

# Be Transformed!



7 steps to heal your divided  
heart

# 1. Recognise

the behaviour and the feelings behind it in my divided heart?

Dear God help me to see where my behaviour and feelings are not in line with my true heart.



Write down the behaviour and the feelings behind it.



# 2. Review

where this behaviour and these feelings have shown themselves in my life before

Father, help me see where this behaviour and these feelings have been present in my life.



Write down when you have seen this behaviour and these feelings before

# 3. Reveal

the lie that is behind the feelings and behaviour

Father, help me identify the lie that is at the root of this behaviour and feelings.



Write down the lie behind the feelings that you have identified



# 4. Repent

of the lie and align yourself  
with the truth



Father I confess that I have  
believed the lie that ....  
and I ask for your forgiveness  
and receive your cleansing,  
healing & rescue.

Repeat the prayer  
slowly several times  
allowing it to come  
from your heart

# 5. Receive

God's forgiveness and  
cleansing

Allow Jesus to cleanse that  
place where the lie has taken  
root.

Invite him into any memories  
that come to mind




Write down how you  
feel, any memories that  
come to mind & any  
sense of what Jesus is  
doing or saying





# 6. Re-establish

the truth by speaking it  
out



Father, what truth do you  
want to give me instead of  
the lie?



Write down a truth  
from Scripture that  
replaces the lie

# 7. Recommit

to live differently by allowing your feelings and behaviour to come into line with the truth

Father, what would behaving and feeling differently look like? Help me to walk in this new truth.



Write down examples of the new behaviour & feelings.



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is a part of Whole Hearted,  
*a healing ministry of Burlington Church*

whole  
hearted.

[burlington.church/wholehearted](http://burlington.church/wholehearted)

## Whole Hearted Course

Life can be hard and sometimes we need a little help. We can't fix it, but we know who can - and we can help you connect with Him. Jesus wants to give you His perspective and heal the things that keep you from becoming fully you. A 10 session course

## Whole Hearted Conversation

Maybe using this tool has raised something for you and you would just like to talk it through with someone, or feeling a little stuck you would like some help in journeying through the Be Transformed! 7 steps.

## Whole Hearted Appointments

The focus of a Whole Hearted Appointment is to lead people gently to Jesus for his Holy Spirit to bring healing to their lives. It is three of us at the foot of the cross bringing one of us to Jesus.