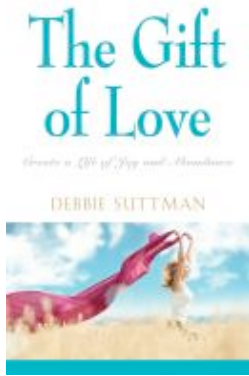


# The Gift of Love

*Create a Life of Joy and Abundance*

DEBBIE SUTTMAN





*In The Gift of Love, follow a journey to free the mind from judgments that block us from becoming all God created us to be. Love is a gift which illuminates the mind, allowing God's gifts to flow easily and abundantly to us. The Gift of Love is here to inspire, to encourage, and to walk with you through fears that keep you from releasing your most beautiful dreams into reality.*

# The Gift of Love

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# **The Gift of Love**

Create a life of joy and abundance

**Debbie Suttman**

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## **Dedication**

To God in praise and thanksgiving  
For his great love and guidance  
As he leads me to becoming my best self  
In creating the grand life He has planned for me.

And

To the beautiful family God has created for me.  
My Husband Glenn  
And my amazing children  
Morgan, Rochell and Ryan

Special thanks to:

Ann Weber of Revealing Words  
My best friend and very special sister Brenda  
Life Success Seminars of Cincinnati and friends there

My Mom and Dad  
And in Memory of  
My Grandma Edna Enneking  
1922-2013.



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# Contents

<b>Introduction.....</b>	<b>1</b>
<b>Part 1 - The Gift of God's Love .....</b>	<b>3</b>
<i>God loves us all and that is enough.....</i>	6
<i>The Divine Life is available to all .....</i>	9
<i>God wants healthy, happy people.....</i>	11
<i>The mind of man or the Will of God, which to follow .....</i>	15
<i>Speak your Truth .....</i>	18
<i>Our Divine Purpose brings God to earth .....</i>	19
<i>Let go of all that is not you so that you can become all that         you are .....</i>	21
<i>We are not what the mind tells us we are .....</i>	23
<i>Love is the Way .....</i>	28
<i>Eye has not seen what God has ready for those who love         Him .....</i>	30
<i>Do you hear Him.....</i>	32
<i>God is always prepared.....</i>	36
<i>Stay Focused on the Positive .....</i>	38
<b>Part II - The Gift of God's Magic .....</b>	<b>41</b>
<i>God wants us to have a life filled with magic.....</i>	44
<i>We are not here to please .....</i>	48
<i>Choose God .....</i>	50
<i>Create something grand with God .....</i>	53
<b>Part III - The Gift of Faith.....</b>	<b>57</b>
<i>Choose God regardless.....</i>	58
<i>God is for Everyone.....</i>	61
<b>Part IV - The Gift of Life.....</b>	<b>65</b>
<i>On Earth as it is in Heaven.....</i>	72
<i>Free yourself from the ways of man.....</i>	76

The Gift of Love

**Part V - The Gift of Wisdom.....79**  
*The Desire for goodness ..... 82*  
*A misconception about a God centered life ..... 83*  
*God is a God of Goodness..... 85*

**Conclusion.....87**  
*Prayer: A summary..... 92*

# Introduction

**Psalm 16:11 You will show me the path to life, fullness of joys in your presence, the delights at your right hand forever.**

Many times I have been led to go against my own beliefs and opinions and ideas, but have always found that on the other side of my beliefs is where the real truth lies. Challenging my own belief system shows me the difference between what the world is about and what God is about. God can bring about anything he wants to in our lives, if we believe that fully. God does not need chemotherapy to cure cancer or the lottery to get us out of debt. He can use those to create it if he wishes, but he can use hundreds of other methods too. He has power over it all and can use it all to create goodness wherever he chooses.

I spent hours preparing to write this book, The Gift of Love. God asked me years ago to write it. I agreed. But I didn't sit down and write it like he asked me to do. I spent years preparing myself to be good enough, worthy enough and capable of doing God's will for me I struggled and I fixed myself and I made excuses as to why I was not good enough yet to write something I might offer to the world. I actually changed some of the best parts of myself just so I could fix them later. This insanity

## The Gift of Love

went on and on for years, until one day, God shouted quietly to me that I was ready and worthy to write The Gift of Love.

When I tried to explain to him that I wasn't quite ready, he just repeated over and over. "You are ready and worthy. You have always been ready and worthy."

So I decided to sit down and write, The Gift of Love whether I felt ready or not.

# **Part 1**

## **The Gift of God's Love**

Love is the only commandment Jesus asked us to live. Love is the only rule we need to follow. It sounds so very simple. Just act with love, think with love, and speak with love and your life will be all that you want it to be. Your life will be a blessing to you and you will be a blessing to life.

So simple.

But not so easy. We have so complicated what Love means, that in order to live a life of love, we must untangle the meaning of love before we can live a life of love. Do we know what it looks like to love ourselves and others plainly and simply?

Let's look first at our families since this is actually the most challenging place to speak with love, act with love and think with love. We are around our families so often, we feel such great responsibility toward our families and we want so much to see our families happy and loved. We create a vast number of rules for ourselves and our families to follow to ensure that we have a loving home and a happy, healthy family. Yet, all the rules create the constant disturbance of dealing with broken rules. It is almost impossible to be loving, when we are constantly

## The Gift of Love

finding ways to judge, punish and enforce rules which are meant to create a loving home life.

We cannot create rules for loving. We can only be loving. We can only be loving if we are accepting of ourselves and others. If we are constantly the judge, disciplinarian, and the prison, we cannot be the lover. The two do not exist together.

We are asked by Jesus to leave all judgment to God. This does not mean that God is sitting up there watching our every move and sending down a punishment each time we break a rule, especially a rule made by man. It means that God simply accepts us as we are and just keeps loving us through it all.

We are not asked to make rules, we are asked to Love. We are not asked to enforce rules, we are asked to love. We are not asked to judge, we are asked to Love. That is all God asks of us.

Rules do not come from God, they come from us. The rules we have in our house are the rules we chose to make so that we can have what we want. We make rules based on what time we like to go to bed, what we like to eat or cook, how much noise we like, how clean we like things, what our habits and hobbies are, and on and on.

Rules do not have to be abandoned, but rules must be claimed by the humans who make the rules. These are my rules not God's rules. These rules exist here

*Debbie Suttman*

because I am here and responsible for these children, this home, this business, this school, this church, this community. These are not God's rules and do not make anyone unworthy, imperfect, unacceptable or unlovable, simply because they will not or cannot follow these rules.

Too many people go around feeling unworthy, unacceptable, or unlovable because they do not fit into the categories their lives have created for them. If we cannot follow the rules put upon us by a human being, we are able to find a place where we can follow the rules, without feeling inadequate in any way.

As I was going through my process of fixing myself in order to be good enough to fulfill my Divine Purpose, I found that my fixing was based on the people I lived, worked and associated with. Therefore, I could never be fixed, because everyone had different rules and ideas about the role I was playing in their life.

Until I decided that it only mattered what God thought of me, I was not able to see that I didn't need to fix anything. He had already made me exactly the way he wanted me to be.

I no longer had to feel bad about my past experiences or past relationships that had not ended well. My judgment of my success was based on how well I had followed someone else's rules about what I was supposed to be and supposed to do.

## The Gift of Love

The only thing God ever asked me to do was to speak with love, think with love and act with love. My true mistakes were only the moments I was not loving. These I could take to God and hand over to him and be forgiven. For God asks us to be loving because he knows it is not only what is best for others but what is best for us as well. Love is the only way to bring out the best in ourselves and the only way to bring out the best in others. Therefore, all he asks of us is to Love one another and love ourselves in the same way that he loves us.

God does not judge me based on my cooking ability, my cleaning ability, my driving skills, my musical talents, where I go, who my friends are, my style of clothing, my weight, what I eat, how I eat, when I eat, or where I eat, how well I do in school, if I am on time, if I watch TV or don't watch TV, if I know how to use a computer or fix a computer, if I went to college or even finished High School, if my skin is a certain color or if I grew up in a certain place, or speak a certain language. God does not judge me even if I am unloving.

He still loves me unconditionally and constantly without beginning and without end.

### **God loves us all and that is enough**

The rules I follow and chose not to follow in life do affect my life. However, they do not affect my worthiness



*Debbie Suttman*

or my lovability. Even those sitting in the prisons are still loved by God and worthy of his best if they simply decide to accept it and live it.

God provides us with an unlimited supply of love. We do not need to be loved by anyone on earth in order to be lovable or in order to receive enough love. We do not need to control and manipulate to get others to love us. All love comes from God and is unlimited and constant. There is always enough for everyone. We do not need to fight our siblings or spouses or parents or friends or any other human being in order to gain someone's love. All true love comes from God and is as available to us as the oxygen that we breathe, perhaps it is the oxygen that we breathe.

We have no need to force others to love us or to prove ourselves lovable. If we could truly grasp this as a human race, we could eliminate a great many of our human issues. If all humans felt God's love and felt their worthiness, they would be capable of becoming what God created them to be. This would eliminate our earthly problems.

Although we are not likely as an individual to inspire all other humans to become their best selves, we are capable of becoming our best selves. When we do this we create a better earth by fulfilling our divine purpose. We are also likely to inspire and encourage others to

## The Gift of Love

become their best selves simply by being our best selves.

We are not here to force anyone to become anything. But we are here to become something. We are here to become our best by fulfilling God's preprogrammed plan for us.

It is essential to realize that our best self is not based on what any other human thinks we should be. It is based on what God has created us to be. We cannot ask others what we should become, we can only find our truth from within ourselves. It is not in our mind either. It is not about what we think we should be, it is about what we know we should be.

Our thinking comes from our human life. Generally, our minds are full of blocks, fears, judgments and thoughts that tell us why we should please people rather than please God. We must stop arguing with our thoughts that tell us how unworthy and unlovable and incapable we are. We cannot prove to our minds that we are a masterpiece created by God. Our minds do not want to hear this because it goes against so much of what it believes.

We must simply state the truth to our minds and then move forward with our Divine Purpose. No more talk about our unworthiness or unlovability or inability. Just do what God asks and do it with love. That is the only way to

*Debbie Suttman*

quiet the mind when it tries to stop us from our best. We do not need our minds to become our best.

We also do not need the love, acceptance, encouragement or approval of any one human being in order to become our best. We do not need to convince our minds, or the mind of any other that we can accomplish what God has asked us to accomplish. The mind has an answer for everything and it is generally an answer that claims our unworthiness and our lack of ability at this time. If we ignore the opinions of the mind, it will often attack the body in a way that makes us believe we are physically unable to accomplish what God has written within our DNA. We must continue anyway, ignoring the mind. We cannot take time to answer every attack by our minds or the minds of another. We must just continue with our divine purpose regardless of whether the mind ever becomes loving and encouraging. Therefore the mind will never have the time to talk us out of what we are doing.

### **The Divine Life is available to all**

Live a Divine Life of purpose and there will be no time for anything else. Until then there will only be time to sit around missing out on your destiny and explaining to your mind and others why you are worthy of your destiny, hoping that it will eventually agree and let you pass through the toll gate to the life you were born to live.

## The Gift of Love

The truth is that there is no need to pass through the toll, just begin to live your life right where you are today.

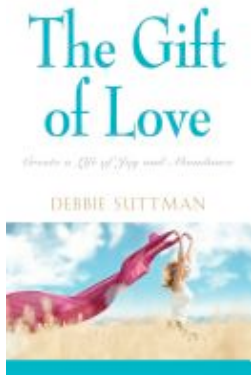
If given the physical choice to have all that we want in this moment, how would we respond?

How would you respond? Block your mind from responding for you. The mind will likely have many, many excuses as to why it is not possible.

Deep inside, you long for what you are meant to have and meant to be. You long for it so much that you jump through hoops all day long to please your mind and the minds of others in the hopes that at the end of the day you will be wealthy, healthy, and living a life you love living.

When Jesus says that all God wants of us is to be loving, and we will have all that we want, we are not likely to jump through that hoop, because we believe it is people who can give us what we want. We do not truly believe and know that God is a great magician who can give us anything at any time.

We do not believe and know that our lives can instantly be changed for the positive in the same way it can be changed for the negative. We believe we can have a heart attack, or lose someone we love, or have a car accident, or lose our homes, or go bankrupt. We know these things and people often blame God for these changes, when they are more human doing.



*In The Gift of Love, follow a journey to free the mind from judgments that block us from becoming all God created us to be. Love is a gift which illuminates the mind, allowing God's gifts to flow easily and abundantly to us. The Gift of Love is here to inspire, to encourage, and to walk with you through fears that keep you from releasing your most beautiful dreams into reality.*

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