

HOMEWORK FOR MONDAY 8/11

Reading Assignment:

Chapter 4: Reunited and It Feels So Good

Chapter 5: Life Is Hard When Our Hearts Are Hard

Chapter 6: Living la Vida Loca

Chapter 7: Getting Out of Your Own Way

Mind Shift:

1. Dysfunction doesn't disqualify you—it can be the doorway to deliverance.
2. Your love life is not dead— God has been resurrecting your heart.
3. Heaven is ready, but are you?

Discussion Questions:

- What generational patterns around love and marriage are you ready to break?
- In what ways have you self-sabotaged or avoided intimacy?
- Where has your heart grown hard—and what would it look like for it to be softened?

Heart Work Activation:

1. Ancestral inventory: List the patterns you see in your family tree (divorce, silence, control, abandonment, etc.).
2. Forgiveness prayer: Forgive the parent, ex, or church leader who shaped your view of love with fear.
3. Visual: Burn or shred a symbolic “list” of the beliefs you're letting go.