



See yourself
through
God's eyes

What would that look like?

Some questions...

- What does God really think when God sees you?
- What do you really think of you?
 - Do those answers align?
- Are you tired of striving for perfection and hustling for approval?
- Does the fear of being "seen" keep you playing too safe and too small?
- Are you living your life to the fullest? Do you want to?

Once you know, deep in your heart, that God loves you just as you are, right now, you can take a deep breath and relax.

Put down the striving to be perfect and chasing after approval.

Rest in the divine embrace, knowing that You are already perfect in God's eyes. You are beloved and cherished beyond measure.

You are the Imago Dei

"So God created humankind in God's image,
in the image of God, God created them;
male and female God created them....
and God saw that it was very good."

Genesis 1:27

As a beloved of God, you have inherent dignity!

- You don't have to earn it.
- No one can take it away from you.
- God cherishes you just as you are.



"Love your neighbor as your self"

Teacher, which commandment in the law is the greatest?

Jesus said to him, "You shall love the Lord your God with all your heart, and with all your soul, and with all your mind. This is the greatest and first commandment.

And a second is like it: You shall love your neighbor as yourself. Matt 22:36-39

- What does it mean to love your neighbor?
- What does it mean to love yourself?
- What would this world look like if we saw ourselves AND EVERYONE ELSE
 - [Even people that look different than you]
 - [Even people that are jerks]
 - [Even people that are our enemies]through God's eyes?



If God had a
refrigerator,
your picture
would be on it!

Give yourself permission to be
precisely who God wants you to be
in your life here and now

You get to choose:

- Who do you want to be in this situation?
- How will you express the divine spark in you?
- How will you be God for others?

Practice Daily:

Let go of who you think you are
"supposed" to be and
EMBRACE who you are in the eyes of
God!



**Your
truest
self**

What stories
are you telling
yourself?



"I am worthy."

"I am cherished."

"I am beloved."

"I am enough."

"I am wholly and
completely who I
am meant to be."

(repeat daily!)



The Return of the Prodigal Son by Rembrandt
Luke 15: 11-32

The Parable of the Prodigal Son

- It's not about forgiveness
- It's about the "prodigal" love of God
- "Prodigal" means reckless, wasteful, extravagant

Which one are you?

The younger son:
a sinner who left home

The elder son:
a sinner who stayed home

The father:
the one who loves freely, recklessly,
wastefully, extravagantly

Which one are you called to be?

Live the Celebration!

Savor God's lavish, compassionate embrace.
Be amazed at God's longing for your return.
Be surprised at the absence of condemnation.

Be drawn into the boundlessness of God's invitation – unmerited, unearned grace: Pure gift!

A gift that tells of God's goodness without regard to your own.
Enjoy being wrapped in the finest robe; being gifted with the ring of kinship;
being clad in excellent shoes.

Fill your belly with the fattened calf.
Fill your soul with the extravagant celebration of God's unconditional love.
Accept forgiveness from the awesome, transcendent Holy Mystery.
And then, forgive yourself.

Join the divine dance of celebration.
Realize that you are God's daughter,
that you are worthy of divine love - that you are enough.
God has called you "beloved!"
You are a servant no longer. You have a place at the table.
All that God has is yours.

Accept it!
Believe it!
Live the celebration!
You are worth it.

Are you ready?

- Are you ready to re-connect with God?
- Are you ready to release what is too constrictive?
- Are you ready to embrace your truest self?



Next Steps?

Let's talk!

[Click here to pick a time that works for you.](#)

Or

Send me an email at

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Who I am?

I'm here to walk this journey of exploration and discovery with you!
I'll hold the Christ-light for you.