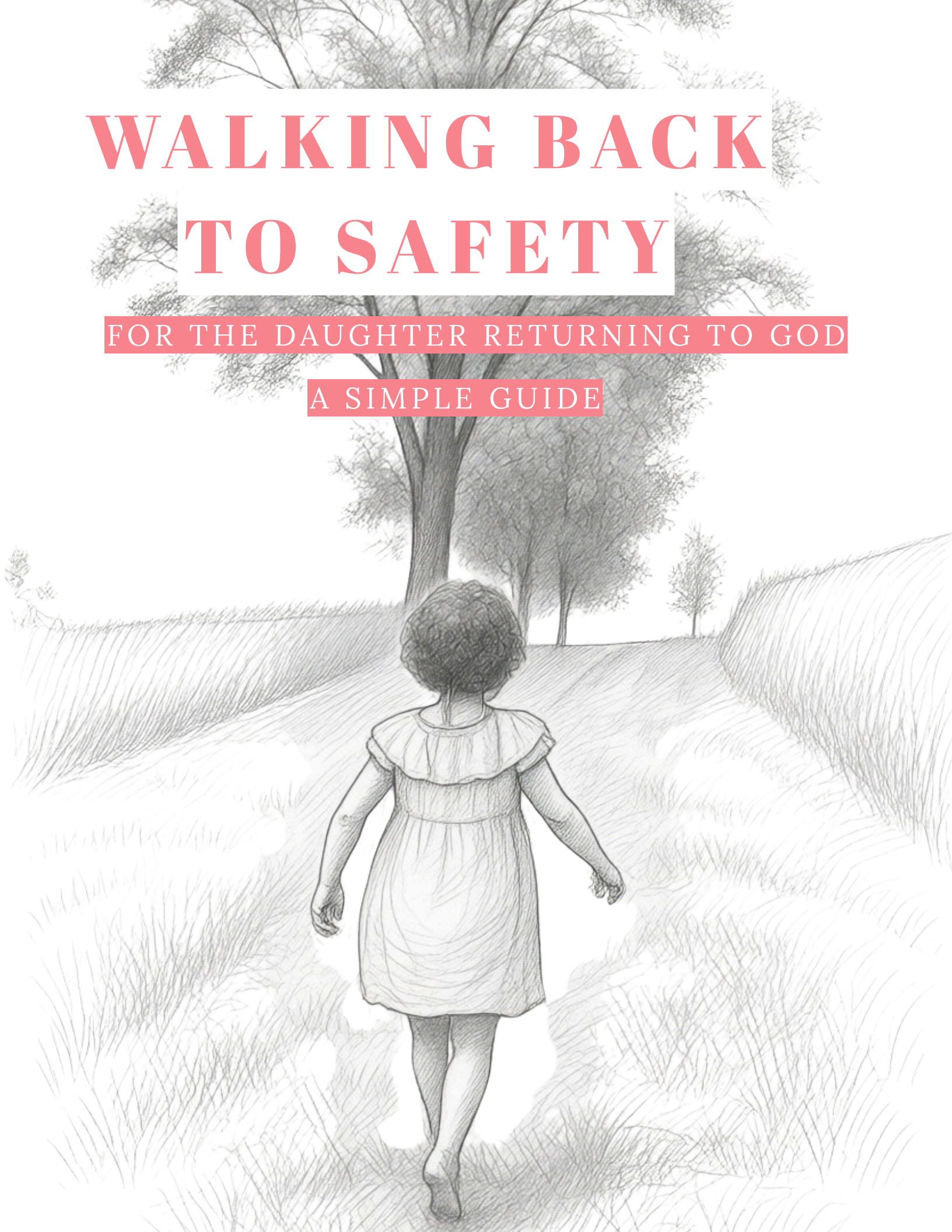


WALKING BACK TO SAFETY

FOR THE DAUGHTER RETURNING TO GOD

A SIMPLE GUIDE





HEY BESTIE, WELCOME TO BLISSFUL-FAITH!

A dysregulated nervous system can cause us to be in a state of constant fight or flight. Before God speaks to us, He wants us to be fully capable of receiving from Him.

This is a reason why we worship Him through song. It prepares our hearts for what He wants to say to us.

Another powerful preparation of the heart is stillness and breathwork.

Sitting with the intention to just be with God and listen helps us to be calm enough to be open to whatever the Lord wants to do.

Try these gentle, yet effective steps as you come back home to safety.

The slower, the better.

Deryn Janae

blissful-faith.com



1. Sit in silence for 5 minutes.

Be present with Him without doing anything.
Pay attention to what you see, feel, and think.

2. Place your right hand on your chest and left hand on your stomach.

Take 3 deep breaths in through your nose and out through your mouth.

3. Talk to God about what's going on.

Tell Him your heart and ask Him to reveal what caused you to run away.

4. Open your Bible and follow His promptings.



Thank you Bestie!

Be sure to check a few of our other free workbooks in our free resource library!



FREE RESOURCE LIBRARY

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