

# Week Ten



**FAITH**

# You Were Born to Love

## ACCESSING THE POWER OF OUR PURPOSE

What is our soul saying to us? How do we access the truth and have faith in what we feel?

Thank you spirit for giving me the precious gift of life today. This day is a new day and I have never lived it before. God, I want to hear you clearer and know.

What are you saying to me today? It is my prayer today to trust deeper, to gain more faith and to allow the truth to be heard, so that I may serve.

How many times in life have you thought, there must be something more for you to do? That life has to have more purpose, more meaning than waking up to go to a job and coming home tired.

How many times have you felt you heard a voice deep within call out to you, asking you to be more, yet you didn't believe in yourself?

I remember as a young girl praying each day, serving in the convent on weekends to help the nuns and dreaming of a life where my connection with God was so powerful I would never doubt myself in anything I did in this lifetime.

I remember a day I lost faith in what I believed. A time when things were changing rapidly and the truths I was taught were now being untold and new truths were confusing me. Who could I trust? I believed so strongly those foundational beliefs and now I wanted to run away from the liars.

What I once held so closely to my heart, was now a blur. Where do I put my faith now, where do I run, where do I hide?

It would be years of searching, studying, exploring only to find something was always missing. Can you relate?

How would I know my purpose?

I went from job to job, never satisfied. I excelled at everything I put my mindset to and gained recognition for many things accomplished. But something, was still pulling me deeper into my heart ~~~ when all became still.

I would once again be challenged to have faith and know that my purpose was being revealed each day. I had a knowing that once I truly trusted to the voice I heard, the power would take over to live on this earth as I was intended to walk.

One day I would know. I would surrender and say I am sorry. I have not had the trust to believe you, God, that you would always be there for me. Oh sure, I thought I believed it, but if I truly did surrender I would be living more purposefully and finding the joy in everything I do. I would know ~ a deep knowing. I would feel connected once again.

Today I stand before you and allow myself to soften, allow my heart to open and breathe deeply into life. I will trust the angels, I have always felt, that they will catch me if I fall.

I am becoming a radiant luminous light being living a fuller freer expanded life.

I am feeling you pull me closer ~ to co create and learn the laws of the universe that are opening the doors of possibility in my life. I am also chosen and my willingness to learn is my right and to give the gift of myself to you.

The most wonderful things are happening ~ Life is filling my heart ~ my mind and body are vibrating ~ spirit is talking to me daily ~ I am listening. I am taking action with faith each time I listen, I will know more clearly, in each sacred moment, I will activate these gifts and I am living a life of purpose. I am connected.

I am expressing myself in this world through my truth, my gifts and talents are all through love. I am creating through my faith a life of love. I can and I am creating what I love each day. This is my purpose, my truth, my unity.

I have crossed the invisible boundary that has shown me what is possible. I know that my dreams are coming true. I have faith that is growing each day as I stay focused on the creation of my life.

We each have the power to access our purpose. Once we clear those old voices and trust in our faith that everything is here for us, as I once knew as a child, we can access the power ~

I am accessing the power within given to me ~ because it is my birth rite and it is yours.

Living in gratitude daily, helps me access this power.

Believing in myself provides the creative energy I am building and I imagine I am the greatest gift given by our creator with enthusiasm and joy.

Without faith I am not. I delight in the secrets and wisdom that are taught to me. I feel the truth enter my heart. Yes I have arrived.

*"The angel said "fear not, for behold, I bring you good news of great joy that will be for all people"*  
(Luke 2:10)

We are the people and joy is our birth rite.

# You Were Born to *Love*

## LESSON - FAITH

Your Faith can move mountains and your doubt can create them.

Relax – breathe.

Your body is a biofeedback system and when you pay attention you will notice how open or shut down you are. This system can help you navigate your life in many ways. Let's use our biofeedback system to notice more this week and have the faith it is guiding us in perfect harmony with our purpose.

Imagine a light coming through the top of your head and moving down your body, feel your thoughts relaxing. Let go now.

1. Notice how much faith you have:

- a. In yourself
- b. In your life
- c. In your spiritual beliefs

Be honest in your self evaluation of all areas. List the # 1 area you have the least faith

Faith in MYSELF .....

.....

.....

.....

.....

.....

.....

.....

Faith in my LIFE

---

---

---

---

---

---

---

---

---

---

Faith in my SPIRITUAL BELIEFS

---

---

---

---

---

---

---

---

---

---

Where do I have the LEAST FAITH

---

---

---

---

---

---

---

---

---

---

# You Were Born to *Love*

---

## LESSON - FAITH

2. Take the area of least faith this week and send more love and trust.

Come up with your own affirmation that will help support that area in your life and strengthen it.

Notice when you doubt and repeat your affirmation and create new ones as needed.

My AFFIRMATION(S)

---

---

---

---

---

---

---

---

Our Faith is tested every day!

It could be the belief in our own decisions, trusting another person, or putting all of our faith in our God, our creator, to handle all matters.

Use this area to create or doodle around the words of your affirmation.

# You Were Born to *Love*

---

## LESSON - EXPANDING OUR FAITH

Do one thing this week that will push your faith button. Something that perhaps you intuitively feel you should do but may be afraid to take the step.

Spend time in meditation and allow yourself to connect with the source of your highest wisdom. Listen. Now take the step and just be aware of how it feels to keep moving through it.

This week I pushed my Faith button by...

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



As I took my step and moved through it, I felt...

A series of horizontal dotted lines for writing.

# You Were Born to Love

---

## LESSON - CREATING OUR PRAYER

I remember a day when I was listening to a sermon on the television. I honestly wanted to turn it off because I was busy doing something else. That little voice inside said “LISTEN”. The minister began to share how “ye have little faith.” He said that if we truly had 100% Faith, would we have any doubt of our lives or in love? Good question he posed. So I began to listen more and decided to surrender.

I created my own little prayer. I went to my “focus symbol” that I trusted to create and began my prayer. I placed my hands on the part of the symbol/painting that was the Infinite Universe. I became aware of how I felt and I became aware of what I was noticing while I prayed.

Write your own prayer or affirmation that will support your faith

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

## LESSON - FOCUS IN FAITH

This week do something similar.

If you have created your Focus Symbol or have another source that keeps you on track, take the time to surrender into faith. Allow yourself to drop into that infinite space of trust and love. Notice how it feels. Make a promise to yourself to amp up the faith in your life.

What is your Focus Symbol?

Use this space to draw or write about your Focus Symbol

# You Were Born to Love

## LESSON - SURRENDER

When I surrendered that day, I cried. I felt the angels grab hold of me. I felt a new sense of freedom.

Now, when doubt comes in, I remember that day, that prayer and how it felt. I tap into that source of wisdom and love. I quiet my head and open my heart and I am guided to the truth.

What day will you surrender?

Write about your day of surrender. What did you feel? What happened?  
How do you feel now?

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---



# You Were Born to Love

## LESSON - SURRENDER

Faith is an invisible power, just like your connections on a phone or WiFi. Imagine plugging into your faith. How far will the connection go? How strong will it be?

*“Faith isn’t  
a feeling.*

Take at least 15 minutes each day to meditate/pray and envision that ‘connection’ like a clear laser beam getting stronger . Notice how it feels.

*It’s a choice*

Write down your decision to take the leap of faith in 1 area of your life.  
Breathe – GO!

*to trust God*

*even when*

*the road*

*ahead seems*

*uncertain”*

~ Dave Willis

