

Breaking Free From Body Shame

Dare To Reclaim What God Has Named Good

by Jess Connolly

| WEEK | DURING SMALL GROUP | AT HOME READING |
|---------|---|-------------------------------------|
| Week 1 | <i>KICKOFF BRUNCH Choose & Buy Book</i> | <i>Read Introduction</i> |
| Week 2 | <i>Intro To Small Groups Discuss Intro.</i> | <i>Read Chapter 1</i> |
| Week 3 | <i>Discuss Chapter 1</i> | <i>Read Chapter 2</i> |
| Week 4 | <i>Discuss Chapter 2</i> | <i>Read Chapter 3</i> |
| Week 5 | <i>Discuss Chapter 3</i> | <i>Read Chapter 4</i> |
| Week 6 | <i>Discuss Chapter 4</i> | <i>Read Chapter 5</i> |
| Week 7 | <i>Discuss Chapter 5</i> | <i>Read Chapter 6</i> |
| Week 8 | <i>Discuss Chapter 6</i> | <i>Read Chapter 7</i> |
| Week 9 | <i>Discuss Chapter 7</i> | <i>Read Chapter 8</i> |
| Week 10 | <i>Discuss Chapter 8</i> | <i>Read Chapter 9</i> |
| Week 11 | <i>Discuss Chapter 9</i> | <i>Read Chapter 10 & 11</i> |
| Week 12 | <i>Discuss Chapter 10&11 FINAL BRUNCH</i> | |



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