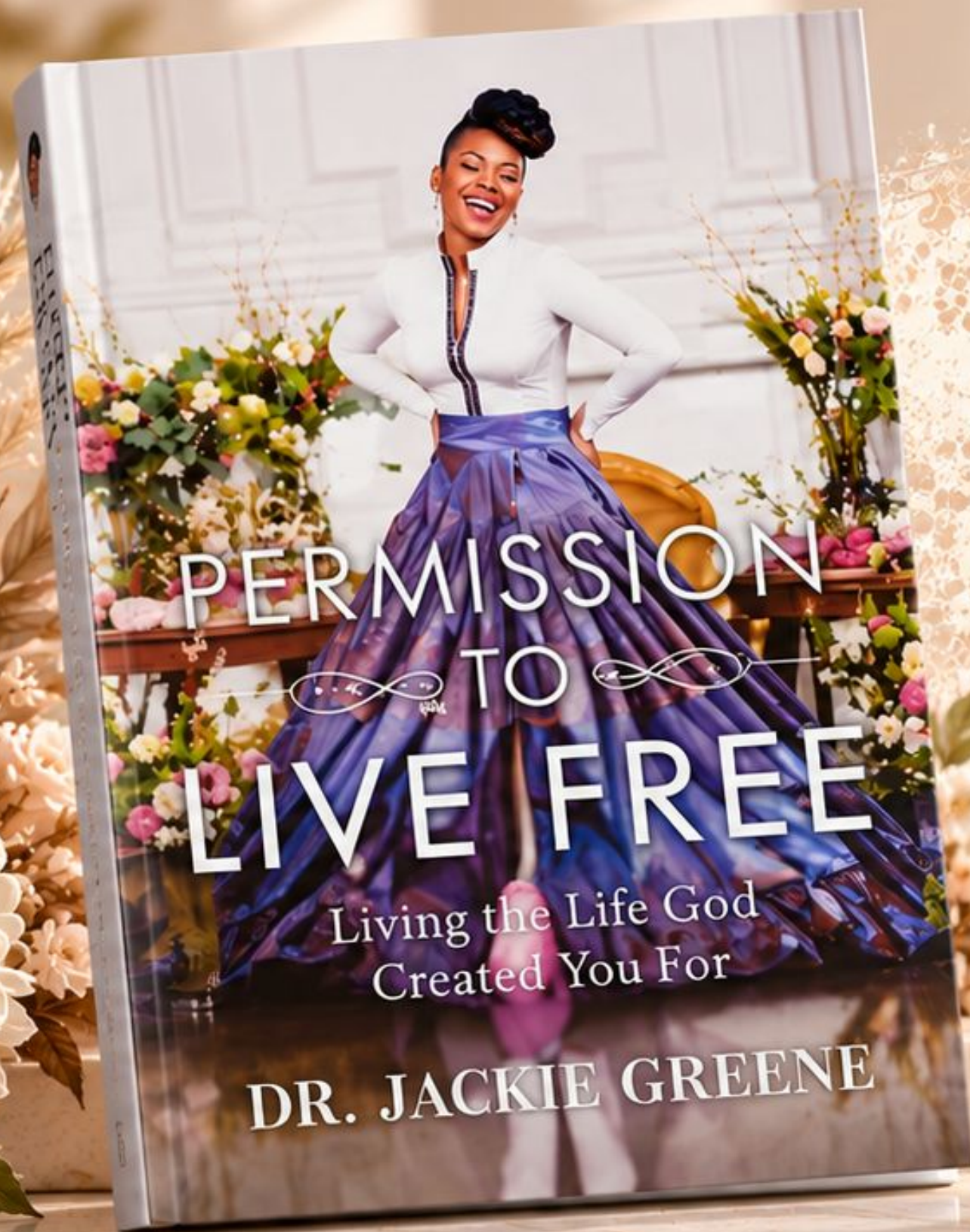




CHAPTER

1

Permission to be

Authentic

Living the Life God Created for You

Brietta Looney

FACILITATOR

Consider...

Who are you when you don't have
to perform for anyone?"

What would it feel like to no longer
have to pretend, prove, perform,

What would it feel like to simply be You?
or please?

What Does it Mean to be

Authentic?

- Who God created you to be
- What you genuinely value
- What you believe
- What God is developing within you
- The gifts and personality God has given you

Authenticity is not perfection.
Authenticity is truth without the mask.

- Your God-given purpose



God Created

You

YOU ARE NOT AN
Intentionally
ACCIDENT

“I praise you because I
am fearfully and
wonderfully made.”

Psalm 139:14

“Am I accepting the
woman God created, or
am I constantly trying to

God intentionally
created:

Your personality

Your looks

Your gifts

Your voice

Your story

Your capacity

Your purpose



What Mask

Are You

Wearing?



"Everyone
else
comes
first."

"I don't
need
anyone."

"I have
to be
strong."

"I can't
disappoint
anyone."

Sometimes we
hide behind:

"I can
handle it."

What do I show people?
What do I hide from people?



The Cost of

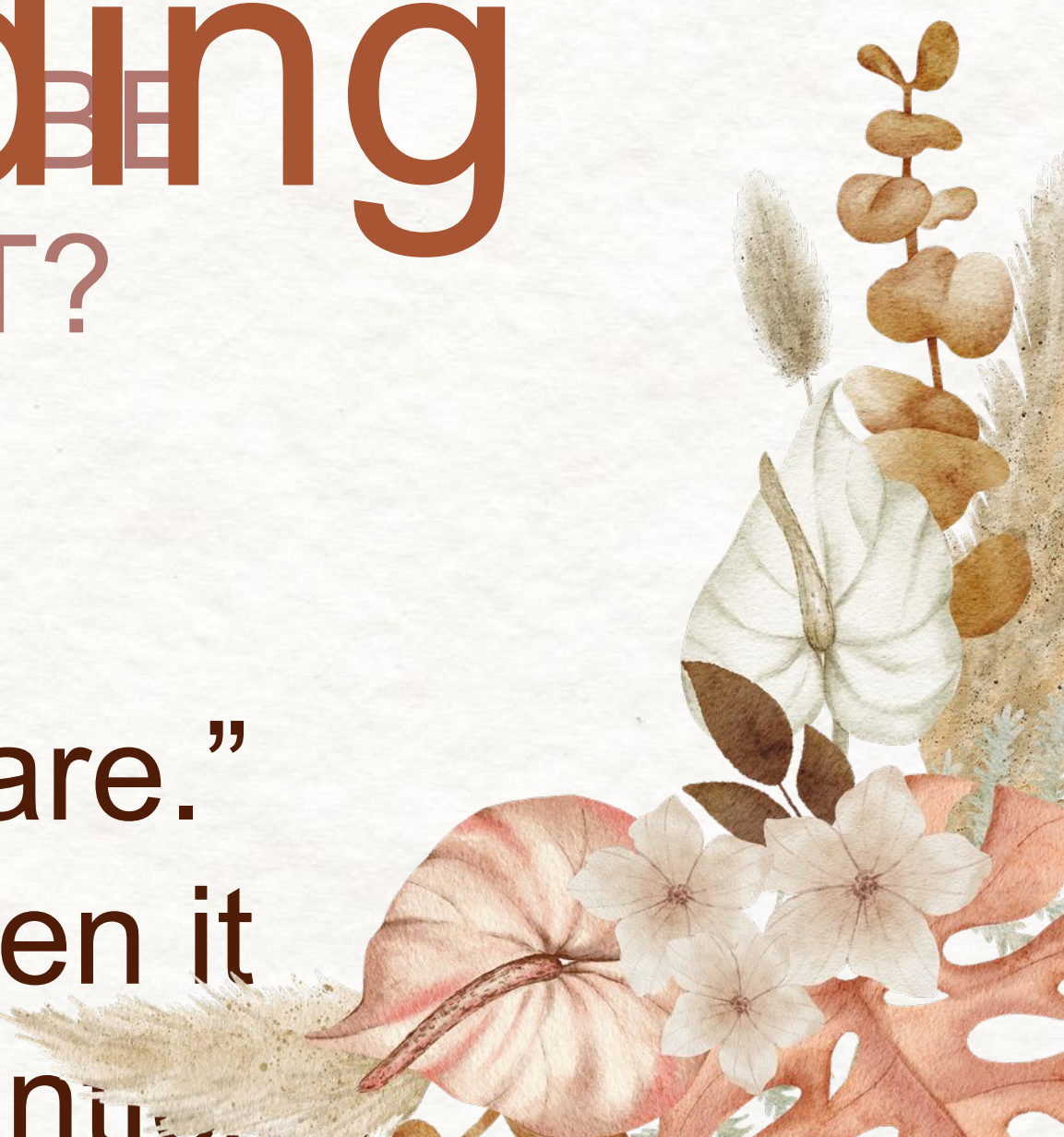
Pretending

WHAT DOES IT COST TO BE
SOMEONE YOU'RE NOT?

Proverbs 29:25

“Fear of man will prove to be a snare.”

Approval can become a prison when it
becomes more important than authenticity.





Your Story Doesn't

Disqualify You

The Woman at the Well (John 4)

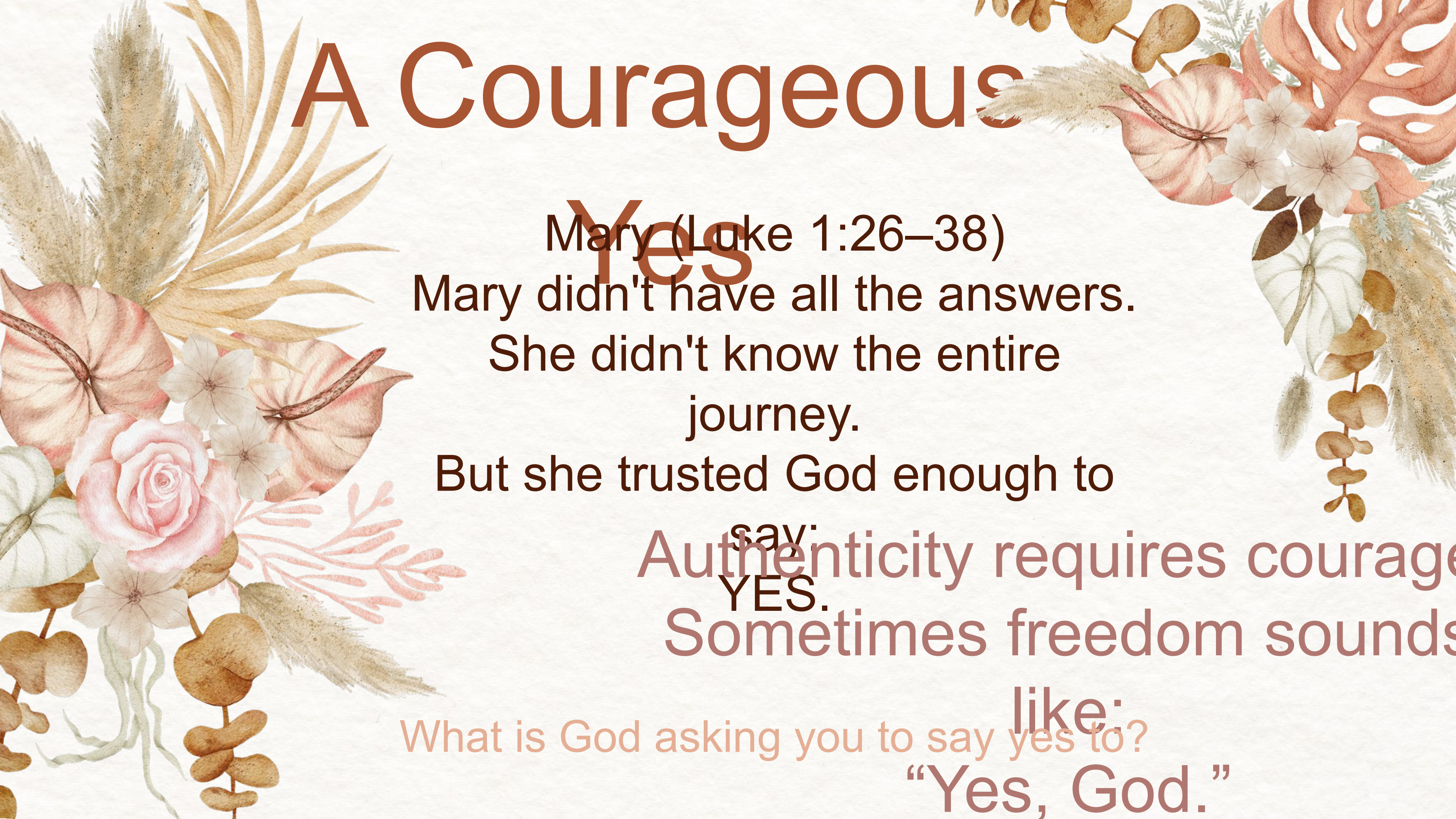
Jesus met a woman carrying:, Shame,
Rejection, history,, isolation

But Jesus saw beyond her history.

Her encounter with Jesus became a testimony.

Your past is part of your
story.

It does not have to become

A watercolor illustration of various flowers and foliage, including pink roses, white daisies, and green leaves, framing the text on the left and right sides.

A Courageous

Mary (Luke 1:26–38)

Mary didn't have all the answers.

She didn't know the entire
journey.

But she trusted God enough to

say:
YES.

Sometimes freedom sounds

like:

What is God asking you to say yes to?

“Yes, God.”

Performance vs.

MARTHA &
MARY

Luke

10:38–42

Martha was
busy doing.
Mary chose
to sit at

Presence

How much you accomplish
How many people you help
How much you produce
What if your worth isn't determined by:
How many problems you solve
How many problems you make
Truth: I am valuable before I accomplish anything.
you know



Practice Presen ce

Where am I Really Living

Rate yourself from 1-10:
Authentically?

- My relationship with God
- My relationships
- My boundaries
- My voice
- My emotions
- My gifts
- My dreams

Which number surprised you?



Give Yourself

- To be honest.
- To heal.
- To grow.
- To rest.
- To use my voice.
- To set boundaries.
- To stop comparing.
- To stop performing.
- To receive God's love.
- To embrace AUTHENTIC.

Permission

GIVE YOURSELF PERMISSION TO BE

Authentic.



You Don't Need

Permission

You have permission to
to be Someone Else

the woman God created you
to be.

“It is for freedom that Christ has set us
free.”

Galatians 5:1

Be
authenti
c

Be
free

Be
courageo
us





Thank

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Email: blooney@wearefriendship.church

You

