

Reframe



Welcome to Phase 2 of your Heartlifting Journey, REFRAME *Past Fault Lines: Where is this coming from?*

For centuries, much has been written, taught and debated concerning love. One thing is certain: Love is God's language. As you move forward on your Heartlifting Journey, the time has come to reframe negative narratives, labels and words in order to begin the process of living into a brand-new story. One aspect of the word reframe means, "To look at, present, or think of (beliefs, ideas, relationships, etc.) in a new or different way." In counseling, we implement the powerful technique, cognitive reframing, to help clients change the way they think about something in order to change the way it is experienced or handled. This phase of your journey is all about reframing. Looking, thinking and determining how you want to live the rest of your life. Begin by picturing in your mind how you want your life to look in thirty years. Ask your heart one question, "What kind of emotional and spiritual legacy do I want to leave behind?" Each of the exercises and resources in this REFRAME section is designed to help you:

- Assess your past fault lines (your past hurts), discovering where or how they might have taken root in your life.
- Begin learning the beautiful language of love.
- Understand the secret of collecting strength on a daily basis.
- Engage in the power of "being" in God's waiting room.

Always remember, you are not alone. God and a whole community of women committed to their own heartlifting journey are praying for you.

PDF 1: The Language of Love

No richer words have been written than the ones penned by the apostle Paul in 1 Corinthians 13:1-11. I've found them painstakingly hard to live out, so created this beautiful page to put before my eyes. I hope you find it a daily reminder to speak the language of love to everyone in your sphere of influence.

PDF 2: Do the One Thing That Changes Everything

In Practice 4, we read the Tale of Two Hearts. Hannah makes the hard decision to do the one thing that changes everything: choose love over hate.

LOVE
HATE

In one chapter, twenty-eight verses, 1 Samuel 1:1-28, Hannah reveals the three-fold cord of authentic love, right before our eyes. For the next three days, let's look a little more closely at this three-fold cord—seeing how we can daily choose love over hate.

PDF 3: A Tale of Two Hearts

Our ability to love always starts within our own heart—the center of all physical and spiritual life. In the Amplified Bible, 1 Peter 1:22 says, "Since by your obedience to the truth you have purified yourselves for a sincere love of the believers, [see that you] love one another from the heart [always unselfishly seeking the best for one another]."

Peter's words here are quite jarring. At least to me. I love the Amplified version because it makes his challenge very, very clear. *See that you love one another from the heart. Always unselfishly seeking the best for one another.* If I'm honest, I can't live one single day from this vantage point. The only way I can even begin to try is to be highly intentional with the three-fold cord of authentic love: Looking upward to God, inward to my own heart, and then, by God's grace, I can live these words spoken by Peter.

In Practice 4's Heart Care, the Re-author section invites you to revisit, "The Tale of Two Hearts." To help you with this, use the two heart illustrations and the two samples,

either in your own quiet time or with your small group. Be creative and open! Healing is on its way!

PDF 4: Rest = Collecting Strength

When asked what helped me most on my own Heartlifting Journey, I'd have to say, learning that rest means collecting strength. It was a real game-changer for me. Perhaps because of my personality or tendency towards hyper-responsibility, whatever the reason, the day I realized I needed to practice healthy self-care and self-love, i.e., putting the oxygen mask of life on me *first*, was the day my wounded heart truly began to heal. Yes, I had to write myself a few permission slips at first, but after time, the practice of collecting strength became a daily ritual. Using this short exercise, I pray you are able to begin the vital practice, too.

PDF 5: Designing Your Waiting Room

It is time for you to dream big! In Practice 6, *Wait for the Peace that Passes Understanding*, you are invited into God's Waiting Room. Before you enter, you leave your *History of Hurts*, at the door. There is no room for it anymore. You've brought your *History of Hurts* into the present long enough to reflect and reframe it. Now, you move on into Phase 3, Re-authoring. Take a deep breath. A sigh of relief. You've worked really hard and now it is time to have some creative fun. The sky is the limit!