

A scenic landscape featuring a clear blue sky with a bright sun in the upper right corner. Below the sky is a dense forest of trees, with a path or road visible on the left side. The overall scene is bright and clear, suggesting a peaceful, natural setting.

ESCAPING LIES, EMBRACING TRUTH

ECCLESIASTES: LIFE UNDER THE SON

“I love myself now. Self-love means that I have a relationship with myself built on trust and loyalty. I trust myself to have my own back, so my allegiance is to the voice within. I’ll abandon everyone else’s expectations of me before I’ll abandon myself. I’ll disappoint everyone else before I’ll disappoint myself. I’ll forsake all others before I forsake myself. Me and myself: *we are till death do us part.*”

“Glennon Doyle’s book *Untamed* is a relatable collection of essays that detail how women become tamed when they deny their authentic selves and what they truly want in order to accommodate and serve those around them. She encourages everyone to be who they are, rather than who the world expects them to be.”



“I had been deceived. The only thing that was ever wrong with me was my belief that there was something wrong with me.”

“We weren’t born distrusting and fearing ourselves. That was part of our taming. We were taught to believe that who we are in our natural state is bad and dangerous.”

“They convinced us to be afraid of ourselves. So we do not honor our own bodies, curiosity, hunger, judgment, experience, or ambition. Instead, we lock away our true selves. Women who are best at this disappearing act earn the highest praise: *She is so selfless.*”

“We can either control our selves or love our selves, but we can’t do both.”

“What we need right now is more women who have detoxed themselves so completely from the world’s expectations that they are full of nothing but themselves. What we need are women who are full of themselves.”

“Following our deep desire always returns us to integrity. If your desire feels wrong to you: Go deeper. You can trust yourself. You just have to get low enough.”

“If women trusted and claimed their desires, the world as we know it would crumble. Perhaps that is precisely what needs to happen so we can rebuild truer, more beautiful lives, relationships, families, and nations in their place. Maybe Eve was never meant to be our warning. Maybe she was meant to be our model. Own your wanting. Eat the apple. Let it burn.”

“What the world needs is more women who have quit fearing themselves and started trusting themselves. What the world needs is masses of women who are entirely out of control.”

“Untamed continues Glennon Doyle’s trend of writing raw, honest books to inspire and encourage women and beyond. It focuses on finding joy within yourself, being at peace with who you are, and listening to your inner voice that is the source of unbridled wisdom.”

When trials and testings come, we have two choices:
to trust unswervingly in the God who is loving and powerful,
or trust in ourselves, our interpretations, or our rights.

Ed Welch

- Ecclesiastes 3:14
- Ecclesiastes 5:7
- Ecclesiastes 7:18
- Ecclesiastes 8:12
- Ecclesiastes 12:13

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- Proverbs 14:27
- Proverbs 15:33
- Proverbs 16:6
- Proverbs 23:17
- Proverbs 28:14
- Proverbs 9:10

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- Ecclesiastes 3:14
 - Ecclesiastes 5:7
 - Ecclesiastes 7:18
 - Ecclesiastes 8:12
 - Ecclesiastes 12:13
 - 2 Corinthians 4:4
 - Romans 8:5-8
 - Proverbs 14:27
 - Proverbs 15:33
 - Proverbs 16:6
 - Proverbs 23:17
 - Proverbs 28:14
 - Proverbs 9:10

The heart of all lies is this: you can **form** and **transform** yourself into the best version of yourself because you know best, and you deserve the best for yourself. So you believe in yourself! You follow yourself! You reward yourself! Because at the end of the day it's all about you.



The truth is, you **cannot** transform yourself or save yourself from what is **most** wrong with you.



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- John 3:16, 36
- 2 Corinthians 3:4-6, 18
- 2 Corinthians 4:3-18



GRACE CHURCH
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