



DOING LIFE TOGETHER
WELLNESS EDITION '22

Let God RE-Store your health and RE-Plenish your spiritual well-being!

|
PART 2



RE-Alignment is the prerequisite for
true ***RE-Creation***.

RE▶Align

with

Gerdi VAN DEN BERG

**Proverbs 16:3
(AMP)**

Commit your works to the Lord [submit and trust them to Him],

And your plans will succeed [if you respond to His will and guidance].

We often find ourselves stumbling through the day, feeling drained and frustrated, disappointed or unfulfilled. We easily move into the default of merely surviving.

Is this what living is supposed to be like?

Just surviving – hopeful to have the holiday of our dreams or the house we always wanted?

Definitely not. Life should be enjoyed as we would enjoy a most wonderful gift.

So, what prevents us from fully participating in this marvellous blessing called life?

There are many reasons... However, during the **RE-Alignment** session, we look closely at one crucial element as a prerequisite for tapping into the fullness available to us. Just as water flows from the primary source into receiving containers, we as humans need to receive certain life-giving elements to live in the overflow Jesus promised us in *John 10:10!*

To **RE-Align** to God's will requires various aspects that either enable us to receive effectively from the hand of God, or will remove the impediments to our doing so. When the channel connecting the receiver with the source is out of order, distorted, or even when the receiver for some reason is closed-up, precious content is wasted. The source is not at fault. It is how the content is guided, supported and received.

In other words, for the most effective reception, every single part of this inflow process needs to be correctly positioned. Ideally aligned. This will ensure sufficient provision of the desired content, which in this case, would be life-joy, light, wisdom and peace flowing abundantly from the throne of Grace. **RE-Newing** us – every day and every available moment.

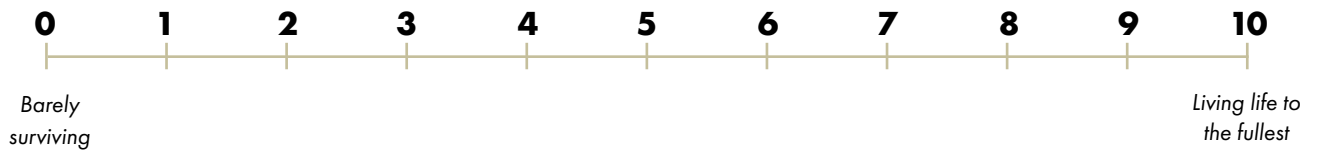
These life-giving elements should be spilling over from our main Receiver into our homes, working and social environments. These are the core elements feeding our hearts to live from wholeness. Living victoriously.

RE-Alignment is, therefore, a prerequisite for **RE-Creation**.



Watch '**Part 2: RE-Align Introduction**' with Gerdi van den Berg
<https://youtu.be/UPeNI-jhIQo>

1. Are you living or surviving? What would your score be on a scale of 0 to 10, where 0 is barely surviving, and 10 is living life to the fullest?



2. What is the reason for your score above?

3. Do you make your choices mainly to avoid negative outcomes, such as shame, disappointments, rejection, failure or punishment? Why or why not?

4. What do you desire the most? Permit yourself to be raw in honesty.

5. How does this desire align with God's desire for you? Write down how you understand our Father's desires, His plans and will for you.

WEEK OF REFLECTION

Read and study the verses below. Considering these Scriptures will support the process of opening up and preparing the primary receptive aspects of yourself towards God. It is not in the reading of the Scripture itself, it is in the permission of the truth to enter your inner being, enlightening and ministering to you.

For where your treasure is, there will your heart be also.

Matthew 6:21 (KJV)

Jesus replied: 'Love the Lord your God with all your heart, and with all your soul, and with all your mind'.

Matthew 22:37 (NIV)

Therefore, whether we are at home [on earth away from Him] or away from home [and with Him], we are constantly ambitious and strive earnestly to be pleasing to Him.

2 Corinthians 5:9 (AMPC)

The thief comes only in order to steal and kill and destroy. I came that they may have and enjoy life, and have it in abundance [to the full, till it overflows].

John 10:10 (AMPC)

Therefore we do not lose heart, but though our outer man is decaying, yet our inner man is being renewed day by day.

2 Corinthians 4:16 (NASB)

For the Word that God speaks is alive and full of power [making it active, operative, energising, and effective]; it is sharper than any two-edged sword, penetrating to the dividing line of the breath of life (soul) and [the immortal] spirit, and of joints and marrow [of the deepest parts of our nature], exposing and sifting and analysing and judging the very thoughts and purposes of the heart. And not a creature exists that is concealed from His sight, but all things are open and exposed, naked and defenceless to the eyes of Him with Whom we have to do.

Hebrews 4:12-13 (AMPC)

Blessed (happy, fortunate, to be envied) is the man whose strength is in You, in whose heart are the highways to Zion.

Psalms 84:5 (AMPC)

God rewrote the text of my life when I opened the book of my heart to Him.

Psalms 18:24 (MSG)

JOURNALING EXPERIENCE

There is substantial proof that providing an opportunity to put your thoughts and reasoning on paper supports healthy mental growth.

Inner conversations are often disregarded and therefore ignored. It creates room for possible misleading assumptions and results in lies instead of truth. In the process of not acknowledging vital thoughts and potential truths, valuable information is lost that could benefit you either by decluttering your mind and heart or inviting the truth to settle in deeper. Fear is often your heart's gatekeeper. You need access and space for new revelations.

Make room in your heart for God's truth by regularly jotting down your random, calculated, confusing inner discussions and rationalisations of choices and behaviours.

Discuss (*on paper*) your interpretation of God's Word and the Scriptures provided.

As you fall into the rhythm of regular journaling, you will find increasing objectivity that will help you to process new and unfamiliar information. These reflections carry growth potential. Journaling can open your heart to God's light and truth. Let it be intentionally towards growing closer to and getting to know your precious Saviour.

POST-SESSION PRACTICAL APPLICATION

Still on the topic of journaling...

1. Write the verse you are pondering about and how you understand it. Where do you fit into this revelation of God's Word? Are there any other related Scriptures that will back your revelation?
2. As you go about your day and find your response to something or someone disrespectful or unacceptable, write about this and how you would have preferred to respond.
3. What hindered you from behaving respectfully? Why?
4. What are you going to do about this?

Note: Asking likewise questions will stimulate valuable inner conversations. You may then be able to discern which thoughts or convictions have entertained aligning with our Father God's truth and which ones have not.

Process your thoughts as you write them down. Seek and write God's Word in response to your answers.

Always seek the truth even if it confronts old habits or seems to safeguard you from harm. God's truth contains eternal value. It is heart-access worthy!

***Confront, discard and replace your heart's misguidance
with God's truth.***

This is what RE-Alignment to His will means!

ADDITIONAL RESOURCES

Additional resources to help you reflect on your wellness:

- The Spirit of Christ by Andrew Murray – Whitaker House; ISBN: 978-0-88368-126-8
- Jy kán Verander by Gerdi van den Berg – <https://www.heartmatters.co.za>
- The role of the heart in the process of change – <https://www.heartmatters.co.za>
- The Inner Chamber and the Inner Life: Andrew Murray – <https://watchandpray.co.za/the-inner-chamber-and-the-inner-life-andrew-murray>

LORD, TODAY WE PRAY...

Our King and Lord, thank You for the completed work of salvation and that You included each one of us in this. How awesome Your love is for us! Your desire is towards us, towards me. For me to grasp Your redemptive love and the abundant life it holds.

Thank You that You are more committed to our wholeness and wellness than we can ever be. Through Jesus, we are welcome to enter Your presence and Your Throne of Grace. We are safe with You to grow and discover life. Today, we choose to receive the fullness of what You have prepared for us through the work of Your Son, Jesus Christ.

*Thank you, our Father, that Your Holy Spirit is with us to help and enable us to bring into alignment every aspect that is required for a strong and clear flow of Your Truth. Your truth **RE-Creates** / **RE-News** us daily.*

Show us through the graceful light of Your Holy Spirit where lies and misconceptions have settled into our hearts and prevented Your flow; where they blocked the inflow and closed our hearts because of fear or past hurts. Help us, Father God, to let the fears and lies go, there is no real protection in them.

*We choose today to turn towards You with our whole hearts and to open our hearts to embrace Your truth. We choose to be **RE-Aligned** with Your life and truth and wisdom. Thank You for the peace that now guards our hearts.*

You are our King and only Source of hope and life. In Your truth is eternal life.

In Jesus' name, we pray, Amen.



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Gerdi van den Berg is a Sociologist with a PhD in the field of Socio Cognitive Neuroscience (*BSc in Biochemisry and Psychology*).

She has been practicing for more than 25 years (*online and in person*) focussing on Cognitive Behavioural Therapy with a spiritual foundation. She passionately believes in the complete redemptive work of Jesus, and the reality of the Father's love.

Author of the book: *Jy kán Verander* - now being translated into English.

YouTube Video Course: *Hoe om as Voorbidder deur die 12 Fases van Ontwikkeling te bid*
https://www.youtube.com/results?search_query=Gerdi+van+den+Berg

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