

Homework

Write down what thoughts came up for you as you heard the truths shared by your Heart Prep coach. Did the voice of shame creep in at any point? When? Why do you think that was?

You are Good

You are Forgiven

You are Loved

God's Workmanship

You are Cherished

You are Anointed

You are Adored

Free from Darkness

You are Adopted

Redeemed by the Blood

Made in the Image of God

You are His Beloved

Homework

Journal some times where this same voice of shame entered into your thoughts. What was happening? What were you believing about yourself? How did you respond? Can you add in the curious thought "hmm, isn't that an interesting thought" after each one?