

Re-author

Welcome to Phase 3, Re-author Future Freedom: Will I Ever Trust Again?

Hello and welcome. Today is an even better day than yesterday. You have a great deal to celebrate. You've made it to Phase 3, Re-author, perhaps my favorite part of the Heartlifting Journey. The hard work done up to this point now begins to reap benefits. Hopefully, your heart feels a bit better. It is still tender to the touch and will continue to be. It's been through so much. But, you're on the mend and your future is bright. We're going to talk a great deal about a powerful five-letter word, trust, in Phase 3. I'm pretty sure your heart has asked, "Will I ever trust again?" Let me assure you, it will. Every exercise and resource in this Re-author section is designed to help build your trust muscles. All it asks of you is that you hit the "trust" gym every day. In fact, we'll go together.

PDF 1: Five "Trust-Building" Prayer Exercises

Years ago, while on a business trip with my husband, I sat in a Chicago hotel room, studying the word, "trust," and the spiritual principle of "trusting in God." I had the day to myself, as my husband was attending business workshops. In old-school fashion, because Smartphones and iPads had yet to be created, I opened my Bible, flipping back and forth from concordance to scripture. Today, I share five "Trust-Building" Prayer Exercises with you. Grab your heart journal and pen. As you use the writing prompts, you might hear some God-whispers.

PDF 2: Overcoming Limiting Beliefs

Nothing holds us back like limiting beliefs. The word limit evokes both positive and negative images. I once read that "beliefs are formed through repeated thoughts, and the only reason they hold any weight is because you've decided or agreed that they are true." We play a very big role in allowing or permitting these limiting beliefs to have power in our lives. So, today, as we move forward through the re-author phase, it is critical to take the time to write down any/all limiting beliefs and begin writing new, powerful declarations filled with faith and future freedom. Something special happens when we write things down. Are you ready? A new day is dawning. One filled with so much promise!

PDF 3: Re-authoring Our Relationships

Learning the language of love will change you and your relationships. In Practice 7, *Embracing a Teachable Spirit*, a discovery was made: there are greater gifts inherent in our wounds. Like Hannah, your satchel, filled with your *History of Hurts*, entered the waiting room, and spent time with God—that intimate place where you connected to how you wanted to live the rest of your life. You left different—a healthy woman committed to gaining valuable interpersonal relationship skills so no future hearttrifts keep you from living your remarkable, God-breathed life. This short exercise is to remind you of the tension between tender and tough love. Love is both, so we must continually practice the balancing act between the two.

PDF 4: Smile at Your Future

Author Geri Scazzero writes, “If you don’t take responsibility for living your God-given life, it will not get lived. There is no one else in the world like you. No one! One of the greatest ways you can honor and glorify God is through embracing your unrepeatable life.” I love her words and found them incredibly difficult to process. When someone’s hurtful words and actions replay over and over again in our heads, they deflate our identity and make “smiling at our future,” a bleak forecast. But, when we commit to overcoming hurtful words, God smiles and sends little moments of joy our way—like the moment I saw a simple wooden plaque in one of my favorite retail therapy stores—with the words of Proverbs 31:25, “Clothed in strength and dignity, with nothing to fear, she smiles when she thinks about the future.” I bought that plaque, took it home, and put it front and center in my house—where every single day I see those words. I’ve come to call such moments, “Prophetic footing”—a strong, stable foundation or “base” on which you can build the rest of your life. In the Re-author section of Practice Nine’s Heart Care, you are asked to consider your “prophetic footing” for the future.

Stay tuned and check back: more helpful, inspirational resources will be added weekly.

