

Heart ~ Heart Handout

Visual Healing Exercise



My heart is broken

My heart is bruised

My heart is wounded

My heart has a hole(s) in it

My heart is heavy

My heart is blocked

My heart is torn apart

My heart has been repeatedly abused

Love of Jesus = TRANSFORMATION

My heart is healed by the blood of Jesus

My heart is safe to love & receive love

My heart is thriving

My heart is surrendered to Jesus, the only one powerful enough and loving enough to keep it safe and overflowing

My heart is overflowing with love

“The eyes of my heart are enlightened...”
Ephesians 1:15-21

My heart is secure for eternity

My heart is light ~ free ~ healed!!!

