



THE 4-WEEK TO BECOMING JOURNEY

WEEK 3: HEART CHECK & HEALING

Radiantly Resurging

Can you believe that we are in week 3 of our journey to becoming? How has this journey been for you? What did you discover about yourself as you were dealing with the first two pillars? Are these workbooks helping you?

My goal will always be to help us get to our true self in Christ. And my reason for writing these books is to help you unpack the trauma and inner junk that has held you back for years. I want to see you walk in the freedom that Jesus dies so you can purchase.

This workbook will focus on heart healing. You see, emotions are simply the fruit. These are your reactions which means they stem from a trigger. But to heal how you respond, you need to heal the triggers and that is where the healing of the heart comes in.

There are wounds that have shaped how you and i interact with others, perceive ourselves and how we interact with God. These wounds shape our relationships, personality, character and even our spirituality. They shape how we view ourselves.

That is why it is important to deal with them because if you don't, you will never get to know, experience and walk in your authenticity. Jesus paid a hefty price for you to walk in mediocrity and see life from the lens of your past heart. My prayer for you is that this workbook will help you start your journey of healing the wounds. I want to encourage you to be open, vulnerable and allow yourself to feel what needs to be felt so you can get to the other side. I know it will be uncomfortable, but remember, you got this.

With love,

Mercy M.



PRAYER:

Heavenly Father, we thank You for this opportunity to seek Your guidance in every area of our lives. As we continue on our journey to becoming, we ask for Your guidance, wisdom, confidence, and discernment so we can align to Your perfect will for our lives. We thank You that Your will is to see us succeed and fulfill our purpose here on earth. Your plans are good and You have only pure intentions for us. Help us to trust Your guidance and also believe that You want us to win even more than we want it for ourselves.

*We thank You that You will hold our hands every step of the way and we will be able to discern what You are saying and boldly step into it. We also thank You that You Precious Holy Spirit will give us the blueprints we need to become everything You envisioned us to be even before the world was created. More importantly, we believe that this process will not only draw us closer to You but that it will also deepen our faith in You helping us grow and become who You always knew we could become. Give us the boldness to pivot as You see fit and to fully surrender to Your guidance and Your way. This is our prayer in Jesus Christ's Name,
Amen and Amen.*



HEY, I'M MERCY

I would like to first thank you for taking the time to become a part of this community. Going on this journey is exciting to me because I recognize how freeing a relationship with God is as opposed to trying to perform or earn His love. I have been the girl who tried to earn God's grace not realizing that He had freely given it to me

This is why this workbook is so important to me. I want other Christians to recognize that God is more interested in our heart more than He is our works. You see. God knows our hearts and He knows the reason we do some of the things we do. He wants to get us to a place of relationship. He wants us to get to know Him intimately and have a unique relationship with Him. Get ready for a beautiful adventure of unlearning, learning and becoming.



Mercy M.



HEART HEALING

Heart healing is the divine process by which God restores the inner person- emotions, thoughts, identity and spirit- to wholeness and alignment to His truth and Love. It is the works of the Holy Spirit transforming a wounded, hardened or divided heart into one that is whole, responsive and fully surrendered to God

It is not just emotional recovery, it is spiritual renewal that brings the heart back to its original state. , A place of peace, love, trust and intimacy with the Father.

Key Biblical Foundations.

1. God heals the broken-hearted

Heart healing begins when we bring our pain to God and let His compassion mend our broken hearts.

He heals the broken hearted and binds up their wounds- Psalm 147:3

2. God gives us a new heart

Healing is not just repair, it is divine renewal, where God replaces hardness and hurt with tenderness and life.

He has sent me to heal the brokenhearted- Isaiah 61:1

3. The word of God heals the soul

God's truth uproots lies, brings clarity, and renews the mind to walk in peace and wholeness.

He sent His word and healed them. Psalm 107:20



4. Healing leads to peace and wholeness

A healed heart rests on God's love and bears fruit in relationships, purpose and faith.

You will keep in perfect peace those whose minds are steadfast because they trust in You. - Isaiah 26:3

Heart healing is the sanctifying work of the Holy Spirit that restores the inner man from brokenness to wholeness, replacing pain with peace, lies with truth and fear with love, so the believer can love God, themselves and others freely again.

Reading the scriptures above we realize that God's intent is to see us walk in wholeness. He does not want us to limp through life. The finished work of the cross encompassed healing of the heart not just physical healing. I want to ask you this, are you ready to experience heart healing today. Are you tired of going through life with heaviness in your heart that does not want to leave? Do you want to love yourself, God and others from a healed lens as opposed to loving them from your wounds? How do you think your life will look like if you decide to start your heart healing journey today?

To navigate heart healing I want us to look at the story of the Samaritan woman in John 4. She had lived her life broken because of the things that happened to her. And we see that by the end of her encounter with Jesus, she left whole and at peace. In fact she got her confidence back too.



The Woman at the Well- John 4

Just to give you a summary of this story, the Bible starts off by telling us that Jesus had to go through Samaria. The interesting thing was that the Jews would rather use the longer route to get to Jerusalem despite the fact that Samaria was the shorter one. They had a long standing grudge between them and the Samaritans. They did not consider the Samaritans as Jews. They looked down on them. Yet here was Jesus, going out of His way just so He could encounter this woman.

The other thing was that it is said that the male Jews would wake up every morning and thank God that they were not created as women. They considered women as the inferior and lesser race. The culture was patriarchal and favored the men. So for Jesus to be seen talking to a woman let alone a Samaritan woman that was considered 'illegal'. How reassuring is this? Jesus willingly chose to meet that woman at the point of her greatest pain.

Looking at the Samaritan woman there are two things that we can point out.

1. **She considered herself a second-class citizen.** Understandably so. The Bible tells us that she had been married 6 times and the man she was living with at the time was not her husband. She went from having a stand to where she wouldn't settle unless a man claimed her as his wife to being okay living with a man who wouldn't claim her. How sad. But we cannot judge her because we could be dealing with the same situation. I have a question? How many times have you allowed rejection to make you question your worth? Have you experienced rejection for too long that now you find yourself taking what comes your way without vetting whether it is good for you or not? This does not apply only to relationship but to every area of your life.



2. **The second thing was that she had low self- esteem.** Samaria is a desert and that means the weather there is very hot and harsh. It was said that women would draw water either early in the morning or in the evening when the sun had cooled down. Yet here she was drawing water at midday. That is the time when the sun is the hottest. Maybe she was also avoiding people because she was afraid of being judged. The truth though is that she went at a time when she knew she would not meet anyone. Can you relate to this? Have you had instances where you would hide from people because of the things that happened to you? Have you allowed trauma and past hurt to make you isolate yourself from other people?

And just to give a recap of this story here goes.

- Jesus had to go through Samaria. This shows that He was intentional about it and had an agenda.
- Jesus met the Samaritan woman at the place of her greatest pain. She avoided people yet Jesus showed her that she mattered to Him
- The Samaritan woman was experiencing the wound of rejection and abandonment and had allowed these wounds to shape how she perceived herself. She disregarded herself and this is based on how she carried herself.
- The Samaritan woman had conditioned herself to believe that other people were better than her and she was not worthy. She had allowed her past experiences give her an identity. Her soul was wounded.

As I read this story, I discovered that I could relate to the Samaritan woman. I had experienced rejection in the area of relationship and career that I was willing to settle for less because that was what came my way. I held on too tightly to things and people I knew were wrong for me simply because of my past pain. But a painful situation happened and I realized that it was time for me to heal. I became tired of going through life allowing these wounds to shape my life, my relationship with God and my perception of myself. I realized that I was living my life as a second class citizen. But God calls me chosen, accepted and His. In order to heal, I had to ask myself some very difficult questions and I want to pose the same questions to you.

What part of your heart feels wounded and neglected?

What lies have you believed because of this pain?

What memories still hold power over your emotions?

Do you have a situation that has recurred for a long time causing you to make it a part of your identity? What situation is it?

How has the said situation controlled how you show up in the world? Have you allowed it to become a part of your identity? In what ways?



Before we kick things off, I want to remind you that you are not your mistakes and what happened to you does not define you. Jesus wants to heal you and He is willing to go out of His way to encounter and heal you. And to help you do just that, I have a beautiful framework.

The Heart Healing Framework.

- **The Approach. Jesus comes to the wounded heart.**

Jesus is very intentional. He will invite you and draw you in. He will seek and pursue you in a way that is very specific to you. When you feel prompted to encounter Jesus in a way that seems peculiar, I want to encourage you to lean in to that drawing. It is a sign that your day of deliverance has come

- **The conversation. Facing the Hidden Thirst.**

After Jesus had drawn you in, He will engage with you by having a conversation with you. Look out for the ways that He will try to engage with you. He might give you a promise that meets that area of need like He did for Abraham. He might give you an assignment that makes you question whether you have what it takes to do it. He might also ask you a question that reveals Himself to you.

There are also other ways He will commune with you. You might find yourself drawn to a particular scripture. This is Him inviting you to ask Him questions and allow Him to give you the space to feel comfortable with Him. You see, Jesus is a gentleman. He will not force Himself on you. And because of that He will prompt you gently and if you yield, that is when He will probe deeper. This is a conversation starter so He can get to the root of the problem.

- **The Revelation. Exposing the wound.**

Jesus asked her to go and bring her husband. Jesus was not doing that to shame her. He lovingly pointed out her deepest pain because He wanted to heal her. Healing requires that you allow Jesus to address the painful truth. Revelation precedes restoration.

In your case, Jesus may cause you to experience the same situation repeatedly until you come to Him for healing. He might bring up the same wound again so you can bring it to Him. It might happen through scripture illuminating it, your circumstance repeating itself, a thought popping up in your mind or others bringing it up. He might even use a song or a dream. Either way, Jesus will reveal so that healing can begin.

- **The Exchange**

When you allow Jesus to help you confront the pain you are experiencing, the next step will be allowing Jesus to fill you with His living water. He is the only source of healing and satisfaction. When you receive His healing you will go from being the seeker to being satisfied. You will no longer pursue things because you know He is enough.

- **The Transformation**

When you experience true satisfaction, you will leave your old ways of striving. The woman left the jar of water and went to evangelize. She went to the same people she had been avoiding. That is how you know that true healing has occurred. No longer was her past defining her. Jesus had restored her identity. This is the same thing He wants to do for you too. Do you see that transformation does not come from striving but yielding. This series is meant to show you how powerful yielding to the leading of Jesus is.

The Overflow- Becoming the Well.

Healing Multiplies

True healing never stops with you—it overflows. When Jesus heals your heart, you naturally become a vessel through which others can experience the same restoration. One of the clearest signs that you've been healed is a desire to lead others into the freedom you've discovered.

Another mark of healing is the absence of shame when you share your story.

You'll notice that you speak about your past with peace, as though it happened to someone else. That's because you've been made new.

Just as Paul could no longer identify with Saul the persecutor, you too will no longer identify with the person you once were. Jesus transforms you so completely that your past loses its hold. What once brought pain becomes a testimony of His redeeming grace—and you'll walk forward in freedom, unashamed and renewed.

Healing also brings confidence.

The same Samaritan woman that went to draw water at midday ran to evangelize. The reason I am sharing all these is because I want you to be able to gauge if you have experienced true healing. Don't lie to yourself. Jesus is patient enough to walk with you until healing becomes your reality. He loves you so much to leave you at your worst. Sit with Him until you experience His healing power.

The Heart Healing Reflection Questions

What are you truly thirsty for?

What wells have you been drawing from that never satisfy?

What truth is Jesus gently revealing in your heart today?

Where have you sought love apart from God's design?

What are you releasing today?

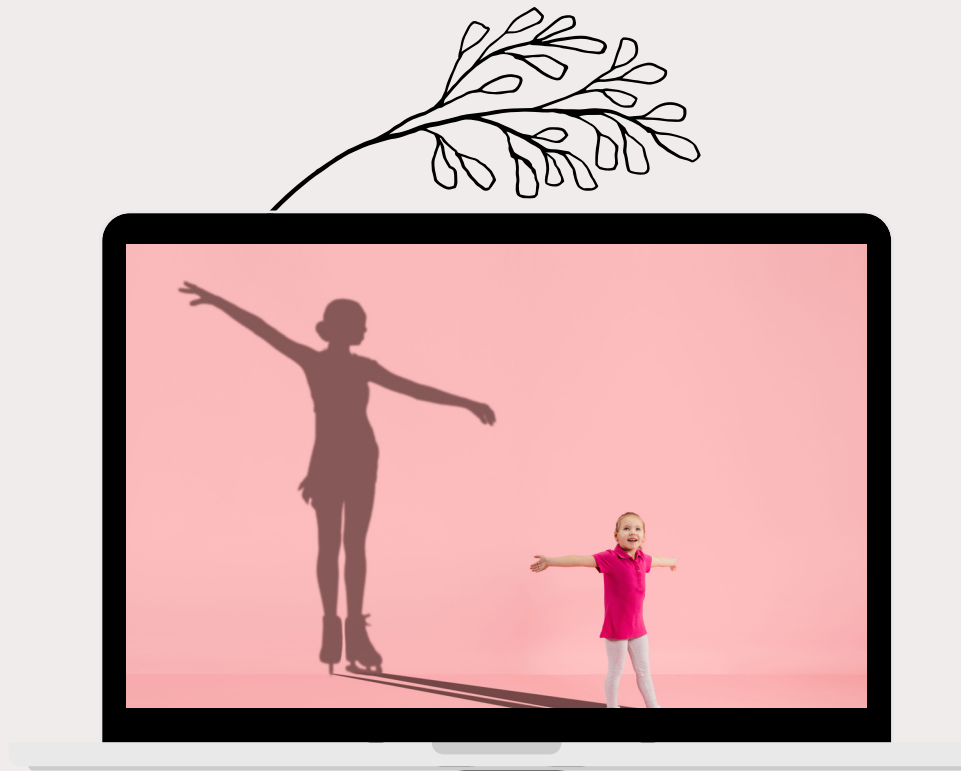
How can you let the Holy Spirit fill those empty spaces?

What water jar do you need to leave behind?

What does it mean for me to live from overflow not emptiness?

Journal Section

Journal your 7 days experience and anything you feel the Holy Spirit prompting you to write.



See you Next Week as we look at
the 4th Pillar.

Before you go, I would love for you to leave a comment or send me an email, telling me the things you have learned and your experience so far. What worked and what didn't. I would also like to know if you would love to become a part of the becoming coaching program that I am putting together. Is this something you would be interested in? And would a 2 month course be sufficient for you? Is it too short or too long? What would your recommendation be? This will help me curate something that will help you in your transformation journey

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