

unbounded
LOVE

Heartbreak

Recovery

Introduction

Welcome, God loves you.

This book is inspired from the Book of Ruth found in the Bible. Many of you have had it rough and some of you do not understand why this happened to you. To you, everything was done right. You invested so much time and made countless sacrifices. Tolerance and patience became your middle name at the end you feel this is more than you can take. You don't just feel empty but wounded, betrayed, taken for granted. You want revenge or you don't think love is for you. You're tired or you seek a way to let go of the pain.

My dear let's walk on a journey together with God. Just the three of us.

I pray before this book ends you receive healing and you are filled with immeasurable love.

(All scriptures are based on the NIV Bible Translation.)

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Surviving Betrayal; Navigating the Aftermath of Deception

Ruth 1 vs 1-5

The Story of Ruth begins with famine and death. Naomi experiences a loss of her husband and two sons. Not just Naomi but Ruth also lost her husband of 10 years. I want to speak about Ruth in this book.

When it comes to heartbreak, I want you to understand many people experience it in different ways and forms but how do you survive it. How do you navigate a path after deception?

The questions we ask ourselves are:

- Why me?
- Why didn't I notice?
- Am I really what they say I am?
- Is love really meant for me?
- How do I cope?
- Why do they always leave?
- What next?

The way forward is making a move towards change. It can be a change of environment, a change of perception, a change of narrative, a new definition.

During the period of loss Naomi decided to go back to her people for she had moved to Moab in times of famine for a place of greener pasture for survival. However, famine had hit the people of Moab too.

Some of you have taken and made decisions based on a road map we think is best for us. Based on the voice of others and based on the things the world says is right.

This has led into the circumstance and direction we find ourselves in. Do not wallow in self-pity. You can accept the fact this happened to you but do not let it be the end the result.

Naomi decided to take a different journey from where she was and to head back, for she heard the Lord had blessed his people with food and bountiful harvest.

I need you to wake up from your comfort zone. I don't want you to have an attachment to the pain and old place of hurt. I urge you to stop replaying the memories that you had when all seemed to be fine. I want you to pull down future

castles and pictures you built in your mind about how things would have turned out. Let go of fake promises and dreams.

In this circumstance always remember it is a blessing not a curse for there is something special God has prepared for you but you need to take time in this process to get there.



Forgiveness and Freedom:

How Letting Go Can Set You Free

Ruth 1 vs 8-15

To let go is to set free even without understanding the cause of the circumstance. To release anger and resentment. To not allow yourself be tied to that which is dead, this prevents you from getting corrupted. For this corruption leads to rot and from rot comes death. So, you must cut of every unhealthy attachment.

In the story aside Ruth, there was Orpah who was her sister-in-law. When Naomi asked them to stay and return to their families of the land, they both initially agreed. However, Orpah left after persuasion from Naomi. I really wouldn't define it as persuasion but she spoke of their current circumstance and the need for them not to follow her, for she couldn't give birth to a son plus even if she could how long could they wait for them to become husbands.

Here the story paints not only the circumstance but the impossibility of it all. The possibility of something better.

My dear do not let the current situation define your future. Do not label yourself as not worth something special. Do not also rush into another relationship thinking it's a better option than nothing. In my country they warn you by saying "Do not jump from frying pan into fire". From one mess into the other.

You need to let go and heal.

Orpah decided to stay with her people even in famine so she could have a husband.

Please don't do that. Do not find yourself in another unloving situation because of fear of being abandoned, fear of not being loved, fear of turning old, fear of what others might say, fear of how people would see you and the need to meet up with the demands of society.

Letting go is a step towards healing and being aligned towards the path God has for you. That is bountiful love.



Rediscovering Yourself and Finding Joy in Solitude

Ruth 1 vs 16-18

I always speak about self-confidence and self-love. This is because people do not know who they are and settle for less of themselves.

You also find instances of people allowing setting definitions or labels of themselves to take form and end up not realizing there is more to who they are as a person.

Today we journey to redefine who we are.

Next question is who are you?

I want you to take a journal and begin writing about yourself but before you do this.

Let me take you back to the story, as Orpah kissed her mother-in-law goodbye and Ruth was told to take that same path, she made a decision not.

She proclaimed loudly a new identity, (Ruth 1 vs 16 “But Ruth replied, “Don’t urge me to leave you or to turn back from you. Where you go, I will go, and where you stay, I will stay. Your people will be my people and your God my God.”)

She decided on a new identity and that changed her life.

I want you to search deep within and think about it.



Finding Peace and Serenity Amid Chaos

Matthew 11 vs 28

I love this scripture Jesus says “Come to me, all you who are weary and burdened, and I will give you rest.”

This is a place I want to share with you. A place of solitude with God and a safe place to cry and talk about all the things that makes you sad and hurt.

I want you to talk to God and tell him everything, just as you are. No hiding no embarrassment just speak to him he hears.

He loves you a lot. So much more than you can imagine. He loves you more than yourself. He doesn't demand anything; you don't need to prove anything or explain why you think he should love you. He has always loved you since you were born. Gently has he watched over you. Even during times, we refuse to acknowledge his love. In times when we don't see it. He says He would never leave you nor would He forsake you.

I want you to surrender your life to Him, Aren't you tired?

Don't you need rest? Let's have the emptiness in your heart filled.

Say with me:

Dear Lord Jesus,

I thank you for loving me.

I lay my life before you.

Cleanse and purify my heart.

Please come in to my heart and fill every area of my life.

I make you my Lord, Saviour and Friend.

Give me a new identity in you.

Teach me of your love.

I want to build a relationship with you.

Thank You Lord Jesus Amen.

I pray you enjoy peace and serenity. You will always walk with a smile on your face. For God has prepared something new for you, may you receive it Amen.



Embracing Imperfection:

The Path to Authentic Self-love

Matthew 11 vs 29

Here Jesus says “Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.”

I have another book coming soon “The Self-Love + Self-Confidence Formula”.

I will explain deeper on the path to embracing authentic self-love.

I want you to get a journal and write about everything God has said about you. Remember you are his child and everything he has said in his word concerning his children that is your inheritance. Don’t feel shy to ask and seek.

So, write all the good and positive things about yourself and also write about your flaws and present it to God in prayer for help and assistance for you can’t do it all by yourself.

Accept you might not be perfect but you are made perfect
in God.

Wake up with positivity and Rest in peace amid chaos.

Have a lovely day or night.

God Loves You.

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