The 'Experiencing God's Love' 5-Day Intensive

WORKBOOK

Bring God's Love from Your Head to Your Heart by...

Coming into AGREEMENT with His Truth
ALIGNING yourself with His Word
Being in ABIDANCE with His Spirit

Alana Palm B.Ed., Trauma Release Specialist
FOUNDER OF THE SET FREE METHOD™

About this Workbook

WELCOME to The 'Experiencing God's Love' 5-Day Intensive!

I'm guessing you're a Christian woman who wants to experience the FULL life that God has for you, but something is missing...

You've tried SO MANY things to overcome the negativity and trauma of your past, but nothing has worked.

And after years of therapy, self-help books, praying and doing ALL you can, you STILL feel stuck.

If you see yourself in the above description, then this Intensive is for YOU!

You'll learn how you can live by The Set Free Method™, where you bring what you know in your head about God's Truth down into your heart where you can FEEL it and live it out FULLY!

IMAGINE how DIFFERENT life would be if you could...

- Confront and Overcome negative thinking and lies you've believed
- Walk in a room KNOWING You belong there and that you make a positive impact on everyone around you
- Have strong Alignment & Congruency in your life, so your actions, words, feelings & thoughts line up
- Be CONFIDENT about God's timing - what He would have you do when - and co-labor with Him to create the life of your dreams
- Have fresh eyes toward the love of God and grace of God in your life
- Love yourself the way God created you, so you can sit in the seat of that existence and NOT question your worth and value anymore

⊠ Trust your inner guidance, wisdom and intuition so you STOP second guessing yourself and START making decisions from GOD-FIDENCE

⊠ Stop TRYING so hard to do it all and instead Enter His Rest and act from that place

⊠ Get out of the comparison trap and SQUASH the voice of your 'inner critic'

⊠ Genuinely KNOW your worth, which allows you to RECEIVE the love you've always wanted (without needing it)

⊠ Feel present in your day-to-day activities, instead of constantly being stressed, worried or frustrated about all the things you have to do

⊠ Learn how you can BREAK FREE from lies, trauma & unhealthy relationship patterns

⊠ Enjoy the feedback form others as they say, "Wow something about you is different. You look SO peaceful, relaxed and happy."

It's all possible for you in The Experiencing God's Love Intensive!

IMPORTANT INFORMATION:

Daily Live Trainings are at 10:30am EST

Join the Private Facebook Community

CLICK HERE

Watch each day's teaching LIVE in the Group
(Replays will be available)

Complete your Daily Acton Step and Commitment Statement in this workbook and then post it in the group under the Daily Action Step Post to be eligible for Daily Prizes and the Grand Prize at the end of the Intensive.

Meet Your Facilitator

Alana Palm B.Ed., Trauma Release Specialist | Creator of The Set Free Academy™

With 20 years as a professional educator and 5 years as a Trauma Release & Mind Renewal Specialist, Alana's mission is to empower Christian women to live in victory over the pain of the past and experience the full life of joy and peace that Jesus died for them to have.

Alana is passionate about helping women BELIEVE God's TRUTH so they can stop taking OFFENCE and experience His LOVE and REST in the deepest parts of who they are.

With certifications in Proven Trauma Healing Modalities, including EMDR, CBT, Structural Theory and Neuro-Reprogramming, in addition to her deep understanding of Biblical Truths, Alana helps Christian women come into AGREEMENT with God in a powerful and transformational way. This deep ALIGNMENT with the Lord enables her clients to break free of old beliefs that have kept them in bondage to experience His freedom and peace so they can partner with God to have a life of greater joy, peace and love!

Alana Palm gives back to her larger community by offering the 5-Day 'Experiencing God's Love' Intensive at no cost to you. This Intensive will help you learn the deeper processes of healing your 'inner child' and ALIGNING with God's truth through the RENEWING of your mind.

The 5-Day 'Experiencing God's Love' Intensive will help you learn the deeper processes of healing your 'inner child' and ALIGNING with God's truth through the RENEWING of your mind. This is all based on the powerful and transformational Set Free Method™ that has brought proven results to women across the world.

If you want to break free of the past and gain clear direction on how you can start living in the VICTORY you already have through Christ by bringing His truth from your head to your heart, this training is for you!

Daily Live Teachings

Day #1

HE WILL GIVE YOU REST:

LEARN HOW TO BRING GOD'S LOVE FROM KNOWING IT IN YOUR HEAD TO FEELING IT IN YOUR HEART

Jesus says, "Come to me, all you who are weary and burdened, and I will give you rest." (Matthew 11:28)

Day #2

REMAIN IN HIM:

HOW TO ABIDE IN GOD MORE DEEPLY TO EXPERIENCE HIS LOVE

Jesus says, "Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me. I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing." (John 15:4-5)

Day #3

HE STANDS AT THE DOOR:

HOW TO RELEASE RESISTANCE SO YOU CAN FEEL GOD'S LOVE

Jesus says, "Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me." (Revelation 3:20)

Day #4

HE IS THE NEW COVENANT:

INVITING GOD'S LOVE INTO YOUR DEEPEST PARTS

Jesus says, "And he took bread, and when he had given thanks, he broke it and gave it to them, saying, "This is my body, which is given for you. Do this in remembrance of me." And likewise the cup after they had eaten, saying, "This cup that is poured out for you is the new covenant in my blood." (Luke 22:19-20)

Day #5

HIS PEACE IS YOURS:

HOW TO OVERCOME ROADBLOCKS TO EXPERIENCING HIS LOVE

Jesus says, "These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world." (John 16:33)

Kickoff Party

Building Excitement for the Week to Come!

Get ready to hear all the important details about your upcoming 5-Day Intensive!

You will also learn about what has held you back from experiencing God's love...and how to begin to finally feel it deep inside!

Kickoff: Committed Action Step

Complete your Commitment Statement for today:

I _____ commit to showing up and experiencing more of God's abundant love next week & beyond! #Committed

To prepare for the week, write down your Intention. Your Intention is very important because it is engaging your soul *(mind, will and emotions)* into agreement with God. When you choose an Intention you are aiming your gaze right at the mark (Him), and you will reap the rewards spiritually!

My Intention for The Experiencing God's Love Intensive is...

_____

_____

_____

Now, answer the following questions about your Intention:

Why is it important to you?

_____

_____

_____

How does this Intention allow you to partner with God in a deeper, more profound way?

_____

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_____

How is this Intention helping you bring your 'head knowledge' about God down to your heart where you can FEEL it?

_____

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Kickoff Party: Notes

Today's Secret Word: _____

Day #1:
He Will Give You Rest

Jesus says, "Come to me, all you who are weary and burdened, and I will give you rest."
(Matthew 11:28)

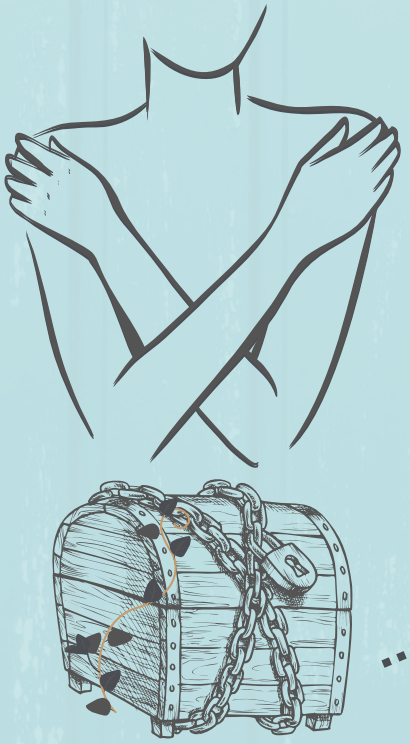
Today You'll Learn How You Can Bring God's Love From Knowing It In Your Head to Feeling it in Your Heart so you can experience His Rest & Peace!

Day 1: Committed Action Step

Complete your Commitment Statement for this coming week:

I _____ commit to overcoming the pain from my childhood so I can experience God's love. #Overcomer

On today's LIVE Teaching we talked about the box inside your subconscious filled with emotional rocks form your childhood. In the box below, write out some of the lies, protective measures and emotions that are stuck in that box deep inside you:



From what you learned today, how can you begin bringing God's Love from knowing it in your head to feeling it deep inside your heart?

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Day 1: Notes

Today's Secret Word: _____

Day #2:
Remain In Him

Jesus says, "Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me. I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing."
(John 15:4-5)

Today You'll Understand What Has Kept You From Connecting To The Vine & Learn How To Stand In A Posture That Will Allow You To Abide In God More Deeply!

Day 2: Committed Action Step

Complete your Commitment Statement for today:

I, _____ commit to Abiding in Him and BEing _____ when I can't control the outcome. #Beingnotdoing

In choosing to Abide in Him for the next 2 hours, what quality will you focus on BEing? *(choose only one)*

Joyful Peaceful Patient

How will you draw your strength from God to stay in this way of BEing?

_____

_____

Get clearer on how this might look as you step into this Posture:

What would a woman embodying this quality FEEL, DO and THINK about?

FEEL: _____

_____

DO: _____

_____

THINK: _____

_____

Journal about your results of BEing/Abiding in Him for that time: How did BEing this quality help you Abide in Him? How did it help/impact others around you? *(see next page for extra space to complete this question)*

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Day 2: Notes

Today's Secret Word: _____

Day #3:
He Stands at the Door

Jesus says, “Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me."
(Revelation 3:20)

Today You’ll Learn How to Have a Deeply Profound Experience and Feeling of His Love by Breaking Free of Your Negative Beliefs!

Day 3: Committed Action Step

Complete your Commitment Statement for today:

I, _____ commit to breaking free from my past to fully let Him into my heart. #nomorelies

What lies have kept you from believing God's truth?

_____

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What was your experience of the activity today? Did you experience resistance or did you let Him in fully?

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What healing and shifts get to happen inside you so you can invite Him into your heart more deeply?

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Day 3: Notes

Today's Secret Word: _____

Day #4:

He is the New Covenant

Jesus says, “And he took bread, and when he had given thanks, he broke it and gave it to them, saying, "This is my body, which is given for you. Do this in remembrance of me." And likewise the cup after they had eaten, saying, "This cup that is poured out for you is the new covenant in my blood.”
(Luke 22:19-20)

Today You’ll Learn How to Invite God Into your Subconscious to Do An Amazing Work Within You!

Day 4: Committed Action Step

Complete your Commitment Statement for today:

I _____ commit to coming into agreement with His truth and aligning with the Holy Spirit. #AlignedwithGod

What fears do you believe hold you back from receiving God's love?

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When God's truth was ministered to you today, how did you respond?

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If there was a disconnect from FULLY receiving His Truth, what do you think the barrier was?

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What is ONE step you can take to renew your mind and come into deeper alignment with His spirit?

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Day 4: Notes

Today's Secret Word: _____

Day #5:

His Peace is Yours

Jesus says, "These things I have spoken to you, that in Me you may have peace. In the world you will have tribulation; but be of good cheer, I have overcome the world.")

(John 16:33)

Today You'll Know how to Implement The 4 Pillars in The Set Free Method™ to Heal and Experience God's Love & Peace. Learn how to Leave a Lasting Spiritual Impact on everyone in your life!

Day 5: Committed Action Step

Complete your Commitment Statement for today:

I, _____ commit to healing from the past so I can leave a spiritual impact on this world through Christ. #rippleeffect

What are the 4 Pillars that will enable you to partner with God and connect into Him to heal and experience His love more deeply?

1 _____

2 _____

3 _____

4 _____

What spiritual impact for Christ are you committed to making? *(on family, friends, the world)*

_____

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What teaching or activity from this Intensive had the biggest impact on you? How was it impactful for you in your walk with Christ?

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Day 5: Notes

Congratulations on Completing the 5-Day 'Experiencing God's Love' Intensive!