

God's Story in Your Life Notes

“Let the redeemed of the Lord tell their story.” Psalm 107:2

I am not my story. My story is separate from me, though I have the illusion that it is a part of me, and I am a part of it. I am underneath the story, underneath the layers of illusion that my ego asks me to adopt, believe in, buy into, and appreciate as if they are truly a part of myself.

I see my story in the actions of others, the words that they say, even the perceptions of what I thought was there, even if it wasn't really there in the first place. If I am to be myself and connect with my Higher Self in Christ, the perceptions that I have adopted need to be broken apart, worn down, handed to God and rewritten, rather than automatically believed.

Forgive

“Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.” Col. 3:13

Forgiveness Prayer for Others

God, I don't know why the seemingly unforgivable happens in life, but I trust that even in the midst of that, you held me in your loving arms and protected me from further harm. Thank you that my eternity is secure in you.

Please bring to mind who I need to forgive, so I can be free from the poison of unforgiveness. Give me the courage to choose forgiveness even when I am unsure how the road to forgiveness will look. I trust you, Lord. It is for freedom you have set me free, so give me the courage to release the chains of unforgiveness today. I am your new creation in Jesus! Amen.

Forgiveness Prayer for Myself

God, Help me not to allow myself to make *my* judgments and opinions about myself, more important than what *you* say about me. Help me forgive myself for the times I haven't been the person I wanted to be, for the times I have abused my body, mind and spirit, and for the times I have abused my mind and spirit with stories from my ego that made me a victim. Thank you that you have promised to use everything for good. Thank you that every day you make me a new creation and you call me to live as that new creation, leaving the past in the past.

Come Holy Spirit and show me the things about myself I need to forgive so I can be free, because that is your gift to me. It is for freedom you have set me free, so give me the courage to release the chains of unforgiveness toward myself for my shortcomings today. Please bring to mind where in my life I can offer forgiveness to myself and free myself from the poison of unforgiveness. Help the part of me that is not sure you are trustworthy. Help the part of me that keeps thinking I have to do everything on my own to trust you. Forgive me for the times I haven't trusted you, haven't turned to you and haven't loved you.

I do love you Lord, and I thank you for the multitude of gifts you give me every day. Amen.

Overall Forgiveness Prayer

Lord, We are tired of holding the weight of unforgiveness, towards ourselves and others, that is slowly poisoning us. We don't want to hold it anymore and yet, sometimes our need for justice makes it hard for our ego to allow us to be okay with forgiving. Today, I renounce my needy ego and stand in the True Self of who I am in You. With the help of the Holy Spirit, I accept and extend your unconditional forgiveness offered to me and others through Jesus' sacrifice. Thank you, Lord. Amen.

Negative Thought Erasers

1. Reframe negative thoughts into something more positive.

“Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things.” Phil. 4:8

2. Quit judging situations and people. We cannot judge an event as an end in itself. Trust that “everything is unfolding as it should”.

- “Do not judge and you will not be judged,” Luke 6:37a
- Why? “For now we see in a mirror dimly, but then face to face. Now I know in part; then I shall know fully, even as I have been fully known.” 1 Cor. 13:12

3. Increase your Awareness - Pay attention and realize when the ego is stepping in with a story. Any thought or sentence with a personal pronoun, “I, my, mine, me” is the ego talking.

Edging God Out

Joy Activation

1. Praise - Sing, Hum, Speak your Praise

- “I will extol the LORD at all times; his praise will always be on my lips. Psalm 34:1
- “Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.” Psalm 100:4

2. Realize Your Worth

- “But God, being rich in mercy, because of the great love with which he loved us, even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved— and raised us up with him and seated us with him in the heavenly places in Christ Jesus, so that in the coming ages he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus.” Eph. 2:4-8
- “But to all who did receive him, who believed in his name, he gave the right to become children of God..” 1 John 1:12

3. Enjoy the Gifts God has Given You

We see four gifts God has for us in Isaiah 61:3: “God will bestow on them a crown of beauty instead of ashes, the oil of joy instead of mourning, a garment of praise instead of despair. You will be called oaks of righteousness, a planting of the Lord for the display of his splendor.”

1. Self-Love/Love

- “You are altogether beautiful, my love; there is no flaw in you.” Song of Solomon 4:7
- “Behold what manner of love the Father has bestowed on us, that we should be called children of God!” 1 John 3:1

2. Self-Esteem

- “You are precious in my eyes, and honored, and I love you.” Isaiah 43:4
- “I have loved you with an everlasting love; I have drawn you with unfailing kindness.” Jer. 31:3

3. Self-Worth

- “Why, even the hairs of your head are all numbered. Fear not; you are of more value than many sparrows.” Luke 12:7
- “But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light.” 1 Peter 2:9

4. Success

- “For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.” Jeremiah 29:11
- “Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go.” Josh 1:9

5. Fruit of the Spirit

- “the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.” Gal.5:22-3

6. Wisdom

- “If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.” James 1:5

The High Road

Always seek the high road. Avoid using your words to speak against yourself or gossip about others. "As far as the east is from the west, so far has He removed our transgressions from us." Ps. 103:12 Speak in truth and love with integrity. "Perfect love casts out fear." 1 John 4:18

Don't make assumptions; or else assume from a place of love. Ask questions if you aren't clear and request what you want.

Don't take anything personally. Nothing others do is because of you. It is the story they are telling themselves.

A person who judges is living in fear. Send them love.

Stop living in your stories. They are concoctions of the mind that cause negative emotions.

Always do your best. That's all we can do!

Empowerment Techniques

The Love Living Light Group will Be Exploring

1. Learn to treat yourself with **kindness**, like God does.
2. Learn to regularly live with all the **fruits of the Spirit**.
3. **Stop resisting** what happens.
4. **"For now..."**
5. **You have everything you need for this moment.**
6. **Release expectations.**
7. **Refocus to the miracle worker** in challenging times.
8. Constantly **dwell on the good.**
9. **Be accountable to someone.**
10. **Let God be God.**
11. **Stop "shoulding" yourself!**
12. **Find the joy of doing a Bible "word study."**

My Identity in Jesus

Beloved

"I have loved you with an everlasting love. I have drawn you with unfailing kindness."

Jer. 31:3

Child of God

"See what great love the Father has lavished on us that we should be called children of God! And that is what we are!"

1 John 3:1

Delighted In

"The Lord your God is with you, the Mighty Warrior who saves. He will take great delight in you, in his love he will no longer rebuke you, but will rejoice over you with singing." Zeph. 3:17

Forgiven

"He himself bore *our* sins in his body on the cross, so that we might die to sins and live for righteousness; by his wounds you have been healed." 1 Peter 2:24

Washed Clean

"Though your sins are like scarlet, they shall be as white as snow..." Isaiah 1:18

Free

"It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery."

Gal 5:1

A Temple of the Holy Spirit

"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God?"

1 Cor. 6:19

An Adopted/Chosen Child

"The Spirit you received brought about your adoption to sonship. And by him we cry,

'Abba, Daddy.'" Romans 8:15

Heirs/Co-Heir with Christ

"Now if we are children, then we are heirs - heirs of God and co-heirs with Christ."

Romans 8:17

Righteous

"For he made him who knew no sin to be sin for us, that we might become the righteousness of God in him." 2 Cor 5:21

New

"Therefore, if anyone is in Christ, he is a new creation: The old has gone, the new has come!" 2 Cor. 5:17

A Saint

"You were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God."

1 Cor. 6:11

An Ambassador of Christ

"We are therefore Christ's ambassadors, as though God were making his appeal through us." 2 Cor. 5:20

Secured

"'For I know the plans I have for you,' says the Lord, 'plans to prosper and not to harm, plans to give you hope and a future.'"

Jer.29:11

My Identity in Christ (Continued)

Whole in Christ

"In Christ you have been brought to fullness." Col. 2:10

Wonderfully Made

"I am fearfully and wonderfully made."
Psalm 139:14

Set Apart

"You are a chosen people, a royal priesthood a holy nation, God's special people." 1 Peter 2:9

Co-Laborer in God's Service

"For we are co-workers in God's service, you are God's field, God's building."
1 Cor. 3:9, 2 Cor. 2:15

A Sweet Aroma

"For we are to God the pleasing area of Christ among those who are being saved and those what are perishing." 2 Cor. 2:15

Accompanied

"The Lord himself goes before you and will be with you; he will never leave you nor forsake you." Deut. 31:8

A Masterpiece

"For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago." Eph 2:10

Bold

"Since we have such a hope, we are very bold." 2 Cor. 3:12

Victorious

"You have given me your shield of victory. Your right hand sustains me; you stoop down to make me great." Psalm 18:35

Dearly Loved

"For we know how dearly God loves us because he has given us the Holy Spirit to FILL our hearts with his love." Romans 5:5

I Will Enter His Gates

I will enter his gates with thanksgiving in my heart.

I will enter his courts with praise.

I will say this is the day that the Lord has made.

I will rejoice for he has made me glad.

Chorus: He has made me glad. He has made me glad.

I will rejoice for he has made me glad. (2 X)

This is the Day

This is the day (repeat), that the Lord has made (repeat).

We will rejoice (repeat), and be glad in it (repeat).

This is the day that the Lord has made.

We will rejoice and be glad in it.

This is the day (repeat), that the Lord has made.

All Things Work Together (tune of It is Well with My Soul)

All things work together for those who love God.

All things work together for good, for I have a calling as part of God's plan,
and all things work together for good.

It is well, with my soul. It is well, it is well with my soul.

It's a Happy Day

It's a happy day and I thank God for the weather.

It's a happy day and I'm living it for my Lord.

It's a happy day and things are going to get better.

Living each day in the promises of God's word.

Doxology

Be present at our table Lord.

Be here and everywhere adored.

These mercies bless, and grant that we

May strengthened for thy service be. Amen.

Spirit of the Living God

Spirit of the living God, fall afresh on us. (2X)

Melt us, mold us, fill us, use us.

Spirit of the living God fall afresh on us.

This Little Light of Mine

Chorus: This little light of mine. I'm gonna let it shine. (3X)

Let it shine, let it shine; let it shine.

Jesus gave it to me, I'm gonna let it shine. (3X) Chorus

Hide it under a bushel - NO! I'm gonna let it shine. (3 X) Chorus

Everywhere I go, I'm gonna let it shine (3X) Chorus

The Joy of the Lord

Chorus:

The Joy of the Lord is my strength. (3 X)

Oh, the joy of the Lord is my strength!

He gives me living water and I thirst no more. (3X)

Oh, the joy of the Lord is my strength!

He heals the brokenhearted and they cry no more. (3X)

Oh, the joy of the Lord is my strength!

All things work together for good in my life. (3X)

Oh, the joy of the Lord is my strength!

Ha, ha, ha, ha, ha, ha, ha, ha, ha, ha, ha (3X)

Oh, the joy of the Lord is my strength!

Sing a New Song

Sing a new song unto the Lord.

Let your song be song from the mountains high.

Sing a new song unto the Lord, singing alleluia.

Lead Me Back

Lead me back --to my home.

I have wandered far away.

I've been gone for far too long.

Will you welcome me today.

To God Be the Glory

1. To God be the glory, great things He has done,
So loved He the world that He gave us His Son.
Who yielded His life, an atonement for sin and opened the life gate that all may go in.

Chorus: Praise the Lord. Praise the Lord. Let the earth hear His voice.
Praise the Lord Praise the Lord. Let the people rejoice.
O come to the Father through Jesus the Son,
and give Him the glory. Great things He has done.

2. O perfect redemption, the purchase of blood, to every believer the promise of God.
The vilest offender who truly believes, that moment from Jesus a pardon receives.

Chorus

3. Great things He has taught us. Great things He has done.
And great our rejoicing through Jesus the son.
But purer and higher and greater will be, our wonder, our worship when Jesus we see.

Chorus

I've Got the Joy, Joy, Joy, Joy Down in My Heart

Chorus I've got the joy, joy, joy, joy down in my heart,
Down in my heart, down in my heart. (2X) to stay. (2nd time)

And I'm so happy - so very happy. I've got the love of Jesus in my heart. (2X)

I've got the peace that passes understanding down in my heart. (2X) Chorus

I've got the wonderful love of my blessed Redeemer way down in the depths of my heart,
down in the depths of my heart, down in the depths of my heart. (2X)

More Precious than Silver Lead Me Back

Lord you are — more precious than silver.
And Lord you are— more costly than gold.
Lord you are— more beautiful than diamonds.
And nothing I desire compares with you. (Repeat)

(Name) you are...more precious than silver.
And _____ you are more costly than gold.
_____ you are...more beautiful than diamonds
And nothing I desire compares with you.