

This group is meant to facilitate discussion and meaningful conversations. The information below is derived from this week's outline.

Weekly Discussion Theme: Reclaiming Your Power

- **Leader shares:** Reclaiming your power begins with recognizing what is and isn't yours to carry. Someone else's choices or behaviors are not a reflection of your worth, and trying to control what is out of your hands only drains your peace. It takes strength to have radical acceptance of the situation, set boundaries through God's guidance and strength, and choose emotional well-being over being consumed by situations that are not your burden. And the part we often resist the most, taking responsibility for our own role, is actually where freedom begins. With God's wisdom and grace, accountability becomes a gift. It gives you the clarity to move forward with purpose and the courage to stop waiting for others to change before you decide to stand in your own strength.

Group shares: What part of this stood out to you the most, and why?

- **Acknowledge:** THANK YOU for sharing!

Verse: Ephesians 6:10 (NIV) - "Finally, be strong in the Lord and in his mighty power."

Scriptural Application: This verse reminds us to trust God's power more than our own. Part of that trust involves asking Him for the strength to see and understand things clearly. Radical acceptance grows from that clarity, seeing things as they are, not as we wish they were, and responding with wisdom instead of resistance. With God's help, we can accept what we cannot change, care for our well-being, and gently take responsibility for our thoughts and responses. As His power works in us, we no longer have to wait for others to change in order to feel peace. We can begin to stand in the steady confidence He provides.

Group shares: How do you know when you're adding unnecessary weight to a situation with your thoughts or expectations?

- **Acknowledge:** THANK YOU for sharing!

10 Simple Ways to Practice Reclaiming Your Power

1. Pause and breathe before responding to situations or people.
2. Ask yourself if what you're carrying is actually yours.
3. Accept reality as it is so you can respond with clarity.
4. Communicate your boundaries clearly and consistently.
5. Notice your thoughts and question the ones that weigh you down.
6. Focus on what you can control, not on fixing others.
7. Spend time with God to stay grounded in His strength and wisdom.
8. Remind yourself that your worth isn't based on how others treat you.
9. Choose peace, even if it means letting go of people-pleasing.
10. Acknowledge your growth and give yourself grace in the process.

Group Shares: Which of these stands out to you the most, and is there anything you would add?

Acknowledge: THANK YOU for sharing!

Leader shares: Reclaiming your power begins with clarity. It means recognizing what is within your control and what is not, accepting reality as it is, and choosing to stay grounded in who God says you are. It's not about controlling outcomes or convincing others to change. It's about responding with intention, rather than reacting from old habits or pain. When you are guided by God and rooted in truth, you begin to make choices that protect your peace and reflect your purpose. Power doesn't always look bold or loud. Sometimes it's the quiet decision to carry yourself with calm confidence, to shift your perspective, or to stop engaging in patterns that drain you. Even when your circumstances remain the same, you still get to decide how you show up. Reclaiming your power is not a one-time decision. It is a daily practice of showing up with wisdom, faith, and self-respect, one choice at a time.

- **Leader shares:** An email will be sent shortly containing today's outline, along with a request to share resources discussed today. Additionally, you'll find essential links for joining the group, as well as links to join our Facebook group or follow us on social media to stay connected.
- **Closing:** As we close our group meeting, I encourage everyone to share anything else in your hearts and minds or to ask for prayer requests.
- **Stay connected:** imperfectpaths.com

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