



## HOW TO FEEL LOVED BY GOD

In this episode, Nathan and Lacey reveal two ways we prevent ourselves from feeling loved by God.

### INTRODUCTION (00:32)

God has always extended His love toward us. However, we may not be able to recognize and receive His love because we sterilize or clutter our minds.

1. *When is it most difficult for you to believe or feel like God loves, accepts, and desires to be with you?*

### REASON #1: HAVING A STERILE MINDSET (01:06)

A sterile mindset is any expectation or requirement we have by which we measure one's worth or acceptance (including our own).

2. *When is it most difficult for you to love and be willing to pursue relationship with others?*
3. *What behaviors or mindsets make you feel good and in right relationship with God?*

### REASON #2: HAVING A CLUTTERED MINDSET (03:30)

A cluttered mindset is any person, place, or thing we go to for comfort or security instead of Jesus.

4. *What lifestyles or relationships make you feel valued, accepted, and loved?*
5. *When life feels out of control, what do you believe or do to make yourself feel safe and secure?*

### NEXT STEP (07:44)

For us to feel loved and accepted by God, we need to give Him access to every thought and decision we make. Our ability to trust Him with our safety — being secure in His provision — requires us to release control of the areas that make us feel insecure and anxious.

6. *Identify the thoughts, behaviors, or people you go to instead of seeking the Holy Spirit for yourself.*
7. *Invite the Holy Spirit into those things — asking Him what you should release or what you may need to receive from Him.*