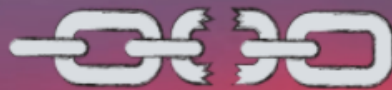


The "Set Free" Academy



**BREAK THE CHAINS THAT BIND YOU
AND TRANSFORM YOUR MIND**



Module 3
TRANSFORMING LOVE



Lesson One

You are Enough!

Jesus says, "Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.'The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these.'" (Mark 12:30-31)

"So have no fear; you are worth more than many sparrows."

(Matthew 10:31)

"You shall love your neighbor as yourself." Love does no wrong to a neighbor; therefore love is the fulfilling of the law."

(Romans 13:8-10)



How does knowing you are enough in Christ allow you to better love your neighbour?

What is Idolatry?

What happens when you look to someone else to give you the love you should only get from God?

God's Unconditional Love

You already have His unconditional love:

"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life." (John 3:16)

When you have a deep knowing that:

You are _____

You have _____ in His eyes

Your self worth comes from _____

You are _____ of love

You can _____ stay _____ to giving and receiving love

Your future will be filled with much more peace and joy!

You are Enough!

Knowing you are 'enough' in God's eyes allows you to open yourself for His love to come in, love yourself more and share that love with others.

**Be
Enough
&
Just
Open
Yourself
Up
For
Unconditional
Love**



Being Enough = Joy & Love

- Loving _____ is based on loving _____ first.
- Loving yourself _____ comes from God, _____ who He says _____ and knowing that you are _____.
- Identity and _____ in Christ are paramount to _____ and knowing your true _____.
- When you love _____ you are being grateful to God for creating you in _____.
- This gratitude brings _____!

What does "You can't give what you don't have" mean to you? Explain?

How has God shown agape love toward you?

What is one of the most important ingredients when it comes to showing agape love to others?

Self Love Choices

Deciding On...

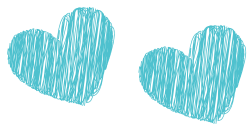
Unhealthy Choice

Self-Loving Choice

A hand-drawn rectangular box with a teal border, intended for writing a decision.A hand-drawn rectangular box with a teal border, intended for writing an unhealthy choice.A hand-drawn rectangular box with a coral border, intended for writing a self-loving choice.A hand-drawn rectangular box with a teal border, intended for writing a decision.A hand-drawn rectangular box with a teal border, intended for writing an unhealthy choice.A hand-drawn rectangular box with a coral border, intended for writing a self-loving choice.A hand-drawn rectangular box with a teal border, intended for writing a decision.A hand-drawn rectangular box with a teal border, intended for writing an unhealthy choice.A hand-drawn rectangular box with a coral border, intended for writing a self-loving choice.A hand-drawn rectangular box with a teal border, intended for writing a decision.A hand-drawn rectangular box with a teal border, intended for writing an unhealthy choice.A hand-drawn rectangular box with a coral border, intended for writing a self-loving choice.

Opening Your Heart

Take a few moments to go back through the last few slides, from "God is With You" to "How to Open your Heart." Make some notes about how you can safely open your heart to others without expectation, without giving them power over you, and without putting their opinion above God's opinion of you. This is important, so take your time and journal your thoughts and feelings. 



I Am Enough



6 SCRIPTURES to REMIND you that YOU ARE ENOUGH!



Romans 8:38-39

"For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord."

Genesis 1:27

"So God created mankind in his own image, in the image of God he created them; male and female he created them."



1 Peter 2:9

"But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light."



Psalm 139:13-16

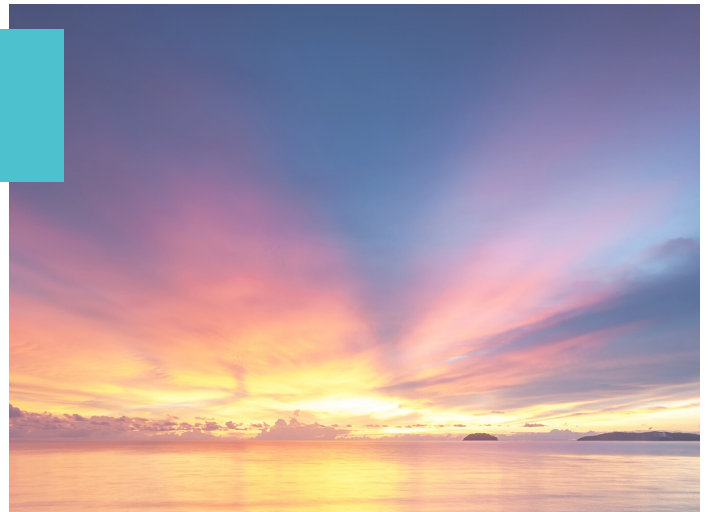
"For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be."

Exodus 3:11-12

"But Moses said to God, 'Who am I that I should go to Pharaoh and bring the Israelites out of Egypt?' And God said, 'I will be with you...'"

These verses remind me that God can use ALL of us, regardless of how unqualified we feel! :)



2 Cor. 12:9-10

"But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong."



Attitude of Gratitude



I am grateful for ...

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I am grateful for ...

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Attitude of Gratitude



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[illegible]



Lesson Two

Experiences of Love

What influential people in your life showed you what **unhealthy** love looked like? What unhealthy patterns did they teach you?

What influential people in your life showed you what **healthy** love looked like? What healthy patterns did they teach you?

What should love NOT look like? Write down some of the examples you just heard and circle the types of "unhealthy love" that you have experienced in your life.

When people show 'unhealthy love," who is that REALLY about? Explain.

Write about a time when you felt rejected. What happened and what did you make that mean about you?

Based on what you heard about the 4 types of survival responses, which do you most use in your life when you're feeling threatened or triggered? (please circle 1-2 only)

- Flight
- Fight
- Freeze
- Fawn

Take some time to journal on the way you show up based on what you chose. For example, if you chose flight and fawn, unpack how you show up in those ways when you are in survival mode. Try and get to the deeper layer of why you do this in order to bring awareness to your conscious mind. This awareness will help you shift the behaviours as we go along (and when you feel safe to do so).

Love & Boundaries

What does **"Part of honouring God is not allowing people to sin against you"** mean to you?

What does God suggest when it comes to loving your neighbour and also having healthy boundaries?

How does your character impact your ability to love & have healthy boundaries?

What are a few 'healthy ways' you can show agape love to someone who is seemingly 'unhealthy' in order to honour God, them and yourself?

Daily Self Love Exercise

Why am I worthy of Love?

My CLIF Conviction Statement

I am a _____

Why am I _____?

Why am I _____?

Why am I _____?

Why am I _____?

This image shows a full page of blank, lined paper. It features approximately 20 horizontal blue or grey lines spaced evenly apart, typical of notebook paper. The lines extend across the entire width of the page, leaving small margins at the top and bottom. There are no vertical lines, text, or other markings on the page.



Lesson Three

What is Healthy Love?

Healthy Love

vs

Unhealthy Love

A solid _____

_____ with Relationship

Separate _____ and other
meaningful _____

Total _____, limited
social life and _____
other friends/interests

Encouragement of each
other's _____ and
secure in _____

Preoccupation with _____
_____ and fear of the
other _____

Cycle of _____ and _____

Cycle of _____ and _____

_____, taking
turns at _____ and
problem _____ together

Power plays for _____,
_____ and passive or
aggressive _____

Embracing each other's

Trying to _____ other to
_____ their needs

Relationship deals with all
aspects of _____

Relationship is based on
_____ and avoidance of the

What is Healthy Love?

Healthy Love

vs

Unhealthy Love

Self-care by _____ partners, with their _____ state not dependent on the other's _____

An expectation that one partner will _____ and _____ the other

Loving _____ (healthy concern about the other person, yet not holding too _____)

Fusion (being _____ with their _____ and feelings)

Intimacy is free _____ growing out of _____ & _____

Intimacy is _____ due to insecurity, _____ & need for immediate _____

Ability to enjoy being _____ and _____

Unable to endure _____ and instead _____

Appropriate _____ that someone will behave according to their needs and continue to _____ you as well

Jealousy, _____, fear of _____ and overprotection of the other as 'supply'

Biblical Love

“Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails.”

1 Corinthians 13:4-8

Think about someone in your life who you are close to, care about deeply and is a healthy person for you to have in your inner circle. You are going to think about how you can show this person Biblical Love. Be as specific as possible Please answer the following questions:

Who is your person? _____

How can you show this person true, loving PATIENCE?

How can you show this person true, loving KINDNESS?

How can you show this person true, loving HUMILITY?

How can you show this person that you HONOUR them?

How can you show this person that you are truly PUTTING THEIR NEEDS FIRST with no expectation of anything in return?

How can you show this person that you are not EASILY ANGERED and KEEP NO RECORD OF WRONGS??

How can you show this person that you are HONEST and TRUSTWORTHY?

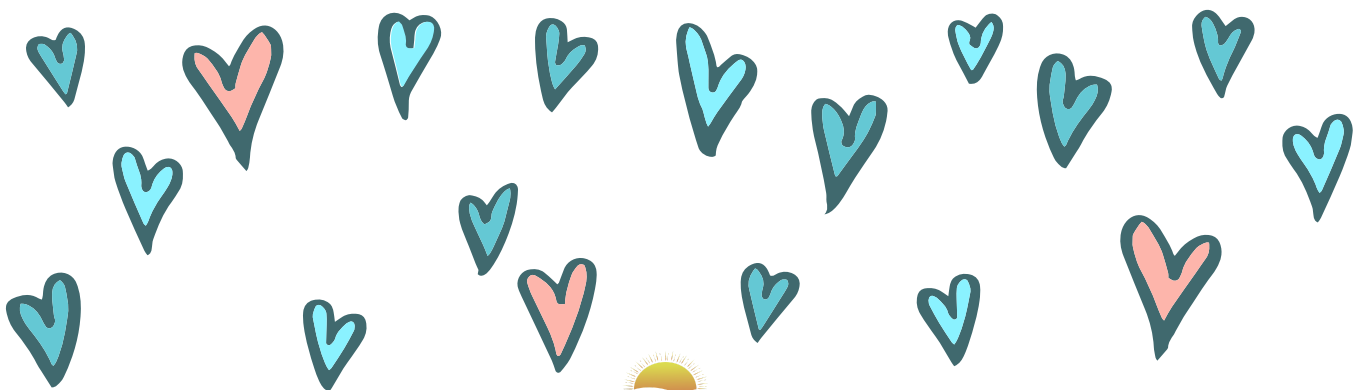
How can you show this person that you TRUST THEM?

How can you show this person that you are PROTECTING their higher interests?

How can you show that you live in a place of HOPE in your relationship with this person?

How can you show this person that you will stay the course without walking away and putting up walls, that you will PERSEVERE through the tough times?

How can you show this person that you love them and you also KNOW they love you?



A Healed Heart

What happens when you have a healed heart? Explain this in your own words:

How to Experience a Healed Heart

Under each heading, explain what you just heard about how to have a healed heart. Relate it back to you by finishing the sentence starter: "I will _____ by..."

I will NOTICE PAST PATTERNS by...

I will BRING IT INTO THE LIGHT by...

I will FOCUS ON THE HOLY SPIRIT by...

I will ASK AND RECEIVE SUPPORT by...

I will CONTROL MY THOUGHTS AND RESPONSES by...

I will STOP DOING AND START BEING by...

I will KNOW THAT GOD HAS ALWAYS BEEN THERE by...

The 5 Love Languages

What is your primary love language?

Who are 2-4 people in your life that you would like to show love to in a way that really supports THEM? Commit to finding out their primary love language so you can love them in the way they like most :)

Why is it helpful to know your primary love language, as well as that of others in your life?

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Lesson Four

Showing Love to Others

"Love must be sincere. Hate what is evil; cling to what is good. Be devoted to one another in love. Honor one another above yourselves."

Romans 12:9-10

"If possible, so far as it depends on you, be at peace with all men."

Romans 12:8

"Put to death whatever belongs to your earthly nature: all immorality, impurity, passion, evil desire, and greed."

Colossians 3:5

"Rid yourselves of anger, rage, malice, slander, abusive speech, and lying."

Colossians 3:8-9

"Put on a heart of compassion, kindness, humility, gentleness and patience; bearing with one another, and forgiving each other."

Colossians 3:12b-13

When you heard the scriptures above, what did you understand about how to be at peace with and love everyone around you, regardless of how they are showing up?

Why do you enjoy giving to other people?

Think of a time when you gave something to some freely without expecting anything in return. How did you feel and why did you choose to give, even though that person could never return the gift in the same way?

How to Give Without Needing in Return

Make notes on what you learned about the strategies of giving and expecting nothing in return. How can you use this wisdom in your own life to begin giving to others without any expectation?

GIVE WITH A FULL HEART

GIVE BECAUSE YOU BELIEVE IN ABUNDANCE

GIVE KNOWING YOU WANT THEIR LIFE TO BE BETTER

GIVE TO PEOPLE WHO DON'T DESERVE IT

GIVE KNOWING THAT IT WILL BE RETURNED IN SOME WAY

Loving People Who Hurt You

- When others hurt you they do it out of their _____.
- They are hurt - and hurt people _____.
- Some people are not meant to be _____.
- You deserve to be treated with _____ and part of honoring God is NOT allowing people to _____ without being held accountable.
- You can love your enemies and do good to those who hate you by _____ and asking God to _____.
- We can ask God to change their _____ and we can love them with _____ and have a _____ spirit toward them - a spirit like God would have.
- This Spirit of God is a _____ and _____ spirit.
- As you feel this kindness, agape love, gentleness and forgiveness in your heart, you must also must enforce the _____ - loving people does not necessarily mean having them _____.

Scripture on Loving Others

"For if you love those who love you, what reward do you have? Do not even the tax collectors do the same? And if you greet only your own people, what are you doing more than others? Do not even pagans do that? Be perfect, therefore, as your heavenly Father is perfect." Matthew 5:46

"Give to everyone who asks you, and when a man has taken what belongs to you, don't demand it back. Treat men exactly as you would like them to treat you."If you love those who love you, what credit is that to you? Even sinners love those who love them. And if you do good to those who are good to you, what credit is that to you? Even sinners do that. And if you lend to those from whom you expect repayment, what credit is that to you? Even sinners lend to sinners, expecting to be repaid in full. But love your enemies, do good to them, and lend to them without expecting to get anything back. Then your reward will be great, and you will be children of the Most High, because he is kind to the ungrateful and wicked. Be merciful, just as your Father is merciful." Luke 6:30-36

"A soft answer turns away wrath, but a harsh word stirs up anger. The tongue of the wise commends knowledge, but the mouths of fools pour out folly. The eyes of the Lord are in every place, keeping watch on the evil and the good. A gentle tongue is a tree of life, but perverseness in it breaks the spirit. A fool despises his father's instruction, but whoever heeds reproof is prudent. In the house of the righteous there is much treasure, but trouble befalls the income of the wicked. The lips of the wise spread knowledge; not so the hearts of fools." Proverbs 15:1 -7



It is difficult to avoid people who are mean, hurtful and unkind, but God has some specific guidance to help you navigate these relationships. In your own words, explain how you can love people who are hurtful and mean toward you.

This image shows a full page of blank white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing or drawing. There are no margins, text, or other markings present.



Lesson Five

Envy, Pride & Judgment

Where have you seen the spirit of envy show up in your life? Explain.

What the Bible Says

"Pride brings a person low, but the lowly in spirit gain honor."

Proverbs 29:23

"A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of."

Luke 6:45

"Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others"

Philippians 2:3-4

You heard biblical principles that explained what holding on to envy and pride can do to you. In your own words, explain what happens when you let go of pride and envy?

Judgment vs Love

What is the impact on you internally when you cast judgment on others?

Overcome Envy, Pride & Judgment

LOVE

What did you learn about love and how it can expel envy, pride and judgment?

HUMILITY

How does being humble help you overcome envy, pride and judgment?

COMPLIMENTS

How does giving compliments to others help you overcome envy, pride and judgment?

GOD FIRST

How does putting God first allow you to overcome envy, pride and judgment?

When you are feeling envy, pride and judgment, how can you show love to people while you're working through your feelings? As you hear about the following strategies, make some notes on how you can show love through these negative feelings.

THANK GOD FOR THE SUCCESS OF THE PERSON YOU ENVY

ENJOY AND PRAISE THE PERSON YOU ENVY

Transform Envy Into Joy

How did the visualization on "Transforming Envy into Joy" impact you? Did you feel the envy slipping away? Did you feel it dissolving it into God's light as He covered it? How might you use this visualization again in the future?

What other thoughts or feelings would you like to release? Think about some other words you would want to use this visualization script with:

You can find a special audio file in a link above this video. This is the same visualization we just did except I have left a space where the word envy was. This allows you to listen to the visualization on your own and specify your chosen word so you can allow God to absorb it with His light as well :)

[illegible]



Lesson Six

Confident Humility

When you hear the word "humble," what words or descriptions come to mind? How are YOU a humble person?

When you hear the word "confident," what words or descriptions come to mind? How are YOU a confident person?

7 Traits of "Confident Humble" People

Under the following headings, make some notes about how YOU can display the qualities of a of person with Confident Humility in your own life:

BE OPEN TO FEEDBACK

STAY GROUNDED

PRACTICE GRATITUDE

CHECK THE OTHER SIDE

TAKE LEAPS OF FAITH

LIVE INTO GOD'S PURPOSE FOR YOU

BE PRESENT



What does choosing "confident humility" do for your life, especially when it comes to loving yourself and others?

What is your responsibility going forward? In your own words, explain what you get to do moving forward in order to show love to yourself, love others well and stand in the truth of who you are in Christ!

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*Congratulations
on Completing
Module 3*