

# THE HEALER

## PERSONAL REFLECTION GUIDE



### WEEK 6

Take a few moments to slow down. Visualize laying any burdens from the day at Jesus' feet. Take your time here if need be. When you are ready, invite Jesus into this time, asking him to help you be more real with yourself and him during this time.

As you think about how God views you, what thoughts and feelings surface? What do these feelings reveal about how much you love yourself? What kind of self-talk do you find yourself engaging in? Does it reflect God's love for you, or does it reflect something else? Ask God to remind you of his truths about you, and if needed, ask him to cover any shame with his truth and love. Ask him to remind you that you are worthy of love, and that because of this, you can ask to be strengthened by God to love him more with all of your heart, soul, mind and strength. Thank God for being a God who sees you, who loves you, and who cares for you with immeasurable depth. Ask him to be reminded of that this week. Journal through the experience below, sharing with your group if you feel comfortable.