

SEASON 10 EP. 4

# Daughter: Delight of the Trinity



## GROUP QUESTIONS

1. What stood out to you from this week's episode?
2. How have you received the identity of a daughter (or son) from the Father? What are some practical ways to stay rooted in the identity of daughter of God?
3. When the Lord looks at you and says, "you are my beloved daughter (son) with who I am well pleased," what is your initial reaction? What would it look like to live this reality at the forefront everyday?
4. When have you experienced the Father delighting in you and what did that look like?
5. Does your mission (what you do) flow from your identity as daughter of God or do you tend to find your identity in the things you do?

## LECTIO DIVINA

...I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God. Now to him who is able to do immeasurably more than all we ask or imagine...be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen." - Ephesians 3:14-21

## JOURNAL QUESTIONS

1. Take a moment to picture your heart as a garden. Rather than digging through the dirt to find the roots of problems, imagine yourself playing in the dirt with the Father. With holy curiosity, ask what does the Father want to reveal to you about your identity as a beloved daughter?
2. Pray Sister Miriam's prayer "Father, open my heart to the truth of who I am." Listen for what the Father wants to say to you and write it down.
3. Write down some scriptures that help you stay rooted in the truth of who God says you are as a beloved daughter. You can google something like "scriptures about child of God" or "scriptures about God's love".

## QUOTE TO PONDER

"On first beholding created woman, man must surely have thought: 'God gave you to me.' He said as much, though in different words—but he said as much (Gn 2:23). Awareness of gift and givenness is clearly written into the biblical Creation account. For man, woman is first an object of awe and wonder." - Saint Pope John Paul II, A Meditation on Givenness

