

LEARNING TO LOVE – DAY 3 – ACTIVITY FOR THE MIND

In Day 1 of *On Fire For Life* we were reminded of God calling us to love heart, mind, body and soul because His love for us is reflected through us. Each day as we open our mind to Him more and more His thoughts begin to enter our mind before ours do.

Today take a few moments to open your mind to a hurtful or heartbreaking moment. Then sit and listen for God. He will be there under all of the hurt, under all of the chatter. Consider finding a quiet place to sit and think through these questions. You may even talk to yourself or envision someone interviewing you as you share your responses. Note what you look like, how you feel, the expressions on your face and your body language.

It may seem counterintuitive to focus on a moment of hurt/heartbreak, but when you are able to face the pain in your mind and allow God to guide your thoughts you will find incredible healing, peace, and joy.

Describe a time in your life when you were hurt/heartbroken. _____

Read your hurt/heartbreak out loud and note how you feel as you hear your story

Note the way your body feels _____

Note the way you sound _____

Note your facial expressions _____

How did you feel about yourself in this memory? _____

What do you hear under all of the chatter? _____
