

# THE MENTAL MINDSET OF MARY, MARTHA AND ME

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# WORKBOOK



# CONTENT:

Pre-Session Prep.....5

Session One – Chapter One..... 9

Session Two – Chapter One.....16

Session Three – Chapter Two..... 22

Session Four – Chapter Three..... 27

Session Five – Chapter Four.....31

Session Six – Chapter Five.....34

Session Seven – Chapter Six.....39

Session Eight – Chapter Seven.....43





# PRE-SESSION PREP

**PRE-READING:** Read the Authors Note xvii – xxviii

**VIDEO ACCESS:** Log onto my website, if you are a first-time user - register an account or log in (see icon's on the top right corner of the page.) Then click on the courses tab, find the course for this workbook, and use the following code to gain free access “MMMMM.”

[www.edify-buildingthesoul.com](http://www.edify-buildingthesoul.com)

## CORE-OBJECTIVE:

The objective of this course is freedom from mental mindsets that hold us back from living in the fullness that Jesus has for us. Hosea 4:6 tells us that people perish due to a lack of knowledge; this includes self-awareness. As a counsellor, I hope to give you tools for aiding you to grow in your self-awareness around why you think, feel, and behave the way you do in every area of your life. We all have mindsets that can keep us stuck in destructive thinking and behaviour patterns. Psychology calls these defence mechanisms; theology calls these strongholds. The first chapter of this book will take you on a deep dive into the behavioural reactions of Mary and Martha, giving you insights into how different our reactions are when our security is

found in Christ versus ourselves. In preparation for this journey, I encourage you to follow the guidelines given in each session to get the most out of your study group times.

## **WHAT'S HOLDING YOU BACK?**

In preparation for this study group, I recommend you do the 6-day “You Version” bible reading plan called “What’s Holding You Back?” You can do this reading plan in conjunction with the course.

This plan will give you insight into the following tools:

- ☐ How to Demolish Strongholds is any behaviour you turn to to hold safety other than God.
- ☐ How to Demolish Mindsets that depend on the strongholds.
- ☐ Capturing Rebellious Thoughts and discerning the source of your thoughts.
- ☐ Aligning to Truth.

<https://www.bible.com/en-GB/reading-plans/32652-whats-holding-you-back>

All my You Version Bible reading plans are under “Madz Deyzel” on the App. I also recommend getting yourself a reflection journal that you can use for the deep-water question.

## **ALL BEHAVIOUR TELLS A STORY:**

All counsellors are trained to help people reflect on their behavioural reactions, especially when triggered, because behaviour tells a story. The stronger a person’s defence mechanism, the more painful their wound. This course is designed to help you gain insights into your behavioural reactions when triggered. As Craig Groeschel said in his

book *Winning the War in Your Mind*, “*You cannot defeat what you have not defined.*”

The goal with behaviour is for you to pause after each chapter and consider your general behavioural reactions, especially when triggered, to grow in discernment around the story your behaviour is telling and how you can invite Jesus into those spaces.

### DEEP WATER QUESTIONS:

*Counsel in the heart of man is like deep water, but a man of understanding will draw it out. Proverbs 20:5 (KJV)*

As a counsellor, I will ask you deep-water questions as if you and I were having a face-to-face counselling session. The art of asking a good question is to get you to dive deep into the deep waters of your heart and soul so that you learn to better understand yourself. You cannot change what you don't know. Therefore, I highly recommend you take the time to reflect on these questions and invite the Holy Spirit to join you on that journey.

Before attending each week's group session, I encourage you to reflect on the deep-water questions at the end of each chapter. This will aid your contribution to the group discussion. Please note what you choose to share is your choice based on how safe and comfortable you feel.

**NOTE:** Please use the **Deep-Water** questions from this **Study Guide** for opening group discussions. (The questions in the main book are for your private journaling purposes.)

## DEEP WATER QUESTIONS:

What areas of your life are being robbed due to destructive behavioural reactions, you default to when triggered?

- ☐ As a daughter.
- ☐ As a single woman.
- ☐ As a friend.
- ☐ As a wife.
- ☐ As a mother.

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What negative mindsets are you aware of that keep you stuck in fear?

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How might your reactions change when triggered if you knew a secure, confident, fearless version of yourself?

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# SESSION ONE

## CHAPTER ONE

**PRE-READING:** Chapter One, pg. 1-20

### INTRO:

Today's session is all about getting to know each other and prayerfully covering each other as you journey together with Jesus to find healing and wholeness. You can start today's session by choosing someone to read the core story of Mary & Martha.

*As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. She had a sister called Mary, who sat at the Lord's feet listening to what he said. But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!" "Martha, Martha," the Lord answered, "you are worried and upset about many things, but few things are needed—or indeed only one. Mary has*

*chosen what is better, and it will not be taken away from her.” Luke 10:38-42*

**Begin by each taking a turn to share the following:**

- ☐ Your Name.
- ☐ Based on the above text, who do you most identify with, Mary or Martha?
- ☐ In one sentence, share why.

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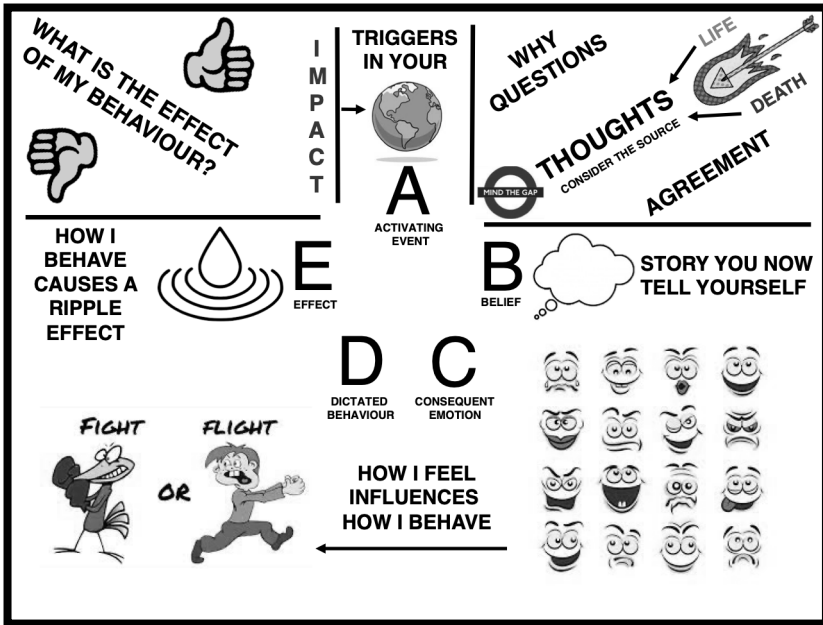
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**PLAY VIDEO:**

This session aims to grow your self-awareness through understanding the **ABCDE** tool taught in the video. We will first apply this tool to Mary & Martha, and then I encourage you to apply this tool to a current triggering area of your life. The goal and objective is to become aware of the destructive roles we can play in our own stories.

**NOTE:** In today's session, we will only unpack this self-awareness tool's A, B & C. Next week, we will take time to go deeper into the 5 Ds of Martha and the 5 P's of Mary.

## ABCDE – SELF-AWARENESS TOOL:



### A = ACTIVATING EVENT:

Jesus is in their home.

- ☐ Martha is distracted in the kitchen.
- ☐ Mary is sitting at the feet of Jesus.

### B = BELIEF:

- ☐ Martha – everything needs to be perfect.
- ☐ Martha – Mary is not helping & Jesus doesn't seem to care.
- ☐ Mary – I am sitting in the presence of perfection.
- ☐ Mary – I belong.

## C = CONSEQUENT EMOTION:

- ☐ Martha – worried, upset, and anxious.
- ☐ Martha – explosive and demanding.
- ☐ Mary – vulnerable and courageous.
- ☐ Mary – at peace.

## KEY FOCUS:

The key focus for today's session is to be aware that it is never the external experiences we find ourselves in that cause negative emotions in our lives. It is the **stories** we tell ourselves about our experiences that cause us to feel what we feel. You can find yourself in an external storm and feel at peace. However, the story you tell yourself can also cause an internal storm alongside the external one.

These triggering spaces reveal what we place our value and security in. For example, if you believe your value is based on the success of your role as a wife or mother, then perfection is often the distracting goal, and failure becomes something one fears. Anything threatening that space will become the topic of our ruminating conversations, which, over time, can result in either an internal or external explosive reaction.

Turn to the deep-water questions below. First, pause and personally answer the first three questions, then use the group questions to get the conversations going. Aim to manage the time so that each gets a chance to share.

## DEEP WATER QUESTIONS

What **Activating Event** is triggering your world currently?

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What is the **Belief story** you are telling yourself about the triggering experience?

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What **Consequent Emotion** are you experiencing because of your belief? (Use the list of emotions on Pg. 15 to help you identify the emotion accurately.)

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Share with the group what areas of your life you get easily triggered and why you think this is so.

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Share with the group what areas of your life you have become distracted over because they determine your value.

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Share with the group what type of ruminating conversations you get stuck in mentally.

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Take some time to pray for each other.

- ☐ Pray against the fears.
- ☐ Pray for new life and freedom.

Choose one person in the group that you will commit to praying for. Make some notes here to remind you of what to pray for.

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I feel anger.  
I feel rage.  
I feel anxiety.  
I feel sad.  
I feel grief.  
I feel sorrow.  
I feel out of control.  
I feel regret.  
I feel panicky.  
I feel fearful.  
I feel trapped.  
I feel bewildered.  
I feel muddled.  
I feel irrational.  
I feel foggy.  
I feel indecisive.  
I feel unproductive.  
I feel depressed.  
I feel confused.  
I feel blamed.  
I feel shame.  
I feel humiliated.  
I feel guilty.  
I feel frustrated.  
I feel fear.  
I feel damaged.  
I feel disappointed.  
I feel distressed.

I feel flat.  
I feel pessimistic.  
I feel threatened.  
I feel insecure.  
I feel uneasy.  
I feel frightened.  
I feel uninformed.  
I feel undecided.  
I feel terror.  
I feel paranoia.  
I feel suicidal.  
I feel like crying.  
I feel despair.  
I feel hopeless.  
I feel panic.  
I feel numb.  
I feel hostile.  
I feel rejected.  
I feel agitated.  
I feel aggravated.  
I feel irritated.  
I feel put out.  
I feel unsure.  
I feel nervous.  
I feel distracted.  
I feel loathing.  
I feel powerless.  
I feel used



# SESSION TWO

## CHAPTER ONE

**PRE-READING:** CHAPTER ONE, PG 21 – 44.

### INTRO:

Behaviour tells a story. All behaviour is driven by a need to connect or self-protect. How we choose to do that is either constructive or destructive. The behaviour will also fall into two categories.

**Maximising:** Verbally loud and attacking, dramatic, hail-storming, hulk, physically aggressive, lashing out, externally explosive.

**Minimising:** Withdrawing, shutting down, stonewalling, silencing, pulling away, turtling, internally implosive.

Begin by each taking a turn to share with the group if you turn to **maximising** or **minimising** behaviour when triggered.

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## PLAY VIDEO:

### D = DICTATED BEHAVIOUR

In the story of Mary and Martha found in Luke chapter ten, the behavioural reactions of Mary and Martha tell very different stories. I believe Martha's behaviour reveals an identity driven by a performance-based mindset. In other words, success and performance determined her value. We know this because problems generally arise in one's behaviour when anything threatens our need for success. The need to stay in control of one's values becomes the core drive influencing how we behave.

On the other hand, Mary displayed a very different posture despite triggering circumstances. I believe the need to defend oneself dissipates when our security is found in the validation and acceptance of Jesus. Mary was at peace despite Martha's verbal attack.

### MARTHA:

- a. **Disbelief** in the goodness of Jesus results in doubting thoughts and behaviour towards Him.
- b. **Defensiveness** reveals the behavioural need to protect oneself when we feel threatened, insecure, or fearful.
- c. **Dismissive** behavioural actions are relationally damaging as they de-personalise another person's value.
- d. **Demandingness** is behaviour one turns to when mild frustrations become elevated to grave injustices in our mind.
- e. **Desperation** is underpinned by the fear that we may be powerless to do anything about our values. Hence, one turns to desperate, controlling behaviour that is often destructive.

### MARY:

- a. **Position** is everything, as proximity to Jesus increases our authority as we soak in his presence.

- b. **Promises** empower purpose as we walk in faith, believing in them.
- c. **Priorities** reveal what we place our heart's hope in. When we prioritise His presence, He will help guide our plans and purposes.
- d. **Patience** is the product of time in His presence.
- e. **Peace** is the fruit of living under His protection.

## E = EFFECT

The effect of reactive behaviour often produces evidence to back up our beliefs and fears as truth. Considering the ripple effect of behaviour is helpful as we choose constructive versus destructive behavioural responses.

## KEY FOCUS

There are two key focus points for this session:

The first focus point is based on this statement. “*The complexity of the crisis is clarified and calmed in the company of Christ.*” I believe this is the key lesson we can learn from Mary as she sat content at the feet of Jesus. Mary placed herself in a position of disciple that in that period, belonged to men. Martha publicly challenged her. These are both highly charged, tense moments, yet she remained calm. I wonder what the story was that Mary told herself at that moment that helped keep her calm.

Allow yourself to reflect on how differently you can respond if you invite Christ into your crisis moments. Consider what your truth narrative should be.

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The second focus point is considering what underpins the foundations of your identity and value. Is it based on what you do or who you are in Christ? Martha tried to use her purpose (what she could do) to propel her value. The quickest way to determine if your gifting, skills, or purpose determines your value is to consider how you react to failure.

Mary knew her value as she sat in the presence of Jesus, which propelled her purpose. This is why she remained calm despite her sister's verbal attack. Martha's value was performance-based; Mary's value was relationally-based.

Allow yourself to reflect on what underpins your identity and value.

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## DEEP WATER QUESTIONS

Which of the five D's do you struggle with the most especially when triggered? (Share with the group which you tend to struggle with the most.)

- ☐ Disbelief is thought towards God, self and or others.
- ☐ Defensive of your value and guarded.
- ☐ Dismissive relationally with others and your needs.
- ☐ Demanding of your needs due to fears.
- ☐ Desperately controlling when you feel powerless.

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What escaping stronghold behaviour do you tend to divert to when feeling threatened or triggered? (Share with the group a short example of how this played out?)

- ☐ Avoidance
- ☐ Isolation
- ☐ Attack
- ☐ Rejection
- ☐ Other

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Consider what negative effect these behaviours have had on your world and share some thoughts with the group.

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What gives you a sense of self-worth outside of Jesus that you can see has been unhealthy, especially when you are triggered.

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Which of the postures of Mary, do you feel will most help you in responding constructively when triggered? (Write down a weekly commitment you will aim to follow.)

- ☐ Positioning yourself at the feet of Jesus.
- ☐ Holding onto the Promises of Jesus.
- ☐ Making time with Jesus a Priority.
- ☐ Asking Jesus to increase your Patience.
- ☐ Asking Jesus to deepen your Peace.

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## SESSION THREE

### CHAPTER TWO

**PRE-READING:** CHAPTER TWO, PG 45-64.

#### **INTRO:**

Every one of you is a **daughter**, but not everyone has felt loved, safe or that you belong as a daughter. Many of our self-worth mindsets came from conclusions we made based on our experiences of being a daughter.

Begin today's session by each taking a turn to **share three emotional words** summarising your childhood experience of being a daughter.

#### **For Example:**

- ☐ Wanted, cherished, seen.
- ☐ Humiliated, used, discarded.

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## PLAY VIDEO:

The core foundations of our identity are established in childhood. How we see ourselves, connect with others and our approach to life are all established on the conclusions we came to about our experiences in childhood. It is important to note that two people can go through similar experiences but come out with different conclusions. This is why growing awareness of our mental mindsets is crucial if we change our stories. The tools taught in this chapter are very helpful tools for aiding you in understanding the building blocks of identity development and help you understand potentially where your growth points are.

**The Circle of Security** is an incredible tool for understanding how the need for exploration and the need for attachment affect the foundations of identity development. It gives us insight into the significant role that primary givers play in the lives of children. Plus, it also gives us hope as we place Jesus in that space, which aids our journey of healing and wholeness.

**The Need for Exploration** gives insight into how every child will develop curiosity, creative and critical thinking, self-confidence, autonomy, independence and much more when offered a safe, consistent, supportive environment. However, if their primary caregivers are experienced as unsupportive or overly controlling, this can have ripple effects on their development.

**The Need for Attachment** gives insight into how a child develops their sense of self-worth and trust in others. The key point to understand with attachment is that it is activated in distress, and attachment styles are developed according to how primary caregivers respond to that child when in distress.

## THE FOUR PRIMARY ATTACHMENT STYLES ARE:

**Secure Attachment:** how I see myself is good, and how I see others is safe.

**Anxious Attachment:** how I see myself is bad, and how I see others is safe but inconsistent.

**Avoidant Attachment,** how I see self is good and self-sufficient. How I see others is unsafe and unreliable.

**Fearful Attachment:** how I see myself is bad, and how I see others is unsafe.

## KEY FOCUS:

Understanding your starting point gives insight into where to invest in healing. The good news about Jesus is that He meets you where you are and helps put your pieces together when you place them before him. My encouragement is placing those broken pieces before Him.

**Psalms 18: 20-24 (MSG):** “GOD made my life complete when I placed all the pieces before him. When I got my act together, he gave me a fresh start. Now, I’m alert to GOD’s ways; I don’t take God for granted. Every day, I review the ways he works; I try not to miss a trick. I feel put back together, and I’m watching my step. GOD rewrote the text of my life when I opened the book of my heart to his eyes.”

## DEEP WATER QUESTIONS:

What daughter title from the list on pages 46-47 of your book do you most identify with?

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What was your experience of your primary caregivers when you were in distress or triggered? (Based on the need for attachment.)

- ☐ Caring
- ☐ Comforting
- ☐ Empathetic
- ☐ Dismissive
- ☐ Cold
- ☐ Humiliating
- ☐ Other

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What was your experience of your primary caregivers when you were exploring your world? (Based on your need for exploration.)

- ☐ Encouraging
- ☐ Supportive
- ☐ Empowering
- ☐ Controlling
- ☐ Panicking

- ☐ Micro-managing
- ☐ Other

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Share your biggest self-awareness learning from today's session.

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Share with the group what insights you have gained about how you **see yourself** and **others** in which you wish to see God bring healing and freedom.

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# SESSION FOUR

## CHAPTER THREE

**PRE-READING:** CHAPTER THREE, PG 65-84.

### **INTRO:**

**Friendship** can be experienced as a beautiful blessing or a brutal betrayal. Many women live lonely lives due to the inability to trust in friendships. We fear we are too much, not enough and everything in between. We often feel safer in giving of ourselves but never taking.

Begin today's session by each taking a turn to **share three attributes of friendship** you value the most.

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### **PLAY VIDEO:**

Friendship in one's teenage years is often filled with pain and complexity. These years are difficult as one seeks to find one's

independent identity amidst a pack mentality mindset driven by the fear of being the odd one out. Added to that, teens are looking to each other for affirmation and approval, which leads to a blind leading the blind dynamic which just fuels deepening fears of rejection. The reality is that no teenage girl can determine the value of another when they are equally lost and insecure. The cancel culture for teens is also the worst fear imaginable when the need to belong is so high. To be cancelled by the voices of those you most depend on for approval is one of the main reasons teens commit suicide.

Giving the power of your value to another person to determine your value is incredibly anxiety-inducing. Firstly, no human should have that power as scripture is clear in **Romans 3:23** “*All have sinned and fall short.*” Therefore, giving someone tone deaf in their ability to determine value, the power to judge your singing performance is foolish and unwise. Secondly, what we feel as human beings is consistently changing. What someone loves today, they may hate tomorrow. This results in emotional rollercoaster living, especially if you place your value in the hands of these voices.

### **KEY FOCUS:**

Fitting in is one of the greatest barriers to belonging. Healthy friendships are built on belonging. Being accepted for who you are, not what you offer, what you have, or who you know. Friendships are not perfect; some are for a season, some for a reason and some for a lifetime. Never allow the failures of one friendship to rob you of others.

## DEEP WATER QUESTIONS:

Share with the group which three words best describe what friendship experiences felt like for you in your teenage years.

- ☐ Betrayal
- ☐ Disloyalty
- ☐ Rejection
- ☐ Back-stabbing
- ☐ Loss
- ☐ Mistrust
- ☐ Loneliness
- ☐ Fitting in
- ☐ Being Used
- ☐ Feeling Supported
- ☐ Inclusion
- ☐ Acceptance
- ☐ Feeling Loved
- ☐ Belonging
- ☐ Other

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Share with the group what concluding mindsets you came to about friendships because of those experiences.

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Have those mindsets robbed you of your friendship experiences in adulthood in any way?

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What would you like to see change for the better?

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# **SESSION FIVE**

## **CHAPTER FOUR**

**PRE-READING:** CHAPTER FOUR, PG 85-94.

### **INTRO:**

Singleness can be scary, especially if one places their value in their status. The older one gets as a single, the more others around you tend to want to give you their “advice” on how to catch a man.

Begin today’s session by sharing with the group, the worst piece of advice you were ever given as a single person.

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### **PLAY VIDEO**

The tension dynamic of singleness is found in the space between the desires of one’s heart and the fact that you can’t force someone to love.

Solving the status of singleness is not as simple as deciding to lose weight. Some things are simply out of our control. Added to that is the complexity of our maternal ticking clocks. These are tensions that cannot be solved overnight.

In **1 Corinthians 7:32-35**, Paul speaks about how it is better to stay single to devote oneself fully to the service of the Lord with as few distractions as possible. This concept is fine ONLY if it is the desire of your heart. So what do we do when this is not the desire of our hearts? Mary and Martha, we can assume, were single as they lived together with their brother, and there was never any mention of their husbands. One of the key things we can learn from there was how they embraced life to the full despite their status. They opened their home to Jesus and the disciples on many occasions. We often think we must wait for our status to update before doing certain things. **Matthew 6:33** tells us to seek first the Kingdom of God. It doesn't say to first seek the status of your heart's desire. The reality is that there are positives and negatives on both sides of every status dynamic. How you manage those and what you focus on is the key to your heart's contentment. If your status is single, then whilst you are single, use your time as best you can to invest in God's kingdom because when you get married or become a mom, your time will change.

## KEY FOCUS

Never put your life on pause waiting for your status to update. Work at becoming the best version of yourself and allowing God to use you to the best of your ability within the brackets of the status you find yourself in.

## DEEP WATER QUESTIONS:

Share with the group what is / was the hardest dynamic of singleness you had to process.

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Share with the group in what way does / did your singleness impacted how you saw your value and worth.

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Share with the group what fear-based mindsets you / did you struggle with when single.

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# SESSION SIX

## CHAPTER FIVE

**PRE-READING: CHAPTER FIVE: PG 95-108**

### INTRO

Not all of you doing this course right now are married. Some of you may not even plan to get married. That's ok. My encouragement is to press on in this space, as there still is much wisdom to be learned in these spaces. The concept of generations and statuses investing in each other is biblical. See the scripture below.

**Titus 2:3-5** “Similarly, teach the older women to live in a way that honours God. They must not slander others or be heavy drinkers. Instead, they should teach others what is good. These older women must train the younger women to love their husbands and their children, to live wisely and be pure, to work in their homes, to do good, and to be submissive to their husbands. Then they will not bring shame on the word of God.”

Every woman in the room is in a different phase, status, and wrestle of life, yet collectively, we have wisdom and insight that can sharpen and empower each other. My greatest growth and sharpenings have happened when I have allowed different voices into my journey.

Begin today's session by sharing one wrestling mindset you have around the status of "wife."

For example, this could be...

- ☐ A current wrestle in your marriage
- ☐ A fear you have about what you think the role of a wife should be.
- ☐ The pressure society places on you that being a wife should be your primary goal.

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### PLAY VIDEO:

There is often a tension between the dreams of marriage and being a wife and the reality. This is often a tough space to navigate as it can be filled with emotions such as disappointment, bitterness, and grief. The terrain is not always easy to navigate. There are, however, a couple of powerful tools that are crucial to invest in to empower health mindsets towards the role of wife.

**Flexibility & Adaptability:** Date your vision but marry your path. Know who you want to be; this is your vision, and how you get there may change; that is your path. We often have rigid ideas of how we expect life to play out. Then, when things fail, we end up struggling.

This is why having wise visions for our lives makes managing the tense spaces much easier.

**For example:**

- ☐ The vision is to have a sunny day at your wedding = unwise.
- ☐ The vision is to have a happy day at your wedding = wise.
- ☐ The vision is that there is no conflict in your marriage = unwise.
- ☐ The vision is that you aim to work through conflict with grace, forgiveness & repentance = wise.

**Choose your hard:**

Everything in life will have an aspect of hard to it. Exercise is hard, and being overweight is hard. Marriage is hard, and divorce is hard – choose your hard. The reality is there is no perfect anything, no perfect life, no perfect body, no perfect marriage, no perfect husband, and certainly no perfect wife. The three key ingredients to managing any hard space are:

- ☐ A love for Jesus.
- ☐ Being teachable and willing to learn.
- ☐ The ability to take ownership of your brokenness.

The first two types of wives described in this chapter reveal a lack of one or more of the above ingredients. Please note: These roles can play out in any relationship; they are most evident, however, in your closest ones.

Marriage, however, is the one relationship you can't hide in, which is why it is the most revealing.

**The Uncertain Wife**, at the core of themselves, lacks a deep understanding of their value. Relationship with and proximity to Jesus are the key building blocks to knowing our value. However, when we fear we have no value, we live hidden, suppressed lives. We compromise ourselves in ways to try to keep everyone else happy in the hope this will give us worth and eliminate the possibility of rejection. Living like this long term, however, will result in bitterness. The uncertain wife's identity is rooted in anxious attachment.

**The Guarded Wife**, at the core of themselves, cannot trust others. Self-sufficiency is something the guarded wife almost takes pride in. The problem with the posture of the guarded wife is that because they are generally leaning away from others, it never allows for any type of attachment to happen, which fuels the belief that people can't be trusted. The guarded wife's identity is rooted in the avoidant attachment.

### **KEY FOCUS:**

This session's key focus is identifying your default attachment relationship style, which is generally revealed the most in marriage. The goal for every one of us is interdependence in all relationships. This means the ability to confidently stand in our value alongside Christ alone whilst lovingly standing alongside others in vulnerability and supportiveness.

## DEEP WATER QUESTIONS:

Share with the group what feels scarier for you: believing in yourself or believing in others?

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How do you generally behave when you feel triggered by fear of failure or rejection?

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Share with the group how your attachment style negatively impacts your marriage.

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Break into pairs, share with your prayer partner what you wish to do differently, and then pray for each other.

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# **SESSION SEVEN**

## **CHAPTER SIX**

**PRE-READING: CHAPTER SIX, PG 109-122**

### **INTRO**

There is a nurturing nature in all of us. This can be experienced in varying degrees, often according to how we were nurtured in childhood. Nurturing is a need that every one of us needs to experience in life, yet many who were not nurtured in childhood often fear allowing themselves to be nurtured. Maybe a better way to phrase it is that we tend to lean towards finding a role we can play in relationships. This experience generally falls into two primary roles: the one who does the nurturing or the one being nurtured. Many, however, are afraid to expose their need to be cared for as they fear rejection. Many prefer nurturing others as the potential of rejection decreases when needed. Hebrews 10:24 uses the phrase “consider.” To consider another person is a form of nurturing. To consider means I have observed you to the point of discerning what you need to grow and heal. This also means allowing ourselves to receive that level of care.

**Hebrews 10:24:** “And let us consider how we may spur one another on toward love and good deeds.”

Share three emotional words that come to mind when contemplating permitting yourself to receive nurturing."

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## PLAY VIDEO

The motherhood terrain is often a complicated space to navigate as it exposes fears and vulnerabilities that we often never knew existed until we stepped into this space. It is a space that, like singleness, is often outside our level of control, heightening the vulnerability. The reality of motherhood is this, “*the greater our ability to love, the greater our ability to feel pain.*” Motherhood it is brutiful. However, the journey of motherhood does not need to be done alone. I believe that God has a real soft spot for moms. Remember that if you have a heart to be a mom, then you are one, even if you have not given birth to your biological child.

One of the key mindsets many moms get hooked by is the “**Martha mom Mindset.**” This mindset is driven by the fear of failing as a mom. A mom who fears failing will often use their children's behaviour to determine if they are succeeding or failing. This will result in a performance drive of mothering through giving so much of us to avoid any experience of failure. Long term, it often leads to burnout, and even resentment. It can lead to rescuing and over-compensating for our childhood so that they don’t fail because if they fail, it means we have failed. A Martha Mom Mindset is entangled deeply in their

children's identity, which places strain on their children. Who you are is based on who Jesus says you are, not how your children behave. Your goal as a mom is to remain consistently stable in your position despite how your children behave.

## KEY FOCUS

There are two key focuses for this session:

The first is about learning to untangle your identity from your children's behaviour. Your position is found squarely at the feet of Jesus despite how your children behave. This allows you to remain emotionally stable despite their emotional instability.

The second is based on the intimate heart of God described in **Isaiah 40:11**: *“He will gently lead the mother sheep with their young.”* This is an encouraging hope handle for all moms to hold onto, knowing we are not alone.

## DEEP WATER QUESTIONS

Share with your group what your greatest fear is as a mom.  
Consider what this may be even if you are not a mother yet.

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How do you tend to react when your child / children reject you?

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In pairs, spend some time praying for each other's trigger spaces.

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# SESSION EIGHT

## CHAPTER SEVEN

**PRE-READING:** CHAPTER SEVEN, PG 123-140

### INTRO

A daughter is best understood in the context of a relationship. Our journey through this book and study guide has been one of identifying our identity and value at the feet of Jesus first. Before we begin, take a few quiet minutes to consider how differently you would live if you fully understood what it means to be a daughter of the King.

Share with the group what that would look like for you in one sentence.

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## PLAY VIDEO

We have all been born into a broken world, yet the heart and message of Jesus is to call us out of those spaces. A life lived following Jesus is about transition. **Psalm 45:10-11** is a beautiful love song of transition.

**Psalm 45:10-22:** *“Listen to me, O royal daughter; take to heart what I say. Forget your people and your family far away. For your royal husband delights in your beauty; honour him, for he is your lord.”*

This psalm gives us three steps to finding freedom, which happens when we leave the lies and cleave to the truth.

Firstly, we must **listen**. There are so many distorted voices in this world that speak lies about our value as women. We must actively choose to consider what voice we are listening to.

Secondly, we must **take to heart** the truth God speaks over us. Most know the truth, but it has not settled in the soul of their hearts where all things grow from. We take offences to heart quicker than we take truths.

Thirdly, we must **forget** the old ways of thinking and behaving. We must forget the lies and labels many have lived under for years. This is an active choice that we are responsible for owning.

## KEY FOCUS

The key focus is understanding that there is a big difference between knowing the truth and living in truth, between knowing your identity and living it out with authority.

An authority that comes from the revelation of our identity leads to liberated living. This is evident in the life of Mary and Martha as they grow in their faith. In John 12:1-7 we find Jesus back in their home. This time, Martha was happily serving in the kitchen content, and Mary lavishly honoured Jesus by pouring a year's worth of perfume over his feet. Note that none of her siblings protested this action. I believe this is because the daughter of the King doesn't have a poverty mindset but a generous one.

**2 Corinthians 6:18:** “And I will be your Father, and you will be my sons and daughters, says the LORD Almighty.”

## DEEP WATER QUESTIONS

Consider what voices that have hooked you have deafened you from hearing the truth.

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Consider what lies you have taken to heart around your value and worth that you believe Jesus wants to replace today.

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Share with the group what truth you believe Jesus wants you to take hold of as you walk in His authority.

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Share with the group how differently you will be living your life as a daughter of the king.

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End by praying and commissioning each other as daughters of the King.





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