

LETTER FROM LIZ

Dear Sister,

Thank you for joining me on this journey of inner transformation. This curriculum was developed to help women understand God's desire for them to experience His freedom and joy, to be transformed into His image of beauty, and to find and fulfill His true purpose for their life.

I am praying for you even as I write this note. I pray that God will use this time to draw you closer to His heart. God loves you and delights in you. You are special to Him. You were created in His Image to bring Him glory. You may not feel very special at this moment. But as you spend time in His presence, God will heal your wounds, and set you free from the lies, pain and hurt of your past. If you will let Him, He will transform you from the inside out and make you into the beautiful woman He created you to be. He will turn your darkness into light. He will bring beauty out of your ashes. He will turn your mourning into dancing. He will open the prison doors of your soul, setting you free to fly. He will fill you with His passion and joy to overflowing.

Just like the woman at the well, God is waiting to take you further than you could ever imagine. Spending time in God's presence is the key to inner healing, transformation, and freedom. As you spend time with Him, His love and power will fill you and you will begin spreading His fragrance in a hurting world. You will be His love letter to those who feel unloved. You will be His ambassador daughter, bringing good news to those who don't know Him.

My life passion and purpose is to know God intimately and to make Him known to others (Isaiah 26:8). He is the only one who can provide the unconditional love, healing, fulfillment and security that a woman needs. He has called us and chosen us to be ambassadors of His Love, and to bear fruit that will last in His Kingdom (John 15:16).

It all started with a caterpillar, then a butterfly...

I came home from a long trip to find hundreds of long, thick, hairy, black and orange caterpillars crawling all over my porch. Some had destroyed my garden plants while others were trying to squeeze under the windows and door frames. In desperation, I called friends to help get rid of them. One friend arrived with her daughter Kelsey, a pretty young girl holding a glass jar in her hand. *"Miss Liz, please may I collect the caterpillars?"* she asked. *"Now why would a pretty little girl want to collect such ugly creatures?"* I questioned. Kelsey looked at me in surprise. *"Miss Liz! One day these caterpillars are going to be beautiful butterflies and I love to watch them fly!"*

I was speechless. I'd been so intent on getting rid of the caterpillars I'd forgotten the miracle of nature which transforms ugly, plant eating caterpillars into beautiful butterflies.

Some months later I visited a butterfly garden. Hundreds of multicolored butterflies fluttered among the flowers. Each one was uniquely different and very beautiful. It seemed their only purpose was to bring us joy. Yet as they fluttered from flower to flower they were quietly drinking nectar, laying eggs and pollinating. It was difficult to imagine these beautiful creatures began life as ugly caterpillars crawling on their bellies and eating leaves.

God spoke to me through the caterpillars and butterflies,

*"Liz, millions of My daughters are living like caterpillars.
They don't know that I have plans to set them free to fly like butterflies."*

I thought of women I'd met around the world; women without hope, and without dreams; women who have no idea of their potential to be butterflies. They are down trodden, oppressed in spirit, bound by pain, culture, circumstances or shame. I've been one of those women. Most of us have at some time in our lives. But God rescued me and began transforming me into the woman He created me to be. Once He had healed and restored me, He set me free to fly and share His fragrance with others.

God desires all women to be transformed into His image of beauty and to learn how to fly in the freedom and joy He alone can give them. He will make each one of us into the beautiful woman He intended us to be if we will let Him.

The transformation from caterpillar to butterfly is painful. However, Jesus promises that when He lives in us, we become a new creation. (2 Corinthians 5:17). God will take our past and our pain and use it to mold and shape us into the woman He wants us to be. He will turn our pain into purpose. Like the woman at the well, when we receive the love and forgiveness Jesus freely offers, He will transform us into beautiful butterflies, setting us free to share His love with others who are still living like caterpillars.

God burdened my heart to train, equip and release women to reach other women. Before we can help others, we must learn how to fly. If you're feeling like a caterpillar today but want to be a butterfly, I pray God will use this transformation journey to set you free to fly. And once you find your wings, I pray God will empower you and use this training to help you spread His fragrance to other women. As you bring them to Jesus, may His love and power transform them into the women of beauty and strength that He created them to be.

Your sister in our Lord Jesus Christ,

Liz

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