

WEEK 4 - TUESDAY AUGUST 11th (Scheduled release Oct 13)

Sisters of Life - Let Love Rejoice Over You

<https://youtu.be/BIpukjLnhSE>

What brings you joy?

- Fat bumblebees flying around
- Nieces and nephews
- Babies!
- Anything else?

Rejoicing - going back to Genesis to get the definition.

Genesis Creation - God created x,y,z, all of the beauty of the earth... "and it was good".

God creates the human person... "and it was very good"

God rejoices in us because we are His. Not for anything we've done, just because we're us.

Newborn baby - everything they do is great and adorable... "she's up! Baby's up!"

Babies bring us joy - we can learn from their childlike joy and trust, and apply that to how we approach God.

As a baby is covered in food and mess, the parent still rejoices in the fact that the child is theirs, made in their image and likeness. They clean up the mess and give the baby a second chance.

God loves everything about us - let's receive this truth in prayer.

We don't have to earn His love, we don't need to prove anything.

How do I actually believe this and embrace it?

1. Paying attention to and guarding our thoughts
2. Prayer and receiving God's love.

Our thoughts - what are we consuming? We can let a lot of garbage into our minds... we should guard our thoughts like the entrance to a secret lair or highly secured building... there is some type of screening process or "password"... not just anyone can come in. Our thoughts need to be the same. If a thought is coming from God, it will uplift us, give us peace, call us higher, and affirm our value and worth as children of God. It's ok to let these ones in. They've passed the screening process. If a thought causes us despair, hopelessness, anxiety, depression, is mentally or emotionally crippling - DENIED. These shouldn't be let in.

Also - don't be shy about delighting in the truth of yourself - being made in the image and likeness of God.

"Receiving the gift of yourself" - He made you as a gift - and God doesn't make garbage.

Friendships - friends can often see us better than we see ourselves - seek friends that see the goodness, truth, and beauty in us and reflect it back to us. (Also do the same for your friends!)

Ask God: what flower are you in His heavenly garden?

Scriptures - Luke 15: Lost sheep, lost coin, prodigal son... there is always great rejoicing when what was lost has been found.

God rejoices in our being. He wants to see our face.

God never stops rejoicing in us, it is us who stop believing He does... guard the thoughts.

God loves us so much He forgets our sins (after confession of course!)

After a fall, a difficult day, or feeling down, rise immediately to give God glory.

Challenge: ask God to show you how He takes joy in you, and ask Him to give you the grace to believe it.

Challenge: Notice your thoughts over the next few days... name them. Are they helping to trust in your goodness as a child of God?

The enemy loves to hop in and tell us we're not beloved children of God in many ways... remember to watch over our thoughts and reject anything that's not from God.