

# Finding my *Voice*

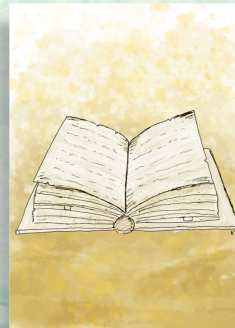
## Workbook



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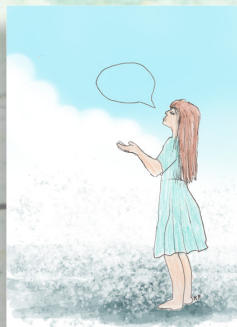
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# Finding My Voice

## Chapter One

### I am a Dandelion

1. What would it take for me to see more value in myself?

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2. Do I believe some people should be discarded? Do I think that of me? Are there parts of me that I need to punish? Why might that be?

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3. Can I find the courage to believe what God says about me, even when it contradicts my internal voice? Share your thoughts. "For the Lord sees not as man sees: man looks on the outward appearance, but the Lord looks on the heart."  
1 Samuel 16:7 (ESV)

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# I am a Dandelion

4. Would “giving myself away,” as the author suggests, help me to think from another perspective? Share ideas of how this might help my life.

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5. How am I using my voice? To condemn or minimize (a dandelion is only a weed), or to speak beauty and life?

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# Finding My Voice

## Chapter Two

### I am God's Quill

1. What old script do I want to give to Jesus? Have I used up all my ink or do I need to work on the issue some more? Can I believe there will be an end to this struggle?

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2. A woman caught in adultery was brought to Jesus in John 8:2-11. She was condemned by all and put on display right in the temple. Accusers brought her to Jesus to be judged, wanting to enforce the law of stoning her to death and asking Jesus to back them up. But Jesus lovingly wrote in the sand instead and did not condemn her.

If I were to imagine myself in this scene, which of the two groups would I identify with? (a) The crowd that sees the wrong and points in accusation, even using religion as a weapon, or (b) the woman forced to stand in shame and victimization?

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# I am God's quill

2b. Ponder on God's quill—his finger writing in the sand that silences the accusations and voices in my head that tear me down. It's not my pen and my ink filled with pain. It is His quill, His finger that brings transformation and sends the accusers away. As I listen to Jesus' voice, what do I think God's quill writes for me today?

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3. In the previous question, Jesus' writing on the ground sent the accusers away. Many times, religion becomes the voice of the accuser instead of a loving relationship with the Father. Revelation 12:30 tells us Satan stands night and day, continually accusing us before God. What accusations do I hear in my head? How might I be helping Satan by continually accusing myself?

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4. Am I justified in continuing to write accusations against my own self? Do I believe I can be my own judge and jury when that is the role of my loving Father? Discuss ways this may be sabotaging my own healing journey.

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# I am God's quill

5. If you stand as Jesus to judge yourself, you block God's forgiveness from entering your soul. I ask my heart; I ask my loving heavenly Father ... what does He want to write in the sand for me to see? What is God's love language for my heart today? When I tune in and listen carefully, do I hear Him silence the voice of my accuser?

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# Finding My Voice

## Chapter Three

### I am a Book

1. If I imagine myself as a book, what pages am I proud of? What can I share now that is of benefit to others, to me? Are there parts I am not willing to revisit, pages I want to tear out, destroy?

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2. What would it look like for my pain to be contained within the covers of a book? Can I say that writing about my pain, praying or talking with someone about it brings release and direction for my life?

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3. People come into my life for a Reason, a Season, or a Lifetime. How may I have been trying to write them in where they don't belong? Talk about how hard it can be to let go of painful experiences.

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# I am a Book

4. Am I okay to let others write on my pages? Do I have a teachable heart? Am I open to advice and direction from someone that knows more than I do?

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5. Do I dare to believe that my life, my book counts, and matters in this world, that I can be known and read? Can I imagine my Father wants to heal all of me, plant a kiss on each page? Resist the urge to talk about someone else's story and share some of your own.

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# Finding My Voice

## Chapter Four

### I am at Peace With My Scars

1. In what ways do fear, disappointment, shame, anxiety or self-condemnation block me from being sensitive to hearing God's love for my own soul?

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2. What would it look like for me to give my pain/struggle to God? Do I need some means to first separate it from me like this ball? Talking, intervention, or ... What does safety look like for me?

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3. What might be holding me back from asking Jesus to show me His scars and allow His love to wash over mine?

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# I am at Peace With My Scars

4. Being at peace with my scars could look like ...

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# Finding My Voice

## Chapter Five

### I am Becoming Who I am Made to Be

1. Can I now identify experiences in my life that formed a response in me that changed how I view the world around me? Share an example.

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2. Has trauma left its stamp on my identity? Am I willing to seek help to process this trauma? What could that look like?

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3. What strengths and abilities in me are stronger now as a result of my struggle?

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# I am Becoming Who I am Made to Be

4. Can I believe there is hope for me, that I can heal? Where does hope come from?

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5. If I could have a face-to-face meeting with God Almighty, hear His Voice, His opinion, and enjoy his company; who does He say I am? If I could participate in His power to change my circumstances; if I had the courage to hear His immense love for me and allow it to come inside of my being, what would He say to me?

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6. Allow some quiet and rest to come inside of you right now. Ask God for a picture, a word, song or scripture in response to your request.

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# Finding My Voice

## Chapter Six

### I am a Voice

1. If I were to honour my voice, what would it say? Will I give it the respect it deserves?

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2. What would it look like to separate out the voices inside of me that are really someone else's voice?

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3. In what ways can I now help myself to find more healing where my voice has been shamed, ignored, silenced or intimidated?

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# I am a Voice

4. Thinking about Maya's life and the strength that came out of her struggle, how is my life and voice stronger and braver because of the struggle? How have my struggles given my voice more authority?

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5. Where do I need to use my voice to forgive others, forgive myself and forgive God for the injustice in my life?

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# Finding My Voice

## Chapter Seven

### I am Dancing in the Rain

1. How may I have been taking matters into my own hands, perhaps even hiding behind leaves, rather than coming to Father God to clothe me in my fresh and forgiven identity?

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2. If I were to stop trying to hide in shame and start seeing myself from God's perspective, what might that look like?

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3. What would it mean for me to be able to accept God's unconditional love and provision? How may I be afraid of God? Can I say God is good?

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# I am Dancing in the Rain

4. Where might I be blame shifting like Adam and Eve did? Talk about this.

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5. Romans 10:11–13 says that everyone who believes in Him will not be put to shame, that everyone who calls on the Name of the Lord will be saved. Will I now choose to walk in renewed relationship with my heavenly Father who loves me and gave His son Jesus Christ to redeem me and give me freedom? Stop here and examine what that might look like for you right now.

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# I am ... You are ...

“I am/God is ...

I am tired, such pressure.

I can't do this.

I am a failure.

I feel vulnerable.

God is my rest, comfort.

God is my strength and tower.

God is wonderful, kind and patient, full of mercy.

God is my compassionate shelter.

[illegible]

# I am ... You are ...

2. Once I can identify more of ‘who I am,’ how does that fit into who God wants to be for me in my need? What do I now have?

I am ... God is ...; therefore I have ...

**Examples:**

“I can’t do this; God is my strength and tower; therefore, I have more strength.”

"I am a failure; God is full of mercy; therefore, I have the assurance that He forgives me."

[illegible]



# Finding My Voice

## Appendix

# My Identity in Christ Examples

### I AM ACCEPTED

John 1:12	I am God's child
John 15:15	I am Christ's friend
Rom. 5:1	I have been justified
1 Cor. 6:17	I am united with the Lord (one spirit)
1 Cor. 6:19–20	I am bought with a price; I belong to God
1 Cor. 12:27	I am a member of Christ's body
Eph. 1:1	I am a saint
Eph. 1:5	I have been adopted as God's child
Eph. 2:18	I have access to God through the Holy Spirit
Col. 1:14	I have been redeemed and forgiven
Col. 2:10	I am complete in Christ

### I AM SECURE

Rom. 8:1–2	I am free from condemnation
Rom. 8:28	I am assured all things work together for good
Rom. 8:31–34	I am free from any charge against me
Rom. 8:35–39	I cannot be separated from the love of God
2 Cor. 1:21–22	I am established anointed and sealed by God
Col. 3:3	I am hidden with Christ in God
Phil. 1:6	I am confident that the good work God has begun in me will be perfected
Phil. 3:20	I am a citizen of heaven
2 Tim. 1:7	I have not been given a spirit of fear, but of power, love, and a sound mind
Heb. 4:16	I can find grace and mercy in time of need
1 John 5:18	I am born of God; the evil one cannot touch me

### I AM SIGNIFICANT

Matt. 5:13–14	I am the salt and the light of the earth
John 15:1, 5	I am a branch of the true vine, a channel of His life
John 15:16	I have been chosen and appointed to bear fruit
Acts 1:8	I am a personal witness of Christ's
1 Cor. 3:16	I am God's temple
2 Cor. 5:17–21	I am a minister of reconciliation for God

2 Cor. 6:1	I am God's coworker (1Cor 3:9)
Eph. 2:6	I am seated with Christ in the heavenly realm
Eph. 2:10	I am God's workmanship
Eph. 3:12	I may approach God with freedom and confidence
Phil. 4:13	I can do all things through Christ who strengthens me