

PODCAST REFLECTION GUIDE

Episode 1: The Journey from the Head to the Heart



Opening Reflection

Take a slow, deep breath and invite God into this time.

“Lord, help me not only understand Your love, but experience it more deeply in my heart.”

Part 1: Listening Reflection

As you listened to this episode, what stood out most to you?

What part of Anita’s story resonated with your own experience?

Part 2: Head vs. Heart

Complete the sentences honestly.

Things I Know in my head About God:

☐ God is _____

☐ I believe _____

But in my heart, I often feel:

Part 3: Exploring the Gap

This episode discussed three possible reasons for the disconnect between head and heart.

Which one of the following resonates most with you?

- ☐ Trying to change through information alone
- ☐ Seeing the Gospel more as duty than relationship
- ☐ Feeling disconnected from or afraid of emotions

Why do you think this resonates with you?

Part 4: Your Story Matters

Sometimes our past experiences shape how we experience God in the present.

Reflect gently:

- Were emotions welcomed and validated in your childhood?
- Did you learn to hide pain, fear, sadness or disappointment?
- When did God's love first begin to feel distant, confusing, or difficult to trust?

Write whatever comes to mind without judging it.

Part 5: Experiencing Truth

In this episode, Anita shared the Hebrew word *yada* – to know through intimate experience, not just intellectual understanding.

Read these verses slowly and prayerfully:

Psalm 46: 10 *“Be still, and know [intimately experience] that I am God.*

Ephesians 3:19 *“...to know [intimately experience] the love of Christ which surpasses [intellectual] knowledge.”*

John 8:32 *“You shall know [intimately experience] the truth, and the truth shall set you free.”*

Reflection

What would it look like for God’s love to become something you *intimately experience*, not just intellectually believe?

Part 6: A Guided Prayer

Read slowly and pause where needed.

*Jesus,
You know every part of my story.
You know the places where Your love feels difficult to receive.
You know the wounds, disappointments, fears, and beliefs I carry.*

Would You gently show me what keeps my heart from fully resting in Your love?

Teach me to experience Your love—not only in my thoughts, but in the deepest places of my heart.

*Help me to become more honest, more open, and more aware of Your presence **with** me and **in** me and **for** me.*

*Thank you that I am fully known and fully loved by You.
Amen.*

Part 7: Closing Reflection

Sit quietly for a moment with this statement:

“You are the focus of God’s passionate and unconditional love.”

What happens inside you as you read those words?

This Week’s Invitation

Rather than trying harder to believe God loves you, practice simply becoming aware of His presence with you throughout the day.