

FINDING THE YOU
GOD CREATED YOU TO BE

HEART



REHAB

JERRY FLOWERS JR.

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WATERBROOK

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INTRODUCTION

I don't want to be like this.

Have you ever been there? Have you ever thought to yourself, *I don't want to be bitter like this. I don't want to keep getting so angry. I don't want to feel like I'm not enough. I wish I could stop this spiral of negative thoughts.*

Nobody wants to stay stuck, yet how many of us keep thinking these or similar thoughts?

One of my greatest joys is seeing people grow. (I often say that I have the best job in the world—I get to wash feet for a living.) Several years ago, as I was conducting counseling sessions with church members, I noticed people sometimes struggled to hear the biblical truth in my sermons because of all the pain and trauma and abuse they had experienced. Then, an epiphany hit me like a 1996 Mike Tyson uppercut: As benevolent followers of Jesus, we can't accomplish certain things if we're not healed on the inside. For example, we're told, "Love your neighbor as yourself" (Luke 10:27). If you don't love yourself, you won't know how to love your neighbor.

So, around Christmas of 2021, I prayed for a vision of what to do in the next year. How could I best serve people? The Holy Spirit put in my heart to construct an online ministry called Therapy Thursday. It focuses on the inward work—whatever is stran-

gling the Word and blocking someone's ability to hear next-level information because they're still haunted by horrors or terrors of the past. This book is the fruit and culmination of those Therapy Thursdays.

I've found that many people aren't faking being sick; they're faking being well! All of us deserve Oscars because we're so good at faking that we have it all together—myself included.

Basically, each of us is a compilation of three things:

1. What happened to us
2. What didn't happen to us
3. What we meditate or dwell on

Your personality, your perspective, your viewpoint, and your outlook—as well as the way you respond and the way you react to things—all stem from a combination of these three aspects. But before we dive into them, I want you to consider this question: Is it possible that the version of you that you became to survive is not the version God wants you to be?

Heart Rehab is all about healing the heart so you can be whole enough to love your neighbor as yourself. It's designed to cleanse your heart, your inmost being. You've already been washed by the blood of Jesus, but this book provides a washing of the heart so you can receive all the kingdom purposes you're designed to carry out.

Each of us needs to have the heart, the attitude, and the perspective to be kind to one another.

We all need healing on the inside.

We need *Heart Rehab*.

Let's get to work!

BONUS CONTENT

To continue rehabbing your heart, use your smartphone to scan the code for a bonus video diving deeper into the content of this chapter.

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THE PROBLEM IS THE PATTERN

It happened after a while that the brook dried up, because there had been no rain in the land.

—1 KINGS 17:7 (NKJV)

When I was twenty-two years old, my mom did what I considered to be the vilest thing she could ever do. I'll never forget it because it changed my life.

Having just graduated from Texas Southern University, I wanted to make an impact on my generation, so I had launched my ministry as a Christian rap artist and found myself traveling quite a bit as a student pastor. That Friday night, two weeks after graduation, I ministered to several hundred high school and college students at a youth conference in Hutto, Texas. Since I had a two-hour drive back to Houston, I ended up going to bed around five A.M.

THE SOCK WE KEEP OVERLOOKING

A few hours later, at eight A.M., my mom stormed into my room and turned on the light. Can you believe that? She then had the audacity to wake me up by clapping and singing a song.

“This is the day, this is the day, that the Lord has made . . .”¹

Look—I love the Lord. Our God is an awesome God. But what time did I go to bed after a long and fruitful day of ministry? And what time did my mom decide to become a human alarm clock?

To make matters worse, she spotted a dirty sock in front of her and picked it up.

“Jerry, your room looks filthy! You need to get up and clean this room. Look at all this stuff on the floor!”

I grew up in a household where my parents were strong advocates for cleanliness. When my mom made a bed, it resembled one in the showroom at Gallery Furniture. After she vacuumed, the carpet always had perfect lines. Everything in our home had to be immaculate. No dishes in the sink, no trash flowing over, the floor spit shined. This was my childhood.

“A wife is not going to like a dirty husband,” my mom told me during my adolescent years. “Pick up your socks, Jerry. She might think you’re cute, but no woman wants to deal with a filthy man.”

On this particular morning, I wasn’t thinking about my future wife. I was in a deep sleep—the drooling, mouth-wide-open kind—when Mom burst in, waking me up and telling me to pick up my dirty socks. And because I was exhausted and sleep deprived, I was more irritable. The flesh is more likely to win when you haven’t had enough sleep, especially when the little you do get is interrupted by comments about your room and some socks on the floor.

1. “This Is the Day,” paraphrased by Les Garrett, Scripture in Song, 1967/1980.

That's it. I'm moving. This is the last Saturday she's gonna come into my room and wake me up.

So, I got up, brushed my teeth and washed my face, threw on a backpack, and then went to find an apartment. After filling out an application and submitting my pay stubs, I got the key that day! That night I lay on the floor in my six-hundred-square-foot apartment and thought to myself, *Tonight I'm going to get some good sleep!*

But a weird thing began to happen just weeks after I moved in. My apartment started getting dirty. Saturday would come and I would look around and wonder how everything kept getting so cluttered. I had been trained to clean on Saturdays, so how come my apartment kept looking like this?

It was the shirt on my couch that I ignored on Monday.

It was the shoes in the middle of the floor that I ignored on Tuesday.

It was the pair of drawers I left by the closet on Wednesday.

It was the dish I left in the sink from a meal I ate on Thursday.

It was the sock I threw on the floor before taking a shower during the week—the sock I kept overlooking every day.

All of this led to me having a filthy apartment on Saturday. Eventually, I realized I had been getting mad at the wrong thing.

The problem wasn't my mother.

The problem was my patterns!

There I was, getting upset at my mother, but I ended up producing the same exact atmosphere in a different location.

Do you ever find yourself wondering how things inside you got so messy? How your mind got like this and how your attitude became so bad? Do you question why you're feeling angry or depressed? Why your words are so foul, why your relationships feel so chaotic, or why your lust has gotten so out of control?

Destructive patterns start with something as small as a sock.

It's not the flood that we should look at. It's the puddle. We need to consider the puddle days before the flood comes.

When a great ministry leader falls, it's easy to look at what they did at that moment. But really, it comes down to the countless bad decisions that led up to their fall.

So many times, we fear the fire but overlook the smoke. By fire I mean the absolute, obvious acts like having sex outside marriage or getting high. But what about the subtle things, like hitting the snooze button after you set your alarm for devotion time or not keeping your commitment to have date night every Tuesday with your spouse? Even though we claim we're not going to play with fire, we keep on inhaling smoke. Smoke is the dismissal or overriding of a standard or principle so you can engage in what you want. And we all know that smoke can kill you before a fire ever burns you, right?

Smoke is the sock we keep overlooking.

Sometimes a person gets mad at the situation in their life and decides that a change will solve the problem. "I'm gonna find me a new church," they say. "I'm gonna find me a new pastor and a new community." That's fine. But a new place does not veto God's old instruction. You can find a new pastor and a new church, but whatever God told you to do five years ago He'll still be telling you to do today.

Look at the problems we often find ourselves in. An overthinking problem is caused by a pattern of making projections about my future and preparing for them in my present.

A control problem? That's the desire to manipulate or command the outcome. It's the pattern of trying to control how something will go and how it will turn out.

Have a problem of often running away from something, or at least wanting to? That's the pattern of taking false escapes. Getting high is just a false escape. So is cheap sex. A pattern can form

whenever you immediately try to find a temporary escape from anything difficult.

The shadow of every problem is the pattern.

Are you tired of seeing those messy socks day after day? Do you find your life in a habitual mess week after week? Do you keep trying to move away from your problems but find that they keep moving with you?

The problem is your routine.

THE POWER OR THE PROBLEMS

Every New Year's Day, gyms are packed with well-intentioned members. At the start of a new year, many churches have people in overflow. But how do those gyms and churches look in the middle of summer? It's easy to start strong but become frustrated when you don't see instant results. The same thing goes for our spiritual lives. The reason people quit praying is that they don't see their prayers working. Or maybe they get distracted or decide sleep is more important. Perhaps they convince themselves that they are too busy. Maybe they don't fast enough because they don't see that fasting works, at least not the way they want it to. But if we could see that our spiritual disciplines are working, then we might be more committed.

Experiencing the powerful blessings and favor of God often starts with our routines. A routine is "a sequence of actions regularly followed."² It can be cultivated either by discipline or by trauma, ignorance, or slothfulness. A routine is a commitment to the same.

What are the patterns and sequences in your life right now?

2. *Oxford Dictionary of English*, 2nd ed., rev. (2005), under "routine."

Do you find yourself constantly frustrated by not getting the results you want in life? The problem is in your routines.

The power or the problems in your life come down to your routines.

Some of us don't recognize the way trauma and pain are passed down through our bloodlines. How do problems become stronger and remain in your life for so long? How does trauma stick around? How does verbal abuse continue? How do poverty-minded spending habits remain? How do these things pass unnoticed from generation to generation, from baby boomer to Gen X to millennial to Gen Z? This happens because pain and trauma hide under the umbrella of normalized routines and patterns.

In other words, these patterns stay undetected because they are seen as normal. We repeat what we can't discern is broken.

Yes, mistakes hurt you. But the wrong patterns and routines can break you.

A KINGDOM ROUTINE

If you are a believer striving to grow in Christ, you're not just a Christian who likes Jesus. You are trying to be Christlike. So, when we look at Jesus, we can observe that He had routines. As I've said, the power or the problem is in the routine. Christ always showed the power in His routines.

Luke 5:16 says, "Jesus *often* withdrew to lonely places and prayed" (emphasis mine). Earlier, in Luke 4:16, Jesus "came to Nazareth, where He had been brought up. And *as His custom was*, He went into the synagogue on the Sabbath day, and stood up to read" (NKJV, emphasis mine). In these two passages of Scripture, we can already see that our King had routines.

Let's look at more examples from Luke.

"Coming out, He went to the Mount of Olives, as He was ac-

customed, and His disciples also followed Him” (22:39, NKJV). Here we see that Jesus was *accustomed* to going to the Mount of Olives, and His disciples followed Him. The genesis of discipleship is for you to show other people a kingdom routine.

“He was teaching daily in the temple. But the chief priests, the scribes, and the leaders of the people sought to destroy Him” (19:47, NKJV). This passage shows Jesus to be not just teaching but “teaching daily.” The chief priests, scribes, and other leaders sought to destroy Jesus because mediocrity never celebrates excellence! Mediocre people hate excellence.

Jesus was taking the attention off them and showing the people the truth. “You don’t necessarily need the Pharisees,” His actions showed. “You need Me.”

These passages are just a few of the many examples in Scripture demonstrating that Christ had routines. Jesus had patterns of teaching, of community, of discipleship, and of prayer.

Here’s the quintessential question to ask yourself: *What is my routine?*

Some of you need new routines. So how is that going to happen?

New beginnings require old endings. If you want to truly say hello to something new, you have to say goodbye to something old. Why? Because the blessing of entry is tied to the sacrifice of exit.

Do you want to walk into God’s light? You might need to exit something first. Will this be easy? Absolutely not. In fact, it’s going to require a fight!

YOUR FOCUS MATTERS

Let’s all pretend it’s January 1. Sure, you might be reading this in the middle of August, but for now, let’s assume that New Year’s Day mentality.

This is going to be the year that my patterns change. This is the year for new routines.

Believe that this will be the year.

Believe that this is your moment, starting right now.

Believe that God is who He says He is and that He will do what He said He will do.

It's time to talk yourself into new patterns and routines. It's time to tell yourself exactly what you believe:

I believe I'm above and not below.

I believe I'm blessed going in and blessed coming out.

I believe that my past doesn't disqualify me because my God ensures that my destiny is greater than my disaster.

Do you truly believe those things?

What are the patterns in your life that you don't want to cross over into this new season? What bad attitude do you want to leave behind? How about the way you talk, particularly about other people? Or what about those bad relationships you find yourself in?

Just shouting in church won't ensure that these bad routines go away. It's going to require a fight! I might get hit, and I might even go down on the canvas. But I will get back up.

Changing a routine requires a fight.

It requires a fight for me to not dig up in doubt what I planted in faith.

It requires a fight for me to trust God's timing even when I think He's moving too slow.

It requires a fight for me to believe and know that I have an all-sufficient Savior who is not just watching me but is also with me right in the middle of my trials and storms, walking on the raging waters. And our God is so awesome that He doesn't just walk on the choppy waves—He invites me to come walk with Him.

Have you ever flown in an airplane and experienced turbu-

lence? When that happens, do you find yourself paying more attention to the turbulence or to the distance you've traveled?

Which one do you tend to look at in your life: the turbulence or the journey? When you focus on the turbulence for too long, you don't even notice how far you've come.

Do you want to stop looking at the turbulence? Then it's going to require a fight. Not against people but against patterns that attempt to incarcerate the next-level version of yourself. It's a fight to stop normalizing dysfunctional routines and quit hanging onto fruitless patterns. Just because you're used to something doesn't mean it's healthy. God is trying to give us the key to overcome.

So, do you want this key? It begins with noticing how your unhealthy routines and patterns started in the first place. Deliverance is not just stopping the act; it involves discovering how the act started. Whenever you step out of a pattern because of its consequences without reprogramming, the enemy can always tempt you with old habits. This is why you keep going back. Yes, the year or location might change, like it did when I moved into an apartment, but that doesn't mean your routine will change.

The problem or the power is in the routine. Why do I keep saying that? Because I want this truth to stick in your mind like it's glued there. I want it branded on your heart.

The chain to your stronghold is in the routine.

The key to your spiritual growth is in your routine.

We are either stuck or growing because of what we keep doing daily.

The issue is not always Satan. We give him too much credit. Sometimes when we blame the devil, he's probably thinking, *I'm not even bothering you!* Instead, it's our detrimental routines that often lead to our demise. If we are in bad routines, Satan knows he doesn't have to revisit us for another four or five years. Our

routines can be enough to steal and kill and destroy the stuff in our lives. We just need to fight to find the new powerful patterns.

What are some old routines in your life that you need to dig up and discard? What are some new, life-giving routines you can replace them with?

THE PLACE GOD REWIRES YOUR PATTERNS

“It’s coming!”

We love to hear this in church, don’t we? I often joke that if you are preaching and reach a bad point in your sermon or lose track of your notes, all you have to say are those two words. That’s it. If I say, “Whatever you’re praying about, it’s coming!” people will start shouting.

But what if I tell you, “God is going to send you into the wilderness to deal with your pattern. It’s coming!”?

All I’m hearing is silence.

Yet it makes sense why God would prescribe a wilderness for us, why He would create seasons of separation in our lives. It’s because God wants to help us by dealing with our unhealthy patterns.

Let me give you a couple of examples, starting with the Israelites in Numbers 11:4: “Now the mixed multitude who were among them yielded to intense craving; so the children of Israel also wept again and said: ‘Who will give us meat to eat?’” (NKJV).

Here’s some context for this verse: At this point, the children of Israel have been delivered by Moses out of Egypt, and they’re heading toward the Promised Land. They are going to the land “flowing with milk and honey” (Exodus 3:8), meaning it’s agriculturally rich. But as they’re traveling, the Israelites start to complain:

We remember the fish which we ate freely in Egypt, the cucumbers, the melons, the leeks, the onions, and the garlic; but now our whole being is dried up; there is nothing at all except this manna before our eyes! (Numbers 11:5–6, NKJV)

What are the people essentially doing? They are demonstrating a pattern. They still remember the appetites they had when they lived in Egypt. Now they feel like their entire beings are drying up since they have nothing to eat except the manna God is giving them daily.

Sometimes we have nothing except what God uses to detox us.

What He uses to rewire our patterns.

What He uses to perform surgery on us.

The Israelites were left with nothing except God's changing of their appetites. What stands out to me in these verses is when they say, "Now our whole being is dried up." I feel as though God is asking each of us, "Can you recognize what I am trying to dry up in your life? Do you see that you're resisting My work because of your familiar pattern?"

The Israelites felt like they were being dried up. God was providing for them powerfully, but His provision was different from their pattern.

Again, what is God trying to dry up in your life, but you're resisting it because the new routine is not familiar?

So many times, we end up not at the place we desire in life but at the place we *crave*. We arrive not at the destination we long for but at the place our patterns take us. This is the reason a lot of us are struggling right now.

Struggling to get over it.

Struggling to break free from it.

No longer responding to it.

Not wanting to cry over it anymore.

The reason we feel so stuck with a posture, perspective, addiction, or thought pattern is that the problem is not the problem; the problem is the pattern. The problem is the appetite, the craving. Your non-detoxed heart is keeping a leash on your next-level self.

Let me say that again: An unregenerate heart is the leash that keeps any of us from experiencing the next level of ourselves, because former cravings won't allow us to embrace fresh manna.

The Israelites were complaining about the very thing God was using to train them and to give them another appetite. He had promised to take them to a land of milk and honey. That meant the manna was temporary. But they grumbled about the temporary season that God placed them in to address their pattern. They whined so much that they missed the Promised Land. They kept complaining even though God was so good that He gave them quail for meat and water from a rock.

How many of us hyper-complain because we feel the drying up of a pattern?

Former cravings won't allow us to embrace fresh manna.

Too often, we end up going to war with the wrong thing, thinking it's the problem. It's the pattern of the sock that you threw on the floor on Saturday and keep overlooking. But it isn't just that one sock. Changing the pattern means making sure to hang your shirt up every day and put your shoes away. It means throwing the water bottles in the recycling bin and washing the dishes every time you eat.

It's one thing to know what the problem is but another to know the knots that keep you from solving it—or perhaps that even strengthen its grip.

If you come out of a routine due to the repercussions but don't reprogram, the enemy can tempt you with meals from your "Egypt." When you're trying to stop some action, he might send

people with that same pattern who try to get you to revert to the person you used to be or to relapse to the place God brought you out of.

This is why I'm so encouraged by you. Yes, you encourage me, dear reader, because the very act of picking up this book demonstrates that you are striving to be intentional with your healing. You are looking for scriptural guidance to grow and flourish. Your purposeful pursuit of healing is needed so Jesus can stem the flow of whatever in your life hurt you and left you bleeding. Your being *intentional* is assisting Jesus in making sure that the hemorrhaging stops, because He dries up patterns.

In Mark 5, a woman came to Jesus wanting to be healed. For twelve years she suffered with an issue of blood and had grown tired of doctors and people saying there was nothing she could do. She had spent all her resources. All she could do was pursue Jesus and touch the hem of His robe. Here's a part of the story we can easily overlook: "Immediately the fountain of her blood was dried up, and she felt in her body that she was healed of the affliction" (verse 29, NKJV).

What is God trying to dry up in your life? What will God dry up when you pursue Him and touch Him? When you seek His face? When you have a devoted life? When you have a consistent prayer life?

Is God trying to dry up something in your life, but you're resisting it because of the familiar comfort of a pattern?

Look at Elijah in 1 Kings 17 when God tells him to go "hide by the Brook Cherith" where he will be sustained (verses 3–4). But then what takes place? "It happened after a while that the brook dried up, because there had been no rain in the land" (verse 7). If Elijah's brook hadn't dried up, perhaps we never would have heard the story about his showdown on Mount Carmel. And he wouldn't have needed to ask the widow for food and then seen miracles happen.

If the sick woman who sought Jesus hadn't been intentional about her healing and then experienced something being dried up, we never would have known her story.

God will lead you to the wilderness. Why? Because this is the place where He rewires your patterns.

God wanted to rewire the Israelites' patterns. They still had an Egypt-minded appetite even though they had a Promised Land address. God wanted them to look not to Pharaoh anymore but to Him. He wanted to be experienced as Jehovah Jireh, the God who provides.

We should thank God for our wilderness season, because that is the place where God deals with our patterns. It is the place where He deals with those routines that need to be changed.

REHABBING YOUR HEART

Our routines are either the elevators or the undertakers for our spiritual growth. A routine is a commitment to doing the same thing for a season. Your life will begin to transform when you replace an unhealthy daily pattern with a healthy one and keep repeating it—because nothing changes if nothing changes.

Here are some routines that will help you in your spiritual growth.

1. Start with a routine of first and last

Give God the first and last of all you have. Begin and end each day with the words of Psalm 143:8:

Cause me to hear Your lovingkindness in the morning,
For in You do I trust;

Cause me to know the way in which I should walk,
For I lift up my soul to You. (NKJV)

At the start of the day, give God your first focus before you grab your phone. Do that the next morning too, and then repeat it every day. Before you close your eyes at night, go to the Lord and talk to Him. This is the routine of first and last.

Psalms 1:1–2 says, “Blessed is the man who walks not in the counsel of the ungodly, nor stands in the path of sinners, nor sits in the seat of the scornful; but his delight is in the law of the LORD, and in His law he meditates day and night” (NKJV). And when we do this, what happens? “He shall be like a tree planted” (verse 3, NKJV). Once you’re planted, you know what happens? You bring forth fruit in season, and your leaf does not wither. And whatever you do will prosper.

It starts with the first and the last. This routine causes you to become planted and bear fruit—signifying stability and blessing.

2. Have a routine of preparation

Order is God’s plan to simplify our lives.

Say that word out loud: “Order.”

All of our lives need order. When you look at the creation narrative, God’s brilliance exposes us to the pattern that He’s a God of order. Before He created humankind, He made preparations. Man and woman came on the sixth day, and all the previous days were preparation. For example, God created the sun and the plants and photosynthesis. This is an example of how the circle of life happens. God didn’t breathe life into Adam until He first made preparations that could sustain him.

What are you asking God to give you that your character can’t sustain?

What are you asking God to do that you can't sustain emotionally?

What are you asking God to send that your sensitivity can't sustain?

Let's go back to that word again: *order*. God wants us to have order in our lives, and that means we must prepare and be practical. For instance, put gas in your car the night before a trip. Pick out your clothes ahead of time. Meal prep on Sunday morning so you can cook at home after church and won't stop at McDonald's or Starbucks.

Too many times, we like to say, "I'm not disciplined." But maybe the truth is you have no preparation. You will be more disciplined if you are prepared. That preparation—that routine—is one of God's means of bringing order to the chaos of your life.

3. Embrace the routine of grinding

We should have the work routine of grinding—being disciplined with a repeated task so that we experience results. Why is this important? It's because grinding is the part we play to ensure our due season.

Galatians 6:9 says, "Let us not grow weary while doing good, for in due season we shall reap if we do not lose heart" (NKJV). Don't be weary in well-doing. Don't let the grinding tire you out, for in due season you will reap a harvest if you keep going. Your grind is to ensure you'll do all right. All Christians are supposed to have five seasons, not four. The fifth is *due* season—that's when we experience the fruit of our labor. The only reason a lot of us haven't experienced our due season is because we have no routine of grinding, of working.

Never allow someone to cause you to question your grind when they don't have one. God didn't give them the vision for your life—He gave it to you!

4. Have a routine of rest

We all need rest. The routine of rest shows us that we must trust God for the outcome. Yes, we need to grind; we have to do our part. But then we need to rest. When you overwork yourself, you're saying to God, *I control the outcome*. You're saying, *God, I don't trust You. I really believe everything I do is up to me*. Yes, we have to work, because if we don't, we won't be able to eat (2 Thessalonians 3:10). But we should never work out of anxiety or fear of what's going to happen tomorrow (Matthew 6:34).

Rest shows that you trust God. Burnout doesn't always come because we're doing so much; rather, it can come because we're trying to give from a place of nothing. You won't invest well in others if you are running on empty. When we embrace our need for rest, we acknowledge our dependence on God and trust Him to restore us. At the end of the day, we need to do as Matthew 6:26 says: "Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your Heavenly Father feeds them. Are you not of more value than they?" (NKJV).

5. Employ the routine of temple care

Our bodies are temples of the Holy Spirit (1 Corinthians 6:19–20)—which means we should take care of them diligently and thoughtfully. And it is important to note that this applies not merely to our physical bodies but also to our mental, emotional, and spiritual selves. Temple care therefore refers to stewarding one's mental, physical, emotional, and spiritual self.

What does a routine of temple care look like? It can involve getting massages, working out, brushing your teeth, shaving . . . Don't laugh—I'm serious! You are carrying the kingdom inside you! Take care of it, and make space for activities that honor,

heal, and care for your body. Make space for gym time. If you can afford it, make space for a regular massage. It's part of the routine of resting and being a wise steward of your temple.

Remember, if you don't make time for your wellness, you will be forced to make time for your illness. Too many of us wait until we are falling apart to start taking care of our bodies. Don't wait for a crisis to change your routine.

6. Enjoy the routine of reciprocity

How often do you return favors to other people? That is what the routine of reciprocity means. Maybe a friend pays for your lunch on Monday, so you offer to buy theirs on Wednesday. Maybe it looks like praising a colleague for their help on a project. Or maybe it's as simple as returning a smile to a stranger.

We need to have a routine of giving back. Be cognizant of those who give you a chance to let the Lord use you. This is about being generous not just with your money but also with your time, abilities, and wisdom. When God blesses you, ask yourself how you can display His love to others.

HEALING YOUR HEART

Sometimes when you read or hear a message like this, you wish you would have learned this idea of healing the heart sooner. We get so many emails, messages, calls, and letters to the church from people telling us, "I wish I would have heard this sooner in my life, because then I would have made different decisions."

I know how you feel. There are times when I pray, "God, if only I had known this, my choices would have been different." However, God recently shifted my perspective.

Instead of regretting that you didn't know something sooner, why not be proud of the person you were in the past? Be proud that you decided to keep going throughout your journey, because it led you to the place you are today.

This type of thinking frees me!

Be proud of who you were in the past, because you didn't quit! You didn't give up. You kept pursuing, kept learning. You kept going, and that's led you to this very moment. God wants you to see who you have been born to be!

QUESTIONS

1. What pattern in your life is God trying to dry up? Do you find yourself resisting His work because your routine is a familiar comfort?
2. Are you viewing certain relationships in your life in the wrong way? Are you mistaking the pattern as chemistry?
3. Are you excusing unhealthy patterns or aligning with any patterns by saying "This is just my personality"? Is it really?

PRAYER

Father, dry up any and every pattern that is not conducive to my purpose. Help me correct my actions before I create habits that don't lead me to the place I need to be for my purpose. In Jesus's name I pray, amen.

BONUS CONTENT

To continue rehabbing your heart, use your smartphone to scan the code for a bonus video diving deeper into the content of this chapter.

URL: waterbrookmultnomah.com/HRChapterOne



DON'T LOSE YOU

Before I formed you in the womb I knew you,
before you were born I set you apart;
I appointed you as a prophet to the nations.

—JEREMIAH 1:5

Have you ever considered that the shirt you're wearing right now was first somebody's idea? Think of your favorite pair of Jordan, adidas, or Gucci shoes. Or that red Fruit of the Loom T-shirt. Or maybe that favorite ugly sweater you can't give away. Before you ever purchased and wore them, these items were first in people's thoughts—designs swirling in their minds and waiting to come to fruition.

It's the same way with our own thoughts. You will eventually wear whatever you're thinking.

Our thoughts are apparel.

THE THREE YOUS

You will take on the nature of whatever you're thinking. That's why when your mind is filled with defeated thoughts, you will

wear a defeated nature, even though that's not who you are. If you buy into the lie of being defeated, those thoughts become a version of you and displace the organic, God-made version of you.

So, if our thoughts are apparel, maybe you feel so discouraged because you're wearing your thoughts—or wearing others' thoughts. Like Proverbs 23:7 says, as a person “thinketh in his heart, so is he” (KJV).

We should never forget that you and I are wearing God's thoughts. He designed everything about you, including your skin. The Bible is full of passages that remind us that God knows us intimately.

In Psalm 139:1, the psalmist says, “You have searched me, LORD, and you know me.”

God knows you.

In Exodus 33:17, the Lord told Moses, “I will do the very thing you have asked, because I am pleased with you and I know you by name.”

God knows your name.

How long has God known us? Many of us are familiar with these words in Jeremiah 1:5: “Before I formed you in the womb I knew you.”

God has always known you.

Can you see all of these yous? *I know you. . . . I know you by name. . . . I formed you in the womb.*

There is another you that comes from Jesus, and in my opinion, this is the scariest passage in the Bible. In Matthew 7:21–23, Jesus speaks this to the crowd:

Not everyone who says to me, “Lord, Lord,” will enter the kingdom of heaven, but only the one who does the will of my Father who is in heaven. Many will say to me on that day, “Lord, Lord, did we not

prophesy in your name and in your name drive out demons and in your name perform many miracles?" Then I will tell them plainly, "I never knew you. Away from me, you evildoers!"

The first three passages deliver such hope: *I know you. I know your name. I knew you before you were in your mother's womb.* But the last passage is haunting: *Depart from me—I never knew you.* Doesn't that last verse sound like a contradiction? But it's not. That's because it is possible for you to become someone God never created you to be.

Maybe it's because of the culture.

Or your past.

Or your pain.

Perhaps some of you have become a you God never called you to be. He has a plan for you, an assignment, a purpose. God has promises for everyone, but some of us don't want them. Maybe you don't want to trust Him. Instead, you believe other people's lies and accept their false beliefs, and as a result, you become someone you were never meant to be. You become the very thing others have spoken over you. Sometimes we believe what others say about us more than what God says about us.

Are you cloaked in insecurity due to the culture's definition of beauty? That's not what God says is beautiful, but you're wearing doubt because of what the culture says.

So, who are you? There are three different yous:

The you that you're called to be

The you that you used to be

The you that you currently are

I want you to discover the you that God originally created you to be.

When we stress ourselves out and feel like we're always so far behind in life, it's because we don't know how to trust that God is truly Jehovah Jireh, our provider. And then we can become other versions of ourselves. Or let me put it another way:

You can lose you.

Could you have lost the God-ordained version of you under the culture's lies? Under the pain of past trauma? Under the power of disbelief? The by-product of unhealed hurt is losing yourself.

We need to always remember that we are God-made. Waking up with this confidence is the gasoline that will fuel the rest of the day. But if we are not careful, we will allow our present anxiety to cause us to doubt our future. This anxiety can look like many things: betrayal, heartbreak, heartache, disappointments on repeat, and unfulfilled expectations.

When you look at your life, can you identify who you truly are? Are you the person God called you to be, or are you weighed down by another version of you?

Confused by all these yous? Let me explain by giving you an example. Often, depression happens when the real you has been pressed down. Perhaps the real you has been squelched by what your parents or the culture thinks about you, or maybe by trauma, your own expectations, divorce, church hurt, or addiction. Or perhaps it's been pressed down by the thoughts you continue to think about yourself. Remember, thoughts are apparel. Could it be that you are downcast and depressed because the *real* you has been stifled so much? Depression is a way of your spirit revealing that the real you has been pressed down.

Again, the by-product of unhealed hurt and unaddressed pain is losing yourself.

Let's take a look at the hurt and pain that we know as trauma.

MEDITATIONS BECOME MANIFESTATIONS

God is continually trying to develop each of us into the versions that He created us to be. But Satan wants to try to break us, and he uses the weapon of trauma to do so. One reason he wields the weapon of psychological abuse is that he wants us to keep wearing the apparel of what happened in the past.

Trauma is hell's attempt to bookmark your story.

Satan wants you to stay stuck. *You're not getting past this*, he whispers in your mind. *You're not going to the next chapter. You're never getting over this.*

You're going to wear this to the grave.

Yet while the enemy tries to detain us in the past, God is constantly trying to dress us for the future. He gives us reminders throughout the Bible. When the Israelites were in the wilderness, God told them He was dressing them for the future. He promised to bring them into the land that He swore to Abraham, Isaac, and Jacob, "a land with large, flourishing cities you did not build, houses filled with all kinds of good things you did not provide, wells you did not dig, and vineyards and olive groves you did not plant" (Deuteronomy 6:10–11). However, He also warned them to "be careful that you do not forget the LORD, who brought you out of Egypt, out of the land of slavery" (verse 12).

God wants us to never forget who has dressed us up for success. He is the one who prepares you for your purpose and dresses you for your destiny. But Satan wants to dress you in your former self so you'll keep wearing where you have been and what you have done.

It's so easy to normalize our trauma, isn't it? Some of your friends may wear their trauma. They talk about it, gossip about it, and never take it off such that it becomes part of their daily lives.

When trauma gets normalized, it robs you of the ability to

dream. You exchange your dreams for paranoia and constant overthinking of what might happen. Your dreams are replaced by doubts. And unaddressed trauma can move you to believe all the lies you've been told about yourself.

Is your mind constantly bombarded and harassed by those lies? What would it be like if you healed from this? What would life look like if you overcame that trauma? What would your testimony sound like if you could share where you had come from?

Hell wants you to never dream about how life would look if you were healed. That's because Satan is a mental assassin and psychological terrorist. And the main method he uses is to infect the motherboard of your meditations. The devil knows your meditations become manifestations. That's why he gives you thoughts in seed form—seeds of doubt, shame, anger, and so on. If you water those thoughts, they mature and transition from seeds into crops.

Satan knows how hard it is for God to use a person who believes his lies. But please hear this:

God can use you if you made mistakes or have an ugly past.

God can use you despite all your failures and your shortcomings.

God can use you even if you have made unwise, stupid choices like I have.

God can use you! He is not limited, but we refuse to let Him use us when we don't believe. That's it. Believing is the foundation of our faith. Receiving the gift of salvation is tied to confessing with our mouths and believing in our hearts that God raised Jesus from the dead (Romans 10:9). Satan wants to rob us of our ability to believe.

The enemy knows that God has given us an instruction that requires faith. He knows that faith is taking a risk and living like God is telling the truth about everything He has said. So, the devil gives us trauma, then reminds us about it and tries to keep us

enslaved in it. He wants us to believe that we have gone through too much, that too many people have lied about us, and that too many have taken unfair advantage of us. So many of us don't take a risk of faith because our paranoia talks us out of it.

Normalized trauma robs you of your ability to dream and to have faith. And "without faith it is impossible to please God" (Hebrews 11:6). It's often the enemy who plants these thoughts that normalize our trauma.

So how can you prevent those seeds of doubt and despair from growing? How can you go to war against satanic thoughts and defeat them? How can you supervise your thoughts enough to engage in spiritual warfare when the enemy is telling you a lie?

The genesis of overcoming those lies and overturning the feeling of defeat is to remember who made you. Who is your father? Who is your creator?

You need to always remember this: *You have been tailor-made by God.*

I'M GOD-MADE

One January a few years ago, I was traveling to Minneapolis for a leadership and pastor's conference. At that time, the temperature there was -19 degrees Fahrenheit. Having been born and raised in Texas, I had never experienced the frigid temperatures that existed that close to the Arctic. So, as I prepared for the trip, I put on a thick coat and a scarf and mittens even though it was still 72 degrees in Houston. My sister couldn't believe it when she saw me.

"Boy, where are you going dressed like that?" she asked. "You're going to burn up!"

I gave her a simple reply: "I'm not dressed for where I am. I'm dressed for where I'm going."

What if we applied that same mindset to our lives?

I'm not staying in this defeated mindset.

I'm not staying in this fear.

I'm not staying in this resentment.

The fastest way for you to shake off defeat, shame, insecurity, and guilt is to engage in something I call Potter reflections (see Isaiah 64:8). These are times in your life when you pause to reflect on “What does the Potter say about me? What does my maker think about me?” This kind of reflection requires us to memorize Bible verses; then we can restate them when the lies start to come and the enemy tempts us to adopt those lies as truth.

Genesis 1:26 states, “Then God said, ‘Let us make mankind in our image, in our likeness, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals, and over all the creatures that move along the ground.’” Here, God the Father is talking to God the Son and God the Holy Spirit: “Let *us* make mankind in *our* image, in *our* likeness.” This shows us that we are God-made, not man-made.

We live in a culture that loves the term *self-made*, as in a self-made millionaire or billionaire, a self-made champion, or a self-made hustler. But nothing about me is self-made. That is the culture talking. Everything about me is God-made. God made my heart, my mind, and my ministry.

Whatever I have in my life is all due to what God made.

I am God-made.

So, overcoming depression, self-doubt, self-abandonment, and self-rejection starts with remembering who made you. Again, you have been tailor-made by God.

Psalms 139:14 says, “I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.” Once you know that you are God’s work, it will enable you to begin to love yourself.

It’s too easy for us to forget that we are created in God’s image.

How do you destroy the reputation of a man or a woman? You mess up their image.

How do you sabotage the reputation of a ministry, corporation, or business? You mess up their image.

It's no wonder the enemy has been after you your whole life. It's because you are made in God's image. Satan figures if he can distort God's image by tarnishing humanity's image, then people won't look up anymore. The enemy loves to twist the way we look at ourselves so that we forget we were made in God's image. Satan loves to pervert the way we view and hear from God.

Do you ever feel like this? Do you ever wonder why it seems you can hear God but you can't see His work in your life? You start to think that something is wrong with you or the way you're looking at Him. Or maybe something is wrong with your mind or your personality.

That's what the enemy plants inside your mind. He wants you to think that it's your fault, not his, that your image of God is distorted. Never forget that we are wrestling "not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world," as Ephesians 6:12 states. It's not you—it's Satan trying to make you believe what you see.

I've messed up too much for God to use me.

This sort of thought is a falsified image of yourself. And a distorted view of yourself stems from a distorted view of God.

I'm ugly. You don't know the things I've done.

God counters this belief by saying, *You are fearfully and wonderfully made* (Psalm 139:14).

The reason you can't love yourself is that you've forgotten who made you.

Believing such lies from Satan doesn't just hurt you; it impacts all those around you. In Matthew 22:37, Jesus said to "love the Lord your God with all your heart and with all your soul and with all your mind." Then two verses later, He said to "love your

neighbor as yourself.” This is a biblical commandment. But how can you love others if you don’t love yourself?

The problem is that it’s hard to love others when you’re coming from a place of drought.

Do you feel tired and burned-out with trying to love yourself and love others? Here is something to think about: Sometimes we burn out not because we’re doing too much but because we’re trying to give from a place of nothing. Your tank for loving yourself is empty.

Love the Lord my God with all my heart? I don’t even know how to love me!

Love my neighbor like I love myself? That’s impossible because I don’t love me!

Do you walk around feeling angry? Do you spend the day in a state of joylessness? Maybe it’s because you’re exhausted and burned out from trying to give from a place of nothingness. Maybe you’re waiting for somebody to discover you when you haven’t even discovered yourself!

You have to learn how to love what God loves. And He loves you! God the Father loves you and wants to keep you, and He will never let you go. But we so easily forget this truth. We neglect to actively acknowledge that God is our Father and maker. If you don’t love yourself, then you don’t love the work of your maker.

The start of overcoming this place of emptiness and drought is to remember that we are tailor-made by God.

Growing up in church my whole life, I was repeatedly told to love God and others, but I was never told to love myself. I was not taught or trained or given a biblical framework for how to love myself. No one ever told me that it is a necessity and that it is not merely cultural—it is biblical.

So how do I love myself? How do I begin the journey of loving and knowing who God made me to be? How do I fall in love with

the process of becoming versus shaming myself for who I've been? We must get to the place of loving what God loves.

Jesus once told a parable in which a son demands that his father give him his share of his inheritance (Luke 15:11–32). After receiving this, the son goes to a distant country where he spends his inheritance on riotous living. Eventually the son comes back, pleading with his father to make him like one of his hired servants. When you understand who God is, your prayers shift from “Father, give me my share of the inheritance” to a humbler “Father, make me as one of Your hired servants.”

Many of us are familiar with how the father reacts when the prodigal son comes back, yet there is a specific detail that we may not notice. Verse 22 reads, “The father said to his servants, ‘Quick! Bring the best robe and put it on him. Put a ring on his finger and sandals on his feet.’” The ring likely refers to a signet ring that identified the king’s or family’s legacy. Whenever a king signed a decree or an edict, he put his stamp on it with a signet ring.¹ So, in this parable, when the father puts the signet ring on his prodigal son’s hand, he is reestablishing his son’s authority and access to the family’s legacy. Jesus is telling us that we have access to everything He has. We have access to His joy, His confidence, and His peace. We have access to healing through Jesus because He is giving us His stamp of approval.

The genesis of overcoming the feeling of defeat is remembering who your daddy is. When you remember how He loves you, you will start to love the work of His hands. And what is the work of His hands?

You.

You are handcrafted and singularly made by the loving Father who gives you access to everything He has.

1. Eitan Bar, “The Must-Know Meaning of the ‘Robe,’ ‘Ring,’ and ‘Sandals’ in the Parable of the Prodigal Son,” Eitan Bar, eitan.bar/articles/parable-prodigal-son-robe-ring-sandals/.

DON'T LET FEAR KEEP YOU IN HIDING

What if you have already lost the you God wants you to be? Does that mean you are a lost cause? Absolutely not! But let me encourage you to do what you need to heal.

Have you lost the real you because people in your past hurt you? Because things happened that you can't seem to get over?

Or maybe you're hurt not because of what happened but because of what *didn't* happen. Did you place an expectation on people who let you down? Did you expect that something would have come about by the time you reached a certain age and now you're hurt because it didn't? Maybe you're hurt and upset because you gave God a deadline and He didn't meet your desire.

Are you carrying all this unaddressed pain? As I said before, the by-product of unaddressed pain is losing yourself.

Please hear me when I say you have to heal. You must heal because somebody needs the you that you've been called to be.

Your current or future spouse needs the real you, not the you that you used to be.

Someone in the community needs the version of you that you've been called to be.

What if I hadn't healed from my past hurts? I could not serve a single soul if I was still the person I used to be. Tell yourself the same thing I told myself: *Okay, I can't lose me. Yes, that betrayal hurt, but I can't allow it to press me down to where I lose myself. There's a generation who needs the called version of me.*

There's a generation, an audience, a platform, that needs the called version of you.

There's a household that needs the called version of you.

Somebody needs the kind of love that you cannot give until you become the called version of you.

And listen, the real you is not just one of many possible ver-

sions. It's the best, the most authentic version of you. It's the one that truly flourishes—the version of you that God intends you to be.

Yes, it's possible to lose yourself and go to a low place, but God created you for something else. He is the one to take you out of that desolate place and put you on a journey to become the you He wants you to be.

Let's look at someone in the Bible who was in a low place, living in the heart of trauma. In 2 Samuel, David had become king over Israel after Saul and Jonathan died. A custom of the day was that once a new king from a new family took the throne, they would kill off all the previous king's family to prevent a rebellion coming from a relative of the former ruler. This is the context surrounding 2 Samuel 4:4:

Jonathan son of Saul had a son who was lame in both feet. He was five years old when the news about Saul and Jonathan came from Jezreel. His nurse picked him up and fled, but as she hurried to leave, he fell and became disabled. His name was Mephibosheth.

Fearing that soldiers were coming to kill Jonathan's family, a nurse caring for his son, Mephibosheth, tried to run away. But in her hurry, she dropped the boy, and he became permanently crippled. Later, King David wondered whether anybody was left in Saul's family that he could show kindness to for Jonathan's sake (9:1). When he asked this question of Ziba, a former servant of Saul's household, Ziba told David about Mephibosheth, Jonathan's son who was alive and lame in both feet. When the king asked where he was, Ziba answered that Mephibosheth was in a place called Lo Debar (verses 2–4).

But why is that important? Lo Debar literally means “no thing.” If its name was any indication, Lo Debar was likely a wasteland, a

desolate place with no pastures.² So, Mephibosheth went from being the king's grandson to being dropped and becoming hurt because a caregiver—someone he trusted—mishandled him. Now he was crippled in a place of nothing. But when King David had Mephibosheth brought to him, he surprised the younger man with this announcement:

“Don’t be afraid,” David said to him, “for I will surely show you kindness for the sake of your father Jonathan. I will restore to you all the land that belonged to your grandfather Saul, and you will always eat at my table.” (2 Samuel 9:7–8)

In response, “Mephibosheth bowed down and said, ‘What is your servant, that you should notice a dead dog like me?’” (verse 8).

Look how Mephibosheth viewed himself: *How can you give an opportunity to a dead dog like me?* Does this sound familiar? Does that same voice ever speak inside your head? *Who am I to make a podcast? Who am I to start a YouTube channel? Who am I to begin writing that book? Who am I to raise these kids? Who am I to take on this project?* Mephibosheth was born into royalty, but he had lost the person he used to be because a caregiver dropped and injured him. This is childhood trauma at its finest. Somebody who was supposed to look after him, someone he trusted, ended up getting him hurt.

Have you ever been hurt by someone you trusted? Have those scars stayed with you and caused something inside you to shift? Maybe you view every potential caregiver now as somebody else with the potential of dropping and hurting you. That’s what trauma does. Even when love knocks on the door of your heart,

2. “What Is the Significance of Lo Debar in the Bible?,” Got Questions, gotquestions.org/Lo-Debar-in-the-Bible.html.

fear causes you to act like you're not home due to who dropped you.

The spawning pool of a judging heart is the unhealed trauma of being dropped or hurt several times.

Mephibosheth viewed himself as a “dead dog.” But remember, David was a man after God's own heart. Here he reveals what God wants to do. *Is there anyone left in Saul's family that I can show kindness to?* David thought. *Whom can I show God's mercy, grace, and love to?* (See 2 Samuel 9:1.) When he finally met Mephibosheth, King David displayed God's goodness:

Then the king summoned Ziba, Saul's steward, and said to him, “I have given your master's grandson everything that belonged to Saul and his family. You and your sons and your servants are to farm the land for him and bring in the crops, so that your master's grandson may be provided for. And Mephibosheth, grandson of your master, will always eat at my table.” (verses 9–10)

This passage of Scripture is profound because it challenges us to start with the Lord—this is the first step to finding the you God wants you to be. It's literally going to your Designer and seeing how He designed you in the first place.

FINDING THE YOU THAT YOU ARE MEANT TO BE

The first step in the journey of discovering the you God has cosmically created you to be is to go to the One who made you. You're not going to find the God-ordained version of you in anything else outside Him. Of course, this starts with accepting Christ as Lord.

So, why do so many of us who are in Christ still feel lost? Do you ever feel like this? Yes, you know you are in Christ, but you have lost yourself.

I use an analogy to illustrate this. Say I put a picture of me as a child in the bottom of a trash can. Then I cover it with a bunch of *stuff*—the picture is still there, but it’s buried under all that garbage and refuse. As a believer, you’re not lost anymore, but maybe you’ve buried the real you under intense pain and false beliefs and burdens. Unlearning abuse looks like digging through the trash to redeem that child.

So, after accepting Christ, the second step to redeem the you that God created you to be is to come out of Lo Debar. Come out of the place of nothing. Recognize the things in your life that leave you with nothing. Remember, Lo Debar is a wasteland, a place with no pastures.

What in your life is contributing to waste?

What is a drain instead of a fountain?

What is a weight rather than a lift?

Identify what in your life is causing you to stay in a place of nothing.

God wants to bring you out of that place of desolation. As James 4:8 states, “Draw near to God and He will draw near to you” (NKJV). He says that if you come to Him, He will come to you. So, the first thing is to find the Lord and come out of those places that contribute to nothing.

The next step in finding the God-designed you is to forgive both others and yourself. I promise you, bitterness always handcuffs the God-ordained version of you. Bitterness contaminates the container. We must recognize that forgiveness isn’t saying that what others did was right; it’s saying that we choose to not be held captive due to those wrongs. When I don’t forgive someone, I install the offender as my prison warden; only they can get me out of this jail. That’s why you have to forgive. You must also

forgive yourself. Why? Because the original version of you is not worth being incarcerated. God wants you to come out of Lo Debar.

Another step to discover the you God created you to be is to formulate your vision. When you don't have a forward vision, you will revert to familiar chaos. Chaos is addicting for those who have been born in it. You might not even realize this, but dysfunction is chaotic. So, you must get to a place where you can develop a forward vision. Ask yourself, *Where is God taking me? Where am I going?*

Release what happened, and ask yourself where you must go. It's so easy to focus on the *what* for healing purposes: This is *what* happened. This is *what* I heard. This is *what* crippled me. Yes, we have to acknowledge all that, but we can't stay there. We have to formulate the *where*. We need to heal from what happened so we can get to where we can serve people again.

A fifth step in finding the true you is to guard your ears. You are most vulnerable to injury after surgery. So, while God is redeeming the you that you lost, be careful who is speaking into you. With natural surgery, you might need somebody to drive you home from the hospital and help you so you don't injure yourself again. It's the same with the spiritual procedure of discovering who God created you to be. You need to guard yourself against reinjury, which in this case often comes in the form of who's talking to you.

The last step is to rehearse affirmations. If I keep telling myself that I'm a dead dog, then I'll believe that lie. As I said, thoughts are apparel. So, what are you thinking about yourself? We must know and rehearse God's thoughts about us and be affirmed in them. The following are examples of some scriptural truths about you that you can tell yourself:

What I carry is not a receipt of my value.

When God made me, He had no eraser because He makes no mistakes.

Nothing in this world designed me, so nothing in this world can define me.

Remember that loving yourself is nothing more than cherishing the work of the Potter. How you view you is the syllabus for how you'll expect others to treat you. When you view yourself as royalty, you won't allow yourself to be treated like trash. Loving yourself means cherishing the Potter's craftsmanship.

Always remember that you are God-made. When He made you, He had no eraser, because God makes no mistakes.

QUESTIONS

1. In what areas of your life have you lost sight of who God created you to be? How might these areas be affecting your relationship with God and others?
2. What voices or experiences from your past have shaped how you view yourself today? Which of these align with God's truth about you, and which need to be replaced?
3. How can you begin to incorporate Potter reflections into your daily life? What specific Scripture verses speak to your true identity in Christ?
4. What practical steps can you take this week to rediscover and embrace the authentic version of yourself that God designed you to be?

PRAYER

Father, would You help me come out of the place of nothing? Give me the strength to forgive others and forgive myself. Some of them didn't know what they were doing. And some, including me, did know. But if You can forgive me, surely I can forgive

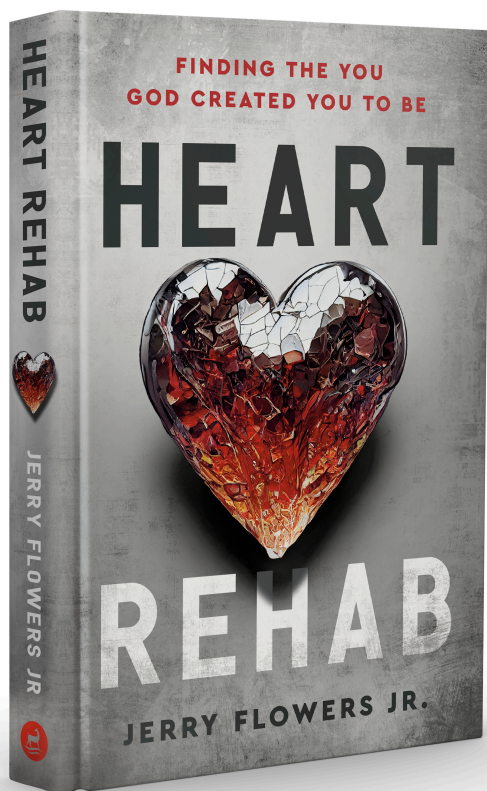
myself. When I forgive, I look more like You. Father, I thank You that You're helping me establish a forward vision so I won't revert back to chaos. Show me how to guard my ears so I can rehearse your affirmations versus the culture's and the enemy's lies. In Jesus's name I pray, amen.

BONUS CONTENT

To continue rehabbing your heart, use your smartphone to scan the code for a bonus video diving deeper into the content of this chapter.

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