

# WORKBOOK SECRET GARDEN

How to find healing and rest



# INTRODUCTION

How to use this workbook



"Arise my dearest. Hurry, my darling. Come away with me! I have come as you have asked to draw you to my heart and lead you out."

Song of Songs 2:10

**This Workbook will help you in your journey to healing!**

Listen to the recordings in The Secret Garden and take notes of what you have found in the time you spend there. It will help you.

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# AWAKEN YOUR SENSES

Come fully alive!



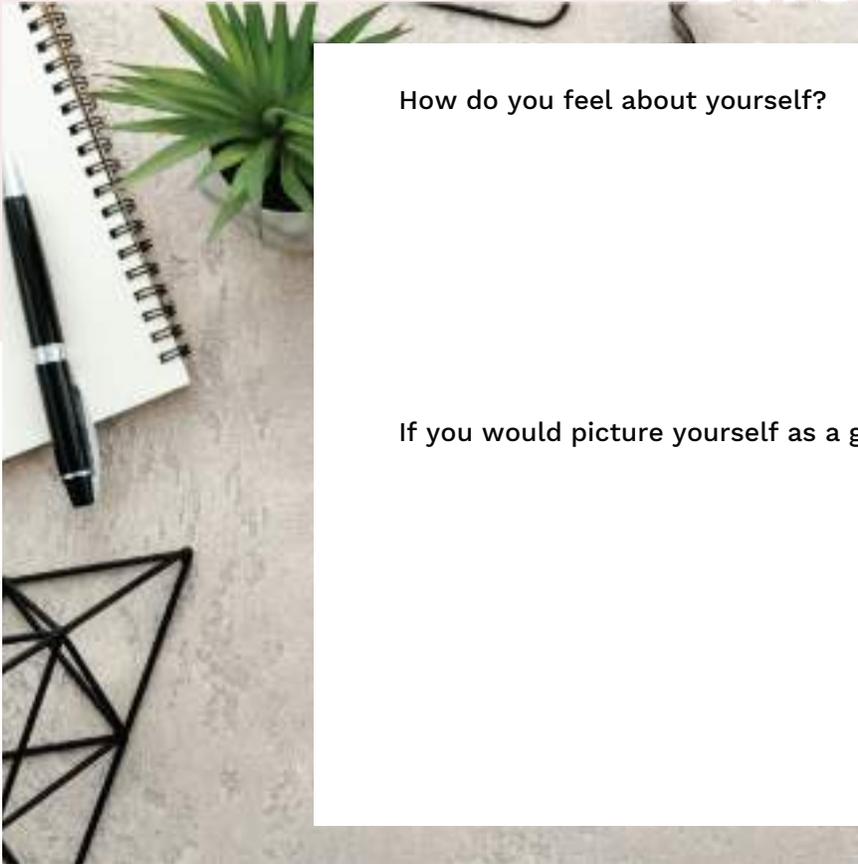
What sense stood out to you?

What did you experience?



# YOU ARE A BEAUTIFUL GARDEN

How to blossom and become fruitfull.



How do you feel about yourself?

If you would picture yourself as a garden, what would it look like?



# THE SOIL OF YOUR BODY

You are wonderfully made and every part of you is loved.



Where in your body did you register freedom?

Where in your body did you become aware of tension or pain?

What can you do today to love your body and take care of it?



# LISTENING TO THE VOICES

and decide who you listen to



Write down everything that is being said, without censoring.

What is supporting you?

What is putting you down or holding you back?



# HEALING YOUR EMOTIONS

Guard your heart, it's the source of life.



Name the emotions you encountered in your heart.

What are you grateful for?

How does that make you feel in your body?

WHAT DO YOU WANT TO GIVE TO JESUS?



# ENCOUNTER IN THE SECRET GARDEN

Stay open and curious; He likes to surprise you every time



What did you experience in the encounter?

