

Activation: Loving ourselves completely/Seeing ourselves through the eyes of God

Many of us, in the Body of Christ, have trouble loving ourselves completely. We see ourselves as unworthy and weak. We have challenges with body image, sometimes comparing ourselves to others, seeing them as more beautiful, or more capable.

This activation is a tool to help us call on God, as we spend some time each day in His powerful presence, so that He can reveal how HE sees us. As we draw close to God, basking in the love of Jesus, we begin to see the truth of who we are, and more able to fully love ourselves. It is more challenging to love others, if we do not fully love ourselves.

~~Mark 12:30-31 says: "Love the LORD your God with all your heart and with all your soul and with all your mind and with all your strength." The second is this: "Love your neighbor as yourself." There is no commandment greater than these."

Please find a quiet place where you will not be distracted. Say this prayer or one in your own words, to invite the presence of the Lord:

~~Thank You, God, for this time we have set aside to spend together. I place myself in Your hands right now in complete trust, knowing that I am in complete safety to rest in You. I seek a closer intimacy with You and am ready to receive anything You have for me today. Help me to see myself through Your eyes, and to discern what You are saying or showing me. I am grateful for this time with You, in Your presence, as You transform my thinking, increasing my love for myself, so that I can pour out Your love to others from a place of security and peace that I can only receive from You. Help me to see myself as You do, in Jesus' name.~~

Next, relax in the presence of God. Simply be open to receive from Papa, Jesus or Holy Spirit. God is not in a box, so whatever you experience is uniquely yours. You may even fall asleep and have a dream, or hear or see words. You may experience a vision. When you receive something, ask God in the moment to bring understanding. It can come in many different ways and sometimes be a "knowing" deep in your spirit. Stay in God's presence and soak as long as you wish. There is no time that is "too short" or "too long". Be free and thankful for any time you spend, for God enjoys any time we seek Him. It is about a deeper relationship, communication and understanding.

If God leads you to come back here and share with others what you discerned from your time, please do. It will encourage others who are doing this activation as well. The leadership is here to encourage and help in any way we can, so please feel free to ask questions that may arise as they come up.

May God bless you as you are blessed to be able to see yourself as God sees you, loving yourself more deeply, in the days ahead.