

Experiencing God's Love

W O R K B O O K



**Heal your heart, Experience God's
Unconditional Love & See
Yourself as the Beautiful Woman
He Created You to Be!**

ALANA PALM B.ED., NLP, CBT |
FOUNDER OF THE SET FREE ACADEMY™

About this Workbook

WELCOME to the 5-Day 'Experiencing God's Love' Intensive!

On June 21st, 2021 you will begin a beautiful 5 day journey of experiencing God's unconditional love for you!

As you experience more of His love, you will also begin to love the woman He created you to be.

God created you perfectly and He wants you to experience His love for you and also feel it for yourself. You will learn how loving yourself honours Him and feeling that love inside allows you to share it with others in a powerful way.

You will also learn how your past has determined your feelings about yourself in the present, and more importantly, how you can shift those thoughts!

This will be an amazing journey so make sure you watch each video live (or later the same day if you can't make it live). They build on one another so everything will come together well for you that way.

Remember to complete your Daily Action Step in this workbook and post it in the group in order to be eligible for daily prizes and the grand prize at the end of the challenge!

NOTE: You can type directly in the spaces provided in this workbook or print it off if you prefer to write by hand.

IMPORTANT: Make sure you're a member of the Confident Courageous Christian Women FB Group: [CLICK TO JOIN](#) All the trainings, replays and giveaways will be held in the group.

Each Daily Live Training will be at:
7:30am PST / 9:30am CST / 10:30am EST

Daily Live Teachings

DAY 1 - CONSEQUENCES OF NOT ACCEPTING HIS LOVE

- Start this journey by discovering how not fully accepting God's unconditional love impacts not only you, but everyone else in your life
- The amazing insight you gain here will help you see how much this affects your experience of self-love and self-worth

DAY 2 - RELEASING THE WEIGHT OF IT ALL

- Like many women, you may be holding onto things that you could let go of, and trying to control things that could be released to God. I
- In this lesson you're going to learn about God's plan vs your plan, and how to live with joy and peace even when you can't control the outcome

DAY 3 - LOVING WHO GOD CREATED YOU TO BE

- Now that you've learned about the consequences of not accepting His love, and how to let go of the way you believe it should look, you are going to discover how to love yourself in a Christ-like way.
- You will understand more about who God has created you to be and how you can appreciate everything about yourself, just as you are!

DAY 4 - EARTHLY VS SPIRITUAL VIEW

- You have begun to understand God's unconditional love for you and how to love yourself better so you can love others with agape love.
- Now you will look to your future and see how you can shift out of a place of self-doubt and fear, to a place of trust, faith and hope.

DAY 5 - MASTERCLASS TRAINING + Q&A

- This special Masterclass Training + Q&A will help you overcome any roadblocks to truly experiencing God's love
- You will learn what thoughts are holding you back from feeling His love and how to shine Hi slight more brightly in the world! you can stop feeling far from Him by
- I'll also be answering your burning questions and sharing what you can do if you still feel detached from God's unconditional love.
- Learn about the freedom and peace that come with ingesting God's unconditional love!

WAKE UP JOYFUL | 5-DAY EXPERIENCING GOD'S LOVE INTENSIVE

Day 1: Consequences of Not Accepting His Love



What happens when you don't fully accept God's love for you? Start this journey by discovering how this impacts not only you, but everyone else in your life. The amazing insights you gain here will help you see how much this affects your experience of self-love and self-worth, and your relationships with both God and other people.

Day 1: Action Step

Post a picture of this page on Day 1

What are the consequences in your life when you don't accept God's love?

How do your feelings about yourself impact your ability to love others?

Day 1: Notes

Today's Secret Word: _____

Day 2: Releasing the Weight of it All



Like many women, you may be holding onto things that you could let go of, and trying to control things that could be released to God. In this lesson you're going to learn about God's plan vs your plan, and how to live with joy and peace, even when you can't control what's going on around you.

Day 2: Action Step

Post a picture of this page on Day 2

"In their hearts humans plan their course, but the LORD establishes their steps."

Proverbs 16:9

"Commit to the Lord whatever you do, and He will establish your plans."

Proverbs 16:3

"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight."

Proverbs 3:5-6

"For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future."

Jeremiah 29:11

"Father, if you are willing, take this cup from me; yet not my will, but yours be done."

Luke 22:42

What do the scriptures above tell you about God's plan vs your plan?

How can you focus on faith & trust instead of fear and worry?

List 4 qualities that you would like to embody (BE) when you can't control the outcome and want to practice giving the outcome to God (like in Death of a Vision)?

Examples of Qualities could be Strong, Surrendered, Easygoing, Faithful, Trusting, Humble, Creative, Bold, Joyful, Persevering, Compassionate, Grateful, Flexible, Patient, etc)

1 _____

3 _____

2 _____

4 _____

Day 2: Notes

Today's Secret Word: _____

Day 3: Loving Who God Created You to Be



Now that you've learned about the consequences of not accepting His love and how to let go of the way you believe it should look, you are going to discover how to love yourself in a Christ-like way. You will understand more about who God has created you to be and how you can appreciate everything about yourself, just as you are!

Day 3: Action Step

Post a picture of this page on Day 3

What was your experience of the visualization? What did Jesus say to you? How did you feel with Him? How did His feelings toward you show you how lovable you truly are? Explain in as much detail as possible.

How can you apply this understanding of His deep love for you and have more self-compassion (like you did for your loved one)?

Day 3: Notes

Today's Secret Word: _____

Day 4: Earthly vs Spiritual View



You have begun to understand God's unconditional love for you and how to love yourself better so you can love others with agape love. Now you will look at the difference between living with an earthly view vs living with a spiritual view of life. This will help you see how you can shift out of a place of self-doubt and fear, to a place of trust, faith and hope.

Day 4: Action Step

Post a picture of this page on Day 4

**Why do you believe you aren't experiencing more of God's spirit in your life?
What might be the block for you in your opinion?**

What did the Experiencing God's Love Blessing reveal to you about God's character, how He feels about you and who you are as His daughter?

How can you use those words of God's love for you to focus on His Spirit, instead of what you and other people say/think about you?

Day 4: Notes

Today's Secret Word: _____

Day 5:

Masterclass/Q&A

Overcoming Roadblocks



You have learned SO MUCH over the last 4 days, however, you may still be finding it difficult to fully experience God's love AND love yourself for exactly who He created you to be. If that's you, this Masterclass Training will be transformational! Get ready to learn what thoughts and feelings may still be holding you back. More importantly, learn how to overcome it all so you can truly experience the freedom and peace of God's unconditional love!

Day 5: Action Step

Your Action Step today is to simply attend today's Special Masterclass Training/Q&A at 10:30am EST.

You will have some brand new revelations on today's Live Masterclass and also get some of your burning questions answered.

Make sure you tune in LIVE to receive the last word for the full sentence to get entered into the Grand Prize draw!

Day 1 Secret Word: _____

Day 2 Secret Word: _____

Day 3 Secret Word: _____

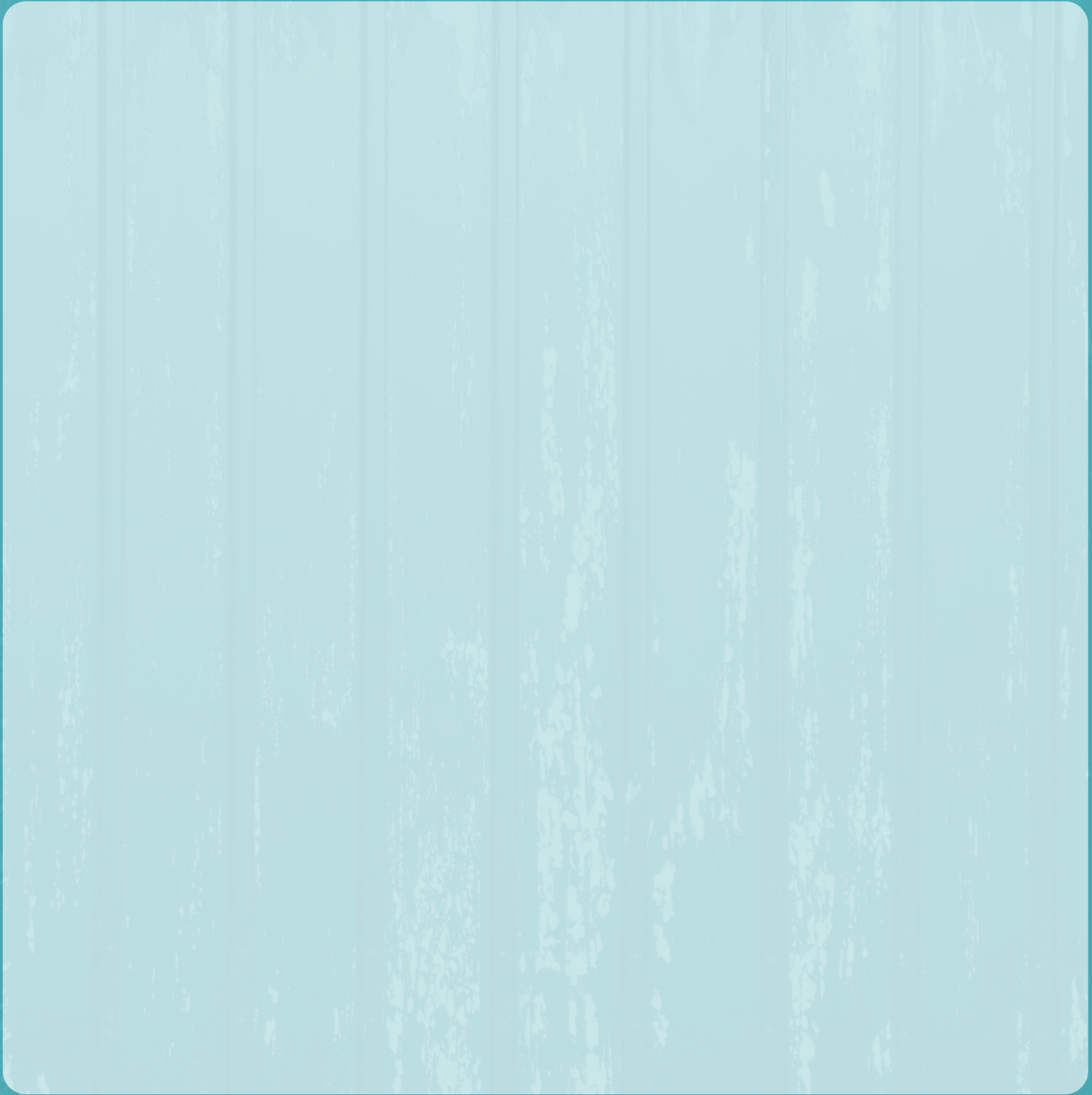
Day 4 Secret Word: _____

Day 5 Secret Word: _____

The FULL Sentence to enter to WIN the Grand Prize:

You will post this in the comments AFTER the Day 5 Masterclass/Q&A

Day 5: Notes



*Congratulations
on Completing the
5-Day Experiencing
God's Love Intensive!*

