



Becoming Myself 8-Session Study Guide: Embracing God's Dream of You

Stasi Eldredge

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Becoming Myself 8-Session Study Guide: Embracing God's Dream of You Stasi Eldredge **Discover a Life of Freedom and Transformation**

In *Becoming Myself*, Stasi Eldredge explores why the most important journey you can take is the journey into becoming your true self through the love of God. This eight-session companion guide invites you to participate more fully in the process of becoming who God created you to be.

Designed for individuals or groups, the *Becoming Myself Study Guide* explores topics such as

- Is it possible to change when I've been stuck for so long?
- How do I move beyond my fears?
- Can I thank God for my body when I don't like it?
- What beauty can come through suffering?
- How does God really see me?
- Is there a way to speed up the process of God's transformation of me?
- How has my mother shaped me?
- What are God's dreams for me?
- How can I let go of negative thoughts about myself?
- What does it look like to become a woman of faith and worship?
- How much healing, freedom and transformation can I enjoy?

Each chapter in this guide helps you explore your own story with grace as you discover your truest self.

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