



Living Unloved. Do you know any ladies who live unloved? They are not hard to miss. Here are some characteristics of women who live like they do not know they are loved. Circle the areas that you struggle with below:

- I don't have steady, long-term relationships and go from man to man.
- I am insecure and need attention for my body/looks.
- I can't keep friends because I gossip, backstab, and compete.
- I am lonely but I isolate myself.
- I don't acknowledge my emotions or allow emotions to control me.
- I do desperate things for affirmation/approval, am people pleasing.
- I look for the faults in myself and others.

Living Loved. Here are some characteristics of ladies who Live Loved. Circle the areas that you struggle with below :

- I am settled, confident, and secure.
- I love others because I know I am loved.
- I don't have to perform for anyone.
- I have healthy boundaries and don't overcommit.
- I value community and celebrate other people.
- I serve, give, speak life, and trust God.
- I share my stories without shame.
- I am able to make eye contact.

Take some time to reflect on why you struggle in those areas and make a plan to work on them. Accountability from a spouse or trusted friend is extremely helpful.

From our study in Luke 1:26-56 we saw that Mary: 1.) Was afraid. 2.) Asked questions. 3.) Said Yes. 4.) Didn't waste time. 5.) Rejoiced. 6.) Lived Loved

Which of Mary's characteristics do you relate to the most right now? _____

What is God asking you to do? _____

How can you be more intentional to Live Loved? _____

What can you do to encourage the other women in your life to Live Loved? _____