

Accepting All Of Me



**HOW TO LOVE ME
LIKE GOD
USING THE GRACE
METHOD**

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USING THE GRACE METHOD**

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INTRODUCTION

WHY THE GRACE METHOD WORKS

The *GRACE Method* isn't about looking outside of yourself, it's about breaking the deception and lies that YOU believe that's kept you from Love.

It wasn't always this way.

I didn't always listen for God's voice. I didn't wake up asking what I could do for Him today. I didn't spend time in His Word. I wasn't building a relationship with Him.

If you're just getting to know me, you need to understand where I came from because it might be where you are now. I grew up in a world of lies, rejection, anger, and pain. And I believed every bit of it. I believed love was conditional, that I was unwanted, and that I wasn't enough.

Then, in 2009, my father passed away. It was the turning point I never saw coming. In my grief, I yelled at God, screamed at Him, accused Him. I thought He hated me. I thought He had made a mistake when He created me.

But in that brokenness, I found something I never expected.

Love.

Not the kind I had known, the fragile, shifting, conditional kind, but a love so pure and unwavering that it shattered everything I believed about myself.

Even as I walked with Him and slowly built a relationship, I struggled. There were still parts of me I despised. Pieces I wished I could cut away. Then one day, God gave me a vision that changed everything.

In the vision, I stood at the age I was then but surrounding me were all the past versions of myself, every year of my life spiraling backward like a great, unbroken

thread. In the center, I held my baby self, small and fragile. But then I noticed something horrifying, her tiny legs were sliced and bleeding.

I was stunned.

And God spoke.

"Every time you wished to cut away a part of yourself, you were wounding your soul."

I broke in that moment. I realized that my self-hatred wasn't just a feeling, it was spiritual damage. Every rejection of myself had left scars, not just in my emotions but in my soul.

God's love was never like the love I had known. It was never-ending. All-encompassing. And it was for *all* of me, not just the parts I deemed worthy.

And that is the truth I need you to understand before we go any further:

God created you in love.

To walk in His purpose, you must walk in love.

That love begins with Him because only He can show you how to love the way you were designed to be loved. He is the key, for He *is* love.

And because you were made in His image, *you are love, too*.

It's time to stop rejecting the masterpiece He created. It's time to stop cutting yourself apart.

It's time to love *all* of you, just like God does.

This book will show you how.

Why This Method Works When Others Fail

Most people try to find love through other people expecting conditional love to be the answer to their emptiness or by pursuing self-care, self-love, self, self, self. The GRACE Method goes directly to the source of ALL love, so that YOU can stand in God's Presence to not just be filled with Love but to become the

Overflow. Many methods try to teach you that you are the source and by self-care you will suddenly be transformed. But that's not how it works.

Self-love is conditional. God's love is eternal and never ending. His love is not found through self-care rituals. Let's be honest, any time you focus on self, you've taken the focus off of God which is in opposition of the truth that states to Seek first the Kingdom of God and His righteousness. Not self. His love is NOT about you, it is FOR you.

The *GRACE Method* isn't about looking outside of yourself, it's about breaking the deception and lies that YOU believe that's kept you from Love. It's about:

- **Guidance Through Relationship with God:** True acceptance begins in intimacy with God. You cannot fully embrace yourself unless you allow Him to lead you. Relationship with Him is what reveals your worth, identity, and purpose.
- **Releasing the Lies & Labels:** To love yourself, you must release everything God never said about you. That means letting go of old wounds, self-criticism, and the false identities placed on you by others (or yourself).
- **Aligning with God's Love:** If He calls you chosen, beloved, and redeemed, then rejecting yourself is disagreeing with Him. It's time to align your thoughts, words, and actions with who He says you are.
- **Cultivating Compassion for Yourself:** You are not meant to live in self-condemnation. God gives grace, so why are you withholding it from yourself? Loving yourself like God means extending grace to yourself in your failures, growth, and healing.
- **Empowerment Through God's Grace:** Grace is not just unmerited favor, it is God's power.

If you've ever felt like God's love is distant, if you've ever wondered *why can't I feel Him?*...this book is for you.

Because the truth is, His love has been here all along.

You just need to *embrace His Grace*.

And by the time you finish this book, you will.

Let's begin.

CHAPTER 1

STEP ONE: GUIDED THROUGH RELATIONSHIP WITH GOD

(G)

I do not come to you for wisdom, you come to Me, I do not come to you for a relationship you come to Me. It all comes after Me, not before.

- Journaling with God

The Moment I Learned to Listen

I spent years searching for self-worth in all the wrong places.

I thought acceptance would come from people, if they loved me, then maybe I could love myself. If they valued me, then maybe I had value. But no matter how much I tried to be what others wanted; it was never enough.

Worse than that, *I* was never enough.

I tried to fix myself, convinced that if I just *worked harder*, if I *became better*, if I could *erase the parts of me that were too broken, too weak, too unworthy*, then maybe I would finally feel whole.

But I didn't.

Then one day, I was in prayer, crying out to God, but honestly, I wasn't sure He was even listening. I had spent most of my life believing that His voice was for *other* people, the ones who had their lives together, the ones who were better than me.

But in my brokenness, I asked: *God, do You even see me? Do You love me...ALL of me?*

And for the first time, I *heard* Him.

Not in an audible voice, but deep within my spirit, like a whisper I had always known but had never truly listened to before.

" You are mine as I am yours. I know all, every moment, every view. There is nothing that escapes my notice. I see you. Stop thinking you are not enough. You were created by My loving hand to be more than enough. "

That moment began to change my perspective.

Because in that moment, I realized something powerful, self-acceptance doesn't start with *you*.

It starts with *Him*.

TRUE ACCEPTANCE BEGINS WITH GOD

You cannot fully embrace yourself until you let God show you *who you are*.

The world will try to define you. Your past will try to limit you. Your pain will try to convince you that you are broken beyond repair. But none of these things hold the truth of your identity.

Only God does.

If you have spent your life searching for worth apart from Him, I need you to stop and ask yourself: *Has it worked?*

No job, no relationship, no achievement, no level of perfection will ever fill the void that was meant to be filled by His love.

You were designed to walk in relationship with Him. The emptiness you feel inside is because He's missing. Your spirit knows His spirit. When you are not in alignment with Him, and not in relationship with Him, your spirit cries out wanting connection to that which created it for love desires more Love.

Your spirit desires love for it is love. It reaches out to grab hold of the love from which it came.

John 15:5 NIV - *"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.*

You not only need to stay connected to the vine, your spirit longs for it.

And it is only through *knowing* Him that you will truly come to *know* yourself.

GOD'S VOICE DEFINES YOU, NOT THE WORLD

The world will try to name you, define you, and box you into its expectations. It will measure your worth by your past mistakes, your present struggles, and the opinions of people who barely know you. But none of that is the truth.

You are not your past. No matter what you've done, where you've been, or how far you've fallen, your past does not have the final word over you. God does.

You are not your pain. The wounds you carry, the rejections you've faced, the suffering you've endured, they do not determine your value. They are part of your journey, but they are not your identity.

You are not what others have said about you. People may have spoken words over you, words of doubt, failure, insignificance, but they do not hold authority over your life. Only the voice of God has that power.

You are not even what you have believed about yourself. The enemy has tried to plant lies in your mind since the beginning, telling you that you're not enough, that you'll never change, that you're unworthy of love. But those lies crumble in the presence of God's truth.

You are who God says you are. And the only way to truly know that is through intimacy with Him. His voice is the one that defines you, not the world, not your past, not your circumstances.

SEEKING WORTH APART FROM GOD IS AN ILLUSION

The world teaches that your worth comes from achievement, appearance, status, and affirmation from others. But what happens when those things fade? When

success isn't enough, when beauty fades, when people's opinions shift like the wind?

True confidence and love for yourself does not come from striving to be enough. They come from receiving what God has already declared about you.

God calls you His beloved (Romans 9:25).

He says you are fearfully and wonderfully made (Psalm 139:14).

He has chosen you, set you apart, and crowned you with His righteousness (Isaiah 61:10).

The world's version of self-love is temporary and fragile. It will shatter the moment rejection comes, the moment failure knocks at your door. But God's love is eternal and unshakable, it is the rock upon which your identity must be built.

You don't have to strive to be worthy, you already are. Not because of what you've done, but because of who He is. His love cannot be undone, and neither can your value in His eyes.

YOU MUST BE WILLING TO LISTEN

God is always speaking, but the real question is...are you listening?

He speaks through His Word, through prayer, through the gentle nudges of the Holy Spirit. He speaks in quiet moments of stillness, in the beauty of creation, and even in the circumstances of your life.

But if you never make time to seek Him, how will you ever hear Him?

So many people say, "I don't hear God," but they fill every moment with noise. They seek validation from the world, chase after quick fixes, and drown out His voice with distractions.

Jesus often withdrew to solitary places to pray (Luke 5:16). He made space to hear the Father's voice, and we are called to do the same.

It is imperative to seek Him first. Not after everything else has failed. Not as a last resort.

First. Always.

Make time to be in His Word daily. Let Scripture shape your understanding of who you are.

Be intentional in prayer. Not just talking, but listening.

Practice stillness. Turn off the noise, step away from distractions, and be present with Him.

His voice is not absent, you just have to be willing to tune in.

Let God's voice be the one that defines you. Everything else is just an illusion.

YOU ARE HIS SHEEP—YOU CAN HEAR HIS VOICE

"My sheep hear My voice, and I know them, and they follow Me." — John 10:27

Have you ever convinced yourself that God doesn't speak to you? That He speaks to *other* people but not to you?

That is a lie.

Jesus Himself said that His sheep *hear* His voice. If you belong to Him, you *can* hear Him. The problem is not that He isn't speaking, the problem is that you may not be listening.

Hearing God is not about striving, it is about **relationship**.

The more time you spend with Him, the clearer His voice becomes.

YOUR WORTH IS FOUND IN HIM, NOT IN THE OPINIONS OF OTHERS

You have spent too much time listening to voices that were never meant to define you.

What your parents said. What your friends said. What that person who rejected you said.

Even what *you* have said about yourself in your lowest moments.

But **none of those voices hold the power to name you.**

Only God has the right to define you, because He *created* you.

And He calls you **loved**.

He calls you **worthy**.

He calls you **chosen**.

It's time to stop agreeing with every voice that contradicts His.

SEEKING GOD DAILY WILL TRANSFORM YOU

Acceptance of self isn't a one-time decision, it's a daily journey with God. It's a commitment to align your thoughts, emotions, and identity with His truth, day after day.

You must choose, every single morning, to come to Him, not out of obligation, but out of a deep desire to know Him more. Seeking God isn't about checking a box or following a routine; it's about stepping into a divine relationship that reshapes who you are at your core.

To truly experience transformation, you must:

- **Come to Him daily** – Not just when you feel broken or when life is overwhelming, but in every moment, in every season. Your pursuit of God isn't just for the hard days, it's for the ordinary ones, the joyful ones, and the ones where you feel like you don't need anything at all.
- **Listen with an open heart** – The world will constantly speak over you, trying to define your worth through achievements, appearances, and opinions. But God's voice is the only one that tells the truth about who you are. To hear Him, you must silence the noise, be still, and let His words sink deep into your spirit.
- **Believe what He says** – It's one thing to hear God's truth, but another to actually believe it. The enemy will try to sow doubt, making you question if you are really loved, chosen, and worthy. But faith requires you to stand firm, even when your emotions or circumstances suggest otherwise.
- **Surrender the lies** – Every day, you carry thoughts that either align with God or contradict Him. Which ones will you hold on to? Will you cling to

past wounds, labels, and fears, or will you release them and take hold of the truth God speaks over you? Surrender isn't a one-time act, it's a continual process of laying down falsehoods and replacing them with His eternal promises.

- **See yourself through His eyes** – The more you seek Him, the more clearly you will recognize the reflection of Christ within you. No longer will you see yourself through the distorted lens of past mistakes, shame, or the world's expectations. Instead, you will see yourself as redeemed, whole, and radiant with His love.

This kind of daily seeking changes everything. It shifts how you view yourself, how you respond to trials, and how you live out your purpose. When you look in the mirror, you shouldn't just see your own face staring back, you should see the light of Christ shining through you. His presence should be evident in your thoughts, your words, and your actions.

Transformation doesn't happen overnight. It's the result of consistently choosing Him, again and again. And as you do, you will step into the fullness of who He created you to be, confident, loved, and completely transformed by His presence.

CHAPTER ONE WORKSHOP:

BUILDING YOUR RELATIONSHIP WITH GOD & HEARING HIS VOICE

This is your moment to take action. Deepening your relationship with God and learning to hear His voice requires intentionality. God is always speaking, but are you positioning yourself to listen? Here's how you can begin cultivating a deeper connection with Him:

1. Commit to Seeking Him Daily

A relationship with God is built the same way any relationship is, through consistent, intentional time together. He desires to be close to you, but you must take the step of making Him a priority.

Practical Steps:

- **Set a Time & Place:** Choose a specific time each day to spend with God. It can be early in the morning, during a lunch break, or before bed. The key is consistency.

- **Create a Routine:** Whether it's reading Scripture, praying, worshiping, or simply sitting in His presence, develop a practice that helps you focus on Him.
- **Make It Sacred:** Treat this time as an unmovable appointment, just as you would for an important meeting.

Biblical Foundation:

- *"You will seek me and find me when you seek me with all your heart."* — Jeremiah 29:13
- *"Draw near to God, and He will draw near to you."* — James 4:8

Reflection:

- What distractions keep you from spending time with God?
- How can you create a sacred space for meeting with Him daily?

2. Ask God to Reveal His Love for You

Many struggle to fully receive God's love. His love is not something you earn, it's freely given. When you grasp the depth of His love, it transforms how you see yourself, your purpose, and your relationship with Him.

Practical Steps:

- **Pray:** *"Father, show me how You see me. Remove any barriers in my heart that keep me from fully receiving Your love."*
- **Journal What He Speaks:** After you pray, take time to write down any thoughts, images, or scriptures that come to mind.
- **Meditate on His Love:** Reflect on Scriptures about His love and let them sink into your heart.
- *"I have loved you with an everlasting love; I have drawn you with unfailing kindness."* — Jeremiah 31:3
- *"See what great love the Father has lavished on us, that we should be called children of God!"* — 1 John 3:1

Reflection:

- What holds you back from fully accepting God's love?

- How does knowing you are deeply loved by God change how you see yourself?

3. Identify and Replace Lies

Your mind is a battlefield. The enemy tries to keep you trapped in lies about your worth, identity, and purpose. But Jesus came to bring truth that sets you free.

Practical Steps:

- **Write Down Negative Beliefs:** What lies have you believed about yourself? (Examples: “I’m not good enough. God is disappointed in me. I will always struggle.”)
- **Compare Them to Scripture:** Ask yourself, “*Does this align with what God says about me?*”
- **Replace Lies with Truth:** Find Scriptures that declare who you truly are in Christ and speak them over your life.

Biblical Foundation:

- “*Then you will know the truth, and the truth will set you free.*” — John 8:32
- “*We take captive every thought to make it obedient to Christ.*” — 2 Corinthians 10:5

Reflection:

- What lies have shaped your self-perception?
- What biblical truths do you need to embrace instead?

4. Practice Listening

Hearing God’s voice is not about striving, it’s about stillness. God speaks in different ways, but you must quiet your heart to recognize His voice.

Practical Steps:

- **Be Still & Expectant:** When you pray, don’t just talk...listen.
- **Create Space for Silence:** Find a quiet place, close your eyes, and simply wait in His presence.

- **Ask & Receive:** Pray, *“Lord, speak to me. I am listening.”* Then trust that He will respond in His way and timing.
- **Record What You Hear:** Write down any impressions, scriptures, or thoughts that stand out to you.

Biblical Foundation:

- *“My sheep listen to my voice; I know them, and they follow me.”* — John 10:27
- *“Be still, and know that I am God.”* — Psalm 46:10

Reflection:

- What distractions make it hard for you to hear God’s voice?
- How can you cultivate stillness in your life?

5. Speak What God Says About You

Your words have power. When you align your words with God’s truth, you reinforce His promises over your life. Speaking His truth transforms your thoughts, strengthens your faith, and silences the lies of the enemy.

Practical Steps:

- **Declare Scripture Over Yourself Daily:** Speak God’s promises out loud.
- **Personalize Affirmations:** Instead of just reading a verse, turn it into a personal declaration.
- **Repeat Them Until You Believe Them:** The more you speak truth, the more your mind and heart will align with it.

Examples of Biblical Declarations:

- *“I am loved.”* (Romans 8:38-39)
- *“I am chosen.”* (Ephesians 1:4)
- *“I hear God’s voice.”* (John 10:27)
- *“He guides me.”* (Proverbs 3:5-6)
- *“I am enough in Him.”* (2 Corinthians 12:9)

Biblical Foundation:

- *“The tongue has the power of life and death, and those who love it will eat its fruit.”* — Proverbs 18:21
- *“Let the weak say, ‘I am strong.’”* — Joel 3:10

Reflection:

- What words have you spoken over yourself that need to change?
- How can you start declaring God’s truth daily?

God desires an intimate relationship with you. He is always speaking, always leading, always loving. Your job is to show up, seek Him, and trust that He is working in you.

Take these steps seriously. Commit to them daily. And watch how your relationship with God deepens in ways you never imagined.

Now, take a moment to pray:

“Father, I desire to know You more. Help me to seek You daily, hear Your voice, and live in the truth of who You say I am. Silence every lie, remove every distraction, and fill my heart with Your presence. I am Yours. In Jesus’ name, Amen.”

Action Steps:

1. Choose a daily time to seek God.
2. Write down a lie you’ve believed and replace it with truth.
3. Sit in silence for five minutes today and ask God to speak.
4. Speak one biblical declaration over yourself every morning.

Your Next Step

You cannot accept yourself without first accepting *His* love for you.

Everything you have been searching for, peace, worth, wholeness, it begins here.

Not in trying harder.

Not in fixing yourself.

Not in changing who you are.

But in *knowing Him*.

And as you walk with Him, listening, trusting, and surrendering, you will find something you never expected:

The real you, the one He created.

The you who is already loved, already worthy, already enough.

And that is where your transformation begins.

CHAPTER 2

STEP TWO: RELEASE THE LIES AND LABELS

(R)

They believe in lies and have lost their way. Their paths lie dusty and unused, their treasures buried and forgotten.

- Journaling with God

The Day I Realized I Was Living a Lie

I used to carry names that were never mine.

Too much.

Not enough.

Difficult.

Unworthy.

Damaged.

Unloveable.

Unwanted.

Stubborn.

Every label, every lie, clung to me like a second skin. Some were given to me by others, spoken in moments of anger, carelessness, or even so-called love.

Some, I placed on myself, shaping my identity around my wounds instead of my worth.

I didn't even question them.

Until one day, God did.

I remember sitting in prayer, asking God why I always felt like I wasn't enough, why I kept striving but never felt worthy, why love felt like something I had to earn. And in that stillness, He asked me something that stopped me in my tracks.

"Who told you that?"

I froze.

Because I knew the answer.

Who told me I was unworthy? Who told me I had to prove my value? Who told me that I had to *fix* myself before I could be loved?

It wasn't God.

And in that moment, I realized: I had been living by *words God never spoke*.

And if God didn't say it, I had no business believing it.

That day, I made a decision. I was done holding onto lies. I was done letting labels define me. I was done agreeing with anything that didn't come from God's mouth.

I was ready to be free.

Are you?

RELEASING WHAT GOD NEVER SPOKE

If you want to love yourself the way God loves you, you must first let go of everything He never said about you. This means identifying and uprooting every false belief, every lie, and every destructive label that has shaped your identity outside of God's truth.

Think of your mind like a garden. If weeds are left unchecked, they will choke out the good plants, preventing them from thriving. Lies are like weeds, if you keep believing them, they take root, grow, and influence every area of your life. These lies can come from many sources:

- Words spoken over you by parents, teachers, or authority figures.
- Negative self-perceptions formed from painful experiences.
- Cultural and societal expectations that contradict God's design for you.
- Lies whispered by the enemy to keep you in bondage.

For example, if someone told you as a child that you were "too much" or "not enough," you may have unknowingly carried that belief into adulthood, shaping how you see yourself and how you interact with others. But was that God's voice speaking to you? No.

The enemy's strategy is simple: he distorts the truth and convinces you to agree with a false version of yourself. The good news? You have the authority to reject those lies and replace them with what God says about you.

YOUR IDENTITY COMES FROM GOD ALONE

The only One who has the right to define you is the One who created you. Your identity is not determined by:

- **Your past** – Your mistakes do not define you.
- **Other people's opinions** – No human voice holds more weight than God's.
- **Your emotions** – Feelings fluctuate; God's truth does not.
- **Your achievements or failures** – You are not more valuable when you succeed, nor less valuable when you fail.

The Bible is full of affirmations about your true identity:

- **Jeremiah 1:5** – “Before I formed you in the womb, I knew you.”
- **1 Peter 2:9** – “You are a chosen people, a royal priesthood, a holy nation.”
- **Ephesians 2:10** – “You are God's masterpiece.”

Yet, many of us still struggle to fully embrace these truths. Why? Because false identities can feel familiar, even comfortable. You may have spent years believing you are unworthy or insignificant, so when God calls you beloved and chosen, it can feel foreign. But truth doesn't depend on feelings, it depends on God's Word.

Ask yourself: **Who have I allowed to define me?** If the answer is anything or anyone other than God, it's time to let go of that false identity and fully embrace who He says you are.

NOT EVERY THOUGHT YOU HAVE IS TRUE

Feelings are real, but they are not always right. Just because you feel unworthy does not mean you are. Just because you feel alone does not mean God has abandoned you. Our emotions fluctuate based on circumstances, past experiences, and internal struggles, but God's truth remains unchanged.

This is why we must take every thought captive and make it obedient to Christ (2 Corinthians 10:5). Not every thought that enters your mind is from God, and not

every thought should be entertained. The enemy is subtle, he plants ideas that sound like your own voice:

- *I'll never be enough.*
- *I'm a burden.*
- *God can't use someone like me.*

These thoughts seem like personal reflections, but they are whispers of deception meant to keep you bound. Your job is to measure them against God's truth. If a thought does not align with what God says about you, it has no place in your mind.

When doubt arises, counter it with Scripture:

- **Feeling unworthy?** Remember, you are *fearfully and wonderfully made* (Psalm 139:14).
- **Feeling unloved?** God says, *I have loved you with an everlasting love* (Jeremiah 31:3).
- **Feeling like a failure?** God says, *My grace is sufficient for you* (2 Corinthians 12:9).

You don't have to accept every thought as truth. You must actively renew your mind (Romans 12:2) and align it with God's perspective.

Your mind is a battlefield. Every day, thoughts enter your mind, some from God, some from your past experiences, some from the enemy. But not every thought is truth.

- Just because you *feel* unworthy does not mean you are.
- Just because you *think* God is distant does not mean He has left you.
- Just because you *fear* you will fail does not mean you are a failure.

This is why Scripture commands us to “**take every thought captive to obey Christ**” (2 Corinthians 10:5). Your job is to **test** every thought before accepting it as truth. Ask yourself:

1. Does this thought align with God's Word?
2. Would God say this about me?
3. Does this thought bring life and peace or fear and condemnation?
4. Does this thought bring honor?

If the thought contradicts God's truth, it has no place in your mind. Replace it with Scripture:

- Feeling **unworthy**? **Psalm 139:14** – “I am fearfully and wonderfully made.”
- Feeling **rejected**? **Romans 8:38-39** – “Nothing can separate me from the love of God.”
- Feeling **defeated**? **Philippians 4:13** – “I can do all things through Christ.”

You are not obligated to believe every thought that enters your mind. You have the power to renew your mind daily (Romans 12:2) by filling it with truth.

LIES KEEP YOU IN BONDAGE; TRUTH SETS YOU FREE

The lies you believe shape how you live. If you believe you are unworthy, you will settle for less than what God has for you. If you believe you are incapable, you will never step out in faith. If you believe God is distant, you will not seek Him as your refuge.

Satan is called the father of lies (John 8:44) because deception is his primary weapon. He does not need to destroy you, he only needs to convince you to live beneath your God-given identity. If you accept the lie that you are powerless, you will never rise up in the authority God has given you. If you believe you are too broken, you will never step into the healing and restoration that Jesus already paid for.

But the moment you replace those lies with truth, you are no longer bound by them. Jesus said, *You will know the truth, and the truth will set you free* (John 8:32). Freedom comes when you reject the lies and stand on God's Word.

- When the enemy tells you that your past defines you, declare: *I am a new creation in Christ* (2 Corinthians 5:17).
- When doubt creeps in about your calling, stand firm: *I can do all things through Christ who strengthens me* (Philippians 4:13).
- When fear tries to hold you back, remember: *God has not given me a spirit of fear, but of power, love, and a sound mind* (2 Timothy 1:7).

It's time to rise up. It's time to break free. It's time to walk in the fullness of your God-given identity. The lies you believe shape how you live. If you believe you are:

- **Unworthy**, you will settle for less than God's best.
- **Powerless**, you will never walk in the authority God gave you.
- **Unforgivable**, you will distance yourself from God's grace.

Here's how to break free from the lies:

1. **Identify the lie** – Ask God to reveal any false beliefs you've been holding.
2. **Replace it with truth** – Find a Scripture that declares what God says about you.
3. **Declare the truth daily** – Speak God's Word over yourself until it becomes your reality.

For example:

- **Lie:** "I'm not enough."
- **Truth:** "His divine power has given me everything I need" (2 Peter 1:3).
- **Lie:** "My past defines me."
- **Truth:** "I am a new creation in Christ" (2 Corinthians 5:17).
- **Lie:** "I can't do this."
- **Truth:** "I can do all things through Christ" (Philippians 4:13).

You are not who the world says you are. You are not who your past says you are. You are not even who you *feel* you are. You are who **God** says you are. And when you embrace that truth, fully accept and believe it, nothing can shake you.

Final Call to Action: It's Time to Rise Up

God has given you everything you need to step into your true identity. The lies no longer have power over you...unless you let them.

It's time to:

- ✓ **Release every false belief that God never spoke over you.**
- ✓ **Reject every label that contradicts your divine identity.**
- ✓ **Renew your mind daily with the truth of God's Word.**
- ✓ **Walk boldly in the freedom Christ purchased for you.**

You are loved. You are chosen. You are enough because God says so. Now, step into that truth and never look back.

CHAPTER TWO WORKSHOP

Step 1. You Must Identify the Lies Before You Can Break Free

"We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ." — 2 Corinthians 10:5

The enemy works through deception. He plants thoughts in your mind and disguises them as truth. And if you do not take those thoughts captive, they will take *you* captive instead.

Start paying attention to your thoughts. What are you telling yourself? What have you accepted as truth that may actually be a lie?

Lies cannot be broken until they are **recognized**.

Identify the Lies

- Write down every negative belief you have about yourself.
- Ask yourself, *Where did this come from? Who told me this?*

If the answer isn't *God*, it's a **lie**.

Step 2. Your Past Labels Do Not Define You

Maybe people have called you things that still haunt you.

Maybe you've been labeled based on your mistakes, your struggles, or your past.

But no matter what others have spoken over you, **only God has the final say**.

If He calls you loved, you are loved.

If He calls you chosen, you are chosen.

If He calls you whole, redeemed, and free, then that is who you *are* no matter what anyone else has said.

Find the Truth

- For every lie, find a Scripture that tells you the truth.
- Example:

- **Lie:** "I am unworthy."

Truth: *"You are precious and honored in My sight, and I love you."* (Isaiah 43:4)

Step 3. Breaking Agreement with Lies is a Spiritual Act of War

When you reject a lie, you are doing spiritual warfare.

Because the enemy thrives in deception, but the moment you expose his lies and replace them with truth, he loses his power over you.

Every time you say, *"I refuse to believe this lie anymore,"* you are reclaiming your identity in Christ.

And that terrifies the enemy.

Break Agreement with the Lies

- Pray out loud:
"Lord, I reject the lie that I am _____. I break agreement with every word that does not come from You. I choose to believe Your truth instead. Fill my heart with Your voice alone."

Declare Truth Daily

- Speak God's truth over yourself every morning.
- Example:
 - *"I am loved. I am chosen. I am enough. I am who God says I am."*
- Repeat it until it becomes the loudest voice in your mind.

Your Next Step

You cannot walk in freedom while still carrying chains.

It's time to release every false name, every broken belief, every lie that has tried to define you.

Because you are *not* what they said.

You are *not* what the enemy whispered.

You are *not* what your pain has told you.

You are who God created you to be.

And it's time to start living like it.

Are you ready to release the lies and walk in truth?

CHAPTER 3

STEP THREE: ALIGN WITH GOD'S LOVE

(A)

*Step back into alignment with me and I will show you the world seen
through my eyes.*

- Journaling with God

The Day I Stopped Fighting Love

I spent years wrestling with love. Not because I didn't want it, but because I didn't know how to receive it. Deep down, I believed love had to be earned, worked for, proven, and held onto tightly.

I thought if I performed well enough, stayed strong enough, and hid the parts of myself I wasn't proud of, I'd be worthy of love.

I had no idea that this belief was keeping me in chains.

It wasn't until I reached the end of myself that I saw the truth. I was exhausted from striving, exhausted from trying to be what I thought God wanted me to be. I was tired of fighting against a love that had been freely given all along.

Then, in one of my lowest moments, God whispered to my heart:

"You are loved and cared for by the one who lovingly created you. I find beauty in all that you are. There is not one piece of you that I do not love."

Not *because* of what I did. Not *despite* my failures. Not *conditionally* based on my ability to hold it all together.

I was loved simply because I was His.

I had spent years trying to align with my own idea of worthiness instead of aligning with God's love. And when I finally surrendered to His truth, everything changed.

Are you ready to stop fighting love? Are you ready to stop striving for something that has already been given?

It's time to align with the love of God.

Loving Yourself Means Agreeing with God

If God calls you chosen, beloved, and redeemed, then rejecting yourself is *disagreeing* with Him. Not only is it disagreeing with Him, it is agreeing with the darkness and that is a place you do not want to stand in agreement.

Aligning with God's love means seeing yourself the way He sees you. It means letting go of the distorted reflections you've believed and embracing the identity He has given you. His.

GOD'S LOVE IS NOT EARNED, IT IS GIVEN

Many people live under the weight of striving, believing they must achieve something, become someone, or prove themselves before they can fully receive God's love. But the truth is, **God's love is not a reward for good behavior; it is the foundation of your existence.** You were created in love, by love, and for love.

When you try to earn love, you unintentionally place yourself in a transactional relationship with God rather than embracing the truth of being His child. This mindset reduces God's love to something conditional when, in reality, it is **freely given and unshakable.**

Romans 5:8 reminds us: *"But God demonstrates His own love for us in this: While we were still sinners, Christ died for us."*

This means before you did anything right, or wrong, God had already set His love upon you. You are loved because **God is love** (1 John 4:8), not because of what you do.

Stop striving. Start abiding. Rest in the truth that you are already fully and completely loved.

REJECTING YOURSELF IS REJECTING GOD'S TRUTH

One of the greatest deceptions the enemy uses is convincing you that you are not enough. That you are unworthy. That you must become something else to be accepted by God or worse yet, nothing you ever do will earn you His love. He will NEVER love you.

But God has already **called you beloved** (Romans 9:25). He has already declared you fearfully and wonderfully made (Psalm 139:14). When you call yourself unworthy, you are not being humble, you are rejecting God's truth about you.

Think about it: If the Creator of the universe calls you His child, who are you to say otherwise?

When you cling to a false identity of unworthiness, you live in chains that Jesus already broke. You cannot walk in freedom while holding onto a lie.

Freedom begins when you **agree with God's truth** over your own doubts. Your identity is not in your failures, your past, or even your own self-perception. **Your identity is in Him.**

TRUE TRANSFORMATION COMES FROM LOVE, NOT SHAME

Shame is the enemy's counterfeit for conviction. **Shame tells you to hide, but love invites you to be seen.**

Adam and Eve hid in shame after the fall (Genesis 3:10), but God still pursued them. He covered them. He provided for them.

God's love is not about exposing you to condemnation, it is about calling you into healing. True transformation does not come from beating yourself up or dwelling on guilt. It comes from receiving the **love that empowers change.**

When you accept God's love, you stop running from Him and start running toward Him. And in His presence, you find everything you need to grow, heal, and transform.

2 Corinthians 3:18 says: *"And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into His image with ever-increasing glory, which comes from the Lord, who is the Spirit."*

God's love does not leave you the same, it transforms you into His image. You cannot be in His presence and remain the same.

So let go of shame. Release the lie that you must prove yourself. Step into the truth that **you are already loved, already accepted, and already His because you ARE.**

CHAPTER THREE WORKSHOP

Reclaiming Your Voice: A Workshop on Receiving God's Love Fully

Step 1: Stop Striving and Start Receiving

The Truth About God's Love

"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

Many people struggle to believe they are truly loved by God. Society has conditioned us to think love is conditional, something we must earn through good behavior, perfection, or meeting expectations. We often apply that same thinking to our relationship with God, feeling like we must do something to deserve His love.

But here's the truth: God's love is freely given, not based on what you do but who you are. You are already loved, already chosen, already enough.

If you are constantly striving, working to be "good enough" for love, you will always feel like you are falling short. God does not require you to prove your worth. He simply asks you to receive the love He has already given.

Practical Step: Identify Where You Strive for Love

Take a moment to reflect. Ask yourself:

- Where in my life do I feel like I need to prove I am worthy of love?
- Do I believe that I am loved, or do I feel I have to earn it?
- In what ways has striving for love affected my relationship with God?

Activity:

Write down three ways you have tried to earn love, whether from God, others, or yourself. Then, beside each one, write a truth that counters that belief.

For example:

"I have to be perfect for God to love me."

"God loved me before I ever did anything for Him. His love is not based on my performance."

Step 2: Align Your Identity with God's Word

Your Feelings Are Not Always the Truth

Your emotions are valid, but they do not define you. You may feel unworthy, but that does not mean you are unworthy. You may feel unloved, but God calls you His beloved.

God's Word is the only reliable source of truth about who you are. If you want to reclaim your voice, you must reject the lies that tell you you are anything less than who God says you are.

Who Does God Say You Are?

- You are deeply loved (Romans 8:38-39)
- You are chosen and set apart (1 Peter 2:9)
- You are fully known and still fully accepted (Psalm 139:1-2)
- You are never abandoned (Deuteronomy 31:8)
- You are created with purpose (Jeremiah 29:11)

Practical Step: Speak Truth Over Yourself

Your words shape your reality. If you constantly replay negative thoughts, you reinforce false beliefs. The way to break this pattern is by speaking God's truth instead.

Activity: Personalize Scripture

Choose 3-5 Bible verses that declare God's love for you and rewrite them in the first person. Speak them over yourself every day.

Examples:

- "I am fully known and fully loved by God." (*Based on Psalm 139:1-2*)
- "I am chosen, holy, and dearly loved." (*Based on Colossians 3:12*)
- "Nothing can separate me from the love of God." (*Based on Romans 8:38-39*)

Whenever a negative thought arises, counter it immediately with truth.

Step 3: Let God's Love Transform Every Part of Your Life

Love is the Foundation of Everything

When you receive God's love fully, it changes everything:

Your decisions change. You no longer operate from fear or insecurity.

Your relationships change. You stop settling for less than you deserve.

Your healing begins. You stop rejecting the love that has the power to restore you.

Many people try to heal or change their lives before they accept God's love. But the truth is, healing starts with receiving His love first.

Practical Step: Surrender the Need to "Earn" Love

Receiving love requires letting go of the false belief that you must prove yourself worthy.

Activity: Prayer of Surrender

Take a moment to pray. Bring to God the areas where you have been trying to earn love. Ask Him to help you fully receive His love instead.

Prayer Prompt:

"Father, I confess that I have believed the lie that I must earn Your love. I surrender the need to prove my worth. Help me to fully receive Your love, not just as a concept, but as the foundation of my life. Let Your love transform me, heal me, and anchor me in truth. In Jesus' name, Amen."

Step 4: Walk Daily in the Truth of God's Love

Living Loved Every Day

Receiving God's love isn't a one-time event, it's a daily practice. The enemy will always try to make you doubt it. That's why you must stay rooted in God's truth.

Daily Practices to Stay Anchored in God's Love

Start your day by speaking truth over yourself. Declare who God says you are, even if your feelings don't agree.

Spend time with God. Read His Word and let it remind you of His love.

Reject lies immediately. When negative thoughts arise, speak God's Word in response.

Practice receiving love from others. Let people love and bless you without feeling like you have to earn it.

Live as someone who is already loved. Stop trying to "achieve" love, walk in the truth that you already have it.

Reflection Questions

- What false beliefs have I had about God's love?
- How can I remind myself daily of God's truth?
- What does receiving God's love fully look like in my daily life?

God's love has never been withheld from you. It has always been present, waiting for you to receive it fully.

Today, make a choice to step into the truth:

You are loved.

You are worthy.

You don't have to earn or strive for what God has already given you.

When you stop striving and start receiving, you will reclaim the voice that God has always given you, the voice of someone who is deeply, unconditionally, and powerfully loved.

You are not just loved, you are His.

CHAPTER 4

STEP FOUR: CULTIVATE COMPASSION FOR YOURSELF

(C)

*Allow yourself to become more. More love, more joy, more compassion,
more peace, more abundance, more success.*

- Journaling with God

The Weight You Were Never Meant to Carry

I used to live under the crushing weight of my own expectations. I believed that if I could just be better, more disciplined, more forgiving, more selfless, then maybe I would finally be worthy. Maybe then, God would truly delight in me.

But no matter how hard I tried, I was never enough. Every failure, every misstep felt like proof that I was broken beyond repair. I carried the weight of my past mistakes like a sack of stones strapped to my back, every regret, every moment of falling short, a new rock added to the load.

I remember nights lying awake, replaying conversations in my head, cringing at words I wished I could take back. I'd run through every time I had let someone down, every time I had let *myself* down, and I would promise: *Tomorrow, I'll do better. Tomorrow, I'll be better.*

But tomorrow would come, and I would mess up again.

And the voice in my head? Ruthless.

"You always do this."

"You should have known better."

"You'll never change."

It wasn't correction, it was condemnation. A relentless cycle of self-punishment disguised as self-discipline. I thought I was holding myself accountable, but really, I was just keeping myself in chains.

Then, one day, I came across Romans 8:1:

"There is therefore now no condemnation for those who are in Christ Jesus."

I had read that verse before, but this time, it hit differently. No condemnation? *None?*

I had been living as if grace was for everyone else but me. I believed in God's mercy for others, but I refused to extend it to myself. I accepted that He forgave me, yet I still held onto my shame like a punishment I deserved.

And that was the moment I realized: *I was rejecting the very grace I claimed to believe in.*

It wasn't humility. It was pride, pride that told me I had to *earn* what God had already given. Pride that whispered, *God's grace is big enough for others, but not for you.*

I had spent years trying to be "good enough" for a love that was already mine. And I had spent just as many years carrying a weight I was never meant to bear.

So I ask you:

How many times have you beaten yourself up for what God already forgave?
How often have you clung to shame when God was offering you freedom?

Maybe, like me, you've lived under the crushing weight of self-condemnation. Maybe you've believed the lie that if you could just do better, try harder, *be more*, then you would finally be worthy of love.

But the truth?

God never asked you to carry that weight.

He's not looking for your perfection, He's looking for your heart.

He's not waiting for you to "get it together", He's inviting you to rest in His grace.

So what would happen if you finally let go?

What would happen if you stopped punishing yourself for what Jesus already paid for?

It's time.

Time to release the burden you were never meant to carry.

Time to stop striving for what has already been given.

Time to embrace the love, the grace, the freedom that has been yours all along.

Because in Christ, there is no condemnation.

Not for them.

And not for you.

The Truth You Must Embrace

For most of my life, I felt condemned. Not just in fleeting moments, but as a constant, crushing reality. My father's words became the script of my existence: *not wanted, failure, never going to amount to anything, can't do anything right*. Those words weren't just spoken over me; they became the air I breathed, the walls I lived within. No matter what I did, I carried the weight of failure like a second skin.

It wasn't just that I believed I had failed, I believed **I was failure**.

I spent years running, striving, breaking under the pressure to prove something, to become something. But no matter how hard I tried, the voice in my head told me it would never be enough.

Then came the moment that shattered everything.

When God Spoke Truth Into My Storm

I was in the middle of my own personal storm, one where I had finally decided to turn my anger on God. After all, if He loved me, why had He let me suffer? Why had He allowed those words to shape me? I screamed at Him, **blamed Him for everything**, poured out the rage, the pain, the endless ache.

And then He asked me one question that changed everything:

"Why do you hate yourself so much?"

I was stunned. It wasn't what I expected. I had been ready for a fight, ready for silence, maybe even ready for rejection. But this? This wasn't rejection, it was revelation.

In that moment, God exposed the deepest wound of all: I wasn't just crushed by my father's words, I had *agreed* with them. I had made them my identity. I allowed those words to steal God's truth of who He is, who I was, and worst of all God's love.

But God never said those things about me.

He never called me a failure. He never said I was unwanted. He never declared I wasn't enough.

And in that moment, standing in the storm, I surrendered. Not just my anger, but the identity I had worn for so long. The one that said I was only as good as my ability to be perfect. The one that said I was only worthy if I never failed.

I had to let it go.

Because God's love is not based on performance.

Breaking Free From Condemnation

Many people carry the weight of failure, feeling as though they must prove themselves to be worthy of love, especially God's love. Maybe you've tried your hardest to live up to expectations, only to fall short again and again. Perhaps you've heard condemning voices, whether from others or your own mind, telling you that you'll never measure up, that you are not enough, that you'll always be defined by your mistakes.

But this is not God's voice. His truth stands in direct contrast to the lies of condemnation. His love does not waver based on your successes or failures. He does not require you to be perfect, only to receive what He has already freely given.

If you have struggled under the weight of self-condemnation, let these truths anchor you in God's grace.

GOD'S LOVE IS NOT BASED ON YOUR PERFORMANCE

God's love is not something you can earn through good behavior, hard work, or perfection. His love existed before you did, and it remains unshaken regardless of what you have done or failed to do. Many believe that their worth is tied to their achievements, but God's love does not operate like human love.

Think of a loving parent and a child. A good parent does not love their child based on how well they perform or how few mistakes they make. They love their child simply because they are theirs.

God's love for you is even deeper than that.

"But God demonstrates His own love for us in this: While we were still sinners, Christ died for us." (Romans 5:8)

God did not wait for you to be perfect before extending His love. Jesus died for you **while you were still in sin**. This means that nothing you do, good or bad, can increase or decrease God's love for you. His love is constant, unchanging, and freely given.

If you have felt the need to prove yourself, to strive for worthiness, to work for love, let this truth sink in: **You are already fully loved by God**. There is nothing left to earn.

Reflection:

- Do you feel like you have to prove yourself to be loved by God?

How does knowing that God's love is not based on your performance change the way you see yourself?

CONDEMNATION IS NOT FROM GOD

Many people live under a cloud of condemnation, feeling as though their mistakes define them. They replay their failures in their minds, convinced that God is disappointed or angry.

But Scripture is clear: **God does not condemn those who belong to Him. This is so important you're seeing this verse again.**

"There is therefore now no condemnation for those who are in Christ Jesus."
(Romans 8:1)

Condemnation is the voice of the enemy, not the voice of God. The enemy wants you trapped in guilt, shame, and self-hatred so that you never walk in the freedom God has given you.

God corrects, but He does not condemn. There is a difference. Condemnation says:

"You are a failure."

"You will never be good enough."

"God is disappointed in you."

Conviction, on the other hand, comes from God's Spirit and leads you back to Him. It gently calls you to repentance, offers grace, and reminds you of your identity in Christ. Conviction says:

"That choice was not right, but you are still loved."

"Come back to me, I am ready to restore you."

"My grace is enough for you."

God does not define you by your past, so why are you still defining yourself by it?

Reflection:

- Are you listening to the voice of condemnation or conviction?
- What is one thought of condemnation you can replace with God's truth today?

GRACE IS YOURS TO RECEIVE AND EXTEND

Many people struggle to receive grace. Even when they intellectually understand that God forgives, they continue to carry their failures as if holding onto guilt somehow makes them holier. But the truth is, God is not holding your past against you, so why are you?

"For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God." (Ephesians 2:8)

Grace is a gift, not a reward. You do not earn it by doing better or being perfect. You simply receive it.

But grace is not just for receiving, it is also for extending. Many people who struggle with self-condemnation also struggle with forgiving others. If you hold yourself to an impossible standard, you may find that you do the same to those around you.

Jesus calls you to **extend grace to yourself and to others**. Holding onto past failures, yours or someone else's, only keeps you bound. Grace allows you to walk in freedom.

Reflection:

- Have you fully received God's grace for yourself?
- Are there any areas where you are still punishing yourself for past mistakes?
- Who in your life do you need to extend grace to today?

YOUR WORDS SHAPE YOUR REALITY

I lived for years under the weight of words that weren't from God. But now I know:

If a thought is dishonorable, it is not from Him.

Would you speak to a friend the way you speak to yourself? If not, something needs to change.

"The tongue has the power of life and death." (Proverbs 18:21)

You have to start speaking life over yourself. Not what your past said. Not what your mistakes said. Not what others said. **What God says.**

Many people live under the weight of words that were never from God. Maybe you have been told things like:

"You can't do anything right."

"You always mess up."

"You'll never change."

But if those words do not align with God's truth, they have no authority over you.

The words you speak, both out loud and in your thoughts, shape your reality. If you constantly tell yourself that you are a failure, you will live under that weight. If you believe you are beyond redemption, you will struggle to walk in the freedom God has given you. You will receive what you believe so be careful with your beliefs.

It is time to start speaking **God's truth over yourself**:

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

"I am a new creation in Christ." (2 Corinthians 5:17)

"God is working in me to will and to act according to His purpose." (Philippians 2:13)

"I am forgiven, redeemed, and set free." (Ephesians 1:7)

You do not have to believe every thought that enters your mind. If a thought is dishonorable, condemning, or contrary to God's Word, **reject it**. Replace it with what God says about you.

Reflection:

- What negative words have you spoken over yourself?
- How can you start speaking God's truth over your life instead?

CHAPTER FOUR WORKSHOP

How to Cultivate Compassion for Yourself

Step 1: Understand What Compassion Really Means

The Truth About Self-Compassion

*"The Lord is gracious and compassionate, slow to anger and rich in love." —
Psalm 145:8*

Many people misunderstand compassion. They see it as something to give to others, but struggle to apply it to themselves. You may find it easy to forgive others, show them grace, and uplift them in their struggles, but when it comes to yourself, you may be harsh, critical, and unforgiving.

Self-compassion is not self-pity or making excuses. It is the willingness to extend the same love, patience, and grace to yourself that God and others do.

God is compassionate toward you, so why do you struggle to be compassionate toward yourself?

Practical Step: Identify Your Inner Critic

Before you can cultivate compassion for yourself, you need to recognize the voice that lacks compassion.

Take a moment to reflect:

- What is the harshest thing I tell myself regularly?
- Would I say this to a friend?
- How do I treat myself when I make a mistake?

Activity: Write down a common self-critical thought you struggle with. Then, write down what you would say if a friend was struggling with the same thing. The difference between those two responses shows you how much compassion you give to others but not yourself.

Step 2: Align Your Self-Talk with God's Truth

God's View of You vs. Your View of You

"As a father has compassion on his children, so the Lord has compassion on those who fear him." — Psalm 103:13

Many people speak to themselves with harshness rather than with love. But God never speaks to you the way your inner critic does. He corrects, but He never condemns. He disciplines, but He never shames. His love is always gentle, patient, and kind, even when you make mistakes.

If God extends grace and kindness to you, why shouldn't you do the same?

Practical Step: Change the Way You Speak to Yourself

The way you talk to yourself matters. If you constantly replay negative thoughts, you reinforce self-judgment instead of self-compassion.

Activity:

Write down three truths about yourself that align with God's Word. When negative thoughts arise, respond with these truths.

Examples:

- Instead of "I'm such a failure", say "God is still working in me" (Philippians 1:6).
- Instead of "I always mess things up", say "God's grace is enough for me" (2 Corinthians 12:9).
- Instead of "I don't deserve kindness", say "I am deeply loved by God" (Romans 8:38-39).

Every time you catch yourself speaking harshly to yourself, pause and replace it with a truth-filled statement.

Step 3: Practice Gentle Responses to Your Mistakes

Give Yourself the Grace to Grow

"My grace is sufficient for you, for my power is made perfect in weakness." — 2 Corinthians 12:9

Compassion does not mean avoiding responsibility, it means handling yourself with kindness when you fall short. No one is perfect, and God never expected you to be. Growth takes time, and learning requires mistakes.

If you wouldn't punish a child for stumbling while learning to walk, why punish yourself for stumbling while learning to grow?

Practical Step: Create a New Response to Mistakes

Think about the last time you made a mistake. How did you respond?

Now, imagine a new response, one filled with grace, patience, and encouragement instead of shame.

Activity:

Write down a recent mistake. Then, rewrite your response as if you were comforting a close friend instead of yourself. This exercise will help you build a habit of responding to yourself with grace instead of judgment.

Step 4: Let Go of Perfectionism

Perfectionism is the Enemy of Compassion

"The Lord delights in those who fear him, who put their hope in his unfailing love."
— *Psalms 147:11*

Many people think they must be perfect to be worthy of love and kindness. But God never required perfection, only trust.

Perfectionism tells you: "I have to get it all right, or I'm not good enough."

God says: "My love is enough, even in your weaknesses."

When you hold yourself to impossible standards, you create a cycle of self-criticism and exhaustion. But when you let go of the need to be perfect, you make space for growth, healing, and self-compassion.

Practical Step: Release Unrealistic Expectations

Ask yourself:

- What unrealistic standards am I holding myself to?
- Where am I trying to be perfect instead of growing?

Activity:

Write down **one area** where you are putting **too much pressure** on yourself. Then, beside it, write down a **more compassionate expectation** that allows room for grace.

For example:

"I have to be the perfect mom, or I'm failing."

"I am a great mom, even when I'm not perfect."

Step 5: Treat Yourself the Way God Treats You

Compassion is a Daily Choice

"Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you." — Ephesians 4:32

If God is **kind, loving, and patient** with you, then you should be **kind, loving, and patient with yourself**.

Self-compassion is not a **one-time decision**, it's a **daily practice**. The more you choose compassion, the easier it becomes.

Daily Practices to Cultivate Self-Compassion

1. Start your day by speaking truth over yourself. Declare God's love for you before negative thoughts can take root.
2. Give yourself grace in moments of struggle. When you fall short, remind yourself: *"I am still growing, and that's okay."*
3. Surround yourself with voices of encouragement. Be around people who uplift and support you.
4. Celebrate progress, not perfection. Focus on how far you've come, not how much is left to do.
5. Treat yourself as you would a beloved friend. Would you say that to someone you love? If not, don't say it to yourself.

Reflection Questions

- What is one **lie** I have believed about myself?
- What **truth** does God say about me instead?
- How can I show **more compassion** to myself today?

You were never called to live in **self-judgment, harshness, or perfectionism**.

God's love for you is **gentle, patient, and unconditional**, and **He wants you to love yourself in that same way**.

You are worthy of grace.

You are worthy of love.

You are learning, growing, and healing, and that is enough.

Make a choice today to **cultivate compassion** for yourself, just as God has already shown compassion to you.

Condemnation is not your portion. You are **loved, chosen, redeemed, and victorious in Christ**. It's time to live in that truth.

CHAPTER 5

STEP FIVE: EMPOWERED THROUGH GOD'S GRACE

(E)

Love heals. Love is strength. Love is miraculous in its design and its movement. Love is the energy of my power. Love is a conduit and magnifier of what is. Love is truth. Love is submission. Love is radical and empowering.

- Journaling with God

The Moment I Understood Grace as Power

I used to think grace was just a safety net, a backup plan for when I failed, a covering for my mistakes. I would fall, and grace would catch me. I would mess up, and grace would erase it. But grace felt passive, like something I could only receive when I was at my weakest. It wasn't until I hit my lowest point that I finally saw grace for what it truly is: power.

There was a time when I felt stuck in cycles I couldn't break. I prayed for strength, but I didn't feel strong. I asked God for change, but I didn't see transformation. I thought grace meant God was patient with me while I remained the same. But then one day, while reading 2 Corinthians 12:9—*"My grace is sufficient for you, for My power is made perfect in weakness"* something clicked. Grace wasn't just unmerited favor. It was divine empowerment.

God's grace wasn't just covering me, it was fueling me. It was the very power I needed to walk boldly in my identity, to break free from cycles that held me captive, to live the way God intended. Grace was not passive. Grace was active. And once I realized that, everything changed.

You were never meant to just survive under grace, you were meant to thrive in it.

Living Empowered by Grace

Grace is More Than Forgiveness
It's Power

Many people limit their understanding of grace to God's mercy and forgiveness, seeing it as merely a covering for sin. While grace certainly includes forgiveness, it is far more than that. Grace is the divine power of God at work within you, enabling you to live in victory, walk in your calling, and fulfill your purpose.

Grace is God's active force in your life, strengthening you in areas where you are weak, giving you wisdom when you lack understanding, and providing endurance when you feel like giving up. It is the supernatural enablement to do what you could never do on your own.

Consider how Paul, who once persecuted Christians, became one of the greatest apostles. It was not by his own effort but by the power of God's grace working through him:

"But by the grace of God I am what I am, and His grace to me was not without effect." (1 Corinthians 15:10)

How Grace Empowers You:

- It renews your mind. Grace helps you break free from old thought patterns and align with God's truth.
- It strengthens you in trials. When life feels overwhelming, grace gives you the endurance to persevere.
- It equips you for your calling. You are not called to fulfill God's plan in your strength but in His.

Key Truth:

Grace is the power of God working in you, enabling you to do what you could never do on your own.

Scripture:

"For it is God who works in you to will and to act in order to fulfill his good purpose." (Philippians 2:13)

Your Weakness is an Invitation for God's Strength

The world teaches that strength is about independence and self-sufficiency, but in God's kingdom, true strength comes from dependence on Him. Your weaknesses, flaws, and limitations are not obstacles, they are invitations for God's power to work in and through you.

When Paul pleaded with God to remove his thorn in the flesh, God responded with a profound truth:

"My grace is sufficient for you, for My power is made perfect in weakness." (2 Corinthians 12:9)

Paul's response? Instead of resenting his weakness, he embraced it because it was the very thing that allowed God's power to shine through.

What This Means for You:

- Your struggles are not a sign of failure. They are an opportunity for God's power to be revealed.
- Surrendering is strength. The moment you let go of striving in your own strength, God moves.
- God's power flows through humility. When you acknowledge your need for Him, His grace fills every gap.

If you feel inadequate, unqualified, or too broken to be used by God, remember that He chooses the weak things of the world to confound the wise (1 Corinthians 1:27). Your weakness does not disqualify you, it is the very thing that qualifies you to experience the fullness of His grace.

Your limitations are the very place where God's power can shine the brightest.

"My grace is sufficient for you, for My power is made perfect in weakness." (2 Corinthians 12:9)

Self-Acceptance is an Active Walk in Grace

Living in grace means embracing who God created you to be. It is not about striving for acceptance or proving your worth, it is about confidently walking in the truth that you are already accepted.

The enemy will always try to convince you that you are not enough, that you have to work harder, do more, or be better to earn God's love. But grace says otherwise. Grace declares that you are already chosen, already beloved, and already equipped for the journey ahead.

"Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need." (Hebrews 4:16)

Walking in grace means stepping out in boldness, not because of who you are but because of who He is. It is a shift in identity, from striving to resting, from insecurity to confidence, from fear to faith.

Practical Ways to Walk in Grace:

- Speak God's truth over yourself. Reject lies that say you are unworthy and replace them with God's promises.
- Stop striving for approval. You don't have to perform for God's love; you already have it.
- Approach God with confidence. He invites you to come freely, without fear of rejection.

You are already accepted and empowered. Now, you walk boldly in that grace.

"Let us then approach God's throne of grace with confidence." (Hebrews 4:16)

Grace is not just a concept, it is an active force in your life. It is God's power that equips you, strengthens you, and enables you to walk boldly in your calling. When you understand grace as more than just forgiveness, you step into a new realm of confidence and spiritual authority.

Grace is power, not just mercy.

Your weakness is an opportunity for God's strength.

You don't have to strive, grace has already made a way.

May you walk in the fullness of His grace, knowing that He is working in you, through you, and for you.

CHAPTER FIVE WORKSHOP

Shift Your Mindset

Step 1: Identify Areas Where You Feel Powerless

- Take out a journal and write down areas of your life where you feel stuck, weak, or powerless.
- Ask yourself: Am I relying on my own strength here, or on God's grace?

Prayer: "Lord, show me where I have been operating in my own strength instead of depending on Your grace."

Step 2: Replace Self-Reliance with Grace

- For each area where you feel powerless, find a scripture that declares God's strength in you. Here are some examples:
 - *Feeling weak?* → Isaiah 40:29: "*He gives strength to the weary and increases the power of the weak.*"
 - *Feeling unworthy?* → Ephesians 2:8: "*For by grace you have been saved through faith—it is not your own doing, but the gift of God.*"

Action Step: Write these scriptures on sticky notes and place them where you'll see them daily.

Step 3: Declare Your New Identity in Grace

Every morning, stand in front of the mirror and declare:

- "I am empowered by grace."
- "I do not operate in my own strength. I move in God's power."
- "My weakness is not a limitation; it is an invitation for God's strength."

Repeat this daily until you start to believe it deep in your spirit.

Step 4: Walk in Grace Through Action

- Choose one area of your life where you have felt powerless.

- Ask: If I truly believed that God's grace empowers me, how would I act differently?
- Now, take one bold step in that area. Maybe it's applying for that job, launching that project, breaking free from toxic relationships, or stepping into ministry.

Action Step: Commit to walking in grace by taking one faith-filled action this week.

Step 5: Keep a "Grace Journal"

At the end of each day, write down:

One moment where you felt God's grace empowering you.

One way you responded differently because of grace.

One area where you still need to surrender and receive more grace.

Over time, you'll begin to see the transformation happening within you.

Final Challenge: Live Boldly in Grace

For the next seven days, practice stepping into your God-given power. Each day, do one thing that aligns with the truth that you are empowered by grace.

By the end of this journey, you will no longer see grace as just a covering, you will experience it as the very force that fuels your boldest, most authentic life in Christ.

💥 Are you ready? Step into the power of grace today.

WHAT NOW?

*Embrace who you are now. Not who you were then. You're not the same.
You've been made new. You've been wiped clean.*
- Journaling with God

Embracing Every Part of You

You've walked through this journey of self-acceptance, peeling back the layers, confronting the voices that told you that you were not enough, and stepping into the fullness of who God created you to be. But this is not the end, this is the beginning of a life where you **fully embrace all of you**.

You Are Not Too Much. You Are Enough. You Are You.

Every part of you, the parts you love, the parts you've hidden, the parts you're still learning to understand, deserves to be **seen, loved, and embraced**. You were never meant to live fragmented, rejecting the pieces of yourself that didn't fit someone else's expectations. **God calls you whole. God calls you His.** And it's time for you to stand in that truth.

What's Next? Living Fully as YOU

Now that you've gone through this process, here's how you keep walking in your full, authentic self:

1. No More Apologies for Who You Are

Stop shrinking. Stop dimming your light. Stop apologizing for taking up space. **You belong here.** You are not a mistake, and you don't need to justify your existence to anyone.

2. Embrace the Wholeness of Your Story

Every chapter of your life, the highs, the lows, the victories, and the wounds have shaped you. Nothing is wasted. Your past does not disqualify you; it **prepares you**.

3. **Give Yourself the Grace You Deserve**

Growth is messy. Healing is not linear. Some days you'll feel strong, and other days you'll doubt everything. **Keep going.** You are worthy of grace in the process.

4. **Surround Yourself with People Who See the Real You**

You don't have to fight for acceptance. The right people will see you and love you **as you are**, without conditions. Let go of relationships that require you to perform, prove, or pretend.

5. **Stay Rooted in the Truth of Who God Says You Are**

The world will always try to define you. People will project their expectations onto you. **But God already established your identity.** Return to Him daily, and let **His voice be the loudest.**

You are not lacking. You are not broken. You are not unworthy.

You are **whole, seen, and deeply loved.**

Now go and live like it.

I believe in you. But more importantly, **God believes in you.** He has called you, chosen you, and equipped you with everything you need to walk in the fullness of who He created you to be. No more shrinking back. No more doubting your worth. No more settling for less than God's best.

It's time to step forward. It's time to reclaim your authenticity.

And it starts **now.**

Are you ready? Let's go.

Want More Support?

You Were Made for More Than "Just Getting By" ...

You Were Created for Supernatural Authority

Reading this eBook lit a fire in you for a reason. It wasn't just inspiring, it awakened something ancient, something eternal.

You don't just want change.
You don't just want healing.
Deep down, you're **longing for the supernatural**.

That's not random. That's not hype.
That's your spirit crying out to return to where it came from **God Himself**.
You were formed in His image, breathed into by His Spirit, and wired for **divine power and holy authority**.

But here's the raw truth:

You **cannot** fully bear the image of God while carrying the weight of shame, self-doubt, or playing small in your purpose. You cannot step into His truth while still believing lies.

God didn't design you for a diluted version of His presence.
He created you to walk in **undeniable power**, to speak with **Heaven's authority**, and to reflect **His glory without hindrance**.

This is your invitation. **A divine moment of decision**.

💬 **Check out Untethered: From Abuse to Authority**

This is not just a next step. This is a *spiritual alignment moment* where we:

- ✓ Tap into the supernatural hunger inside you and uncover what's been blocking the flow of His power
- ✓ Tear down the lies and strongholds that have muted your voice and dimmed your light
- ✓ Awaken the Image Bearer within so you start walking, speaking, and living from your God-given authority
- ✓ Connect you back to God where supernatural becomes your *normal*, and living in power becomes your *identity*

👑 This isn't a program about improvement. This is a call into **transformation**.
Into divine embodiment.
Into **full access to the supernatural inheritance** that's already yours in Christ.

🔥 If your heart is pounding, if something is stirring ... **don't wait**. That's the Holy Spirit inviting you higher.

You were never meant to live beneath your authority.

Now is the time to rise, reclaim your divine power, and reflect His glory without anything in the way.

Because the world doesn't just need a better version of you, **it needs the real you**, the one made in His image, filled with His Spirit, and walking in supernatural power.

[Check it out here!](#)

A Final Word from My Heart to Yours

If you've made it this far, I want you to pause for a moment and take a deep breath.

You've just walked through a journey of **accepting all of yourself through God's love**. You've confronted lies, released burdens, aligned with truth, embraced grace, and stepped into the power of who you are in Christ. That is no small thing.

But hear me, **this is just the beginning**.

Learning to love and accept all that you are is not a one-time event; it's a lifelong journey of walking in **God's love, truth, and grace** every single day. There will be moments when old insecurities try to creep back in, when the enemy whispers lies, when you feel unworthy or not enough. But now you know the truth: **You are fully known, fully loved, and fully accepted by God**.

My prayer is that you will never settle for anything less than God's truth about you. That you will **choose grace over self-condemnation, truth over lies, and love over fear**. That every step forward will be taken in confidence, knowing that you are **guided, released, aligned, covered in grace, and empowered**.

I believe in you. More importantly, **God believes in you** because He created you, He called you, and He has a purpose for you. **Now it's time for you to believe in you too**.

With love and grace,

Laurie Herbers