

# **The Pray More Advent Retreat Study Guide**

## **Reclaiming Your True Identity, Part II with Stacey Sumereau**

### **Reflective Questions**

“You have stolen my heart, my sister, my bride;  
you have stolen my heart  
with one glance of your eyes,  
with one jewel of your necklace. ”

- Song of Songs 4:9

1. Stacey begins by describing issues she had with not feeling like she was good enough. She realized that she is good enough because in God’s eyes she is precious and valued. Have you ever felt that you are not good enough? Have you ever felt insecure and unworthy of God’s love? If so, take a moment to reflect on the verse above and know that you are loved.
2. Next, Stacey offers tools or methods for this concept to, “Take root, then bear fruit”. Which is that if you grow “roots” that are deeply rooted in faith that your faith in God will bear fruit in your life. Her first suggestion is to spend some time reading the Bible. She shares that reading scripture helps her to understand that God is personally interested in us. This Advent, make some time to read the Bible and meditate on the readings.
3. Another way to build up and maintain these strong beliefs is to find friends who are going to build you up. Sometimes it is really hard to find good friends. If this is your situation, pray to the Holy Spirit and ask for God to send you the friend that you need at this time. Friends can help you grow and learn more about your faith.
4. An interesting way that you can take advantage of nourishing yourself with deep roots is retraining your brain to think more positively instead of with a negative train of thought. If this applies to you, you could begin by saying, “God, I’m addicted to this thought. I cannot save myself. Please step in. Please take this away from me.” You can live the life that God has in mind for you if you allow Him to direct your thoughts.

5. The last tool that Stacey shared is to empower you to not be afraid to seek counseling. If you are feeling anxiety on a daily basis, if you're comparing yourself to others, if you have depression or an eating disorder, please, please seek professional help. God's given us these tools, and there is no shame in making use of them.