



## Perfectly Imperfect

by Tranika Hawkins

- What moment pushed Tranika to cry out to God for help?
- How did her childhood experiences affect the way she saw herself growing up?
- What role did church and accepting Jesus play in the changes she began to see in her life?

### Bonus Questions:

- Why do you think shame and pain can make people feel like they don't belong?
- What are some areas of your life where there is a lot of shame and pain?
- What are some practical steps you can take to start healing from past shame?

### Reach UP to God:

Read **Psalm 34:18** — "The Lord is close to the brokenhearted and saves those who are crushed in spirit."

Ask God to meet you in the places where you feel broken, ashamed, or tired. Invite Him to begin rewriting your story, one step at a time.

### Prayer:

"God, I am tired and I need You. Help me see myself the way You see me. Heal the places in my heart that still hurt and remind me that my story is not over. Amen."