

Chapter 14

Questions to Ponder

1. What were your first thoughts after reading the title of this chapter? Has it ever occurred to you there is a distinct difference between living and *really* living? Where do you see yourself on this continuum?
2. As you have progressed through this book, what thoughts and feelings have been stirred whenever you have heard me say God loves you? He sees you? He's aware of your pain? Has knowing that *El Roi*, "the God who sees me," is an actual name for God affected in any way your perception of God regarding your personal story?
3. Have you been able to acknowledge you were a victim of domestic violence? What are your beliefs surrounding this term? Have you been willing to extend compassion toward yourself and separate your abuser's responsibility from your own? (Please reread the section "Thriving beyond Abuse" if you're still blaming yourself for the abuse.)
4. After reading about the phases of healing well and living free (from victim to survivor to overcomer), where do you believe you currently are in your healing well journey? What do you think will help you move to the next phase? What do you believe may be holding you back? If you are in the overcomer phase, what are you enjoying most about this?
5. Why do you believe you started reading this book? What are you *really* hoping for? What will it require for you to attain it?
6. When you live, *really* live, the best years of your life await you. What desires do you have for yourself in the next chapters of your life?

Prayer of Reflection

Hearing the phrase "live, really live" stirs so many emotions and thoughts within me. I earnestly want to believe this is possible in my life, but I still find myself struggling to imagine it will ever fully come to pass. Thank You, Jesus, for tenderly loving me through this journey. So many times I've wanted to give up. I've wanted to say, "It's too hard." But each time I felt You gently nudging me onward. I am moving forward and not merely moving on. I also realize that without You encouraging me to take each step, I'd never make it. Help me when I falter. Help me when I can't see the way before me, let alone the possibility of living, really living.

The concept of an overcomer is hard for me to wrap my mind around. It sounds good, and I think I want this, but I'm not sure I have the strength to persevere. You, Jesus, are the ultimate overcomer! You know what it means to overcome and exactly what it requires to attain it. Only through You will this transpire in my life. I am so incredibly grateful for Your unconditional love for me. I have lived with conditional love for most of my life. Only when I met You did I realize I can be loved and accepted just as I am. I desire to continue along the path of healing well and living free. Thank You for this gift. Thank You for setting me free. Amen.

God's Enduring Promises

You gave me life and showed me your unfailing love.

My life was preserved by your care. (Job 10:12 NLT)

Guard your heart above all else,

for it determines the course of your life. (Proverbs 4:23 NLT)

Christ has set us free to live a free life. So take your stand! Never again let anyone put a harness of slavery on you. (Galatians 5:1 Message)

She gave this name to the LORD who spoke to her: "You are the God who sees me," for she said, "I have now seen the One who sees me." (Genesis 16:13)

The thief comes only to steal and kill and destroy; I came that they may have life, and have it abundantly. (John 10:10 NASB)

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light. (Matthew 11:28-30)

You will keep in perfect peace
all who trust in you,
all whose thoughts are fixed on you! (Isaiah 26:3 NLT)