



## Coaching Tool:

Am I Still Lovable After Messing Up?

Because I messed up, no one will love me.	Vs.	Nothing can separate me from the love of God.
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## Examples Of What The Enemy Wants You To Think:

- I don't deserve love.
- This sin is unforgivable.
- Who will ever love me now?
- No one will ever respect me again.
- I knew better, so it's my fault. I deserve to be rejected.
- This sin will follow me around for the rest of my life.

## God's Truth Says:

- 1. Perfect love casts out all fear (even fear of rejection)**
  - a. When we accept the truth that God's love is unconditional, we can rest in knowing that no matter what people may say or think, we are still wanted and valued by the Creator of the universe.
  - b. God is LOVE.
  - c. God loves us unconditionally.
  - d. Romans 8:38-39 "For I am convinced that neither death nor life, neither angels or demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in creation, will be able to separate us from the love of God that is in Christ Jesus our Lord."
  - e. 1 John 4:18 "There is no fear in love; but perfect love casteth out fear: because fear hath torment..."
- 2. Fear Has Consequences**
  - a. Physical Consequences – anxiety and stress can affect our bodies negatively and manifest in illness, high blood pressure, etc.



- b. Future Consequences – When we trust God, He often asks us to step outside our comfort zone to love others. We receive a peace from the Holy Spirit that we are walking in God’s will. But when we make decisions out of fear, we often shrink back in an attempt to protect ourselves. It can result in harmful isolation, feeling stuck or stifled, and increases our attachment to fear.
  - c. Isaiah 26:3 “Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.”
- 3. **God can heal and restore anything.**
  - a. God can restore our broken relationships, broken heart, or crushed spirit if we will give Him the opportunity.
  - b. But this means we will need to get out of His way and only move when the Holy Spirit tells us to move. If we try to fix the broken things of this world by ourselves, we will often only make a bigger mess.
  - c. Proverbs 3:5-6 “Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him and He will make your paths straight.”

### **Watch This Video:**

[His Eye Is On The Sparrow – by Lauren Hill & Tanya Blount](#)

### **Questions To Help You Process This Concept:**

- 1. The Bible is full of examples of great men who have committed great sins. David was an adulterer, Moses was a murderer, and Jonah ran away from God. They each felt undeserving of God’s favor afterward, but God still used them. What have you done that left you feeling hopeless or undeserving of love?





### **Exercises:**

1. Ask God to show you where you have been walking by sight and not by faith.
2. Repent for trying to control God's plan or other people.
3. Repent of any area you have been running away from the Holy Spirit's prompting in fear.
4. List each situation or hurt you need to give to God. Then give the list to GOD.
5. Ask the Holy Spirit to reveal to you what steps you can take (or need to stop taking) that will help you live by faith rather than sight. Stepping out (or holding back) in faith can feel scary, but remember that God can be trusted to work in all things for our good.