



Connecting  
**Yourself**  
to God's Love

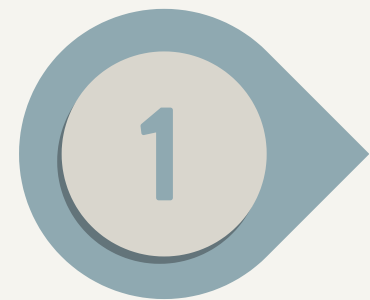
by kathy  
THERAPEUTIC INTENSIVES  
IGNITING  
PURPOSE

“ The story of God’s Love for you will set you on the path towards healing, self confidence and inner peace.

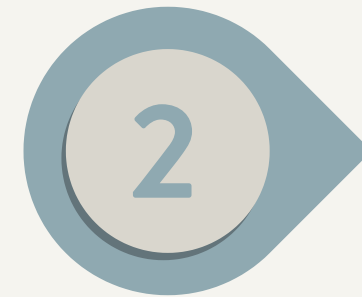


# Roadmap to Love

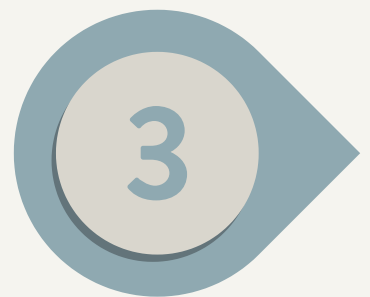
Are you willing to let go of what and who you thought you were?



How many things do you believe  
God is holding against you?



Is God a forgiving God?



What would it take for you to  
believe that all the "bad" things you  
have done have been forgiven?



How would It feel to be  
completely forgiven?



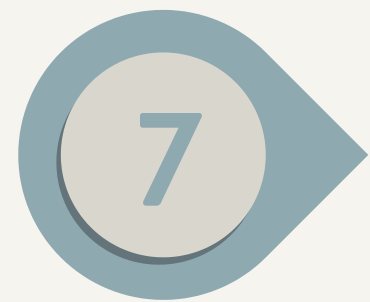
Are you able to believe you  
are worthy of being loved?



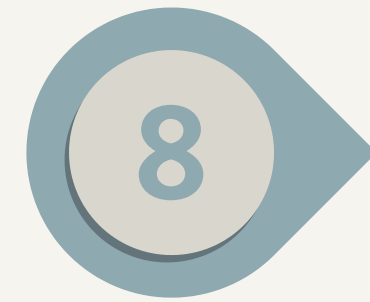
Where does love come from?

# Roadmap to Love

Are you willing to be an action - taker in order to see results?



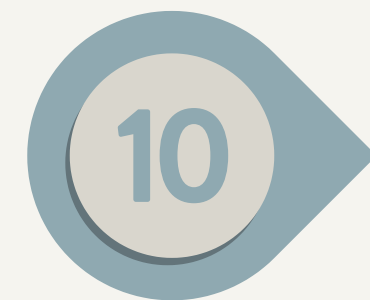
Can you remember all the times you have felt love?



Do you believe that God is love?



Do you believe that God is love?



Can you see love being bigger than the sun?



Imagine God's love wrapped around you.



Can you look at yourself with love?

# Three Ways We Get Stuck



We compare ourselves with others.

We are told we are “not all that.”

We believe we are not worthy of love.





## Why do I compare myself with others?

“Pay careful attention to your own work, for then you will get the satisfaction of a job well done, and you won’t need to compare yourself to anyone else”. -Galatians 6:4

When we compare ourselves to others, we are always either worse off or better. We need our own uniqueness to grow in independence and love.

*-To do-*

Make a list of all the things you like about yourself,  
and what makes you unique.



## How can I be free of self-doubt?

Whenever you think a negative thought about yourself, replace it with a positive thought (I choose to believe I am worth loving), followed by Scripture.

“I can do all things through Him who gives me strength.” -Philippians 4:13

## *-To do-*

Every day, choose an item from your previous list and notice all the times that positive and unique part of you shows up in your day to day life.



## How do I believe that God loves me?

Oftentimes it is our bottom line belief of who God is that keeps us from receiving His love. We cannot trust someone that we do not believe has our back. In order to grow our trust in God, we need to establish who we are anchoring our trust. Who do you really believe God is, and can you trust Him?

*- To do -*

Journal what your true beliefs about God are, and be completely honest. Ask God to help you trust Him and reveal His love to you.





# How do I know God's love is real?

“The first step is to relabel a given thought, feeling, or behavior as something else. An unwanted thought could be relabeled "false message" or "brain glitch." Jeffrey Schwartz, Brainlock

This amounts to training yourself to clearly recognize and identify what is real and what isn't, refusing to be tricked by your own thoughts. You step back and say, “This is just my brain sending me a false message.” This is where the belief in God's Word comes into play. It will be important that your trust of God's Word is in place before you anchor into His truth.

*- To do -*

Ask God to reveal His love to you while you practice meditating on His Words of love and Who He says He is. It takes only 21 days or 3 weeks to create a new habitual way of thinking.



## Why can I not believe I am worth receiving God's love?

There is a root of rejection that you may have believed from your family of origin and have a continuous negative narrative playing in your mind. If you can become the CEO of yourself, you can harness your thoughts and believe in God's Word about Who He says He is. This will uncover your bottom line belief system of mistrust.

*- To do -*

Change your mind, change your life. Make a commitment to an experiment and replace negative self talk with positive self talk, using God's Truth, for 21 days.



## How long does it take to see the effects of God's transforming love?

This depends on how mindful you are in replacing your thoughts with His Word and asking Him to reveal His love to you. As long as it takes to think negatively about ourselves is how much we need to apply the healing salve of God's love. It is important to understand that we need to take action to change our own belief systems. Our past experiences and the stories we tell ourselves can keep us stuck and deceived. Applying new positive thought patterns, especially using the power of God's Word, will change your life.

*- To do -*

The scripts we play define our lives. Write out a few of your most familiar scripts. Do they align with who you want to be?

# Daily Steps towards God's Transforming Love

1

First thing when you wake up, tell yourself that God loves you.

2

Visualize yourself on top of a mountain, at a beach, in a favorite room, and see yourself being loved unconditionally by a loving parent, angel, beautiful friend, and absorb this into every cell of your being.

3

Find two Scriptures that speak to you concerning the Love of God and say them to yourself throughout the day, especially when you find yourself thinking negative thoughts.

4

Know that our thoughts create our world.. God's Word is powerful, and combined with the power of thought, we can change our whole life and live a life without self-doubt. We can walk through this world with the confidence of God and His love for us and others.

“For as he thinks in his heart, so is he.” Proverbs 23:7

“

“No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us.”

I John 4:12

“

“How precious is your unfailing love, O God! All humanity finds shelter in the shadow of your wings.”

Psalms 36:7

“

“Unto you oh my strength, I will sing praises. For God is my defense, my fortress and high tower. The God who shows me mercy and steadfast love.”

Psalms 59:17



# Written for Igniting Purpose by

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