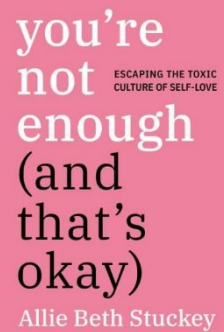




LEADER'S GUIDE

YOU'RE NOT ENOUGH (AND THAT'S OKAY) BY ALLIE BETH STUCKEY



"While self-love depletes, God's love for us doesn't. He showed us his love by sending Jesus to die for our sins so that we could be forgiven and live forever with him. Self-love is superficial and temporary. God's love is profound and eternal."

ALLIE BETH STUCKEY

THEMES

Toxic Self-Love

Sexuality

Womanhood

Sanctification

Popular Culture

Growing Up

HEADS UP! (TRIGGERS AND DELICATE TOPICS)

Abortion

Gender and Sexuality

Eating Disorders/mental illness

Abuse

BOOK SUMMARY

"This book is about dismantling the lies the toxic culture of self-love has fed us and replacing them with God's truth." – Allie Beth Stuckey

Through personal testimony and relatable stories from other women struggling to find self-acceptance, Allie breaks down the many reasons why culture's version of self-love is so toxic and detrimental. Instead, she implores us to focus our gaze not on trying to be enough and love ourselves more but by focusing on Jesus and his 'enough'. She does this by breaking down five myths and correcting them with biblical truth;

Myth One; You are enough.

We are not enough. In our fallen and sinful state, we can never be. In exchange for the confusion and exhaustion that comes with trying to be enough – which we can never achieve - Jesus gives us peace and relief. In exchange for superficial confidence and unsatisfying self-care, Jesus offers us steadfast assurance and trust in his faithfulness.

Myth Two; You determine your truth.

Our culture encourages us to defer to what's true for us, even if it contradicts what is true – scientifically, biblically, historically. We need to assess all of our 'truths' to see whether they align with God's Word. Our truths are often satans lies which lead us astray.

Myth Three; You're perfect the way you are.

"'You're perfect the way you are', leads us into accepting parts of ourselves that we should be rejecting, making excuses for ourselves when we should be repenting, and believing things about ourselves that hold no lasting value." (p104).

Myth Four; You're entitled to your dreams.

The 'you deserve to have everything you want' mentality isn't reality. We cannot manifest our dreams. When we achieve our dreams, they aren't always as we imagined; life is not always easy, and our worldly dreams can not, and do not, satisfy our ultimate longing for our heavenly home.

Myth Five; You can't love others until you love yourself.

"According to this line of thought, loving ourselves is a prerequisite to loving those around us" (p148). This is the total opposite of biblical love. We love because He first loved us – we are capable of loving others, even those who are difficult to love because the Holy Spirit equips us. It's evident in the Bible that in our sinfulness, we love ourselves too much – not too little.



DISCUSSION QUESTIONS & TALKING POINTS

1

Q. What did you find most profound about reading 'You're not enough (and that's okay)'?

TALKING POINTS

Answers may vary and could include;

- I believed lies and myths that I did not know were untrue.
- This book helped me transform my self-love beliefs.
- I was convicted to change my perspectives and habits of self-care.
- I finally feel free, knowing it's okay to rely on Jesus and stop striving for 'perfect'.
- I related to Allie's testimony/ experiences and stories from other women.

2

Q. How does knowing that we aren't 'enough' release us from the pressure of striving for perfection?

TALKING POINTS

God is not asking for us to be enough. He is enough for us;

- In exchange for the confusion and exhaustion that comes with trying to be enough, He gives us peace and relief. In exchange for superficial confidence and unsatisfying self-care, Jesus offers us steadfast assurance and trust in his faithfulness (p27).
- Self-love depends on our feelings, which are subject to change (p24). We no longer need to trust our emotions but instead trust the Word of God.

- Christ meets us where we are, but He does not leave us there; instead, He heals and sanctifies us through His Holy Spirit.
- "When we give Jesus our 'not enough', He blesses it, breaks it, and feeds His people. We can bring what little we have and trust the Lord to use it" – Sheila Walsh
- If we read the Word regularly, we can continue to speak Biblical truth into our lives and protect our hearts from the enemy's deception.

3

Q. Is there a myth you had believed before reading this book? What has changed now that you know it was a lie?

TALKING POINTS

- Myth One; You are enough.
- Myth Two; You determine your truth.
- Myth Three; You're perfect the way you are.
- Myth Four; You're entitled to your dreams.
- Myth Five; You can't love others until you love yourself.

4

Q. "When our reason behind our rest is to ensure better service to the Lord and others, we don't have to worry whether or not taking needed breaks is self-centred. It's not" (p46). Discuss.

TALKING POINTS

Jesus rested, and so should we;

- We are all designed to need rest.
- The mentality surrounding our breaks matters; are we escaping or recharging?
- Sleep is crucial for our well being. Are we getting enough sleep? (it's okay to take a nap!)
- How do you seek rest? Do you think you tend to get soul replenishing rest, or is your 'rest' more of an escape?

5

Q. Allie discusses how culture's toxic self-care lies often target new mothers. Why do you think this happens?

TALKING POINTS

Mothers seek ways to escape their calling instead of fulfilling what God has blessed them with (p44);

- Mothers are particularly susceptible to 'toxic self-care' lies because they are often relentlessly exhausted and giving of themselves to their husbands, children and community.
- Unfortunately, instead of seeking soul replenishing rest – which happens only in the presence of God – we can be easily misled into thinking 'me time' (escaping), will solve all of our problems.
- Cultures 'me time' is selfish and unfulfilling.
- God's replenishing rest fills our cups so we can pour back into others.
- Women are misled to believe they are 'victims' of motherhood, instead of having a true biblical perspective that they are blessed and rewarded by motherhood.
- We are beneficiaries of motherhood; it is a calling to fulfil for His glory, not our own.
- The most mundane moments of mothering are designed to bring us closer to Christ.
- Motherhood is hard, sanctifying work but we can do hard things and still thrive through Christ.

6

Q. "The cult of self-affirmation encourages us to grab ahold of our lives so we don't 'lose ourselves'... But when we follow Christ, we are never at risk of 'losing ourselves', because our identity is found in Him." (p47). Discuss.

TALKING POINTS

Biblically there are only two types of self. Old and new. Dead in sin or alive in Christ (p1020);

- Our talents, goals, abilities and dreams are all not enough (p143).
- If our plan is to make our success our identity, we'll end up empty (p143).
- We do not have to have the perfect job to glorify God with our work (p134).
- We're not entitled to success (p133).
- We don't deserve everything we want (p130).
- We should know our identity, value, and purpose, without taking a personality test (p109).
- 'You're perfect the way you are', leads to us accepting parts of ourselves we should be rejecting (p104).
- Testimony; in every worldly effort to find herself, she got lost (p56).

7

Q. "Marriage is not the goal of the Christian life" (p169). Discuss.

TALKING POINTS

We can unknowingly make idols of many good things God has created.

- The ultimate goal of the Christian faith is not to become a wife or mother (although these things are good), but to become more like Christ through sanctification.
- Although we may pine for these things, these things cannot make us enough or fulfil the longing in our hearts reserved for Jesus to fill.
- "I would like you to be free from concern. An unmarried man is concerned about the Lord's affairs and how he can please the Lord. But a married man is concerned about the affairs of this world how he can please his wife and his interests are divided." 1 Corinthians 7:32-35.
- "He who finds a wife finds what is good and receives favour from the Lord" Proverbs 18:22.

8

Q. "While all valid feelings are real, not all feelings are valid." (p114). How do you manage feelings which you know are real, but not true?

TALKING POINTS

We can acknowledge our emotions without affirming them;

- First, we should test how we're feeling with what the Bible says. For example, if something tragic happens in our lives, we may be tempted to feel that God hates us, but we can correct this feeling by speaking the biblical truth that God loved us so much that he died for us.
- By asking ourselves, "why am I feeling like this?", we can better determine whether our emotions are valid or invalid.
- Are we stressed, unwell, overwhelmed? Maybe we're feeling invalid feelings because of our circumstances?
- Sometimes we need to admit that our feelings are sinful and repent.
- Jeremiah 17:9 warns that our hearts are deceitful and sick; not to be trusted.
- We can take every thought captive and make it obedient to Christ and truth (2 Corinthians 10:5).

9

Q. "I feared that if I turned to God after the breakup, he would make me sit in my sadness while he healed me." (p22). Did you relate to Allie's experience?

TALKING POINTS

It may seem more manageable when we're experiencing pain to try and numb the hurt instead of accepting and processing it;

- Common strategies for dealing with pain are often toxic, unhealthy, and outside of God's moral will for our lives; drugs, alcohol, toxic friendships, lashing out at others, pre-marital sex, gambling, pornography, excessive shopping, etc.
- When trauma and tragedy become unmanageable, we can often become anxious, depressed or worse. God wants us to admit that we're not okay and come to Him as we are. We can acknowledge that we need help from Him, seek help from our sisters in Christ, and health professionals.
- Healing and forgiveness require confronting pain, but God doesn't ask us to do it alone. He promises that He will be with us.
- The Holy Spirit who indwells in us equips us to forgive the humanly unforgivable.
- Sometimes we don't simply numb the pain, but we bury it and pretend we're okay, but deep down, we're more broken than we realise. Pain cannot stay buried if we want to heal, forgive and flourish. At the right time, God can help us uncover our hurt and process it alongside our Christian sisters for encouragement.
* "It's Okay Not to Be Okay" by Sheila Walsh is a fantastic book for those needing support in this area. "The Bait of Satan" by John Bevere is a great resource for overcoming unforgiveness.

10

Q. "The call for Christians is not to be the best version of their personality type, but to be like Christ" (p107). If you have done a personality test, what was your experience?

TALKING POINTS

You may like to begin by sharing your own experience with personality tests and/ or your personality type (such as introverted and extroverted). God has created us all uniquely, and we have very different personalities, behaviours, coping mechanisms and life experiences. These things do shape who we are, but we all have a common goal to become more like Jesus, regardless of the personality type we identify with.

Our perfect selves don't exist this side of eternity, and therefore, we cannot try and become the 'best version' of our personality type;

- We may be tempted to excuse bad habits and sin in our lives because it was a part of our 'personality'.
- The enneagram is a relic of new age philosophy and, although it can be helpful in some settings, is not a biblical truth (p107).
- The Bible tells us to die to ourselves (and our personalities) to become more Christ-like.



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