose last week. (You can share your notes below)**

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Read *Acts 9:1-5* on the story of Saul and the road to Damascus. God appeared to Saul after Saul had been persecuting God. (Take note that it says “Me,” and not “them”. You can rest assured the Lord takes it very personal when people attack His children. Just like when each of us have been hurt by someone else.) God appeared to Saul in the form of a bright light and loud voice.

What was Saul’s first response to the Lord on the road to Damascus?

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We should take note of Saul and follow suit. Asking the question, “Who are you, Lord?” Because for so long, the world has tried to show us who God is. Oftentimes in wrong ways, and in blasphemy of who God really is. But God wants to personally show us who He is. In His word, through His Spirit, and all around us. We should never assume we know who God is because of circumstances, or what someone else has told us. God is waiting to reveal Himself to you. But you first must ask.

Name a time in your life when you felt God strongly during a circumstance. What was it like?

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Explain a time from your past when you couldn't feel God? When He seemed silent.

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Looking back now, can you see how God was working behind the scenes even though you couldn't feel Him at that time? Explain.

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Take this time to write down some questions you have for God.

Questions:

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2. 

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3. 

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4. 

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Through prayer, together, ask your questions to God, and allow Him space to answer. Write down what answers He gives you as you pray.

Answers:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Notice that God’s answers are not always a solution. Sometimes His answers are something that helps us understand Him better. Sometimes He answers us in a way that is creating more character within us.

God cares about our heart. He is a jealous God and He wants us to find comfort and peace, but the real kind, that is only found through Him. When we learn who He is, and the truth about His character, then trusting Him becomes easy.

# 8

## Coping Skills

Coping skills are rarely talked about in normal conversation. It is typically something that we don't care to discuss with others, let alone admit. Our culture has gotten to a place of desiring comfort more than anything else. Even if it is destroying us for the long haul, we want comfort in the here and now. It's hard for us to see the strength, perseverance, and character that is developing during a time of discomfort.

Coping skills often come from a place of trauma or hurt. It is a way to deal with the pain. To make it more bearable. A coping skill is anything that takes your attention off the pain you're facing, whether it is physically, emotionally, or mentally.

- A **physical** coping skill could be cutting, drugs, or an eating disorder.
- An **emotional** coping skill could be one-night stands, or purposeful isolation.
- A **mental** coping skill could be to binge on social media, television, or overworking yourself.

List your coping skills that you have had and how present they are currently in your life.

1.	<hr/>				
	Very present	Present	Occasional	Rarely	Never
2.	<hr/>				
	Very present	Present	Occasional	Rarely	Never
3.	<hr/>				
	Very present	Present	Occasional	Rarely	Never



4. \_\_\_\_\_  
Very present      Present      Occasional      Rarely      Never

5. \_\_\_\_\_  
Very present      Present      Occasional      Rarely      Never

I have always wished and prayed for a snap of the finger type healing when it comes to the pain of my trauma and the effects it has had on my life. I hated the idea of working through the painful things to get to the healing. I just needed the pain to stop and I wasn't willing to try the healthy coping skills that had delayed results. I didn't see hope in a long-lasting comfort anyway, so I wasn't going to put in the effort to try a healthy coping skill that would get me truly through the trauma in my life.

I'm thankful for friends who have supported me and encouraged me through the journey of finding healing in my trauma. The friends who didn't just say, "It makes sense why you have an eating disorder." But the friends who challenged me and pushed me to see that my eating disorder and other coping skills weren't my savior. They were never going to truly work.

What is a coping skill that you used to have that you overcame?

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When you think of your current coping skills, what is an option that you could use to replace it?

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How do you feel about your coping skills? Is it something that is serving you well? Do you feel like it is damaging or useful?

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Write down the following verse: (Philippians 4:12-13)

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Based on that scripture, John W. Ritenbaugh described how Paul was able to cope even through difficult times.

*“Be aware, be warned, and be exhorted that, if we have any desire to overcome faults, if we sincerely desire to be in God’s Kingdom, if we desire to be like God and glorify Him, we need to protect our relationship with Him. He is the Source of the power to do all things, even to grow while also enduring these intense times. Paul is saying that he knows how to discipline himself and thus keep on track in every circumstance of life. By this time in Paul’s life, he had the skills required for making the best of every situation.*

*He is not suggesting that he did this alone through mere human discipline and skill that anybody can achieve, but that he was enabled because of his faithful relationship with Christ. The real dynamic is that Christ has the power, and it was He who faithfully enabled Paul. The apostle’s skills, which enabled him to accomplish things that pleased God, were spiritual.”*

I remember hearing comments like this about the power being in the Spirit, but I didn’t know how to tap into that power. The pain from my trauma would come and I wouldn’t feel strong enough to face it without my coping skill.

But here is where the tides turned for me with my unhealthy coping skill. It was once I could see the potential or the reason for leaving it behind, and I truly decided that I wanted to say goodbye once and for all to the coping skill, then I started to pray. I prayed to ask God to give me the strength to trust Him. The strength to overcome the coping skill. I prayed that His spiritual peace and comfort would be enough. And I asked others to pray with me. And I made a commitment (for like the twelfth time...but this time with prayer and belief behind it) and I stuck with it. I have been free from my eating disorder for seven months. It’s still tempting at times, but I genuinely felt a difference from relying on God, vs relying on an eating disorder. I was amazed at how good I felt and how much closer to God I felt. It was as if a barrier that had been between me and God had been lifted and I could experience Him to



the fullest. I wondered why I had waited so long to trust Him, but so thankful that I finally did.

If there is a coping skill that you need healing from, and you are ready to let it go, then devote time together in prayer specifically about that. I promise there is freedom on the other side. But if you're not ready to let it go yet, that's okay. No one is forcing you to change, in fact, the prayers won't work if you aren't truly ready to lay it down. But just know that God is ready whenever you are.

What were some coping skills you realized your parents had while you were growing up that you recognize now as toxic?

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How did that affect you growing up?

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What are positive coping skills that you see people use?

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# 9

## People Pleasing to God Pleasing

Going through trauma you learn how to read your environment and try to create an atmosphere that feels safe. You read people, you read situations, you read emotions, and you will do what you can to please the people who bring you the most fear. It was a survival tool for so long, and probably helped. But now as adults, pleasing people around us to keep tensions low or to avoid uncomfortable environments, or even to avoid confrontation, ends up not honoring God or who He created you to be. .

Is people-pleasing a struggle for you? If so, explain how.

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Do you have people in your life that are not people pleasers? What does their personality look like to you?

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Where in your life have you seen "people pleasing" get in the way of what God has called you to do?

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It has taken me years, and is currently ongoing, as I am a recovering people pleaser. I am not sure if it was how I was hard-wired, or if I became that way because of the environment I was in. But living my life to please people was like living my life to honor people, which is not okay. Yet, I didn't know how to break free from it. It became a safety net for me. I would never use my voice, I would try to blend in, I overly compliment people, and overly apologize.

When I started to slowly break away from the people pleasing mentality, I lost some people very dear to me. People that I believed loved me unconditionally, but I learned only loved me because I was honoring them or keeping them happy. Using my voice, and sharing my truths brought me closer to some people who respected me more for being who God called me to be and to stop faking it. But it also had the opposite effect on some. It took me time to slowly use my voice, slowly say my truth, before finally, I was strong enough to choose myself over the happiness of others. It was a process though. I now get sick to my stomach when I think about the way I would change myself and the fact that I was never loved for who I am, but only loved if I acted a certain way.

Some people are blessed with the personality to not care what others think and to simply follow their heart and follow God's lead. But most of us realize at some point in life that we weren't always true to ourselves. Or we had fallen away from who God had called us to be in order to please the world.

Do you have areas in your life that you feel aren't the real you? If so, explain.

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Do you have people in your life where you feel like you have to act differently to keep things from getting uncomfortable? If so, explain.

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What do you think would happen if you were real with the people who you feel you have to change for?

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Have you had a time in your life where you felt God calling you to do something but you said "no" because you were afraid of how people would handle it? If so, explain.

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**Write down the following scriptures:**

Galatians 1:10

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Colossians 3:23

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think it is always easier said than done. But I truly believe that it can be a stronghold in our life that keeps us from experiencing the life God has planned for us, or to experience our relationship with God to the fullest. If we continue to put pleasing people ahead of what God calls us to do, then we miss out on knowing God fully, and instead consume ourselves with pleasing fickle people.

People pleasing leads to dishonesty and resentment.

How does being a people-pleaser harm you and your healing?

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How does being a people-pleaser harm your relationships?

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**\*\*Take some time together to pray against any strongholds that are not of God that may be holding you back from being a God-pleasing person, instead of a people-pleasing person.**