

LIVING FREE FROM COMPARISON
AND THE NEED TO PLEASE



authentically,
uniquely
you

STUDY GUIDE

JOYCE MEYER

#1 *New York Times* Bestselling Author

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uniquely
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HOW TO USE THIS STUDY GUIDE

I am delighted that you have chosen to use this study guide that was designed as a companion to the book *Authentically, Uniquely You*. The lessons, principles, and stories contained in this book will equip and empower you to be the authentic and unique person God designed you to be. This study guide will help you get the maximum benefits from these teachings and learn to walk in the liberty to be and enjoy who you are without comparing yourself to or competing with other people.

As you read in the introduction of *Authentically, Uniquely You*, I spent many frustrating years trying to be like people I admired and trying to at least appear to be someone or something I was not. I had to learn that we are all unique and that there is no one else in the world exactly like us—and that makes us very special. We all need to discover and accept our own unique traits and to be free to embrace ourselves for who we really are.

You may know from personal experience that it is possible to try so hard to be like other people that you forget who you are. Perhaps you've allowed others to pressure you to become someone you are not, and you're frustrated with the struggle to meet those expectations. The good news is that Jesus came to set us free and offers us the liberty to be the amazing person He intends for us to be.

As you work through this study and reflect on your life, I strongly encourage you to read each chapter in *Authentically, Uniquely You* before you complete the exercises in the corresponding chapter in this study guide. In each chapter of this guide you will find the following four sections:

- **Get in Touch with Your Uniqueness** starts off each chapter, calling your attention to the opening quote and introducing you to the main points in

the chapter. It sets the stage for you to dive deeper and understand how these words of wisdom can equip you to embrace and accept yourself.

- **Take Strength in God's Word** provides you with the powerful scriptures that are the source of all the principles in this book. Nothing is more important than exploring what God's Word says about each topic. You may want to make it a point to memorize any scripture that really speaks to you or says something you know you need to carry with you. Consider writing those scriptures on small cards or using sticky notes on your phone or computer to help you remember them.
- **Authenticity in Action** requires you to activate the principles you study by answering questions designed to help you reinforce or expand your understanding of the teaching in *Authentically, Uniquely You*. This section gives you an opportunity to reflect on your own personal journey.
- **Keep This in Mind** includes a brief summary of the main takeaway from each chapter, along with a scripture, to make it easy for you to remember this important principle and incorporate it into your life.

As you complete the activities in this study guide, I pray that you will receive one of the best gifts you can give yourself: accepting yourself and believing that God created you with His own hand, embracing your unique self, and living authentically. Be open and honest with yourself and with God, and you will find freedom from comparing yourself to others and from trying to please people in unhealthy ways. You will learn to set boundaries that keep you safe from letting others control or manipulate you, and you'll gain the courage to follow your own heart as God leads you forward. You're going to like who you are, and you'll enjoy being at peace with yourself.

I'm so thankful you have decided to take this journey that will lead to that amazing place where you can join David and say to God, "I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well" (Psalm 139:14).

PART 1

Believing the Best about Yourself

CHAPTER 1

Learning to Love Who You Are

Get in Touch with Your Uniqueness

Love your neighbor as yourself.

Matthew 22:39

What is the pathway to authenticity? Explain why that is true.

What does it mean to love the unique you that God created you to be?

What was your immediate response to the question *Do you love yourself?*

If we don't love ourselves, why is it impossible to love God or anyone else?

How can you love yourself despite your flaws and imperfections?

When we don't love ourselves, we try to get the love we are missing from other people. What does that entail, and why does it never work?

Receiving God's love and loving yourself in a healthy, biblical way is the key to joy, peace, and confidence. Before you go any further, I encourage you to ask God to use this study guide and book to help you love yourself more than ever. Read John 13:23 and 21:7, 20. Do you have the confidence to refer to yourself in the same way John repeatedly referred to himself? How does knowing and living in the love of God make you powerful?

When we reject ourselves, what harmful cycle does it set up that must be broken in order to restore our authenticity?

Have you found that your own insecurities make it easy for others to manipulate and prey upon you? If yes, how so? To have the strength to healthy relationships, what must you have? And how can you protect yourself?

Instead of basing your beliefs about yourself on what others have told you or how they have behaved toward you, it's time for you to find out what God says about you in His Word and believe it.

Take Strength in God's Word

Read the following verses and write what God says about you in each one:
Zechariah 2:8

1 Corinthians 1:27; John 15:16

John 6:37

Jeremiah 31:3

1 Peter 2:9

1 Peter 4:10

2 Corinthians 5:21

Believing God's wonderful statements about you will change your life. Read John 14:6 and Hebrews 6:18. Why should you trust God and His Word?

Authenticity in Action

First Peter 3:11 states that we are to pursue peace with God, ourselves, and others. That means doing whatever it takes to maintain peace in our lives. Here are some ways you can activate and cultivate peace.

Receive God's forgiveness and be at peace with God. What is the best way to respond when you sin and are not at peace with Him?

Make the decision to like yourself. Write a prayer asking God to begin to show you the way He sees you and who He says you are.

Don't compare yourself to others. Identify three areas of your life where you know you're comparing yourself to others and losing your peace and joy.

Accept other people just the way they are. Describe one relationship in which you are trying or have tried to change a person into the way you want them to be.

Let God have control of your life. Name an issue or situation in your life that you need to give to God and say, "My times are in your hands" (Psalm 31:15).

To help identify areas of your life that are holding you back and that you need to focus on as you work through the rest of this study guide, take some time to ponder these questions, then rate yourself on a scale of 1 to 10, with 10 being the greatest amount.

- Do you believe that God loves you? 1 2 3 4 5 6 7 8 9 10
- Do you love and accept yourself? 1 2 3 4 5 6 7 8 9 10
- Are you a people-pleaser? 1 2 3 4 5 6 7 8 9 10

- Are you at peace with yourself? 1 2 3 4 5 6 7 8 9 10
- Do you fear rejection? 1 2 3 4 5 6 7 8 9 10
- Do you compare yourself with others? 1 2 3 4 5 6 7 8 9 10

Keep This in Mind

See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!

1 John 3:1

When you live with the awareness that God loves you, and when you love yourself, there's no limit to what God can do through you or to the enjoyment you can find in your life.