

Love for Real

**Stories of Love Between God
and His Beloved Daughters**

by Patrice Gerideau



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Welcome Sister!

Love is not always easy. For many Black women, love has been wrapped in conditions, expectations, and silence. We've been taught to give it freely but hesitate to receive it. We've learned to endure, to prove, to stay strong—even when we're longing to rest, to be seen, to be held.

This guide is an invitation to experience love for real.
Not performative love. Not perfection-driven love.
But love that heals, empowers, calls us back, and affirms our sacred no.

Over four weeks, we'll reflect on the stories of women in Scripture—Gomer, Dinah, Deborah, and Queen Vashti—alongside the enduring wisdom of Black women throughout history. Each week offers scripture, soul care reflections, journaling prompts, and a closing blessing.

Let these pages be a sanctuary. A space to return to the love of God—and the truth of who you are.

Love for Real

Your Prayer Guide

- 1** The Love that Calls Us Back

- 2** The Love that Seeks Healing

- 3** The Love that Empowers

- 4** The Love that Honors Conviction

Love for Real

The Love That Calls Us Back

“Love recognizes no barriers. It jumps hurdles, leaps fences, penetrates walls to arrive at its destination full of hope.” — Maya Angelou

We've all had seasons where love felt out of reach. Where rejection, shame, or silence made us question our worth. Gomer's story is not one of perfect choices—it's a story of a woman who wandered, yet was still wanted. A woman who was pursued not for performance, but because of covenant.

This week, we reflect on what it means to be called back—not by guilt, but by grace. To be invited home by a love that doesn't condemn, but restores.

Pause: Read Hosea 1–3; Listen to Episode 15

Ponder: Each day ponder life and love with God

Day 1: Where in your life have you felt unworthy of love or belonging? What lies have those feelings whispered to you?

Day 2: Gomer's story reminds us that God doesn't give up on us. What might it look like to let God love you in the middle of your mess?

Day 3: Have you ever mistaken being needed for being loved? What does it mean to be chosen simply because you are God's beloved?

Day 4: Imagine God writing you a love letter—not based on your performance, but on your personhood. What would it say?

Day 5: What does coming home to love look like for you right now—in your body, your relationships, your spirit?

Day 6: Sit in stillness and ask: “God, where are you calling me back to wholeness?” Write down what surfaces—without judgment.

Day 7: Blessing ~ Love is not chasing me to punish me. Love is calling me to return. To rest. To be held. To be healed.

Proclaim

I am not too far gone for grace. Love sees me, seeks me, and welcomes me home.

The Love that Calls Us Back

Journal Your Thoughts

Love for Real

The Love that Seeks Healing

“You may not control all the events that happen to you, but you can decide not to be reduced by them.” — Maya Angelou

Dinah’s story is one of silence. She is harmed, and the text tells us almost nothing about her voice, her feelings, or her future. Too often, the stories of women—especially Black women—have been edited, erased, or overlooked. But healing begins when we name what hurt us and invite God into those tender, hidden places. Love doesn’t skip past pain. It pauses. It listens. It makes space to heal.

Pause: Read Genesis 34; Listen to Episode 16

Ponder: Each day ponder life and love with God

Day 1: Where in your life have you felt silenced—by pain, people, or systems? What parts of your story still need to be heard?

Day 2: What would it look like to believe that God is not afraid of your wounds, but is already tending to them?

Day 3: Reflect on a time when your pain was minimized. How did that shape your relationship with love or with trust?

Day 4: Write a letter to your younger self, offering compassion and validation. What does love want her to know now?

Day 5: Are there places in your life where healing is unfolding slowly? How can you be gentle with yourself in that process?

Day 6: Sit quietly and ask God: “What do You want to heal in me that I’ve been hiding?” Journal whatever rises—without judgment or urgency.

Day 7: Blessing ~ May you feel seen in the places that hurt. May your voice rise again—strong and steady. May love hold you as you heal.

Proclaim

My story matters. My healing matters. I am allowed to take up space and speak my truth.

The Love that Seeks Healing

Journal Your Thoughts

Love for Real

The Love that Empowers

“Every great dream begins with a dreamer...” — Harriet Tubman

Deborah’s story is one of courage, clarity, and calling. She leads not from ego, but from obedience. Not from force, but from faith. In a time when women’s leadership was rare—and often resisted—Deborah shows us what it looks like to love through action, to lead with conviction, and to trust God boldly.

Many Black women have been told they’re too much or not enough. But love says: you are chosen. You are needed. You are equipped. Love empowers. Love strengthens. Love calls forth the fullness of who you are.

Pause: Read Judges 4–5; Listen to Episode 17

Ponder: Each day ponder life and love with God

Day 1: Where have you doubted your voice or your ability to lead? What limiting beliefs are you ready to release?

Day 2: How has love shown up in your life as strength—not softness, but bold, Spirit-led empowerment?

Day 3: Deborah spoke with clarity and called others to action. Where is God calling you to speak up or step forward?

Day 4: Reflect on a time when you led from your gifts, even if you were afraid. What did you learn about yourself and God?

Day 5: How do you need to be supported in your calling right now? What would it mean to ask for that support?

Day 6 : Sit in quiet and ask: “God, what do You want to activate in me today?” Write down the word or image that rises to the surface.

Day 7: Blessing ~ May the love of God rise in you like fire. May it give you the courage to lead, to speak, to stand. You were made for this.

Proclaim

I lead with strength, wisdom, and purpose. I am equipped by love to rise.

The Love that Empowers

Journal Your Thoughts

Love for Real

The Love that Honors Conviction

“When they go low, we go high.” — Michelle Obama

Queen Vashti’s story is brief—but powerful. She says no. She chooses dignity over display. She refuses to let power define her worth. In a world that often demands Black women shrink or sacrifice their boundaries for acceptance, Vashti’s story is sacred.

Love doesn’t always say yes. Love also sets limits. Love walks away when needed. Love honors your no as much as your yes.

Pause: Read Esther 1; Listen to Episode 16

Ponder: Each day ponder life and love with God

Day 1: Where in your life are you being asked to compromise your truth? What would it look like to honor your no?

Day 2: Have you ever felt punished or judged for setting a boundary? What did you learn from that experience?

Day 3: Vashti lost her crown but kept her voice. What might God be asking you to release so you can reclaim your power?

Day 4: Write a letter to your future self—one who lives fully in alignment with God’s truth for her. What do you want her to remember?

Day 5: What role does fear play in your decisions to speak up or stay silent? How can love lead you into courage?

Day 6: Sit in silence and pray: “God, teach me to honor myself the way You honor me.” Let the Spirit reveal where greater conviction is needed.

Day 7: Blessing ~ May you have the strength to choose what is sacred. May your no be holy. May your boundaries be blessed. May love meet you right where you stand.

Proclaim

My no is holy. I honor my voice, my boundaries, and the truth God placed within me.

The Love that Honors Conviction

Journal Your Thoughts

Go Deeper

Savor the Experience

Sister,

You've journeyed through stories of women who were seen, sought after, empowered, and honored—not because they were perfect, but because they were loved. Just like you.

Before you move on, take a sacred pause. Let this not be just another guide you've finished, but a moment that finishes something in you—a fear, a silence, a striving—and opens you to receive love for real.

- Revisit a week that spoke to your soul.
- Linger with a question that still stirs something.
- Write your own love story with God, beginning with where you are right now.

There's no rush.

There's no performance.

Just presence—and love.

Let what you've received become part of how you live.

You are God's beloved daughter.

Held. Healed. Whole.

And worthy of love that calls you back, seeks your healing, empowers your voice, and honors your no.

Savor this truth. Then carry it with you.

Thank You!

Sister,

Thank you for taking this journey.

Thank you for allowing me to walk alongside you in this sacred space.

You didn't have to open your heart.

You didn't have to say yes to the stillness.

But you did—and that means something holy happened here.

It is no small thing to pause, to reflect, to be honest with your soul. Whether you showed up in every moment or gently moved through the margins, your presence here is powerful. And I'm deeply honored you entrusted this part of your journey to Sister Soul Care.

My prayer is that something in these pages reminded you of who you are:
Beloved. Worthy. Whole.

Not because of what you've done—but because of who you are in God.

This is not the end. It's a continuation.

Keep listening. Keep healing. Keep receiving the love that's always been yours.

With gratitude and grace,

Patrice

What's Next?

Deepen Your Experience with the Book

Discover practical tools and powerful stories to help you release the weight of "doing too much" and step into God's grace. Grab your copy of From Stressed to Sabbath Rest to take this journey deeper.

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Know someone who needs this message of rest and healing? Share this guide with a friend who could use God's encouragement today.

Support the Creation of More Soul-Care Resources

If this prayer guide blessed you and you'd like to help us create more resources like this, your support means so much. Together, we can continue nurturing spaces for Black women to heal, grow, and flourish in Christ. You can give at patriceonline.com/give or click below.

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Meet Patrice



About Me

I'm a storyteller, speaker, and spiritual director dedicated to helping Black women heal, grow, and flourish in Christ Jesus.

As someone who has wrestled with the pressure to be "strong no matter what," I know what it means to carry the weight of doing too much and being too much for everyone else. God led me on a journey to release those burdens, rediscover His rest, and embrace my true identity as His beloved daughter.

Now, I help other women do the same—through my book *From Stressed to Sabbath Rest*, the Sister Soul Care Podcast, and soul care resources like this guide. My work is rooted in faith, compassion, and the belief that we are all reflections of God's love.

I'm honored to walk alongside you as you unmask the Super Sherø, lay down the weight, and step into God's healing grace.

Rev. Dr. Patrice Gerideau
Founder, Sister Soul Care

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Blessings for the Journey



Dear God...

When we run from love because we've been hurt before—call us back gently.
When we hide our wounds and silence our truth—meet us there with healing.
When we shrink, doubt, or dim our light—remind us that Your love empowers us to rise.
When we feel pressure to say yes just to be accepted—help us honor the holy strength of our no.
Let Your love shape us, restore us, and remind us who we are:
Your beloved daughters. Held. Healed. Whole. In Jesus' name, Amen.

Until Next Time...

May God bless and keep you, may God's face shine upon you, and may God grant you peace as you continue to heal, grow, and flourish as God's beloved daughter.