

סגולה



TREASURED POSSESSION

Embracing Your True Worthiness ~ An Interactive Journey ~

For you are a people holy to the LORD your God.
The LORD your God has chosen you out of all
The peoples on the face of the earth to be
His people, His Treasured Possession.

Deuteronomy 7:6

You are a Jewel



His Private Property & Possession



You are Special



You are Valued

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TREASURED POSSESSION

Embracing Your True Worthiness

Interactive Collaging ~ Journaling ~ Meditating & “The Call to Retreat” Exercises

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The contents of this workbook are not intended to be psychotherapy but educational in spirit. It is not a substitute for counseling services. If you are need of counseling, please contact a psychotherapist in your area.

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INTRODUCTION

Treasured Possession

Treasured Possession is a name God calls me and therefore a name I have learned to call myself. Over the years I have become a “Treasure Hunter,” seeking out treasure and beauty in others. It gives me great joy to help others unlock and mine the treasure that lies within them. Treasure symbolizes what is highly valued by God. As you journey through this course, my prayer and hope is for you to know you are His *treasured possession*. This royal truth is meant for you to cherish, believe and share with others, so they too will walk in their true worthiness.

Becoming a Treasure Hunter

On a rainy Saturday in September 1985, a British antique dealer set out to use his new metal detector searching an ancient site near the cow fields that surround Middleham Castle. This castle, now in ruins, was once the home of Richard III. Many treasure-seekers had raked over these grounds before, occasionally finding Georgian pennies and a few gold rings.

After searching for eight hours, it was becoming too dark to continue. Heading back to his car with his metal detector still switched on, he heard the detector’s welcome *bleep*.

Digging approximately 10 inches into the dirt, he unearthed a two and half inch piece of metal, which he thought was a lady’s powder compact, common in the 1940’s. Returning home, his wife emptied the contents of his bag and began cleaning the compact. To their surprise, they discovered this item was in fact, a highly detailed, gold, diamond-shaped gothic reliquary pendant embedded with an enormous sapphire. Later, the pendant was determined to be an extremely rare piece of 15th Century English jewelry, never before seen.



The front of the pendant is engraved with the Trinity, and a sapphire representing a piece of heaven. Along one of the borders it contains a Latin inscription, “*Behold the Lamb of God that taketh away the sins of the world, have mercy on us.*” The back is engraved with a Nativity scene.

I love this story and share it with you, as it mirrors our life-journey to find a sense of belonging and value. Deep down in each person lies treasure. Like the discovery of the Middleham jewel, many have traversed over the surface of our lives, missing the jewels that are buried there.

I invite you to join me in becoming a treasure hunter, unearthing the treasure within yourself and mining the treasure which is buried deep in others – **revealing in each person a deposit of the glory of God**. *“The Lord your God has chosen you to be a people for His treasured possession”* (Deuteronomy 7:6).

What is Inspired Collage™?

Inspired Collage™ is a mini-retreat, a spa for the soul. It is a kaleidoscopic blend of practices inspired by Scripture, journaling, meditating and love for beauty and collage art. It emerged from the search for tools and insights that facilitate individual healing. Through the power of images and self-discovery, you craft a life-journal and create deeper intimacy with God, yourself, and others.

Each week you will spend time collaging, journaling or meditating on interactive exercises. You will also be encouraged to take five mini-retreats. Throughout the week, let your imagination be your friend. Create a collage – a visual journal – or keep a written journal of your experiences. As you relax and listen, you will find your true artist and create unique treasured masterpieces.

Collage – Creating Visual Journals

Collage is an intuitive, imaginative process and can become a visual journal of your life. It awakens areas in your life that may be dormant or stagnant. The art of collage is available to everyone. You don't need artistic training.

To prepare for this course, gather magazines for collage or you can purchase the Inspired Collage™ Starter Kit available at: www.inspiredcollage.com As you sort through the images, you will gravitate toward those which have a personal meaning for you. Through a process of discovery and revelation, adding and subtracting pieces, a larger Story emerges. An illuminated collage consists of meaningful layers of words and images to create a lasting devotional experience. When you collage, let your imagination soar and joy increase. As you complete your collages, revel their beauty. Spend time in contemplation and behold the benefit of the message it speaks to you.

“The Christian is the really free man – he is free to have imagination. This too is our heritage. The Christian is the one whose imagination should fly beyond the stars. Imagination should not fly away from the truth but fly upon the truth.”

Francis Schaeffer, “Art and the Bible”

Christian Meditation

Christian meditation is an ancient art practiced since the early Christian era. It is a time-honored way of going deeper in the Scriptures and connecting with God. Life is cluttered with daily soul-draining activities. We are bombarded with e-mails, TV and other noise. Meditation is a way to nourish the soul. It is a hidden treasure that is now being revived by those who have a growing desire for the transcendent. I like to use the four movements of Lectio Divina as a way of meditating on Scripture. *“But his delight and desire are in the law of the Lord, and on His law (the precepts, the instructions, the*

teachings of God) he habitually meditates (ponders and studies) by day and by night.”
(Psalm 1:2 Amplified)

Lectio Divina:

- 1. The reading or listening:** Begin by reading a passage of Scripture slowly, listening interiorly, and giving it your full attention. This is not speed-reading but taking time to listen to the Speaker (the living God). Read with anticipation, imagining you are reading a love letter for the very first time. You may want to read the Scripture aloud. Pause between sentences. Gently listen for a phrase or word that the Spirit of God is highlighting to you.
- 2. Meditation:** Reflection on the word or phrase. In this movement, ruminate on the word or phrase that has been highlighted to you. Ponder and repeat it over and over. Allow it to interact with your thoughts, your memories, desires, and current problems. Let it become His word for *you*, a word that affects you at your deepest center. Reflect on why God may have highlighted this word for you. Imagine yourself in this Biblical narrative. You may imagine Jesus or one of the Apostles is speaking to you.
- 3. Responding:** Allow the word or phrase to touch you, to change you, and to become life-giving. In this movement, converse with God about the Scripture and how you can bring it into action as a part of your daily living.
- 4. Resting:** Let the words of your meditation wash over you. Rest in the love God has for you. Linger in this deep place of connection. Selah (pause and wait). Allow the Scripture to refresh you. At this stage, you may find one word that you can carry with you throughout the day. Words such as: flourish, wait, trust, or love can become anchors for your busy life.

Journaling

Journaling is a steadfast companion as you travel through life, a way to map your inner world and find your inner voice. This course includes journaling exercises, which will capture your deepest thoughts and allow you to unpack the complicated events of your life. I recommend you get a three-ring binder in which you can record your thoughts and add pages and collages. For example, you can create different sections for: Listening prayer (Lectio Divina), Scripture studies, copies of your collages, personal prayer requests, promises of God and answers to prayers. Journaling can be a form of worship as you record your deepest thoughts and interactions with the living God.

The Call to Retreat

The “call to retreat” is a path to replenish and cultivate aspects of your inner life. It is a time to disconnect from your ever-growing to-do list and reconnect with yourself and God. Step away from ordinary life to take refuge and gain wisdom under the wings of the Almighty. You can launch dreams in this place, find closure to life’s hurts and pains, experience peace and gain needed strength to nourish your soul. Retreats do not have to be time intensive or taken far away from your home.

Throughout this workbook, you will be introduced to five mini-retreats. You may find yourself on a one or two-hour luxurious retreat, a five-minute retreat or a weekend group retreat.

The Five Mini-Retreats:

1. The Garden of Your Heart (One-hour mini-retreat)
2. Rewrite Your Trust Map (One-hour mini-retreat)
3. Revel in Your Belovedness (Two-hour mini-retreat)
4. Tranquility (Five-minute mini-retreat)
5. Blessing Circle (Group mini-retreat)





About Peggy Burns, LMFT

Peggy is a licensed Marriage and Family therapist in San Francisco, CA. She spent several years as a missionary with Youth With A Mission (YWAM), involved in counseling and healing to the nations. Peggy is passionate about her Christian faith and finds great joy helping others unlock the treasures that are within them. She combines Scripture with art to promote healing and Christian growth. Peggy is an inspirational speaker and has created Inspired Collage™ Workshops, which are available for church groups, women's retreats and other Christian gatherings. Visit her websites:

www.inspirecollage.com and www.redecorateyourlife.com

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WEEK ONE

The Origins of the False Self vs. True Identity

Introduction

This Treasured Possession™ course is designed to take you on a 10-week interactive soul journey practiced through creativity. It is the time to “Awake” and become all God has intended you to be. While on this Treasured Possession™ journey, you will find tools and insights to embrace your true worthiness. You will begin to redecorate your life and claim your true inheritance.

This workbook includes a collection of gems and counseling tools I have collected over the years as a Christian counselor and a follower of Jesus Christ. They represent roads that lead to your true inheritance and healing. I have found many have not accepted themselves nor put on the "new self," their true-self. Living out of your old self keeps negative patterns repeating and chains you to your past. The work of putting on the new self is the key to victorious living. My hope and prayer is that you will step into all God has for you and begin to see the treasure God has placed deep within your inner being.

In this first week, you will start by understanding the difference between your false-self and your renewed true identity in Christ. You will begin to discover your true worthiness, seeking to live unmasked in your true created glory.

This week also includes a journaling sheet designed to be throughout the course. You can shrink your collages and then use the journaling sheet for writing your reflections. Be sure to make a copy of it so you can reuse it.

Each week there will be several interactive collaging, journaling, and meditating exercises. There is also “the call to retreat” which includes five-weeks of mini-retreats. Feel free to do them all or chose one that speaks to you. This course may be done individually or in a group. You will want to gather materials such as used magazines, a new journal, three-ring binder and any art supplies for your creations. Now your inner artist is ready to create a masterpiece.

Love and blessings as you embrace your true worthiness on your journey this week,

Peggy Burns, LMFT

www.inspiredcollage.com

THE False Self - The Internal Saboteur

The creation of either a false sense of self or a sense of your true worthiness begins at a very young age. During this time you are most vulnerable and formative, in a sponge-like state, when your identity is being formed. It is in the love and acceptance of those around you that produces within you a secure self. If you were celebrated in this way, the door to self-acceptance and love of self is opened. To accept self enables you to live out of your true center where you abide with Christ and are secure in His love.



During this time of imprinting, your father has great influence in forming your identity. Your mother ideally creates a sense of well-being, giving you a message, “your world is going to be okay.” As messages are mirrored to you, they begin to form beliefs about yourself, creating either a secure sense of your worth or a false sense of self in order to compensate. The words and actions of others become internalized and a strong inner critic forms. At some point in your life, this critic begins to masquerade as your voice, yet its motives are usually convoluted and illogical. Often an orphan spirit is adopted, seeing only lack. This inner critic becomes your companion, an internal saboteur who walks alongside you. When wounded in this way, you naturally create shields to protect yourself from hurt. You cultivate a disguise or distortion of your true being. Oftentimes these created shields are decorated with self-defense mechanisms that project a false

sense of self. The following examples of defense mechanisms may be familiar to you: intellectualism, acting out, humor, denial, projection, and idealizing.

In His presence, you can take all of these false beliefs and bring them before the Master Affirmer, the living God who can begin to speak to you as your loving Father. You can unmask your inner critic’s motives and let God correctly mirror to you a true sense of worthiness and renewed identity. Your heavenly Father wants to give you a new name¹ and a sense of well-being which may be unfamiliar to you. Your map to your heavenly Father may need repair if you believe He is like the father of your earthly experience. It is not uncommon to transpose your earthly emotions onto your heavenly Father. His desire is to tell you the truth. Prepare yourself to listen to the heavenly Father’s voice and begin your true journey home. The following exercises will help you enter into your place as His child and to hear His voice.

¹ “and I will give him a white stone, with a new name written on the stone that no one knows except the one who receives it.” Revelation 2:17

EXERCISES

Journaling

Ask God the Father to speak to you and affirm who you are. Begin to listen and journal His response to you. If you struggle to believe God is speaking to you, allow the truth to take hold and to reign in your heart. The truth of the matter is God speaks to you in many ways, here are a few:

- In a still small voice (inner voice) - 1 Kings 19:11-12
- Through Scriptures - Hebrews 4:12
- Dreams - Job 33:14-15
- Nature - Psalm 19:1-3

Frequently, I am asked, *how can I know God's voice?* Below is a guide to help you:

The sound of God's voice...	The Enemy's voice...
Refreshes you	Depletes you
Leads you into truth	Deceives you
Guides you	Misdirects you
Counsels you	Confuses you
Sustains you	Undermines you
Encourages you	Discourages you
Strengthens you	Cripples you
Advocates for you	Opposes you
Helps you	Hinders you
Calms you	Worries you
Comforts you	Frightens you
Intercedes for you	Accuses you
Stands by you	Abandons you
Convicts you	Condemns you

Meditating

Ask God to strengthen you. Discover the power and reward of praying the Scriptures. Pray and interact with this prayer from Scripture: “*May He grant you out of the rich treasury of His glory to be strengthened and reinforced with mighty power in the inner man by the [Holy] Spirit [Himself indwelling your innermost being and personality].* (Ephesians 3:16 Amplified). I like to actually lay my hand on my heart when I am praying this prayer over myself. Expect that His strength is increasing in your life and renewing your identity.

Collaging

Find an old photo of yourself and make a photocopy of it. Then listen for the new words God speaks to you about your true identity. Collage and surround your photo with the new words.

Journaling

Become aware of the defense mechanisms that you use for protection. As an adult, it is important to find healthier ways to protect yourself rather than using defense mechanisms. For example, think about ways you can begin setting personal boundaries. A boundary is an invisible property line, a border that defines where you end and someone else begins. Imagine a world map. Once you cross a border or a boundary you are under a completely different jurisdiction. Ownership on your side of the border belongs to you.

Respond in your journal to the following questions:

- What are the defense mechanisms you have adopted to protect yourself?
- What healthy boundaries have you set in your life that protect you from others who are not healthy and are infringing on your borders?
- What are some of your inner critic’s favorite words or sayings?
- Is there a theme or favorite subject it returns to?

Once you have unmasked your critic’s motives, you can begin to talk back to it and quiet its voice. One of my favorite sayings to my inner critic is, *I don’t receive that.*

Meditating

Recently, my spirit was excited when I heard a speaker say, “Encouragement is the mother tongue of the Holy Spirit.” Meditate on the fact that the Holy Spirit indwells you. Let the Holy Spirit’s words encourage you. Never go it alone. Instead, ask assistance from the Holy Spirit to quiet your inner critic and to speak truth to your inner being.

Journaling

Write down three responses you would like to give your inner critic. Practice these responses this week.

If you are doing this course in a group, share how you hear the voice of God. Example: I like to stop in my day and say, “God speak to me.”

We are all Treasured Possessions

Recently I was with my husband on a beautiful beach in Half Moon Bay, California. My spirits were high as the sun glistened on the ocean and the sand was clean. My husband and dog had walked ahead. I stopped, looked out onto the ocean, and asked God to speak to me. A few minutes later I looked down and saw a beautiful white stone. It was not a usual stone, maybe a polished shell in a shape of a stone. This had significant meaning to me. I had just heard a most amazing teaching in regards to the meaning of the new name written on a white stone, which we are to receive in heaven (read Revelation 2:17). Being given a white stone carries the meaning that you are accepted and forgiven. It was as if God said, *I am pleased with you, I treasure you.* I yelled to my husband, “Look! God just gave me a white stone!” My husband looked to see if there was another white stone anywhere nearby. This was the only white stone on the entire beach. I felt as if it had been specially placed there for me.

God has something special for you. Ask Him to speak to you.



One-Hour Mini-Retreat - “The Garden of Your Heart”

This week find a quiet garden or place in nature to be a sanctuary from the busyness of life. If you work in a downtown metropolitan area, search for roof gardens. Your own backyard may provide a quiet retreat or you may venture out to a peaceful place nearby. The garden doesn't have to be large or fancy.

Quiet gardens provide a rich natural space for you to find the nourishment you need and for hearing God's voice. To prepare for your mini-retreat, gather the following items:

- Journal and pen
- Good pair of walking shoes
- Bottle of water
- Print out the following Scriptures:

“And I heard the sound of the LORD God walking in the garden in the cool of the day...”
(Genesis 3:8)

“The Lord will guide you continually, giving you water when you are dry and restoring your strength. You will be like a well-watered garden, like an ever-flowing spring.”
(Isaiah 58: 11)

“For they are transplanted into the Lord's own garden and are under His personal care.”
(Psalm 92:13 - The Living Bible)

Journaling and Meditating

The garden is one of the framing images of the total Bible story. It was always part of God's plan to be near us and now He dwells inside of us. Imagine inside of your heart is a beautiful garden waiting to be attended to. During this retreat imagine Jesus wanting to meet you in the garden of your heart.

What does He say to you? What transpires? Take time to journal the words or images that come to mind. Cherish this experience throughout the week. Going forward you can either retreat to an actual garden again, or you can revisit Jesus in the garden of your heart anytime.

“Oh Lord Jesus, true Gardner, work in us what you want of us, for you are indeed the true Gardner at once, Maker and Tiller and keeper of your garden, you who plant with the word, water with the spirit and give your increase with your power.”

Guerric of Igny, 12th-century

Inspired Collage™ Journaling

Place a
copy of your
Inspired Collage™ here
Reduce your card 50%

Create your own
journal and
inspired
meditation
for each card

Scripture Meditation:

Read the passage slowly. Listen to words or a phrase that God wants to reveal to you. Allow it to permeate your spirit. Reflect on the passage or words that are being highlighted to you:

What is the meaning of the passage? Spend time using study tools to unpack the message:

What is the Holy Spirit saying to you for your everyday life? Apply the passage into your life:

Rest in the love God has for you. Let the words of this meditation wash over you. Linger in a place of deep connection. Selah!