

The Pray More Healing Retreat Study Guide

Realizing Your Belovedness: How the Lord Sees You With Rhyan Ramirez

Reflective Questions

“Every time you feel hurt, offended, or rejected, you have to dare to say to yourself: ‘These feelings, strong as they may be, are not telling me the truth about myself. The truth, even though I cannot feel it right now, is that I am the chosen child of God, precious in God’s eyes, called the Beloved from all eternity, and held safe in an everlasting embrace.’”

Henri J.M. Nouwen

1. When was the last time you felt seen and loved by another?
2. What comes to mind when you hear the word *Beloved*? Do you know that you are “divinely loved” and “close to the heart of God the Father”? Do you believe the Lord has a plan for your life? Why or why not?
3. What is holding you back from embracing your true identity as “Beloved”? What is stopping you from surrendering yourself totally into the hands of God?
4. Rhyan offered a few practical steps to embracing your Belovedness and allowing God to love you the way He desires to. Which of these steps can you take today?