



TASTE

LOVE

PRAY



Love UnVeiled
Transforming Women into God's Image of Beauty

TASTE

Taste and see that the Lord is good. Blessed is the man (woman) who trusts in Him! Psalm 34:8

Food: That which satisfies a craving (a felt need).
Good food gives life, energy and growth.
If there is no appetite there is no desire for it.
We need food daily to survive.

Bad food destroys life, drains energy, diminishes or causes excess growth.

Good food gives life, gives energy, helps us be productive.

- **Caterpillars eat leaves; they crawl and destroy**
- **Butterflies drink honey; they fly & multiply**

Our Spirit, Soul & Body need feeding daily.

What are you feeding on?

- Body - desires pleasure
- Soul - desires happiness
- Spirit - desires joy

Are we eating a healthy Spiritual diet?

- It is the Spirit who gives life, the flesh profits nothing. John 6:63
- It's not what goes into our mouth that defiles us, but what comes out. Matthew 15:11&17
- The mouth speaks whatever is in the heart. Matthew 12:34

- If you bite and devour each other you will consume each other. Galatians 5:15
- Enemies of the cross make their belly a god and set their minds on earthly things. Philippians 3:18-19

Soul (Caterpillar) Cravings:

- Mind - I think
- Emotions - I feel
- Will - I want

Feeding our soul cravings is all about me. What kind of fruit does this produce?

Fruit: self-focus, pride, religious spirit, insecurity, performance management, grasping, disappointed, jealous, broken, shame, fear, unsatisfied, tired, busy, distracted....

Which fruit do you see evident in your life?

Spiritual (Butterfly) Cravings

When we become a new creation, our spirit requires different food to satisfy our spiritual longings. It's no longer about me, it's about Jesus.

- Holy Spirit provides living water John 4:14
- Jesus is the Bread of life John 6:33-35

- We look to Jesus to fulfill our daily appetite: Give us this day our daily bread Matt 6:11

Feeding our spirit with the Holy Spirit will produce good fruit: love, joy, peace, patience faithfulness, kindness, gentleness, goodness, self-control. Galatians 5:22.

How do we produce the fruit of the Spirit in our lives?

Respond to Jesus' invitation to feast with Him:

- Feast at His Banqueting table. Songs 1:4 & 2:4
- Come thirsty and hungry to a free banquet. Is 55:1-3
- Come thirsty, drink from His Presence. John 7:37-39
- Eat the honey of His Word, His truth. Ezekiel 3:1-4
- The Word is sweeter than honey. Psalm 19:9-10
- His Word is sweet to the taste. Psalm 119:103
- His Presence is fullness of **joy**! Psalm 16:11

Honey and oil are found in the rocky places in Israel. We will most often find the sweetest food and fresh water for our spirit and soul, in the rocky desolate times of our lives. Deuteronomy 32:13.

Eating the Word brings truth and conviction. Revelation 10:10

Before receiving the living water the Samaritan woman had to confess, the water in her well was not satisfying. John 4:17

Which well are you drinking from? What are you feeding on that is not satisfying, that is keeping you crawling?

Is it: Heartache? Disappointment? Rejection? Betrayal? Busyness? Un-forgiveness? Sinful lifestyle? Fear? Loneliness? Bitterness? Unresolved anger? Gossip? Slander? Jealousy? Worldly habits? Bad company? Tired? Impatience? Greed? Manipulation? Control? Pride? Other?

Jesus wants to give you more today. He has Living water from His well that will never run dry. He has prepared a feast for you!

- Blessed are you who hunger now for you shall be filled. Luke 6:21
- Woe to you who are full for you shall be hungry. Luke 6:25

**He brought me into His banqueting house
and His banner over me is love!**

Song of Solomon 2:4

A butterfly cannot go back to being a caterpillar. When you start living the significant life, you get a taste for freedom.

Like the Samaritan woman when you feast with Jesus, you don't want to go back to eating leaves, your appetite changes and you want to feast at the banqueting table – and bring others with you!

**No good thing will He withhold
from those who walk uprightly.** Psalm 84:11

LOVE

Set Free by Love - Set Free to Love

And we have known and have believed the love God has for us. God is love and He who lives in love, lives in God and God in him. 1 John 4:16

To be known is to be loved to be loved is to be known.

Our greatest need is LOVE and INTIMACY!

- **Love is the food** we crave more than anything to fill our spirit and soul.
- We were created to be loved and to love intimately.
- The food of love is unselfish, patient, kind, caring, protects, provides, heals, nourishes, nurtures, fills, satisfies, energizes, motivates, grows.
- Without love we are nothing. 1 Corinthians 13:1-3
- Love never fails. 1 Corinthians 13:8

You may feel this is too much to wish for, hope for, deserve or pray for – but God knows you. You are loved!

He wants you to know Him – intimately - for this is love.

To **KNOW** Him is to love Him

To **LOVE** Him is to trust Him

To **TRUST** Him brings **freedom**

When I am free I can love and serve others unconditionally

Knowing God creates tension:

- God is love 1 John 4:7-8 - His love compels us
- God is light 1 John 1:5 - His light repels/scares us.

Tension: we are drawn to love, but fear the light of His truth about who and what we are:

We don't measure up: The light reveals truth about our position and condition:

- No one seeks God. There is no one good. Ps 14:1-3
- We are lovers of darkness. John 3:19
- We are weak against the perfect law of God. Romans 8:3

We try to find reasons for His love:

- We try to analyze God's love for us and find reasons.
- We look at ourselves and get depressed and discouraged.

We try to earn God's love:

- Our righteousness is like filthy rags. Isaiah 64:6

There is no reason for God's love:

- He loves His chosen people, not because they are great and mighty.
- He gives no reason but His love. Deut. 7:6-8
- He loved us before we loved Him. 1 John 4:10&19

He has freely provided a sacrifice in Jesus:

- We can come into the light because He has paid for our darkness with the sacrifice offered by Jesus.
- For God SO loved the world. John 3:16

- The blood of Jesus cleanses us. 1 John 1:6-2:2
- God sent His Son as a sacrifice. 1 John 4:9-10

His love is given freely:

- I will heal their backsliding and love them freely.
Hosea 14:4

The result of His love:

- He has delivered us from the power of darkness to the kingdom of the Son of His love. Colossians 1:13
- I was living as a slave in bondage and fear.

Through Jesus:

- I have a new position – daughter and child of God.
- I have a new condition – free!

You are accepted in the Beloved! Ephesians 1:6

God's love is Agape Love:

- Unconditional: given freely without demand.
- No strings attached: without bondage.
- Self- giving: in spirit, soul and body.
- Complete: it meets every need we have for love; parent, spouse, friend, healer.
- Vision: sees your potential and helps you get there.
- Brings unity: breaks through every barrier, no demands.

God's love has power to heal:

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

- He has come to heal the broken hearted and set captives free, to give beauty for ashes and a spirit of praise for heaviness. Isaiah 61:1-3
- His love has power to heal our brokenness in every area.
- His love has power to heal the greatest wound of rejection. Psalm 27:10, Isaiah 54:4-8

Do we know and BELIEVE God's love?

- Many of us know about God's love but we don't believe in it for ourselves.
- *We have known and believed (relied) on the love of God. God is love. 1 John 4:16*

Receive God's love by faith:

- Faith working through love. Galatians 5:6
- Love is poured into our hearts by the Holy Spirit. Romans 5:5
- Rest in it, grasp it, cling to it, surrender and yield to it.

There is NO FEAR in Love

- Perfect love casts out fear. Only God's love is perfect.
- The more I know God's love, the more I will trust Him and the more I trust Him, the more freedom I experience.
- Let us set our minds and hearts on the heavenly food that will bring us His peace, His love and His joy. Colossians 3:20, Philippians 3:20



Healing:

If you are struggling with rejection today bring it to the Well. Ask the Holy Spirit to shine His light and truth into your heart. Give your pain to Him. Ask Him to open the door of hope and reveal the love that can heal all your wounds of shame, disgrace, humiliation and anger.

Reflection:

Will you trust Him and leave your own well behind to drink from His living water, eat His words of life and renew your spirit with the promise of His love, hope and healing?

Are you living with a substitute kind of love? A chemical, a habit or fake relationship? Only the love of God will meet your need. Only the love of God in and between human beings will bring fulfillment. Will you bring that habit or relationship to Him and ask Him to replace your need with His love?

Do you crave more of God's love, to know Him more intimately, to have a deeper relationship with Him and others? Come to the well. Ask the Holy Spirit to pour His divine agape love into your heart. Ask Him to give you the faith to love Him, to love yourself and to love others unconditionally with no strings attached. Spend time in His Presence. If you seek Him you will find Him. He will come to you like rain. Hosea 6:3

PRAY

PRAYER is the key to heaven, but Faith unlocks the door.

- How can I taste and experience more of God's divine love in my life?
- How can I be free to love others and pray for them?
- How can I pray and believe for more than I can ask or imagine?

"All the powers of evil seek to hinder our prayer life because prayer, by nature, involves conflict with opposing forces. May God give us grace to strive in prayer until we prevail."
(Andrew Murray)

"To defeat the evil one through prayer, we must take up the shield of faith in the sword of the Spirit – the word of God. We learn to wield these weapons with great skill as we use statements and truths from the Scriptures in our prayers. This Increases our faith and puts the enemy to flight."
(Ruth Meyers)

We struggle not against flesh and blood but against principalities, against powers, against the rulers of darkness of this age, against spiritual hosts of wickedness in the heavenly places. Ephesians 6:12

The eagle does not fight the snake on the ground. It picks it up into the sky and changes the battle ground, and then it releases the snake into the sky. The snake has no stamina, no power and no balance in the air. It is useless, weak and

vulnerable unlike on the ground where it is powerful wise and deadly.

Take your fight into the spiritual realm by praying, and when you are in the spiritual realm God takes over your battles.

Don't fight the enemy in his comfort zone, change the battle grounds like the eagle and let God take charge through your earnest prayer. You'll be assured of clean victory. "Pray without ceasing." 1 Thess. 5:17

PRINCIPLES FOR PRAYING

1. Praying to know God's love:

Ephesians 3:16-21: Praying the principles in Paul's prayer opens the door for us to know God's love that surpasses human understanding;

- **PRAY THROUGH HIS SPIRIT:** Pray that God will strengthen you with power THROUGH HIS SPIRIT. It is supernatural. Natural reasoning will not take us into this realm that God is speaking about.
- **PRAY THROUGH FAITH:** Pray that Christ will dwell in your hearts THROUGH FAITH. It's not just knowing – praying and believing. We have to be willing to go beyond our own reasoning.
- **PRAY TO GRASP AN UNDERSTANDING:** Pray by faith that you will grasp hold of greater understanding of

the supernatural dimensions of how high, how long, how deep, how wide is the love of Christ.

- PRAY WITHOUT LIMIT: There is no limit to what we may pray, ask or expect of El Shaddai, our almighty God. He is *“able to do more than all we ask or imagine, according to His power that is at work in us.”* Ephesians 3:20
- PRAY EXPECTING THE RESULT: You will KNOW and experience this love that surpasses knowledge, by the power of the Holy Spirit, by believing through faith, by yielding, casting yourself on His love with no pre-conditions, completely trusting Him, releasing yourself into the safe, loving, trustworthy arms of God.

Write scripture out line by line like poetry to help you memorize it and speak it throughout the day.

Write your name or the person you are praying for in the blank spaces:

Example: Pray Ephesians 3:16-21 for yourself or others:

Father God, today I pray that out of your glorious riches;

You would strengthen _____ with power
power through Your Spirit in _____ inner
being,

So that Christ may dwell in _____ heart through faith.

And I pray that _____ being rooted and established in love,

May have power, together with all the Lord's holy people,

To grasp how wide and long and high and deep is the love of Christ,

And to know this love that surpasses knowledge,

That _____ may be filled to the measure of all the fullness of You my God.

Now to You, who is able to do immeasurably more than all _____ can ask or imagine,

According to Your power that is at work in _____

To You be glory in the church and in Christ Jesus, Throughout all generations, forever and ever! Amen.

2. Praying when in confusion or uncertainty

Psalm 43:3 NKJV

Oh, send out Your light and Your truth!

Let them lead me;

Let them bring me to Your holy hill

And to Your tabernacle.

List situations and relationships where you need the Holy Spirit to shine His light and truth:

3. Praying for our enemies and those who hurt us

Job 42:10 And the LORD restored Job's losses when he prayed for his friends. Indeed the LORD gave Job twice as much as he had before.

Matthew 6:44 But I (Jesus) say to you, love your enemies, bless those who curse you do good to those who hate you, pray for those who spitefully use you and persecute you.

Write the names of those who have hurt you. Write a prayer to forgive and bless them. Ask the Holy Spirit to help you do them good.

4. Praying for the unsaved

Acts 26:18 are the very words Jesus spoke to Paul about his calling to be a minister and a witness. We are in powerful agreement with Jesus when we pray His words for the lost and unsaved in our lives:

Open their eyes, in order to turn them from darkness to light, and from the power of Satan to God, that they may receive forgiveness of sins and an inheritance among those who are sanctified by faith in Me. Acts 26:18

What we pray: Lord open their eyes,

- in order to turn them from darkness to light,
- and from the power of Satan to God,

Why we pray: That they may receive

- forgiveness of sins
- and an inheritance among those who are sanctified by faith in Jesus.

Write out this verse as a prayer, inserting the name/names of the unsaved you are praying for. Pray it every day.

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For more information on this or other teaching, contact

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