
Decluttering Your Relationship with God

Learning to Love God with ALL Your Heart



WHOLEHEARTED
LIVING

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Introduction

I don't think it's an accident that you're holding a copy of this book in your hands. I believe it's part of God's plan to free you from anything that's preventing you from the vibrant life of impact He intends for you. God loves you, likes you, and wants nothing but the very best for you.

In ***Your Relationship With God*** you'll have the chance to once again examine some of your beliefs; specifically, what you've believed about God, how He feels about you and what He wants for you – and *from* you.

One of the most important things you'll want to do on this journey is to pray. Before you begin each exercise, ask the Holy Spirit to direct your attention to what *He* has prepared for you.

In addition to prayer, I would encourage you to slow down and marinate in the material. As you read the chapters, though each one is brief, it's helpful to ponder the material for a bit. Take time to digest what you've read, and then complete each of the exercises to the best of your ability.

The course, ***Your Relationship With God***, will be led by a therapist or life coach who is certified for the ***Wholehearted Living*** program. She will help you look out for things to avoid as well as point out important places to visit along the way. In addition, as you share with one another, you can gain a lot from the other participants. Past participants have commented on the tremendous benefits they've received from this process.

Please understand that if you want to get the most out of this decluttering process, you must take responsibility for your own learning and give each assignment your best effort. If you do, you too, can experience amazing and life-changing results. I believe you deserve nothing less - and hopefully, you do too.

May God Bless you as you continue your *Wholehearted Living* journey.

-Alicia

READING ASSIGNMENT



Have you ever felt that God is distant? Have you wondered why He seems so far away, so uninvolved? If you're like most people, chances are good that you've at least occasionally had thoughts like these.

The truth is God has given Himself to you completely. He isn't holding out on you, or anyone else. He is always 100% *with* you and *for* you. Therefore, if there seems to be distance, we're the ones responsible for putting it there.

Imagine that life is a riverbed. God is at the head and we're down river from Him. We're designed to continuously receive Him, the "living water." We were *not* created or designed to be an independent waterway. Instead, we were created to be dependent on the Lord, the only true source of "water."

So, what happened? Unfortunately, we've been wounded along the path and consequently, we've come to believe some things that are just not true. We have erroneous thinking about ourselves, others and even about God. Collectively, all of that "junk" adds resistance to the truth.

In the riverbed of life our wounds have gathered mud and moss along the way. Over time, they can develop into large boulders that cause resistance to the living water. Hence, we become parched and believe that God must not be interested, has gotten distracted or has left us completely. Nothing could be further from the truth.

In Alignment

When our beliefs line up with God's beliefs, when they are based upon the truth, we'll find ourselves in alignment with God and His ways. It's a lot like one's spine. If your spine is out of alignment, your body won't work as well as it was intended. However, with proper chiropractic adjustments your spine can be realigned, and your body can then fully function as it was intended to. Etc.....