

Celeste Gonzales

YOU ARE NOT WHO YOU

think

YOU ARE

THINK DIFFERENT

BREAK CYCLES

Be<sup>CONFIDENT</sup>

## Chapter 1 Reflections

# Be Whole

1. What do you see when you look in the mirror?
2. How has your view of yourself shaped your thoughts and feelings toward others?
3. Although hurtful words were said to us, they do not have to be validated by us. What hurtful words have been said to you that you have nurtured throughout your life?
4. When a filter is used, it holds back impurities. In order for a filter to be effective, it must be replaced. What filter have you been using in your thought life and how can you begin to filter those thoughts through the Word of God?
5. What Dim view of yourself do you need to give up in order to do the things God has called you to do?
6. We have the choice to believe the lies that the enemy fed us at an early age, that we have entertained for far too long or we can change the narrative. What thoughts do you play over and over that you need to speak back to instead of effortlessly allowing them to linger?
7. We often work so hard to cover things up because our worldview tells us that once exposed, we will lose. We will lose relationships, we will lose influence, and we will lose reputation. However, a biblical view tells us to expose our sins, and in doing so, we will be healed. Is there a part of your story you try to hide?

### Change Your Reflection

Call a trusted friend or counselor and share the spaces you've tried to hide. You are not meant to live under a blanket of shame!

## Chapter 2 Reflections

# Be Smart

1. We've all experienced defining moments throughout our lives that have shaped us—whether for the good or for the bad. What's one good moment and one bad moment that has impacted you?
2. What lie have you believed that you need to stand up to? How will you do that?
3. The enemy wants to put dysfunction around your destiny! How has he tried to manipulate you out of doing things you are gifted to do?
4. Where has pride enabled you to stay stuck in a child-like mindset?
5. Miracles follow obedience, movement, testing, and much discomfort. Are you willing to do what it takes to live a miraculous life?
6. What you couldn't do without God, is possible with God! What do you need to step out and do knowing God is with you?
7. Have there been times in your personal struggles when you felt alone and disappointed that others were not there for you? How can you change your focus to instead see that God is fighting for you?
8. In a moment of honesty, has there been a time when you weren't there for someone else because of your own hang-ups and habits? How can you begin to make changes in order to take the focus off of yourself and shift it onto building others?

### Change Your Reflection

Write down your most painful memories and begin to ask the Lord to give you His thoughts on the experiences you've had.

We often get so focused on our pain that we don't see what others have done for us. Take a moment and text someone that was there for you in a moment of need.

## Chapter 3 Reflections

# Be Trustworthy

1. Do you struggle with pain from rejection? When do you first remember feeling rejected?
2. Time does not heal our wounds, but help can. Our help comes from the Lord. Look up Psalm 121:1-3 and write this scripture in your own words.
3. Trustworthy friends should be a safe place for you to be you. Have there been relationships where your trust was misplaced?
4. It's important for us to guard our hearts against deposits of division. Are you seeing red flags in relationships, that if not managed properly, could derail you and disconnect you from God's best for your life?
5. How can you put healthy boundaries around your conversations to protect your character and integrity?
6. As a response to deep, disheartening disappointments, we exchange trust for control. Control is such a cold, hard partner to live with. Take a moment to be honest with yourself and allow the Holy Spirit to show you spaces where you are operating in control versus trust.
7. Asking God hard and uncomfortable questions does not belittle or offend Him, it shows our trust and humility to share our limitations with a limitless God. What question do you need to ask God today surrounding a disappointment in life? He welcomes your questions.
8. Our emotions are fleeting, so we don't want to misplace our trust in something that can change from one minute to the next. What emotion have you been trusting over God's Word?
9. When we trust God, He in turn entrusts us. Let's prove ourselves faithful with what God has given us. What has God entrusted you with and what do you plan to do with that trust?

### Change Your Reflection

It's time to trust again. Write the name of a person you think is trustworthy. Pray for them, reach out to them, and share something you've not yet shared with them. If you can't think of anyone, pray that God gives you a name this week.

## Chapter 4 Reflections

# Be Consistent

1. If truth be told, I have been consistent in my life with both good and bad things. Bad habits are hard to break! Take a moment and write out both the good and bad places where you have authored consistency in your life.
2. Have you ever spent more time comparing yourself to others around you than actually working to make disciplined changes in your own life? If you redirect your attention what could you accomplish?
3. God will not force us to see what He sees, but our choice to embrace His image or deflect it will determine our suffering or our success. What do you think God sees when He looks at you?
4. It's easy to look at someone and see what you don't have. What emotions do you embrace when you begin to compare where you are and who you are to others?
5. It was because of envy that Jesus was crucified. Are there people that you have crucified with your thoughts or words because they have what you want?
6. How can you begin to move your thoughts from comparing to instead complimenting and building other's up, so that you can have the right view of others and yourself?
7. In an effort to live a fruitful life, what disciplines do you need to work to improve?
8. What areas of your life need to be pruned so you can be free to grow?

### Change Your Reflection

The key to success in receiving criticism is knowing who you are. Knowing who you are, comes from consistently seeking God and reflecting His image through the pruning process. Take an inventory of your life and write out practical ways you are going to activate consistency to produce confidence.

## Chapter 5 Reflections

# Be Confident

1. Do you find it hard to love yourself? Why or why not?
2. Do you tend to project your negative thoughts about yourself onto people as if they think the same things about you, resulting in a belief that people don't like you and are not for you?
3. The world wants to make us a victim of approval addiction by thinking that everyone is against us and that we have to earn acceptance, but we are set apart from the world! What things can you see that you do to try to "earn" acceptance from God and/or others?
4. Even in our worst state, God thought we were worth saving! We are fully accepted by Him. In that, we can be confident. Write out 1 Timothy 1:15 and share what it means to you.
5. We all have seasons or areas of life where insecurity creeps in, but we can't live life there. Insecurity is a thief of our time and God's purpose for our lives. List some ways/areas of your life where you have been operating out of insecurity.
6. Confidence equals a posture of trust and transparency. What scares you about those two words?
7. Every word that is spoken to you does not have to be accepted by you. We all know that hurting people hurt people so let's not become that hurt. What words do you need to reject instead of embracing and nurturing?
8. Insecurity causes us to overcompensate. Here are a few questions you can ask yourself, so you can see the pattern of insecurity in your life. Which one best describes you? Choose to change the bad behaviors by acknowledging your place of inadequacy and working to make changes.
  - Do I have a constant need to prove myself?
  - Do I have to be the loudest voice in the room?
  - Do I use humor to distance and deflect?

- Do I find myself name-dropping, having to one-up people in conversation, or constantly sharing my accomplishments in hopes of elevating my status?
  - Do I have to get praise and credit to feel validated?
  - Do I project authority and operate in high drive, yet long for approval?
  - Do I have a problem backing down, even when I know I'm wrong?
  - Do I work my way into relationships with people through flattery or buying them gifts?
9. It's of utmost importance that we are seeking our approval from the Lord. Read and write Galatians 1:10. Seek God's approval, and you will receive it. His approval is the only approval that can sustain us. Even in our worst state, Jesus still gave His life for us. He didn't wait until after we got our act together to love us and give His life for us. No, He did it knowing every horrible thing we would ever do or think! If that is not love and acceptance, I don't know what is.

### Change Your Reflection

If we want confidence, we have to stop giving it away so easily. Instead of growing our character and discovering our purpose, we can often be found being the biggest bully we've ever faced. Telling ourselves that we are not beautiful, talking down to ourselves, or belittling our potential are just a few examples of how far we go to quench our own confidence. This week practice being nice to yourself. Speak life and God's words over yourself every time you encounter a mirror.

## Chapter 6 Reflections

# Be Redeemed

1. God wants to turn your regrets into redemption! What regrets do you tend to replay in your head?
2. Take a moment to really accept that when you choose Christ as your Lord and Savior, you are marked by God for greatness. We will never commit to something we don't believe in. We can be convinced for a moment, but to actually have buy-in and invest, we have to have a deep belief that is birthed through a relationship. What do you believe about God?
3. When looking at the story of your life and how far you have come, can you pinpoint moments when God has used your past for good?
4. God wants you to thrive and live a prosperous life, which is why He gave us a roadmap to life in the Bible. God shows us how to live to receive His best for us, but to go outside of His will means that you leave His protection. I wonder how many of us have tried to receive the promises of God outside of the house of God. Has there been a time when you rejected Christian community? How did it affect your life?
5. Action is always required for change to occur. Jesus paid the price on the cross for our sins and for our freedom so that everything that is behind us can be redeemed. Now the responsibility to walk in it is ours. What changes do you need to make to walk into the purposes of God?
6. In a moment of honesty share the excuse you've leaned on for far too long.
7. When redeemed, your past is not torture, it is a tool! What tools do you have in your tool belt, and how do you need to activate them for a bigger impact?

### Change Your Reflection

Write out your family line. What do you see generationally? Pray for generational chains to be broken and that you will begin a generational blessing for you and your family.



## Chapter 7 Reflections

# Be Strong and Courageous

1. Have you ever noticed that with age, we tend to play it safe? When you were a kid, were you a daredevil, curious, or a risk taker? If so, when and why did that change for you?
2. Failure is inevitable, but choosing to get back up is a decision we get to choose. What failure in your life has kept you from wanting to try again?
3. When faced with opportunities, do you play the “what if” game that puts you into circular conversations with yourself about the million different ways things can go wrong?
4. Is there something God has asked you to do, face or maybe even stop doing that scares you? Let me change your thinking game by asking you this question, “What if this time you can?”
5. Worship is a tool in spiritual warfare. What is your favorite worship song and why does it mean so much to you?
6. Are you ready to be used by God? Answer honestly and share why or why not.
7. Our lives, our pain, and our decisions to be strong and courageous radically shape victory or defeat for others. In this season of choosing whether to get up or to just settle, take an inventory of who could be impacted for the good, if you choose to move forward into what God is asking you to do.

### Change Your Reflection:

In order to have the right mindset you're going to have to start changing the narrative in your mind. This week, begin to speak life over what you want to see God do through you. Speak “I can because God is with me.” type messages to yourself daily, and in your journal keep a log of every unexpected blessing. Sure there will be hardships when God entrusts us with things, but if we keep our eyes on the heavenly things, we will see past the natural to the supernatural!

## Chapter 8 Reflections

# Be Bold

1. Do you consider yourself to be a bold person? Why or why not?
2. Boldness is not a feeling, but rather a resolve to do what God has asked you to do no matter how you feel. Share a time when you have caved into fearful feelings.
3. Unmet expectations often cause us to respond in fear. When have your expectations not been met, and how did you respond to them?
4. A healthy fear of the Lord causes us to care more about God's view on the matter than our own reputations. Where have you been resisting the Lord because of pride or fear of man?
5. Fear starves our potential. What is something that you have said no to or have delayed doing because of fear?
6. We learn from 1 John 4:8 that perfect love cast out all fear. What can you learn about love from 1 Corinthians 13:4-12?
7. Knowing the character of God helps us to trust Him at a totally different level. Research the names of God and write them down. Which one really speaks to a situation you are currently going through?
8. The more we are in conversations with God, the less we are having circular conversations with ourselves. What have you been thinking about that you need to start praying about?

### Change Your Reflection:

You can be bold no matter how you feel! This isn't to say we should ignore our feelings, but rather that we acknowledge them, find the root of them, speak the Word of God to them, and choose to be bold in the face of adversity. Write down how you feel about a situation you are facing. Ask God this week to show you the root and how He wants to respond.

## Chapter 9 Reflections

# Be Obedient

1. Have you ever made a decision for God without first going to God? Did you make the decision because you were afraid of what God would say, or possibly because you were just limited by your logical way of thinking?
2. Would you rather have natural outcomes that come from your choices or supernatural outcomes that come from your obedience? How can you change your behaviors to support your desire?
3. God wants us to have utter reliance on Him through a relationship that is give and take, and ask and obey. How can you bring all of your decisions, great and small, to the Lord, asking Him for His opinion on the matter, allowing the Holy Spirit to guide you, and surrendering your path for His?
4. Is there a space in your life where you are unsure, confused, or feeling like you don't know what to do next? Daily give yourself time to ask God for wisdom on the matter. He does not author confusion and will not withhold wisdom from you.
5. Have you ever outright disobeyed God? How did that decision affect you?
6. Do you have a hard time speaking up when you see someone going down the wrong path? How can you begin to not only see the destruction ahead but be the kind of friend that calls them out and calls them up?
7. Likewise, we have to be honest enough to say to others, "I need help!" Have a moment of honesty and share one place where you need help.

### Change Your Reflection:

Obedience will cost you, but disobedience will cost you more. Write out that thing God has asked you to do that you just haven't. Make two lists. On the first write everything that it will cost you if you don't obey and on the second write everything it will cost you if you do obey. Take the second list and make those obstacles your prayer reflection for the week. Allow God to remove fear and any barriers as you boldly do what He's asking you to do.

## Chapter 10 Reflections

# Be Coachable

1. We've all experienced unwanted crashes in life, but we can allow them to coach us instead of crush us. Share a time you had an unexpected collision.
2. During life's trials do you tend to exhaust yourself with thoughts of being worthless, unforgivable, dirty, or broken? If so, why?
3. Would you describe yourself as being independent or coachable? Explain your answer.
4. When life is harsh, do you take time to look at your own actions and thoughts and how they have added negatively to your situation, or do you tend to shift the blame on others around you?
5. Although the harsh season of pain you have experienced or are experiencing may not all be caused by you, we still had a part to play in it. You can choose to take responsibility for your part without taking it on as your identity. Where did you mess up? Know that God is NOT done with you yet and the acknowledgment of this space can help you take a step toward God's best for your life!
6. Honor says more about who we are than about what's been done to us. Are you struggling to honor someone that has hurt you deeply? How can you begin to take the high road in the situation?
7. What do you know about the character of God that can inform the difficulty of your season?

### Change Your Reflection:

Let's begin an exercise, give yourself four columns to write in. In the first column write down how you feel people view you. In the next column write down behaviors you have that support those perceptions. If you are unsure, watch and listen to yourself this week, or even ask a trusted friend to share with you anything that would support what you wrote in column one. For example, if you think people see you as bossy, your behaviors might support that. Do you catch yourself giving commands instead of inviting conversations by asking questions? In the third column write who you are as a person. In the fourth column ask God to show you how to change those behaviors to reflect who you truly are in Him. Allow the Lord to guide you and have patience in the process of change.

## Chapter 11 Reflections

# Be You

1. Have you ever felt taken advantage of or judged by others before they even knew you? How did you handle that?
2. How do you tend to see others? Are they obstacles or inspiration?
3. Have you been guilty of using people to get where or what you wanted? How did that leave you feeling in the end?
4. Not everyone is going to like you, but that doesn't mean that no one likes you. Have you been tempted to change who you are at the core for the acceptance or praise of people?
5. God won't make us choose the right path when faced with unfair circumstances, but He will author a way out for us. Are there relationships that you need to walk away from or even mend because you aren't being true to your convictions?
6. What do you see when you look at your family line? We can have natural outcomes, or we can have redeemed outcomes. What will be said of whom you have chosen to become?
7. The trials you have faced can actually be used to become a person of great humility, influence, and empathy. Looking at the history of your life, how has it helped to shape your gifts and love for God and people?

### Change Your Reflection

Jesus paid a high price for us to gain! He didn't allow the brutality of His circumstances to steal His love for us. Instead, He used it to build! List circumstances that desire to steal from you and ask the Holy Spirit to show you how to use them in a way to become an even more amazing YOU!

## Chapter 12 Reflections

# Be Alert

1. Being around people of great faith encourages our own. Who is someone that stirs your faith? Show kindness to them today. Be creative with your gratitude.
2. The enemy wants you to cautiously pray prayers without faith and belief that God can and will do what you've asked. Have you found yourself praying without belief? If so, why?
3. When we are tired the enemy attacks! At times, we are not resting because we are performing. We chase the next high to fill our identity tank with the praise of people, but it just leaves us depleted and vain. Are you tired? Can you identify the root of that exhaustion?
4. The enemy loves to fill you with fraudulent thoughts in times of difficulty. We must be alert to investigate those thoughts. What thoughts have been swarming over your situation? What does the Word say about those thoughts?
5. You have access to unlimited resources because you have an unlimited God that loves you! Knowing this produces a trust that God will release to us what we actually need versus what we think we need when we need it. Do you struggle in the area of trusting God's timing? If so, why?
6. Can you see patterns in your life when you consulted God and received a victory and other times when you did what you thought was best without consulting God and saw defeat? What did you learn through this?
7. Jesus spoke the world into motion and, in doing so, taught us that our words hold power. Power to hurt. Power to heal. Power to produce miracles. How do you want to use your words?
8. God wants you to operate in authority and under authority. What does that mean to you?

Change your reflection:

The enemy wants to steal. You must fiercely protect your identity by knowing your whereabouts. Ask the Holy Spirit to give you an honest answer to these questions:

- Where am I in my thinking?
- Where am I in my attitude?
- Where am I in my heart?
- Where am I in the Word of God?
- Where am I in the house of God?
- Where am I in my calling?
- Where am I in my relationships?

## Chapter 13 Reflections

# Be Adventurous

1. At times we reject things that God is giving us to enjoy. You can reject your calling because you don't feel qualified or reject love because you don't feel lovable. Maybe you've rejected friendship because you have been hurt before or possibly you've rejected feedback because of insecurity. Have you rejected healing because you couldn't face the truth? What has God tried to give you to enjoy that you've rejected?
2. At this juncture of your life, what do you choose? Hurt or healing? Friendship or loneliness? Humility or humiliation? Hero or coward? To inhabit the promises of God will require a step of faith, what does that step look like for you?
3. As women, we can find ourselves pouring into others, sparing no expense, but when it comes to our own health, needs, spirituality, and desires, we cheap out! Have you been guilty of this? Why do you think that is?
4. When you look at the luggage of your life, what is it filled with?
5. Are you in a season of preparation? How will you steward the time you've been given?
6. Are there any layers you need to shed that are holding you back?
7. Have you found yourself clinging to a title or what you thought your life should look like instead of allowing the Holy Spirit to lead you and guide you?
8. Often the change of a job or season of life can make us feel like we are not valuable. Do you realize that who you are is so much more important than a seasonal salutation? Do you struggle with this thought and if so, why?
9. Are you an over-preparer? Is there something you need to just "do" because you'll never really "feel" good enough or prepared for it?

### Change Your Reflection

It's time to get unstuck! Do something spontaneous this week, laugh, and remember that this journey you are on is anything but boring! God's provision is not only following you, but it's waiting on you. GO inhabit your promised land!