# Week One



### Make Me Up brave



#### Consider your unfading beauty

What do you immediately think when you hear the word gentle?

Consider the following passages on the beauty mark of "being" gentle, and jot down your insights:

Matthew 5:5, 11:29, 21:5 2 Corinthians 10:1 Galatians 5:23 Ephesians 4:2 Colossians 3:12 James 3:13 1 Peter 3:4, 15 Don't be concerned about the outward beauty of fancy hairstyles, expensive jewelry, or beautiful clothes. You should clothe yourselves instead with the beauty that comes from within, the unfading beauty of a **gentle** and **quiet** spirit, which is so precious to God.

1 Peter 3:3-4 (NLT)

## Share the Love!

HAVE A DAUGHTER OR FRIEND?

TELL HER WHERE YOU

SEE JESUS SHINING FORTH IN HER

#UNFADINGBEAUTY

Be sure to follow the 6-Week Soul Care Makeover interview with my daughter and I on the Mohawkmomma Studio blog.

#### Confronting pain & hardship

In what experience or life stage has Jesus made you brave in carrying out a gentle delivery of a confrontational issue, to yourself or to another: (a hard conversation, saying "no", saying "yes", asking for help, cutting off a toxic relationship, forgiveness, setting boundaries, grief, etc.)

List the comfort and counsel that Abba, Father, is currently giving to your heart to be gentle with yourself or another in a current situation?