

# Measuring Stick Activity

Identify and Abandon Lies that Hinder You from being Loved  
and Loving as Loved

Write your answers to the questions from page 35 on the stick (or piece of paper). In addition, please write (on stick or paper) any other judgments of shame from others or yourself (words or phrases), or any other thoughts, emotions, or behaviors that cause you to resist believing and receiving God's love to some degree or another.

## Confession:

We invite you to share what you wrote on your stick/paper. We hope it will help you realize how your beliefs have prevented you from believing and receiving the Father's love for you; and that you will experience God's compassion for you through the group.

## A Prayer of Repentance:

Holding the yardstick (or paper) before the Lord, pray the statements below aloud. You may want to say them several times. You may want to continue at the end of a statement with your own words or something else that comes to mind.

Lord, I'm sorry I have sometimes let the reasons and judgments on this stick hinder me from fully receiving your love. Forgive me Lord.

Lord, I'm sorry I sometimes believe that you love and value me according to the measure I deserve instead of unconditionally. Forgive me Lord.

Lord, I'm sorry I sometimes limit the love I will receive from you based upon what I think I deserve. Forgive me Lord.

Lord, I'm sorry for the pain I sometimes cause you when I resist and doubt your love for me because I judge myself unworthy of it. Forgive me Lord.

Lord, I am sorry I sometimes give my judgments and those of others, greater authority to define my value and identity than what you say about me. Forgive me Lord.

Lord, I'm sorry I sometimes judge others and treat them according to what I think they deserve instead of unconditionally. Forgive me Lord.

The facilitator says on behalf of the Lord:

**"I forgive you! I delight to show you mercy. Be at peace!"**

## A Prayer to Renounce:

Holding the yardstick, pray the statements below out loud to reject the conditional mindset prior to breaking the yardstick. [Renounce defined: "to refuse to recognize, abide by, or engage in any longer, to abandon"]

Lord, I break this stick (tear this paper) as a symbol of renouncing the lies, curses, and judgments that I and others have put on me, that I have believed about me, that have kept me from believing and receiving your free and unconditional love for me. Set me free Lord!

Lord, I break this stick (tear this paper) as a symbol of renouncing the conditional mind-set, of believing you love and value me to the degree I deserve it. Set me free Lord!

Lord, I break this stick (tear this paper) as a symbol of destroying all the standards I have carried in my life by which I have judged myself and others as worthy or unworthy of love. Set me free Lord!

## Declarations of Love, Value, and Identity

A facilitator speaks to participant by name on behalf of the Lord

**“(Insert participants name) \_\_\_\_\_, believe that I chose you and have set my affection on you, not for anything you have or do, but just because I wanted to, according to my will and pleasure.”**

(Participant responds): Yes Lord! I believe and declare that you chose me and have set your affection on me, not for anything I have or do, but just because you wanted to, according to your will and pleasure. Thank you, Lord.

**(A facilitator or another participant speaks): “ \_\_\_\_\_, believe that I love you as my treasured possession, my crown of splendor, as the apple of my eye; and that you are precious and honored in my sight and I love you.”**

(Participant responds): Yes Lord! I believe and declare that you love me as your treasured possession, your crown of splendor, as the apple of your eye; and that I am precious and honored in your sight and you love me. Thank you, Lord.

**(A facilitator or another participant speaks): “ \_\_\_\_\_, believe that you are my child, and that I love you the same as I love Jesus; that I delight in and rejoice over you as my beloved child and as a beloved member of Jesus’ Bride and Body, which is your true identity.”**

(Participant responds): Yes Lord! I believe that I am your child, and that you love me the same as you love Jesus; that you delight in and rejoice over me, as your beloved child and as a beloved member of Jesus’ Bride and Body. This is my true identity. Thank you, Lord.

**(A facilitator or another participant speaks): “ \_\_\_\_\_, believe that you are more valuable to me than you could ever imagine, and there is nothing you could ever do or say that would change that, for I cannot lie or change my mind!”**

(Participant responds): Yes Lord! I believe and declare that I am more valuable to you than I could ever imagine, and there is nothing I could ever do or say that would change that, for you cannot lie or change your mind. Thank you, Lord.

Concluding Prayer of Thanks:

Lord, thank you for forgiving me, for beginning or continuing this work of freedom in my life, for the truth of your unconditional and everlasting love for me, and for my true identity in you.

