



## **Study Guide for “Behind the Mirror” by Bella Wells-Fried**

1. Bella says that judging others is human nature. We are all guilty of it. We have to “dive deeper” to base judgments on anything other than appearances. Who is it harder for you to “dive deeper” with and get to know?
2. Who do we as a society typically judge off of appearances?
3. Both personally and societally, how can we dive deeper and get to know people beyond the surface? (Think of a time you've felt judged off of appearances. What could that person have done to dive deeper with you?)
4. Bella says that in a reflection in a puddle we can drop a pebble, and see the truth that's underneath. When we do that with a mirror, though, the mirror will shatter. Do you think we are afraid of what will happen if we stop judging from appearances? If we start doing that with our eyes closed, as Bella advises, and forming relationships, what will happen? (Think: risk and vulnerability involved in forming relationships)
5. Read Genesis 1:26-27. What does it mean to be made in the image of God? What would it mean to start seeing ourselves as being made in the image of God? What would happen if we related to one another as sharing in the image of God?