

Module 3: Embrace

Embrace means to Embrace what's possible

You've just Released the People, Places and Things in your life that were holding you back. Now God's bringing you into a new chapter of your life.

As you wake up and start your day, there's no need to think of the past and dwell on your mistakes.

He's doing a new thing in you.

Instead, choose to Embrace the future and what you can create. Embrace what's possible.

ISAIAH 43:19 NIV

SEE, I AM DOING A NEW THING! NOW IT SPRINGS UP; DO YOU NOT PERCEIVE IT? I AM MAKING A WAY IN THE WILDERNESS AND STREAMS IN THE WASTELAND.



Pause

Pause stop and think about what we need to Embrace so you can **Breathe** in this new season.



Pause exercise

Pause and think about what or who you need to Embrace.



You can use this list to generate ideas or use your own ideas

What new thing do you need to Embrace?

Yes No

- A new way of living
- A new mindset
- New thought patterns
- A new way of being
- New relationships
- New opportunities
- New Spiritual Life

Other:

Other:

Other:

Other:



Pause



You can use this list to generate ideas or use your own ideas

Do you need to Embrace starting over?

Yes No

 Relationship

 Job

 Church

 Life

 Business

Other:

Other:

Other:

Other:



Pause



Are you aware of your feelings on a day-to-day basis?

- When do you become aware of your feelings? Do they have to be strong to get your attention?
- Do you name these feelings and express them to others?
- Do you believe you have a good relationship with yourself?
- How do you handle strong emotions?

Here are a few unhealthy ways we deal with emotions. Select any that apply to how you deal with emotions:

- I stuff my feelings and then explode when I can't hold them in any longer.
- I file them away to deal with later, but later never comes.
- I recognize other people's emotions but struggle to identify my own.
- I'm aware of my feelings but get addicted to the drama of my emotions.
- I go straight to my head and usually don't know what I feel.
- I get overwhelmed by my feelings, and I'm not sure what to do with them, so I avoid any circumstance that might bring up strong emotions.
- I feel shame when I have strong emotions, as if they're wrong.
- I work hard to keep my emotions under control, so my feelings smolder just under the surface.
- I strongly express emotions like anger but avoid showing any feelings that make me feel vulnerable.
- I mirror the emotions of those around me to fit in.
- I know what I'm feeling but am afraid I will be rejected or cause conflict if I share them.



Pause





Yes No

 Is how you feel and think about yourself consistent, or does it change depending on who you're with?

Do you ever experience feelings of shame or self-hatred? When?

What do you do to lessen those feelings?

What do you like about your emotions?



Remember, our emotions are just indicators that allow us to see into our minds; that's why we need to Embrace our emotions.

Never condemn or judge yourself for feeling a particular way.

Emotions are a valuable tool if you take your emotions through the 5 Ps to see what they're trying to tell you and how you can grow.



“Talk to yourself like you would to someone you love.”

Brené Brown



Change can be difficult. We need to Process this new season or area of change so we can mentally prepare for it.

Process Exercise

Look at your list of areas you need to Embrace from your Pause exercise on pages 51 & 52. Now let's process these areas.

Examples:

Do you need to Embrace a new job?

- Why is that?
- What kind of job would you like?
- What don't you like about your previous or current job?
- What do you want in your new job?
- Who do you need to become, or what skills do you need to get that new job?

Do you need to Embrace a new mindset?

- Why is that?
- What does your new mindset need to be?
- What challenges might you incur when you work on creating this new mindset?
- Do you need to develop new skills or acquire further information for your new mindset?

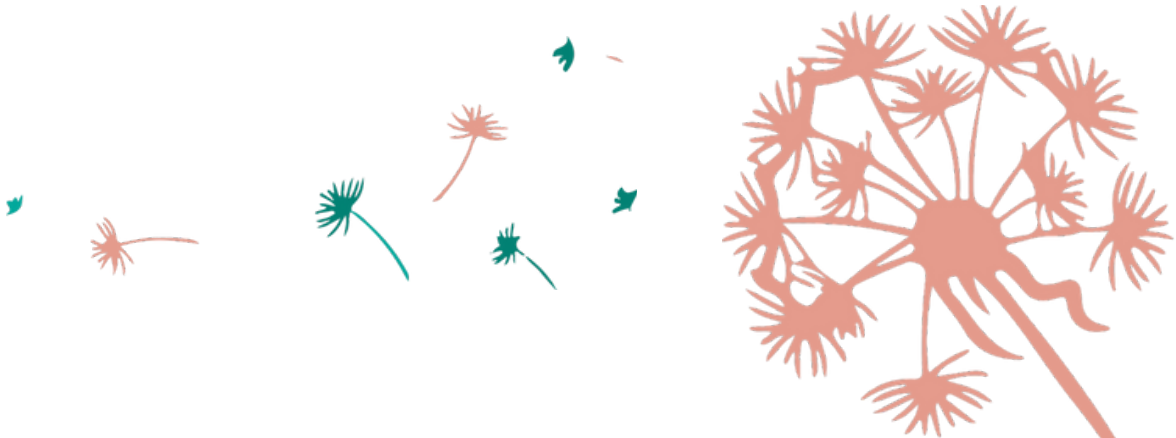
Use this space to Process what you need to Embrace:

Continued... Use this space to Process what you need to Embrace:

Process Emotions

Processing our feelings will help us Embrace new mindsets, new relationships and a new way of living.

Without it, we'll fall into old habits and automatic responses.



Process Emotions Exercise

Think of an incident that causes a strong negative emotional reaction in you. Now, Process why you had that reaction.

You can use this exercise anytime to Process other strong emotional reactions.

Yes No

- Is this a reoccurring emotional reaction?
- Is there a story behind it?
- Did it trigger a memory?



How often does this happen?

What caused it?





Pray

Allowing God to handle everything will enable us to focus on experiencing the life He has called us to live.

MATTHEW 11:29-30 NIV

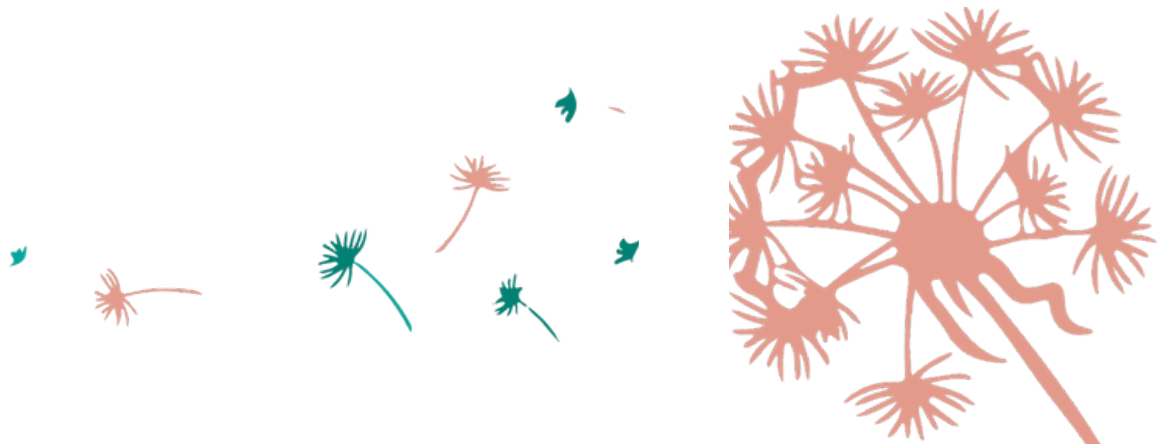
29 TAKE MY YOKE UPON YOU AND LEARN FROM ME, FOR I AM GENTLE AND HUMBLE IN HEART, AND YOU WILL FIND REST FOR YOUR SOULS. 30 FOR MY YOKE IS EASY, AND MY BURDEN IS LIGHT.”

Take what you need to Embrace to God, including your emotions. Remember, He wants to give you wisdom and carry your loads. He desires that you find rest for your souls, not more burdens.

Prayer Exercise

Take what you need to Embrace to God.

- Pray for wisdom.
- Pray for clarity.
- Pray for His guidance.
- Whatever you need, lift it up to your Heavenly Father in prayer.
- Ask Him for a plan so you can Embrace what you need to Embrace.





Plan

Now it's time to make a plan.

I want to give you ten ways you can Embrace the new:

1. Be Joyful - Be open to the joy of the Lord throughout your day.
2. Release - Let go of predetermined pictures of your day and keep your eyes open to the unexpected.
3. Be Spontaneous - Be open to all possibility as they unfold.
4. Connect - Connect with the Holy Spirit who lives in you.
5. Explore - What's a normal activity you can do in fresh and innovative ways.
6. Take a break - Pause regularly and take a gratitude break.
7. Use Your Senses - Embrace your experience through your five senses.
8. The Start and Finish - Use your first and last moments to process your day.
9. Daydream - Relax and let your mind wander. Take a mini holiday with in mind.
10. Surrender - Let God lead you down unexpected turns.



What's your Plan to Embrace the new?

On the left-side of your worksheet, write down what you need to Embrace. Now on the right-side write out your Plan so you can Embrace those things.

You can use the ten ideas above or create your own.

To explore the ten ways to Embrace the New, head over to the Resources Section for exercises to dig even deeper.

<i>Embrace</i>	<i>Plan</i>

Plan Your Emotions

Can you Plan what emotions you will experience? Yes, you can.

We Think > We Feel > We Choose

You're being proactive by creating a Plan for how you want to think, feel, and choose when you're triggered. You'll also short-circuit negative emotions that could spiral you into a pit of despair or cause unnecessary drama, conflict or poor decisions.

You can't think one thing and expect to Embrace something else.

Plan Your Emotions Exercise

Think of 2-3 recurring triggers. Choose things that cause emotional reactions in you that you know you don't want.

- These triggers could be a People, Place or Thing you chose to Release in our last Module.
- What kinds of thoughts come to your mind when you're emotionally triggered?

Write down 2-3 thoughts you will choose to think if you're triggered emotionally.

When you're triggered, you will switch out the old thought for the new, proactive thought.

You're using the Law of Exchange again.

Changing your thoughts will change how you feel and create new choices. By making new choices, you're proactively Embracing your Feelings.



Plan Your Emotions Exercise

Trigger	Old Thoughts	New Thoughts



Plan





Pivot

Embracing this new season means Pivoting away from the old you and Pivoting into the Spirit of God inside you.

It can be easy to open up and Embrace the new if you picture it the way God does. Remember that God wants nothing but the best for you; trust Him.

JEREMIAH 29:11 AMP

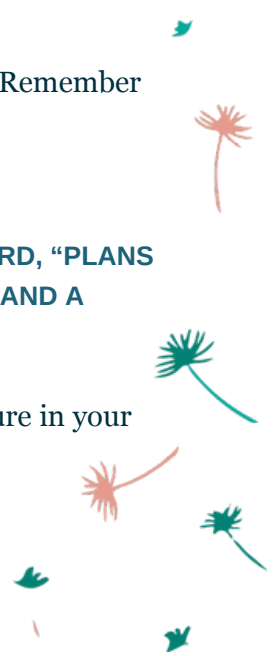
“FOR I KNOW THE PLANS AND THOUGHTS THAT I HAVE FOR YOU,” SAYS THE LORD, “PLANS FOR PEACE AND WELL-BEING AND NOT FOR DISASTER, TO GIVE YOU A FUTURE AND A HOPE.”

Your future is positive and better than anything you’ve ever known—keep this picture in your mind.

Pivot to Embrace Exercise

Look at your Plan to Embrace; decide how you will pivot to act on your Plan.

Write how you will Pivot here:



Pivot Your Routine Exercise

Pivoting also means stepping out of your comfort zone, living a little, and experiencing new things.

Don't unconsciously stay stuck in old routines. Consciously try out new routines each day.

We seldom try new things by accident. Create a Plan to Pivot your routine intentionally.

What new routine(s) will you try?

What's one new physical activity you will do this week?

What's one new food you'd like to try?

What new place would you like to visit in the next month?



Is there a new person you would like to connect with but have hesitated to ask before now? Who is it? When will you contact them? Where would you like to go to connect with them?

Who:

When:

Where:



*Maybe you can have
coffee together.*

Asking someone for coffee feels like a low commitment.

It's a great way to explore if you want to get to know one another more. If they're not local, you might ask to have a "zoom coffee" or phone call with them.



Wrap Up

It's a new season. old things have passed away, and the things that used to upset you and stress you are no longer an issue. It's a new day! Decree and declare your freedom! By Releasing all that old baggage, there's a fresh anointing upon you—Embrace it.

As you grow, evolve and Embrace, you create more joy than you've ever known or imagined, and you're beginning to **Breathe** again.

Prayer of Embracing

Father, I thank You for clarity of mind. I thank You for clean air and healthy lungs. I thank You that I can now breathe with intention because of Your Word. Your Word healed me. Your Word gave me the strength to live and fight for my life. Your Word encouraged me and empowered me to embrace my emotions so they could be a gauge and not my guide. Father, I anticipate the good things You have prepared for me today. Bring complete order to my day and life as I seek You first and make Your will my priority. I rejoice in the new day You have given me, and I praise You for making it a healthy, peaceful, fruitful, and productive day. Thank You for teaching me ways to increase my effectiveness, take care of my physical body, decrease stress, and work smarter.

Lord, Thank You for declaring Your plans for me - plans to prosper and not harm me, plans to give me hope and a future. I choose to renew my mind and embrace Your plans for my life. Teach me Your knowledge and good judgment. I choose to take my life—my sleeping, eating, working, and living—and place it before You as an offering. Embracing what You do for me is the best thing I can do for You. I work according to your agenda and perform for an audience of one—the Lord Jesus Christ. In Jesus's name, Amen.



Scripture References

PSALM 139:14

PSALM 119:66

JEREMIAH 29:11

ROMANS 12:1 MSG

PROVERBS 14:15

PHILIPPIANS 1:20 AMP

ISAIAH 43:19 NIV

MATTHEW 11:29-30 NIV

