



TASTE Reflection Questions #15
February 16, 2023

Let Yourself Be Loved

Elizabeth Leon

Whoever eats My flesh and drinks My blood
abides in Me and I in him." ~ John 6:56



1. What one thought stood out or impressed you the most from this talk?

2. Elizabeth told the story of the death of her baby John Paul Raphael, who had Trisomy 18 – a condition the medical community calls incompatible with life, but we may see as life-limiting. At Eucharistic Adoration the night before the funeral, the Holy Spirit gave her the words “Let Yourself Be Loved” which led to the book she wrote and discussed.
 - What did you find most surprising and/or encouraging about this story?
 - What gifts did God give her in the midst of all of this?
 - What treasures were found when the tsunami of grief crashed into her heart?
 - What paradox was associated with this event?

3. Brené Brown said “You can't tear pages out of your own story.”
 - How do we overcome stories in our lives that we never would have chosen to write?
 - How can you help your stories have purpose and become your GLORY STORY?
 - How can you allow the Lord to heal, transform, redeem, & free us through them?
 - How can you become a living witness of the Gospel to help spread the message of Christ in the apostolic age?

4. Elizabeth unpacked the story of the woman afflicted with hemorrhages for 12 years. Maya Angelou said “there is no greater agony than bearing an untold story inside you”.
 - Why did Jesus say “who touched me” if He already knew?
 - How difficult do you think it was for her to tell him everything? Why?
 - How can this story give you courage to have a more intimate relationship with Jesus & tell Him everything? Based on His response in this story, how do you feel He would likely respond?

REMEMBER

Jesus wants all of you. He wants your whole heart. He wants your whole truth. He wants you to let him love you there in the darkest parts that you've kept hidden away — perhaps even from yourself. He wants you to experience the freedom of joy that surpasses all understanding no matter your circumstances.

Joy and pain are both part of God's love story. They are all inextricably woven together as part of His elaborate rescue mission to bring us home. So every event in our lives — both the joy and the pain — is part of an invitation from God to let Him love us right there where we find ourselves.

This is the living witness we can offer in the Apostolic age that no matter how hard it gets or how bad it gets, there is hope and goodness and we are loved.

Healing is hard work. Surrendering and opening your heart to Jesus takes courage, but don't settle for anything less than your inheritance as a beloved daughter of the King.

Allow the Lord to do His work of healing, redemption, restoration, and transformation in your life. Pray that our eyes will be opened to the glory that He desires to shine in and through our brokenness and lead us to freedom.

HOW CAN WE DO THIS?

Elizabeth discussed 5 different guide posts on the Journey of the Beloved that all of us in our healing journey are going through although we might zigzag around in different ways based on our own unique stories

1. We all are invited to know the **PROMISE** — It starts with encountering the promises of God and deeply going through scripture — what does God promise us? Examples include: the Peace of Christ that surpasses all understanding, the goodness of the Lord, and the land of the living, and abundant life.
2. Then it involves grappling with the **ENEMY** — There is an enemy of our souls who is alive and well and real. So starting to really have a little more clarity on what does the enemy look like, what is his action in my life look like, what are the lies that he has sown in my heart, how are those lies still holding me bound, and what vows have I made that keep me from receiving the promises of God.
3. Praise God we have a **REDEEMER** — Jesus is the antidote. He has crushed the enemy, but we need to open ourselves to the power of the Redeemer in our lives.
4. Then comes **SURRENDER** after we acknowledge Jesus as a Redeemer, we have to surrender to His power and His plan in our life.
5. Then comes **EMBRACE** where we receive the loving grace and embrace of the Father and live in the freedom of being the Beloved.