

# COFFEE FOR YOUR HEART

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## COFFEE FOR YOUR HEART

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*For the Lord and His daughters*





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## LET GOD'S LOVE FILL YOU

**T**urn on the television. Spend time on the Internet. Take a walk through any store. Everywhere we go there are messages about who we are and who we're supposed to be.

And yet in the middle of it all, one voice is quietly calling to our hearts.

It's the voice of the One Who Loves Us.

He whispers, "You're wanted. You matter. You're wonderfully made."

In our noisy world, our busy lives, those words and others like them can get lost. This book is an invitation to find them again. The content here was first released as a devotional called *God's Heart for You*, and I'm excited to have this updated edition because I believe we all need these life-changing truths more than ever.

As a *Wall Street Journal* bestselling author, speaker, life coach,

and counselor, I've connected with thousands of women around the world who tell me they struggle to find their worth and purpose. I know what that's like because I've wrestled with the same issues. During a season when the lies were especially loud, God prompted me to get up early each day to spend time listening to Him. (Confession: I'm not a morning person. Once I even put chocolate on the alarm clock to bribe myself to get up. I ate the chocolate and went back to bed.)

The pages that follow contain the encouragement I heard from God's Word in those morning hours. These truths forever changed my life. They led me to greater joy, peace, grace, and freedom. I believe and pray they'll do the same for you. Take a deep breath, grab a cup of something cozy, and let God's love fill your heart with whatever you need most today.

*Holley*

PS—Knowing God's heart for us begins with having a relationship with Him. If you'd like to find out more about what that means, turn to "Connecting Your Heart to God's" on page 171.



## Chapter One

# ACCEPTED

*Accept one another, then, just as Christ accepted you, in order to bring praise to God.*

ROMANS 15:7

**I**t's easy for me to believe God loves me. I can understand He has forgiven me. But making the leap to believing He has truly accepted me is another story. Perhaps that's because we experience so little true acceptance with each other. The preacher talks about grace but gives us a list of rules to follow. Friends promise to always be there for us, only to turn their backs when we don't meet their expectations. Families boast of unconditional love but withdraw it when we choose a different path. So like Adam and Eve in the Garden, we hide from ourselves, each other, and God.

In *Beyond the Masquerade: Unveiling the Authentic You*, Dr. Julianna Slattery says, "Facing others without covering my psychological

blemishes is actually more terrifying than going out into the world without a shower or makeup. Far more offensive than body odor are my fears, malicious thoughts, insecurities, shame, and pride.”<sup>1</sup>

While we strive to make ourselves acceptable, we also secretly long for someone to catch a glimpse of our true selves and exclaim, “You can stop hiding now—I really do love you just as you are!” In the *Mark of the Lion* trilogy, one character, Hadassah, miraculously survives an attack. However, she walks away with deep scars and always wears veils to cover them. She fears rejection if she’s seen as she truly is. The moment that has terrified her finally arrives:

“Oh, beloved.” The wounds had been deep, the scars running from her forehead to her chin and throat. Releasing her wrists, he touched her face tenderly, tracing the mark of the lion. “You are beautiful.” He cupped her head in his hands and kissed her forehead, her cheek, her chin, her mouth. “You are beautiful.” She opened her eyes as he drew back slightly and he looked into them. What she saw melted all resistance, removed all shame.<sup>2</sup>

We have all been Hadassah. We know how to hide. We cover our pain. We fear being truly seen. These words spoken to her resonate because we long to hear them ourselves. Thankfully, there is Someone who wants to speak this way to our hearts every day. When Christ went to the cross, He made it possible for us to stop hiding. All of our sin, shame, and guilt have been erased. The Lord looks at us with eyes of love. His scars bring healing and even beauty to our own.

We can drop the veils of performance and people-pleasing. We

don't have to be afraid of what we perceive as our ugliness or our inadequacies.

We're truly seen, known, and loved in a way we never thought possible.

Here's the secret and the miracle: The acceptance we long for is already ours if only we'll dare to embrace it.

*You are accepted.*

### Reflect

Read Romans 15:1-7. Complete this sentence: Being accepted means that I...

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How is conviction different from condemnation?

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What helps you believe God truly accepts you?

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## Respond

Lord, I'm so grateful You love and accept me just as I am. Sometimes that truth is hard to understand and embrace, so I pray You'll help me learn to walk fully in it. I thank You for showing my heart...

## Remember

Hey you,  
the one wondering if you're enough,  
if you'd be loved if anyone really knew you—  
turn your heart this way for a moment,  
then lean in and listen close...

Acceptance?

*You've got it.*

You don't have to look any further  
than the hands of the One who made you,  
the heart of the One who loves you.

You're welcomed, held,  
cherished just as you are  
and encouraged to grow  
into all you'll become.

So hold your heart and head high;  
look the world in the eyes and say...

*"I'm His. I'm loved.*

*I'm already accepted today."*



## Chapter Two

# WONDERFULLY MADE

*I praise You because I am fearfully and wonderfully made;  
Your works are wonderful, I know that full well.*

PSALM 139:14

**W**here something is made matters to us. Look at the tag on most any product and you'll likely see a line like these imprinted on it:

MADE IN CHINA

MADE IN MEXICO

MADE IN AMERICA

And if you could see the line imprinted on your heart, it would read, **MADE IN HEAVEN**. The word *made* usually conjures up visions of factories and impersonal production lines, but the way heaven creates is entirely different. Every part of you was carefully and intricately crafted by God. Of course, that creation was carried out

physically in your mother's womb, but the idea of you started in the heart of heaven itself.

Since the beginning of the world, God has been creating. The word *made* appears ten times in the first two chapters of Genesis. God made light, stars, animals, and finally His crowning creation—people. When He finished, “God saw all that he had made, and it was very good” (Genesis 1:31). What He said over all creation, I believe He said at your birth too: “It is very good.” That statement isn't a reflection of your morality or what other people say about you. It really isn't about you at all. Instead, it's the expression of the Master Craftsman looking at His work and declaring its worth.

We often fail to agree with God's assessment of us. With our words and actions, we fill in the blanks in other ways. Instead of “It is good,” we look in the mirror and say, “It is ugly. It is unlovable. It is worthless.”

In 1987 a British couple brought a painting to *Antiques Roadshow* to find out its value. They didn't particularly like it and had actually moved it to a shed when they redecorated. Imagine their surprise when the painting turned out to be *The Halt in the Desert* by Richard Dard, a well-known artist. The painting had been missing for 100 years, and its value (£100,000, or about \$150,000 today) set a record on the show.<sup>3</sup> It didn't matter what the couple thought about the piece; its value came from the one who created it.

You and I are works of a master artist as well. We may hide who we truly are and display something we think is more appealing. We may dip our brushes into the paint this world offers and try to cover ourselves with another image. We may even seek to destroy

ourselves completely out of shame. But the truth still remains—we are fearfully and wonderfully made.

Max Lucado says in *Cure for the Common Life*, “Da Vinci painted one Mona Lisa. Beethoven composed one Fifth Symphony. And God made one version of you. . . We exist to exhibit God, to display His glory. We serve as canvases for His brushstroke, papers for His pen, soil for His seeds, glimpses of His image.”<sup>4</sup>

God longs for His children to embrace the worth and value He’s given them and then use it to bless others. When we know who we are and whose we are, we’re free to love, live with joy, and make a difference in the world.

*You are wonderfully made.*

## Reflect

Read Psalm 139. What has influenced your self-image, both positively and negatively?

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What’s one truth your heart needs to remember about who you are as God’s creation?

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Write down one small way you can begin living more fully in that truth today.

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### *Respond*

Lord, I praise You because I am fearfully and wonderfully made. Help me to see myself as You see me, the creation of the Master Artist who lovingly chose each detail of who I am. I thank You for making me...

### *Remember*

You're formed by God's hands,  
dreamed up in His heart,  
and placed in this world for a purpose.  
There's no one else like you...  
You're one of a kind, irreplaceable.  
God has given you everything you need  
and created you just as you need to be  
to make a difference  
in your own wonderful way.  
So go for it, girl.  
The world is waiting  
and heaven is cheering you on.