



## **Waking Up: 63 Day Experience**

Rewiring Plan: *I am worthy. I am loved. I am His Sanctuary. I am taking hold of my inheritance.*

### **ORIENTATION NOTES:**

REWIRE - 63 Days of Intentional Practices that foster healing and brain change. We believe you can rewire three pathways at a time. (We will build on these practices every week.)

*Longing is a key.* Psalm 63 is a picture of David's longing.

### **Why are these words our focus? Worthy. Loved. His Sanctuary or Sacred Space.**

- Most women struggle with some or all of these. We need rewiring to truth to release our inheritance. (Galatians 4)
- Each word represents our identity with the Trinity - Father, Son and Holy Spirit.
  - Worthy as the Perfect Father's **DAUGHTERS**
  - Loved by the Eternal Bridegroom Jesus as His **BRIDE**
  - Sacred Space of the Holy Spirit where we have access as a **PRIEST**
- These three words show the maturity of the bride found in the Song of Songs. She finds her worth, she encounters His love, and she becomes a dwelling place.

## CONSECRATION SEASON:

**Pray about how He is calling you to consecrate or set apart this season. I will ask that you will be intentional about:**

- **Becoming Your Advocate** to heal the wounded parts that hinder living from the God Image. Self compassion is a key to your healing. The inner critic will hinder your transition, so we must resolve this wounded part first. We will have to be kinder to her with words and thoughts as we ruthlessly eliminate shame and guilt messages and become an advocate.
- **Fragrance Yourself** - Esther spent 6 months in myrrh purifying and then 6 months in fragrance beautifying. This is a fragrance season. Pleasing fragrance helps calm our nervous system and stimulates good feelings of peace, joy, and love. We will care for her well.
- **Prioritize Your Time.** Your longing and intentionality will be a key to this season. Mark your calendar to spend time in these practices to heal her and encounter Him. *For such a time as this!*
- **Slow down and SAVOR.** This is not a new model of striving. The intent is to get you to prioritize this season and learning practices that restore peace. Savoring is one of the practices that we will be incorporating. Savoring or taking in your relationships, your food, beauty, creation with all of your senses helps heal your body and rest your soul. It also positions you for connection with the Spirit.
- **Be Curious.** Live open hearted to what you will learn and experience this season. This is one of the evidences of your God image. Control is evidence of your wounding, and as we learned from the Pharisees or religious leaders caused them to miss Jesus. Those that should have known him most missed Him completely. (Matthew 23)

## SCRIPTURE REFERENCES:

Transformed by the Renewing of the Mind - Romans 12:2

*Do not conform to the pattern of this world, but be transformed (Greek word is metamorphoo - root word metamorphosis) by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. NIV*

Kingdom of God -Matthew 6:33, 24:14, Luke 9:2, Mark 1:14, Acts 1:3, Acts 28:30-31

*The kingdom of God is within (Greek word for within is entos- within) you. Luke 17:21*

Dwelling Place - Ephesians 2:22

*This means that God is transforming each one of you into the Holy of Holies, his dwelling place, through the power of the Holy Spirit living in you! TPT*

His Plan is that we Find Him - Jeremiah 29:11-14

*“For I know the plans I have for you, “ declares the Lord, “plans to prosper you and not harm you, plans to give you a hope and a future. Then you will call on me and come and pray to me,*

*and I will listen to you. You will seek me and find me when you seek me with ALL OF YOUR HEART. I will be found by you, “ declares the Lord, “and I will bring you back from captivity.”*

Inheritance is for Sons (Daughters) - Galatians 4