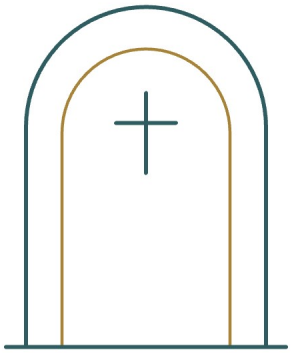
A 40-DAY DEVOTIONAL



Restoring Our Identity in the Father

40 Days with the Voice of Connection

BETTY RINGEISEN

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How to Use This Devotional

Nothing has changed my life more than recognizing the voice of connection after listening to the voice of separation for so long. As soon as I learned to hear the voice of connection, I wanted everyone to know how to access that voice too.

Because of my childhood wounds, I viewed God as distant and unconcerned with my daily life. As I began to interact with Him, I began to see a different God: One who loved me unconditionally, who was interested in my daily life, and who lived inside of me.

We can only understand our identity and purpose when we know God. This journey will help you discover who He truly is by exposing the lies you have believed about Him and revealing the truth of who He has already said He is. We don't have to wonder or guess; God has already told us what He is like.

The voice of connection tells us the truth. All through Scripture we see that God is our Father and we are His children. He desires to love, protect, and provide for us all the days of our lives, not just here on earth but for all eternity.

The voice of separation first spoke in the garden (Genesis 3). The serpent convinced Eve that God was withholding something good from her, and that if she ate, she would be like God. But the truth is, Eve was already like God, made in His image, and God would have taught her about good and evil Himself, in His perfect timing. The voice of separation still does the same thing today: convincing us that God isn't who He says He is, and that we're not who God says we are.

Each day presents a truth from the voice of connection, about God or about who you are in Him, and a common lie the voice of separation tells so many of us. Maybe you have listened to that lie, or to a different one that sounds similar.

EACH DAY

1. Meditate on the verse, and let the voice of connection speak to you.
2. Read what the voice of separation says, and ask, "Father, have I listened to the voice of separation and believed this lie?"
3. Ask Him, "When did I begin to listen to the one who separates me from the Father?"
4. Ask, "Father, what do You want me to know about that event now?"

As you listen to the voice of connection, He might lead you to forgive the person who hurt you and made you believe the lie.

The goal of this devotional is to learn how to interact with God in conversation on a daily basis, and to overcome the lies you believe about Him and about yourself.

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DAY 1

God Hears Me

THE VOICE OF CONNECTION SAYS

"The Lord is near to all who call on him, to all who call on him in truth. He fulfills the desire of those who fear him; he also hears their cry and saves them."

Psalm 145:18–19

THE VOICE OF SEPARATION SAYS

"God doesn't hear my cries."

ASK THE FATHER, THE VOICE OF CONNECTION

Father, have I listened to the voice of separation and believed this lie?

When did I begin to listen to the one who separates me from the Father?

Father, what do You want me to know about that event now?

DAY 2

God Sees and Cares for Me

THE VOICE OF CONNECTION SAYS

"You are a God of seeing… Truly here I have seen him who looks after me."

Genesis 16:13

THE VOICE OF SEPARATION SAYS

"God doesn't see me."

ASK THE FATHER, THE VOICE OF CONNECTION

Father, have I listened to the voice of separation and believed this lie?

When did I begin to listen to the one who separates me from the Father?

Father, what do You want me to know about that event now?

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DAY 3

God Speaks

THE VOICE OF CONNECTION SAYS

"My sheep hear my voice, and I know them, and they follow me."

John 10:27

THE VOICE OF SEPARATION SAYS

"God doesn't speak to people."

ASK THE FATHER, THE VOICE OF CONNECTION

Father, have I listened to the voice of separation and believed this lie?

When did I begin to listen to the one who separates me from the Father?

Father, what do You want me to know about that event now?

DAY 4

God Is Compassionate

THE VOICE OF CONNECTION SAYS

"You have kept count of my tossings; put my tears in your bottle. Are they not in your book?"

Psalm 56:8

THE VOICE OF SEPARATION SAYS

"God doesn't care about my suffering."

ASK THE FATHER, THE VOICE OF CONNECTION

Father, have I listened to the voice of separation and believed this lie?

When did I begin to listen to the one who separates me from the Father?

Father, what do You want me to know about that event now?

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DAY 5

God Is Patient and Kind

THE VOICE OF CONNECTION SAYS

"Love is patient and kind… it is not irritable or resentful."

1 Corinthians 13:4–5

THE VOICE OF SEPARATION SAYS

"God will run out of patience with me."

ASK THE FATHER, THE VOICE OF CONNECTION

Father, have I listened to the voice of separation and believed this lie?

When did I begin to listen to the one who separates me from the Father?

Father, what do You want me to know about that event now?

DAY 6

God Created Me

THE VOICE OF CONNECTION SAYS

"For you formed my inward parts; you knitted me together in my mother's womb… How precious to me are your thoughts, O God! How vast is the sum of them!"

Psalm 139:13, 17

THE VOICE OF SEPARATION SAYS

"God is uninterested in me."

ASK THE FATHER, THE VOICE OF CONNECTION

Father, have I listened to the voice of separation and believed this lie?

When did I begin to listen to the one who separates me from the Father?

Father, what do You want me to know about that event now?

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DAY 7

God Is My Father

THE VOICE OF CONNECTION SAYS

"But now, O Lord, you are our Father; we are the clay, and you are our potter; we are all the work of your hand."

Isaiah 64:8

THE VOICE OF SEPARATION SAYS

"God is not a Father I can trust."

ASK THE FATHER, THE VOICE OF CONNECTION

Father, have I listened to the voice of separation and believed this lie?

When did I begin to listen to the one who separates me from the Father?

Father, what do You want me to know about that event now?

WEEK TWO *The Truth About God's Character*

DAY 8

God Is Loving and Tender

THE VOICE OF CONNECTION SAYS

"The Lord your God is in your midst… he will rejoice over you with gladness… he will exult over you with loud singing."

Zephaniah 3:17

THE VOICE OF SEPARATION SAYS

"God is a tyrant."

ASK THE FATHER, THE VOICE OF CONNECTION

Father, have I listened to the voice of separation and believed this lie?

When did I begin to listen to the one who separates me from the Father?

Father, what do You want me to know about that event now?

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DAY 9

God Gives Freedom

THE VOICE OF CONNECTION SAYS

"Where the Spirit of the Lord is, there is freedom."

2 Corinthians 3:17

THE VOICE OF SEPARATION SAYS

"God is controlling."

ASK THE FATHER, THE VOICE OF CONNECTION

Father, have I listened to the voice of separation and believed this lie?

When did I begin to listen to the one who separates me from the Father?

Father, what do You want me to know about that event now?

DAY 10

God Gives Life

THE VOICE OF CONNECTION SAYS

"The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly."

John 10:10

THE VOICE OF SEPARATION SAYS

"God kills people."

ASK THE FATHER, THE VOICE OF CONNECTION

Father, have I listened to the voice of separation and believed this lie?

When did I begin to listen to the one who separates me from the Father?

Father, what do You want me to know about that event now?

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DAY 11

God Delights in Me

THE VOICE OF CONNECTION SAYS

"The Lord takes pleasure in those who fear him, in those who hope in his steadfast love."

Psalm 147:11

THE VOICE OF SEPARATION SAYS

"God is hard to please."

ASK THE FATHER, THE VOICE OF CONNECTION

Father, have I listened to the voice of separation and believed this lie?

When did I begin to listen to the one who separates me from the Father?

Father, what do You want me to know about that event now?

DAY 12

God's Love Is Steadfast

THE VOICE OF CONNECTION SAYS

"The Lord, the Lord, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness."

Exodus 34:6

THE VOICE OF SEPARATION SAYS

"God's love is conditional."

ASK THE FATHER, THE VOICE OF CONNECTION

Father, have I listened to the voice of separation and believed this lie?

When did I begin to listen to the one who separates me from the Father?

Father, what do You want me to know about that event now?

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DAY 13

God Is Faithful

THE VOICE OF CONNECTION SAYS

"He who calls you is faithful; he will surely do it."

1 Thessalonians 5:24

THE VOICE OF SEPARATION SAYS

"God won't come through for me."

ASK THE FATHER, THE VOICE OF CONNECTION

Father, have I listened to the voice of separation and believed this lie?

When did I begin to listen to the one who separates me from the Father?

Father, what do You want me to know about that event now?

DAY 14

God Lives in Me

THE VOICE OF CONNECTION SAYS

"If anyone loves me, he will keep my word, and my Father will love him, and we will come to him and make our home with him."

John 14:23

THE VOICE OF SEPARATION SAYS

"God is a distant observer."

ASK THE FATHER, THE VOICE OF CONNECTION

Father, have I listened to the voice of separation and believed this lie?

When did I begin to listen to the one who separates me from the Father?

Father, what do You want me to know about that event now?

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DAY 15

God Longs to Be with Me

THE VOICE OF CONNECTION SAYS

"Behold, I stand at the door and knock. If anyone hears my voice and opens the door, I will come in to him and eat with him, and he with me."

Revelation 3:20

THE VOICE OF SEPARATION SAYS

"God doesn't want to spend time with me."

ASK THE FATHER, THE VOICE OF CONNECTION

Father, have I listened to the voice of separation and believed this lie?

When did I begin to listen to the one who separates me from the Father?

Father, what do You want me to know about that event now?

DAY 16

God Knows Me

THE VOICE OF CONNECTION SAYS

"Even before a word is on my tongue, behold, O Lord, you know it altogether."

Psalm 139:4

THE VOICE OF SEPARATION SAYS

"God doesn't know what I'm going through."

ASK THE FATHER, THE VOICE OF CONNECTION

Father, have I listened to the voice of separation and believed this lie?

When did I begin to listen to the one who separates me from the Father?

Father, what do You want me to know about that event now?

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DAY 17

God Does Not Condemn Me

THE VOICE OF CONNECTION SAYS

"There is therefore now no condemnation for those who are in Christ Jesus."

Romans 8:1

THE VOICE OF SEPARATION SAYS

"God is condemning."

ASK THE FATHER, THE VOICE OF CONNECTION

Father, have I listened to the voice of separation and believed this lie?

When did I begin to listen to the one who separates me from the Father?

Father, what do You want me to know about that event now?

DAY 18

God Can Heal Me

THE VOICE OF CONNECTION SAYS

"He heals the brokenhearted and binds up their wounds."

Psalm 147:3

THE VOICE OF SEPARATION SAYS

"Even God can't heal me."

ASK THE FATHER, THE VOICE OF CONNECTION

Father, have I listened to the voice of separation and believed this lie?

When did I begin to listen to the one who separates me from the Father?

Father, what do You want me to know about that event now?

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DAY 19

God's Love Is a Gift

THE VOICE OF CONNECTION SAYS

"But when the goodness and loving kindness of God our Savior appeared, he saved us, not because of works done by us in righteousness, but according to his own mercy."

Titus 3:4–5

THE VOICE OF SEPARATION SAYS

"I have to earn God's love."

ASK THE FATHER, THE VOICE OF CONNECTION

Father, have I listened to the voice of separation and believed this lie?

When did I begin to listen to the one who separates me from the Father?

Father, what do You want me to know about that event now?

DAY 20

God Chooses to Love Me

THE VOICE OF CONNECTION SAYS

"It was not because you were more in number than any other people that the Lord set his love on you and chose you… but it is because the Lord loves you."

Deuteronomy 7:7–8

THE VOICE OF SEPARATION SAYS

"God loves me because He has to love me."

ASK THE FATHER, THE VOICE OF CONNECTION

Father, have I listened to the voice of separation and believed this lie?

When did I begin to listen to the one who separates me from the Father?

Father, what do You want me to know about that event now?

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DAY 21

God Gives Eternal Life

THE VOICE OF CONNECTION SAYS

"I write these things to you who believe in the name of the Son of God, that you may know that you have eternal life."

1 John 5:13

THE VOICE OF SEPARATION SAYS

"I can't know for sure if God will let me into heaven."

ASK THE FATHER, THE VOICE OF CONNECTION

Father, have I listened to the voice of separation and believed this lie?

When did I begin to listen to the one who separates me from the Father?

Father, what do You want me to know about that event now?

WEEK FOUR *The Truth About God's Grace and Greatness*

DAY 22

God Receives Me and Makes Me New

THE VOICE OF CONNECTION SAYS

"If anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come."

2 Corinthians 5:17

THE VOICE OF SEPARATION SAYS

"I have to fix myself before I go to God."

ASK THE FATHER, THE VOICE OF CONNECTION

Father, have I listened to the voice of separation and believed this lie?

When did I begin to listen to the one who separates me from the Father?

Father, what do You want me to know about that event now?

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DAY 23

God Offers Grace

THE VOICE OF CONNECTION SAYS

"Though your sins are like scarlet, they shall be as white as snow; though they are red like crimson, they shall become like wool."

Isaiah 1:18

THE VOICE OF SEPARATION SAYS

"God won't forgive me."

ASK THE FATHER, THE VOICE OF CONNECTION

Father, have I listened to the voice of separation and believed this lie?

When did I begin to listen to the one who separates me from the Father?

Father, what do You want me to know about that event now?

DAY 24

God Removes My Sin

THE VOICE OF CONNECTION SAYS

"As far as the east is from the west, so far does he remove our transgressions from us."

Psalm 103:12

THE VOICE OF SEPARATION SAYS

"When God looks at me, He sees all my sin."

ASK THE FATHER, THE VOICE OF CONNECTION

Father, have I listened to the voice of separation and believed this lie?

When did I begin to listen to the one who separates me from the Father?

Father, what do You want me to know about that event now?

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DAY 25

God Rules Over All

THE VOICE OF CONNECTION SAYS

"The Lord has established his throne in the heavens, and his kingdom rules over all."

Psalm 103:19

THE VOICE OF SEPARATION SAYS

"My life is out of God's control."

ASK THE FATHER, THE VOICE OF CONNECTION

Father, have I listened to the voice of separation and believed this lie?

When did I begin to listen to the one who separates me from the Father?

Father, what do You want me to know about that event now?

DAY 26

God Is My Healer

THE VOICE OF CONNECTION SAYS

"...for I am the Lord, your healer."

Exodus 15:26

THE VOICE OF SEPARATION SAYS

"God could heal me, but He won't."

ASK THE FATHER, THE VOICE OF CONNECTION

Father, have I listened to the voice of separation and believed this lie?

When did I begin to listen to the one who separates me from the Father?

Father, what do You want me to know about that event now?

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DAY 27

God Is Not Limited

THE VOICE OF CONNECTION SAYS

"Ah, Lord God! It is you who have made the heavens and the earth by your great power and by your outstretched arm! Nothing is too hard for you."

Jeremiah 32:17

THE VOICE OF SEPARATION SAYS

"My situation is too big for God."

ASK THE FATHER, THE VOICE OF CONNECTION

Father, have I listened to the voice of separation and believed this lie?

When did I begin to listen to the one who separates me from the Father?

Father, what do You want me to know about that event now?

DAY 28

God Never Forgets Me

THE VOICE OF CONNECTION SAYS

"Can a woman forget her nursing child…? Even these may forget, yet I will not forget you. Behold, I have engraved you on the palms of my hands."

Isaiah 49:15–16

THE VOICE OF SEPARATION SAYS

"God has forgotten about me."

ASK THE FATHER, THE VOICE OF CONNECTION

Father, have I listened to the voice of separation and believed this lie?

When did I begin to listen to the one who separates me from the Father?

Father, what do You want me to know about that event now?

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DAY 29

God Is My Provider

THE VOICE OF CONNECTION SAYS

"...your heavenly Father knows that you need them all. But seek first the kingdom of God and his righteousness, and all these things will be added to you."

Matthew 6:32–33

THE VOICE OF SEPARATION SAYS

"I have to provide for myself."

ASK THE FATHER, THE VOICE OF CONNECTION

Father, have I listened to the voice of separation and believed this lie?

When did I begin to listen to the one who separates me from the Father?

Father, what do You want me to know about that event now?

WEEK FIVE *The Truth About Who I Am*

DAY 30

I Am Loved

THE VOICE OF CONNECTION SAYS

"But God shows his love for us in that while we were still sinners, Christ died for us."

Romans 5:8

THE VOICE OF SEPARATION SAYS

"I am unlovable."

ASK THE FATHER, THE VOICE OF CONNECTION

Father, have I listened to the voice of separation and believed this lie?

When did I begin to listen to the one who separates me from the Father?

Father, what do You want me to know about that event now?

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DAY 31

I Am Never Alone

THE VOICE OF CONNECTION SAYS

"I will never leave you nor forsake you."

Hebrews 13:5

THE VOICE OF SEPARATION SAYS

"I am alone."

ASK THE FATHER, THE VOICE OF CONNECTION

Father, have I listened to the voice of separation and believed this lie?

When did I begin to listen to the one who separates me from the Father?

Father, what do You want me to know about that event now?

DAY 32

I Am Accepted

THE VOICE OF CONNECTION SAYS

"All that the Father gives me will come to me, and whoever comes to me I will never cast out."

John 6:37

THE VOICE OF SEPARATION SAYS

"I am rejected."

ASK THE FATHER, THE VOICE OF CONNECTION

Father, have I listened to the voice of separation and believed this lie?

When did I begin to listen to the one who separates me from the Father?

Father, what do You want me to know about that event now?

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DAY 33

I Am Redeemed

THE VOICE OF CONNECTION SAYS

"In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace."

Ephesians 1:7

THE VOICE OF SEPARATION SAYS

"I am unredeemable."

ASK THE FATHER, THE VOICE OF CONNECTION

Father, have I listened to the voice of separation and believed this lie?

When did I begin to listen to the one who separates me from the Father?

Father, what do You want me to know about that event now?

DAY 34

I Am Not Ashamed

THE VOICE OF CONNECTION SAYS

"Those who look to him are radiant, and their faces shall never be ashamed."

Psalm 34:5

THE VOICE OF SEPARATION SAYS

"I am shameful."

ASK THE FATHER, THE VOICE OF CONNECTION

Father, have I listened to the voice of separation and believed this lie?

When did I begin to listen to the one who separates me from the Father?

Father, what do You want me to know about that event now?

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DAY 35

I Am Precious to God

THE VOICE OF CONNECTION SAYS

"Because you are precious in my eyes, and honored, and I love you…"

Isaiah 43:4

THE VOICE OF SEPARATION SAYS

"I am worthless."

ASK THE FATHER, THE VOICE OF CONNECTION

Father, have I listened to the voice of separation and believed this lie?

When did I begin to listen to the one who separates me from the Father?

Father, what do You want me to know about that event now?

DAY 36

I Am Cared For

THE VOICE OF CONNECTION SAYS

"…casting all your anxieties on him, because he cares for you."

1 Peter 5:7

THE VOICE OF SEPARATION SAYS

"I will always be anxious."

ASK THE FATHER, THE VOICE OF CONNECTION

Father, have I listened to the voice of separation and believed this lie?

When did I begin to listen to the one who separates me from the Father?

Father, what do You want me to know about that event now?

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DAY 37

I Am Not Afraid

THE VOICE OF CONNECTION SAYS

"For God gave us a spirit not of fear but of power and love and self-control."

2 Timothy 1:7

THE VOICE OF SEPARATION SAYS

"I am fearful."

ASK THE FATHER, THE VOICE OF CONNECTION

Father, have I listened to the voice of separation and believed this lie?

When did I begin to listen to the one who separates me from the Father?

Father, what do You want me to know about that event now?

DAY 38

I Am at Rest in Him

THE VOICE OF CONNECTION SAYS

"Come to me, all who labor and are heavy laden, and I will give you rest."

Matthew 11:28

THE VOICE OF SEPARATION SAYS

"I have to keep doing things for God."

ASK THE FATHER, THE VOICE OF CONNECTION

Father, have I listened to the voice of separation and believed this lie?

When did I begin to listen to the one who separates me from the Father?

Father, what do You want me to know about that event now?

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DAY 39

I Am Free

THE VOICE OF CONNECTION SAYS

"For freedom Christ has set us free; stand firm therefore, and do not submit again to a yoke of slavery."

Galatians 5:1

THE VOICE OF SEPARATION SAYS

"I will always be stuck."

ASK THE FATHER, THE VOICE OF CONNECTION

Father, have I listened to the voice of separation and believed this lie?

When did I begin to listen to the one who separates me from the Father?

Father, what do You want me to know about that event now?

DAY 40

I Am Strengthened

THE VOICE OF CONNECTION SAYS

"My flesh and my heart may fail, but God is the strength of my heart and my portion forever."

Psalm 73:26

THE VOICE OF SEPARATION SAYS

"I am a failure."

ASK THE FATHER, THE VOICE OF CONNECTION

Father, have I listened to the voice of separation and believed this lie?

When did I begin to listen to the one who separates me from the Father?

Father, what do You want me to know about that event now?

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