



sisterhood

Icebreaker:

1. What is something you learned or took away from Sisterhood?

Discussion Questions:

1. We often focus on how we look on the outside, especially when it comes to pictures. Have you ever been upset by a bad picture of yourself? How do you typically respond when you're confronted with a less-than-perfect image of yourself—physically or otherwise?
2. How do you handle moments when you feel jealousy or comparison rising within you? How can we guard ourselves against the dangers of comparison?
3. In relationships, we sometimes receive “ugly pictures” in the form of constructive criticism or moments that make us uncomfortable. How do you handle feedback that exposes flaws or areas of growth? Have you ever tried to “delete” these moments rather than face them?
4. There are two types of women described: those who love looking at pictures of themselves and those who hate looking at themselves. Do you relate more to one group or the other? What do you think these tendencies say about how we view our worth and identity?
5. How do you approach vulnerability with the people close to you, especially when it comes to receiving feedback that might not be easy to hear?

6. Reflecting on the story of the rich young ruler in Mark 10:17-21, how does his response to Jesus' invitation resonate with you? Do you sometimes act like the rich young ruler by clinging to your "perfect picture" of life or your self-image? What practical ways can you grow in humility and openness to God's calling, even when it's not what you expected?

Challenge(s):

Have each person choose one challenge and then go around the group to share which one they'll be focusing on.

Challenge to Examine Your Own "Ugly Pictures":

Take sometime this week to reflect on the "ugly pictures" of your life—those moments of failure, areas where you've received criticism, or places where you feel insecure. Instead of ignoring or "deleting" these pictures, sit with them and ask God to reveal how He is using them for your growth. How can you embrace the uncomfortable parts of yourself and use them as opportunities for transformation?

Challenge to Practice Vulnerability:

In a relationship where you feel safe, try practicing vulnerability by sharing an area of your life where you might feel insecure or exposed. Share with them how you are working through it, and be open to receiving constructive feedback. This could be in a friendship, marriage, or mentorship relationship.

Challenge to Reject Comparison:

For the next week, intentionally reject the urge to compare yourself to others. Every time you catch yourself doing so, take a moment to reflect on what's behind the comparison. Is it insecurity, jealousy, or a need for validation? Choose to remind yourself of your worth in Christ, independent of how others may appear or what they may have.