



Opening Reflection

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

“Lord, please help me encounter Your Truth just as deeply and intimately as I have experienced deception in my life. Please help me be open to how You may want to rewrite a painful memory of mine with a new, living experience of Your love.”

Part 1: Listening Reflection

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

What could you relate to in Peter’s experience as Anita described it?

Part 2: Left Brain (Head) vs. Right Brain (Heart)

Check the facts you did not know before this podcast:

- ☐ When you’re in a situation that activates a past wound, your brain will not go to a biblical concept you’ve learned but rather to something you’ve experienced in the past.
- ☐ When you’ve been triggered, your *past experience* is more powerful than Perfect Love.
- ☐ What you need in that moment is “not another concept but an experience of Perfect Love.” (right-brain encounter with the living God)

You were invited into a “right-brain God encounter” at the end of this episode.

What was that experience like for you? If it makes you feel uncomfortable at all, that’s okay. We are so unaccustomed to engaging the relational side of our brains in the typical American church context.

Ask the Holy Spirit about your experience. Just listen.

Try not to analyze what comes to your mind at first.

You can process that later. Just be open to hearing His still, small voice.

Part 3: Exploring the Gap

This episode discussed how past experiences could be changed.

- A new, corrective experience with new images, feelings, thoughts and sensation
- Perceiving Jesus’ presence with you and comforting you in your pain through the eyes of your heart (imagination)
- Holy Spirit changing your perception of an event by giving you a new encounter of His love and truth

Write down any questions, concerns or longings you may have about this at this point.

Part 4: Your Story Matters

Sometimes after failure, what we **believe** and what we **feel** are totally contradictory.

Reflect gently on this:

- Can you imagine the shame Peter felt after seeing Jesus again after his betrayal of his precious Friend? Can you recall a time when you failed and you felt paralyzed by shame and guilt?
- Do you recall Jesus giving you a new memory of God's love and forgiveness that began to rewrite the memory of that bitter moment?
- Can you recall a moment that God has given you a "new corrective experience with new images, thoughts, feelings and sensations" that replace your past, hurtful ones? If you can't, be patient with yourself. Simply ask God to show you when this happens.

Respond however you would like here.

Part 5: Experiencing Truth

Eph.1:18 *"I pray that the eyes of your heart would be **enlightened** [illuminated, opened], so that you may know."*
[Here Paul uses the Greek word that means "to know intuitively."
This is "seeing with the mind's eye."]

Jn.17: 3 *"And this is eternal life, that they may **know** You [that may intimately experience You], the only true God and Jesus Christ whom you sent."*

Ps.27:4 *"One thing I have asked from the LORD and this only do I seek: That I may dwell in the house of the LORD all the days of my life, To **gaze** [behold, to see, to direct one's attention to] on the beauty of the LORD and to seek Him in His temple."*

Reflection

Is it difficult for you to see with the “eyes of your heart” and/or “seeing with your mind’s eye”? Why or why not? What would you desire to be true? Why?

What would it feel like for you to believe wholeheartedly that Jesus Himself, the very Son of God, sits at the Father’s right hand and mentions you to the Father by name? He prays for you and is always interceding for you according to God’s will?

Part 6: A Guided Prayer

Read slowly and pause where needed.

Jesus,

I realize shame has written a different story on my heart. I recognize the lies I believe deep down in my being do not align with Your perspective of me.

Shame says, I am bad. I am a mistake. I am defective.

I don’t want to believe these things about myself, but when I fail or struggle, I absolutely believe this is true.

I want to be deeply transformed by Your Truth.

Would You gently show me, Lord—could You reveal the wounded places in my heart where lies and shame have grown in me?

Open my eyes to see when You are offering me an opportunity to experience Your perfect love in a new way. Guide me, Holy Spirit, into all truth.

Heal my perceptions, Lord. You are Truth. I not only want to understand the truth, but to experience You and Your truth deeply in my heart.

Increase my capacity to utilize the imagination You have given me as it aligns with Your Word and truth and is guided by Your precious Holy Spirit.

May I learn to gaze as David did on Your beauty and be enamored by it as You change me more and more into Your loveliness.

Amen.

Part 7: Closing Reflection

Sit quietly for a moment with this statement:

“You have been invited. Not reluctantly. Not conditionally. Not because you earned it. You have been invited to sit at the King’s table. There’s a place prepared....just for you. You belong here.”

What happens inside you as you read those words?

This Week’s Invitation

Throughout this week, recall the imagined scenario the Holy Spirit brought to your mind as Anita began describing the banquet hall and the King’s invitation to you to come.

Your brain responds to what you focus on the most. And what you focus on the most grows in your brain and heart.

Be intentional by *remembering* this this week.

Don’t forget to thank God for what He is showing you!