

I WANT TO BE HEALED

What has been REVEALED?

What needs to be TRANSFORMED?

What needs to be HEALED?

MY JOURNEY...

MY REVELATION...

MY TRANSFORMATION...

TO BECOMING ME

It is time to take look deeper at all that God has revealed to you.

You will need your booklet, a pen/pencil, and a picture of yourself.

Before you begin, close your eyes and prayerfully invite the Holy Spirit to be with you as you take this inventory. (You can pray the prayer below if you wish).

Place the picture of yourself in a place where you can easily view it. Take time to gaze upon this picture as you answer the questions.

HOLY SPIRIT PRAYER

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created. And You shall renew the face of the earth.

*O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations,
Through Christ Our Lord, Amen.*

THE LIES I BELIEVE (MY FALSE BELIEF SYSTEM)

Find a quiet place, gaze at your picture and take time to return to this gaze frequently. Now slowly page through your booklet, reviewing all that we have covered. When you are ready, answer the questions.

- 1) Recall your childhood. What sticks out to you?
- 2) What characteristics, behaviors, ideals were lived out in your childhood home?
- 3) Have these affected how you currently behave or what you believe about yourself?
- 4) Do you find yourself living into one or more of the lies of Performance, People Pleasing, or Control?
- 5) How do you believe that the lies you identified have impacted you as you sit here today?
- 6) What do you believe God has shown you, a **revelation** about these lies?
- 7) What one **action** can you commit to taking to act on this revelation or knowledge?
- 8) What **healing** do you need?

RELATIONSHIPS

Page through this section in your booklet. Take your time. Again, gaze upon the picture of yourself as you answer these questions. When you are ready, answer the questions.

- 1) Focus on one relationship, either natural (person) or supernatural (heavenly). Write it down. Why did you choose this relationship?

- 2) Page through the booklet section on relationships. Our there characteristics of this relationship that reinforce or inhibit the relationship?

- 3) Is forgiveness needed on your part? Is there a family sin pattern? Write your thoughts here.

- 4) What do you believe God has shown you, a **revelation** about this relationship?

- 5) What one **action** can you commit to taking to act on this revelation or knowledge?

- 6) What **healing** do you need?

I WANT TO BE HEALED

Summarize below the **revelations** (knowledge) that you recorded in the answers to the questions on each of the preceding pages and write them here.

Summarize the **actions** that you recorded in the answers to the questions on each of the preceding pages and write them here.

Summarize the **healing** that you identified in the answers to the questions on each of the preceding pages and write them here.

When complete, pray this prayer silently.

Dear God, thank you for what You have revealed to me regardless of how painful or difficult it is. I know that in Your love for me, You have led me here. I need healing. I desire to do Your will and to become the ME that You see. I trust that You will not take me faster than I am ready and that You will be ever with me through my transformation, guiding, loving, forgiving, sharing, blessing, sanctifying, and breathing life into me. I am ready. I present THE BEFORE I WAS ME to You, at the foot of Your altar. Here I am Lord, do with ME as You will. Amen.

When you are ready, take your picture which symbolizes all of you and present it to Jesus by placing it on the floor in front of the altar.

(NOTE: Your picture will be returned to you next week.)

YOU ARE LIKE GOLD IN THE EYES OF GOD

A father said to his daughter “You graduated with honors, here is a car I acquired many years ago. It is several years old. But before I give it to you, take it to the used car lot downtown and tell them I want to sell it and see how much they offer you. The daughter went to the used car lot, returned to her father and said, “They offered me \$1,000 because it looks very worn out.” The father said, “Take him to the pawn shop.”

The daughter went to the pawn shop, returned to her father and said, “The pawn shop offered \$100 because it was a very old car.” The father asked his daughter to go to a car club and show them the car. The daughter took the car to the club, returned and told her father, “ Some people in the club offered \$100,000 for it since it’s a Nissan Skyline R34, an iconic car and sought out after by many.”

The father said to his daughter, “***The right place values you the right way,***” If you are not valued, do not be angry, it means you are in the wrong place. Those who know your value are those who appreciate you.

Never stay in a place where no one sees your value.

My Conversation with God-Becoming ME

Me: Hey God.

God: Hello, my beloved daughter.

Me: I'm falling apart. Can you put me back together?

God: I would rather not.

Me: Why?

God: Because you aren't a puzzle.

Me: What about all of the pieces of my life that are falling down onto the ground?

God: Let them stay there for a while. They fell off for a reason.

You were believing lies about yourself. Let them fall away.

Me: You don't understand! I'm breaking down!

God: No - you don't understand. You are breaking through.

What you are experiencing is a new truth about who you really are, who you are in Me. You are shedding the lies in your life that are holding you back. You aren't falling apart. You are falling into place.

Relax. Take some deep breaths and allow these lies to fall away from you. Quit holding onto the lies that you now know are there, live into the Truth. Let them fall off. Let them go.

Me: Once I start doing that, what will be left of me?

God: Only the very best of the ME that I created you to be.

Me: I'm scared of changing.

God: I keep telling you - YOU AREN'T CHANGING!! YOU ARE BECOMING!

Me: Becoming who?

God: Becoming the ME who I created you to be! A person of light and love and charity and hope and courage and joy and mercy and grace and compassion. I made you for more than the many lies that you believe that you cling. Let those lies fall off of you. Let the gifts that I have given you shine for the world to see.

I love you! Don't change! Become! Become! Become!

Become the ME who I made you to be.

I'm going to keep telling you this until you remember it.

Me: There goes another piece, another lie!

God: Yep. Let it be.

Me: So...I'm not broken?

God: No - but you are breaking like the dawn. You are stepping courageously into the ME that I see in you. It's a new day. Become ME!! Become ME!!