

UNDILUTED LOVE

REKINDLE. RESTORE. RECONNECT.

IN THE IMAGE OF GOD

Healed to Reflect

Rediscovering Who I Am
Beyond My Wounds

GENESIS 1:26-28

I AM SEEN.

I AM CHOSEN.

I AM LOVED.

I AM HEALING.

I AM BEING RESTORED.

YOU ARE
BEAUTIFULLY
MADE

*Purposefully
Loved*

GOD CREATED YOU ON PURPOSE



Genesis 1:27

“So God created mankind in his own image...”

You are not an accident. You are not a mistake. You are fearfully and wonderfully made in the image of the God who is love, creativity, and power.

WHAT THIS MEANS:

- ♥ Your worth is not based on appearance.
- ♥ Your worth is not based on relationship status.
- ♥ Your worth is not based on motherhood.
- ♥ Your worth is not based on career success.
- ♥ Your worth is not based on your mistakes.
- ♥ Your worth is established by God.

REMEMBER:

God blessed Adam and Eve before they achieved anything. Identity comes before performance.

Reflection:

What labels have I allowed to define me?



THE VOICES

That Shape Us



Throughout life, we receive messages from many places.



FAMILY

"You're too much."



RELATIONSHIPS

"You're not enough."



PAIN

"You'll never recover."



CULTURE

"You have to be perfect."



GOD

"You are My daughter."

TRUTH:

We often learn our identity from experiences before learning it from God.

Reflection:

Which voices have shaped me the most?



WHEN WOUNDS DISTORT IDENTITY



Trauma does not only affect memories.
It can affect how we see ourselves
and the world around us.



IDENTITY

"Who am I?"



SAFETY

"Am I safe?"



TRUST

"Can people be trusted?"



POWER

"Do I have a voice?"



CONNECTION

"Do I belong?"

EXAMPLES:

"I was abandoned."



"I am unworthy."

"I was abused."



"I am damaged."

REMEMBER:

Your experiences may explain your
reactions, but they do not define
your identity.



Reflection:

Which voices have shaped me the most?

THE HIDDEN WOMAN

Genesis 1–8

“They heard the sound of the Lord God walking in the garden, and they hid...”

After the fall, fear entered. Shame entered.
Hiding began. Many women still hide today.

SOMETIMES WE HIDE BEHIND:

- Perfectionism
- Strength
- Busyness
- Relationships
- Ministry
- Pleasing everyone
- Isolation
- Achievement
- Silence



Reflection:

How do I hide when I'm hurting?

THE SILENT GRIEF

Women Carry



Grief is not only about death.
Women often grieve:



Lost dreams



Lost relationships



Lost innocence



Divorce



Betrayal



Miscarriage



Lost opportunities



Lost versions of themselves

Reflection:

What loss am I still carrying?



GOD'S PURSUIT

Genesis 3:9

"Where are you?" ♡

God asked Adam and Eve, "Where are you?"

God was not seeking information.

God was seeking connection.

God still pursues:

- ♡ Women who feel exhausted
- ♡ Women who feel unseen
- ♡ Women who feel broken
- ♡ Women who feel ashamed
- ♡ Women who feel forgotten

REMEMBER:

God never turned
away wounded people.



HEALING BEGINS HERE



Healing is a journey. It may involve:








- ♥ Naming the pain
- ♥ Giving yourself permission to grieve
- ♥ Receiving support
- ♥ Seeking counseling
- ♥ Building healthy community
- ♥ Learning healthy boundaries
- ♥ Replacing lies with truth
- ♥ Forgiving (otherside and agøergrade)
- ♥ Resting in God's presence

IMPORTANT REMINDER:

Seeking help is not weakness.
Seeking support is not lack of faith.
God often heals through people.



MY WOUND VS. GOD'S TRUTH

THE WOUND I CARRY	GOD'S TRUTH ABOUT ME
	
	
	
	
	
	
	



TRUTH:

His truth has the power to
rewrite my story.

DAILY DECLARATIONS

I CHOOSE TO SPEAK GOD'S TRUTH OVER MY LIFE

- ♥ I am created in God's image.
- ♥ I am deeply loved.
- ♥ I am chosen.
- ♥ I am seen and known.
- ♥ I am not my trauma.
- ♥ I am not my mistakes.
- ♥ I am worthy.
- ♥ I am healing.
- ♥ I am becoming who God created me to be.
- ♥ I walk in purpose.
- ♥ I am a daughter of the King.
- ♥ I am enough in Christ.

*I am
His.
That is
enough.*



SPEAK IT. BELIEVE IT. BECOME IT.

LETTERS TO MYSELF

Write a letter to the woman
you are becoming.

Dear Me,

“The one who began a good work in you
will carry it on to completion.”

PHILIPPIANS 1:6



RELEASE & SURRENDER

Today, I choose to release what
no longer serves me.

I RELEASE:


















I SURRENDER IT ALL TO GOD.

He can carry what I can't. 

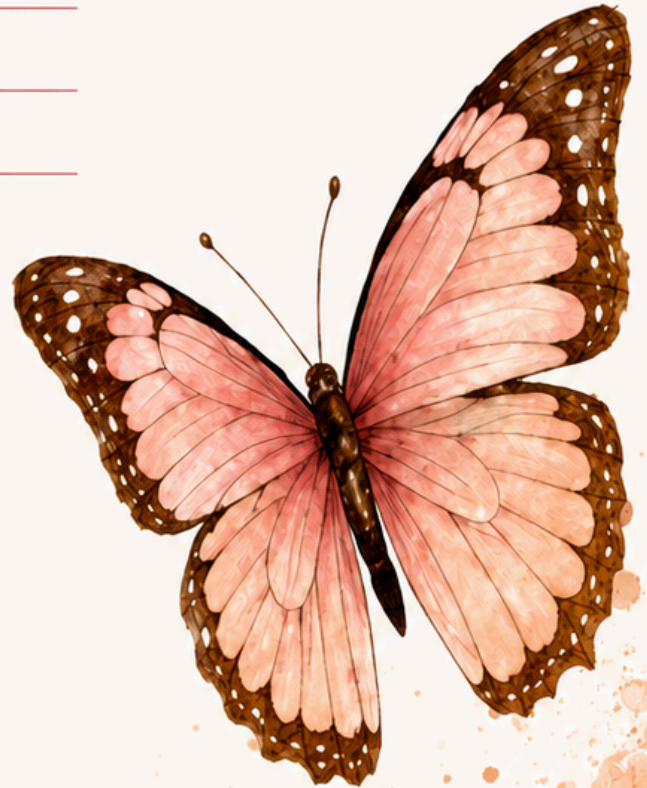


VISION FOR THE WOMAN I AM BECOMING

I see her as...

I walk in...

I will...



SCRIPTURES FOR RESTORATION

Psalm 139:14

I am fearfully and wonderfully made.

Isaiah 43:1

I am chosen and not forgotten.

Jeremiah 29:11

God has a good plan for my life.

Lamentations 3:22-23

His mercies are new every morning.

2 Corinthians 5:17

I am a new creation in Christ.

Romans 8:28

All things work together for my good.



PRAYER JOURNAL

Today, I bring my heart to God.

I THANK GOD FOR:

I PRAY FOR:

I TRUST GOD WITH:



*You are
beautifully made.*



Broken pieces can be restored.
Wounds can heal. Lives can be transformed.
You are not who you were,
You are who God says you are.

Keep going, He is with you.

UNDILUTED LOVE JAMAICA
FAITHFUL • TESTED • RECONNECT

EMERGENCY REMINDER:

If you are in crisis or feel unsafe,
please reach out for help
immediately.

