

Trusting Jesus

Dare to Be You! As sensitive souls, we have something important to tell all those who share our sensitivity: Be YOU! You are a gift!

To guide you through this process, we've divided the workbook into three key journeys: Trusting God's love, mercy, and will. It's designed to deepen your experience and support your transformation. The more you understand God, others, and yourself, the more you'll discover how your sensitivity can help you love and appreciate them.

The ultimate goal is to love God with all your heart, mind, and soul, and to love your neighbor as yourself. These are the two greatest commandments God has given us, and He knows what is best for us. True happiness and fulfillment come when we live in alignment with this truth. God is love, and He created us to share that love with Him and spread it to others. We were made to give and receive love.

Ineida Barbosa
& Sandra Pina

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Renewing the Mind, Heart, and Soul
A 12-week workbook for
Highly Sensitive Souls

