

INSTRUCTIONS

As you are working through the process of heart healing, it's important to give authorization to the One who made your heart to do the work of revealing what needs to be healed.

Read through the prayer below once. Then read it aloud a second time to make a declaration. After a moment of quiet listening, expect God to answer you.

In the Response section, write down what is being said back to you. You may "hear" exact words, see a picture in your mind's eye, feel a general feeling or knowing, or just have a simple idea. Whatever it is, write it down.

PERMISSION DECLARATION

Father God,

I give you permission to search me and to reveal anything in my heart that does not belong to my true feminine identity; anything that is hindering me from living the big, beautiful life that you created me to live.

Holy Spirit, I invite you into the darkest places of my heart. Show me the areas of my heart that are still wounded and still hurting. The areas that are blocking me from your goodness, that are keeping me from stepping into the love story that you have for me. When you reveal these broken places to me, I covenant with you, I partner with you to release them into your care and to respond with forgiveness and repentance.

I set aside this season of my life for a time of healing and wholeness. And I'm asking you, Holy Spirit, to take charge of this process. I ask that you dwell with me and in me. I need you. I cannot do this on my own.

I want to be free from the past, free to be who I truly am, and free to become who you've created me to be. Show me the lies I've believed about myself, about my life, about my surroundings, about men, about marriage, even the lies I've believed about you, God.

Teach me the Greater Truth. Teach me your ways. Teach me how to love and how to live abundantly.

Teach me, Show me, Heal me, Grow me!

RESPONSE
