



Lessons
in the
Cocoon



Love UnVeiled®
Transforming Women into God's Image of Beauty

LESSONS IN THE COCOON

I have experienced many different types of painful cocoon seasons in my life including emotional, financial, relational and health. However, during the thirty-five years flying around the world for business and ministry, God has used storms and turbulence as some of my darkest cocoon experiences, to help me to know Him and to trust in His promises.

Time and again when I felt alone and afraid, He would prepare me for a storm by opening His word and revealing His presence to me in the clouds, the darkness, the thunder and the lightening. Knowing He was in the thunder and the clouds helped me to overcome fear during times when the aircraft was shaking as much as my heart.

Learning to trust Him brought freedom – but freedom came only when I completely surrendered control to Him. At those times I experienced His peace and He would help me to sing above the storm. As I focused on Him rather than the storm, I could eventually enjoy the ride. Occasionally it was even exhilarating!

The promises of God which became so real to me in flight turbulence, have carried me through many dark cocoon seasons of life on the ground. There is greater temptation on the ground to trust in my own strength, to miss the warning signs of the storm ahead, not to recognize that I'm in a storm, or to try to escape the storm. Cocoon seasons are dark, but they are transforming if we will trust God and believe with our whole heart, mind and strength, in His promises.

I hope these lessons and the promises which I have tried and tested in the cocoon, bring you comfort and strength in your own storm. He is faithful! He is with you in the cocoon and if you are a born-again believer, His Spirit is working IN you in the cocoon. He is in control and will bring you safely to the other side!

- **The Cocoon is a Rebuilding Season**



...Yes, I have loved you with an everlasting love. Therefore, with My loving kindness I have drawn you. Again, I will build you, and you will be rebuilt. Jeremiah 31:3-4

Before the caterpillar can become a butterfly, it must stop eating and leave its environment. It finds a place alone to be still and sleep. That place turns into a chrysalis or a cocoon, where miraculous transformation takes place.

When the children of Israel left Egypt, they crossed the Red Sea and arrived not in the Promised Land but in the Wilderness. God led them there to humble them and to test what was in their hearts, whether they would love God, trust Him and obey Him (Deuteronomy 8:1-4). After living for 400 years in the culture, mindset and social conditioning of Egypt, God was teaching them to know Him and to follow Him. It wasn't a punishment but rather a season of testing, rebuilding and transforming them to be His chosen people to glorify Him to the nations around.

Today God leads us out of the "world" through the blood of Jesus and brings us from the power of darkness into the Kingdom of the Son of His love, Jesus (Colossians 1:13). That is our first cocoon, our first surrender and our eternal salvation. Then the Holy Spirit begins the work of transforming our minds (Romans 12:1-2), building our faith and conforming us into the image of Jesus to glorify Him among the nations.

God often allows the trials and tests of life, cocoon seasons along our spiritual journey, to humble us, to grow our faith, to build His divine character in us, and to fill us with HIS power in our weakness.



But we all with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the

same image from glory to glory just as by the Spirit of the Lord. **2 Corinthians 3:18**



And He said to me, “Me grace is sufficient for you, for My strength is made perfect in weakness”. Therefore, most gladly I will rather boast in my infirmities, that the power of Christ may rest on me.

Therefore, I take pleasure in infirmities, in reproaches, in needs, in persecutions, in distresses, for Christ’s sake. For when I am weak, then I am strong.

2 Corinthians 12:9-10

- **The Cocoon is a Waiting Season**

Our flesh cries, to be delivered immediately from our trial, but transformation often takes time. Waiting can be long or short. It can be a dark season with no light to show the way ahead. You may feel hopeless, a sense that God has abandoned you. It may be uncomfortable, frustrating, depressing, painful, lonely but this is a season of transformation, a season when God is working out His purposes in ways we cannot see. It is a season when we are required to exercise greater faith, a season when our wings of faith are being formed, stretched, tested and strengthened.



*In this you greatly rejoice, though now for a little while, if needed, you have been grieved by various trials, that the genuineness of your faith, being much more precious than gold that perishes, though it is tested by fire, may be found to praise, honor and glory at the revelation of Jesus Christ **1 Peter 1:6-7***



Who among you fears the Lord? Who obeys the voice of His Servant? Who walks in darkness and has no light? Let him trust in the name of the Lord and rely upon His God.
Isaiah 50:10

Faith requires waiting and trusting when we can't see the way ahead.

Trusting in the trial acknowledges that God is in control; trusting He loves me, trusting He is working things out when I don't see or understand, trusting enough to surrender my will, plans, control and the choice of the outcome, even death, into His hands.

Waiting in the trial acknowledges that I can do nothing without God. Everything I am and everything I do is led by Him. I give Him the right in my life to do whatever He wants. Waiting demonstrates obedience. Obedience is God's love language (read John 14:15-21). Waiting demonstrates that I love and trust Him and will obey Him in the dark, believing His ways are perfect (read Psalm 18:30), and His plans for me are good (Jeremiah 29:11).



Trust in the Lord with ALL your heart and lean not on your own understanding. In all your ways, acknowledge Him and He will direct your path.

Proverbs 3:5-6

Read Romans 8:28-29, 2 Corinthians 3:16-18, 2 Corinthians 4:16-18. These verses tell us that the good God is working out in our trials is leading us from glory to glory, conforming us into the image of Jesus, and transforming our minds to have an eternal focus. In each "to" season, which we call the cocoon, I am learning to surrender to His will, to let Him change me so that I am willing to be led by Him, to listen to Him, to follow Him no matter where the path leads, to say only what He says and do only what He asks me to do. This requires total trust, total surrender and total obedience. *It requires being still.*

- **The Cocoon is a time to be STILL and trust God**

In the cocoon, the caterpillar can do nothing to change itself or its circumstances. Eventually it stops eating and moves away from its natural environment. I've watched caterpillars move away from the leaves they eat and live on, to a completely different environment with no food, perhaps to a wall, or the side of a

glass jar to find a place to sleep. Our cocoon seasons take us out of our normal routine and comfortable environment. These changes can feel unnatural and very uncomfortable, but this is a time to stop struggling and be still.



Be still and KNOW that I am God! Psalm 46:10

God is calling us to be still and know Him - intimately. In the quietness of the cocoon I learn to hear His voice above my own voice and others. The more I **KNOW** God, the more I will *grow to LOVE* Him, which leads to deeper **TRUST** in Him, which releases me to live in greater **FREEDOM** from bondage and fear.

Once I learn to live in freedom, I am available and willing to do His will, and to love and serve others freely.

The Cocoon = Know → Love → Trust → Freedom

- **In the Cocoon, waiting on God provides His covering and protection**



He who dwells (lives, waits, remains,) in the secret place of the Most-High shall abide (live, rest in) under the shadow of the Almighty. Psalm 91:1-2

- **In the Cocoon, waiting on God builds courage and strengthens our heart**

Trusting God is when I can say "*I am afraid, but I trust Him to strengthen my heart. I will wait on Him to act on my behalf. I will wait on Him when my heart is broken and trembling. I trust Him to bring me through the storm because He loves me. My eyes are not on my circumstances but on Him.*"



WAIT on the Lord, be of good courage and He shall strengthen your heart. Wait, I say on the Lord! Psalm 27:14



Rest in the Lord and WAIT patiently for Him.
Psalm 37:7



*Evildoers will be cut off, but those who WAIT on the Lord, they shall inherit the earth. **Psalm 37:9***



Truly my soul silently WAITS for God; from Him comes my salvation. He only is my rock and my salvation. He is my defense. I will not be greatly moved.
Psalm 62:1-2



*My flesh and my heart fail, but GOD is the strength of my heart and my portion forever. **Psalm 73:26***

- **In the Cocoon, waiting causes God to act on our behalf**



WAIT on the Lord and keep His way, and He shall exalt you to inherit the land (of His promises).
Psalm 37:34



*For since the beginning of the world men have not heard nor perceived by the ear, nor has the eye seen any God besides You, who acts for the one who WAITS for Him. **Isaiah 64:4***

- **In the Cocoon, waiting on God brings peace and rest**



*For thus says the Lord God, the holy one of Israel: "in returning and rest you will be saved; in quietness and confidence shall be your strength. But you would not... **Isaiah 30:15***

We experience peace when we return to the Lord and trust Him with our circumstances and others.

The Lord invites us to come to Him to regain our rest and our strength. But we continue to try to do things in our own strength, our own way, running to other people, trying to make things happen.

So, the Lord patiently waits for us until we stop running in our own strength, until we are tired of our own unsuccessful striving and return to Him in full surrender.



*Therefore, the Lord will WAIT that He may be gracious to you; therefore, He will be exalted that He may have mercy on you. For the Lord is a God of justice; Blessed are all those who WAIT for Him. **Isaiah 30:18***



*For the people shall dwell in Zion at Jerusalem; you shall weep no more. He will be very gracious to you at the sound of your cry; when He hears it, He will answer you. **Isaiah 30:19***

Praise God that He does not punish us when we (repent) return to Him. He graciously welcomes us. He answers our need for help.

- **In the Cocoon, God teaches us**



*And though the Lord gives you the bread of adversity and the water of affliction your teachers will no longer be moved into a corner anymore, but your eyes will see your teachers. And you will hear a word behind you saying, "this is the way, walk in it" whenever you turn to the right hand or to the left. **Isaiah 30:20-21***

When we are still, we are ready to listen.

In the cocoon God teaches us lessons we can only learn in these dark seasons of waiting. He reveals our old caterpillar mentality.

We see our past behaviors and attitudes for what they are. Things we thought were important are no longer important. Our idols are revealed. Fears and bondages come to light. We learn God's thoughts are different than our thoughts, God's ways are not our ways (Isaiah 55:8-9). He transforms our mind of flesh and gives us the mind of His Spirit.



You will defile the covering of your images of silver, the ornament of your molded images of gold. You will through them away as an unclean thing. You will say to them "get away!"

Isaiah 30:22

- **Coming out of the Cocoon**



Then He will give you rain for the seed with which you sow the ground...there will be on every high mountain and on every high Hill - rivers and streams of water...In the day the Lord binds up the bruise of His people and heals the stroke of their wound.

Isaiah 30: 23, 25-26

After a season in the cocoon, of pain and struggle, of returning and rest, of waiting and being still before God, He brings us out to new joy and freedom, He promises to renew our strength, and give us wings to fly again in His power, the power and strength of His Holy Spirit.



*...weeping may endure for the night, but joy comes in the morning....You have turned my mourning into dancing, You have put off my sackcloth and clothed me with gladness, to the end that my glory may sing praise to You and not be silent. O Lord my God, I will give thanks to You forever. **Psalm 30:5,11-12***

- **Purpose of the Cocoon**



*Those who wait (hope and trust in) The Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary they will walk and not be faint. **Isaiah 40:31***



*Behold, I send the Promise of My Father upon you; WAIT in the city of Jerusalem until you are endued with the power from on high. **Luke 24:49***

We come out of the cocoon season with greater peace, healing, freedom and spiritual insight. We have experienced God in our struggle. We know Him more. We have gained more of His wisdom, and we learn that His power comes in our weakness. Paul wrote “it is no longer I who live, but Christ lives me.” Paul learned what it was to die to his own will and understanding of God, and to find life and power in Jesus Christ alone living through Him.

In the dark season we learn to listen and to obey. The Holy Spirit has been teaching us deep wisdom to live by. Jesus tells us to share what we learned in the dark with others. What we experience with God in the cocoon is the message of comfort and hope we bring to others sitting in darkness.



*Whatever I tell you in the dark, speak in the light; what you hear in the ear, preach on the housetops. **Matthew 10:27***



*Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our tribulation, that we may be able to comfort those who are in any trouble, with the comfort we ourselves are comforted by God. **2 Corinthians 1:3-4***

We are called out of darkness to proclaim His praises.



*But you are a chosen generation, a royal priesthood, a holy nation, His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvelous light. **1 Peter 2:9***

Even in what seems a dark season, remember God is light and in Him is no darkness at all. What appears to be darkness to us, is merely the shade of His hand as He protects and transforms us into the image of Jesus.



This is the message we have heard from Him and declare to you, that God is light and in Him is no darkness at all.

1 John 1:5



*And this is the condemnation, that the light has come into the world and men loved darkness rather than light because their deeds were evil. For everyone who practices evil and hates the light doesn't come to the light lest his deeds should be exposed. But he who does the truth comes to the light that his deeds may be clearly seen that they have been done in God. **John 3:19-21***



But we have this treasure in earthen vessels that the excellence of the power may be of God and not of us.

*We are hard pressed on every side, yet not crushed,
we are perplexed but not in despair,
persecuted but not forsaken,
struck down, but not destroyed,
always carrying in the body, the dying of the Lord Jesus, that the life of Jesus may be manifested in our body. **2 Corinthians 4:7-10***



Therefore, having been justified by faith, we have peace with God, through our Lord Jesus Christ, through whom also we have access by faith into the grace in which we stand, and rejoice in the hope of the glory of God. And not only that but we also glory in tribulations, knowing that tribulation produces perseverance, and

perseverance, character, and character, hope. Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us. **Romans 5:1-5**



My brethren count it all joy when you fall into various trials, knowing that the testing of your faith produces patience. But let patience have its perfect work, that you may be perfect, complete lacking nothing. **James 1:2**



For whatever is born of God overcomes the world. And this is the victory that has overcome the world - our faith. **1 John 5:4**



Now faith is the substance of things hoped for, the evidence of things not seen **Hebrews 11:1**



Now this, "Yet once more," indicates the removal of those things that are being shaken, as of things that are made, that the things which cannot be shaken may remain. Therefore, since we are receiving a kingdom which cannot be shaken, let us have grace, by which we [a]may serve God acceptably with reverence and godly fear. **Hebrews 12:27-28**

Obstacles ought to set us singing. The wind finds voice, not when rushing across the open sea, but when hindered by the outstretched arms of the pine trees or broken by the fine strings of an Aeolian harp. Then it has songs of power and beauty. Set your freed soul sweeping across the obstacles of life, through grim forests of pain, against even the tiny hindrances and frets that love uses, and it, too, will find its singing voice. (Streams in the Desert, February 4 – Selected).

PROMISES IN THE COCOON



*There is no one like the God of Jeshurun. Who rides the heavens to help you, and His excellency on the clouds. The eternal God is your refuge, and underneath are the everlasting arms; He will thrust out the enemy from before you and will say "Destroy!" Then Israel will dwell in safety, the fountain of Jacob alone, in the land of grain and new wine. His heavens shall also drop dew. Happy are you oh Israel! Who is like you, a people saved by the Lord, the shield of your help and the sword of your majesty! Your enemies will submit to you and you shall tread down their high places. **Deuteronomy 33:26-29***



*Then Solomon said, "The Lord said He would dwell in the dark cloud." **1 Kings 8:12***



*You called in trouble, and I delivered you, I answered you in the secret place of thunder. **Psalms 81:7***



*Clouds and darkness surround Him; righteousness and justice are the foundation of His throne. A fire goes before Him and burns up His enemies round about. His lightnings light the world; **Psalms 97:2-4***



*He spoke to them in the cloudy pillar. **Psalms 99:7***



*If I say, "surely the darkness shall fall on me," Even the night shall be light about to me; indeed, the darkness shall not hide from You but the night shines as the day. The darkness and the light are both alike to You. **Psalms 139:11-12***



*He made darkness His secret place, His canopy around Him was dark waters and thick clouds of the skies. From the brightness before Him, His thick clouds past with hailstones and coals of fire. The Lord thundered from heaven and the Most-High uttered His voice, hail stones and coals of fire. He sent out His arrows and scattered the foe, lightnings in abundance and He vanquished them... He sent from above, He took me, He drew me out of many waters, He delivered me from my strong enemy... He also brought me out into a broad place; He delivered me because He delighted in me. **Psalm 18:11-19***



*For You will light my lamp. The Lord my God will enlighten my darkness. For by You I can run against a troop, by my God I can leap over a wall. As for my God, His way is perfect. The word of the Lord is proven, He is a shield to all who trust in Him. **Psalm 18:28-30***



*...I shall make darkness light before them **Isaiah 42:16***



*I will give you the treasures of darkness and hidden riches of secret places that you may know that I, the Lord who call you by your name, AM the God of Israel. **Isaiah 45:3***



*Who among you fears the Lord? Who obeys the voice of His Servant? Who walks in darkness and has no light? Let him trust in the name of the Lord and rely upon his God. **Isaiah 50:10***



*For they did not gain possession of the land by their own sword, nor did their own arm save them, but it was Your right hand, Your arm, and the light of Your countenance. Because You favored them. **Psalm 44:3***



*Evening and morning and at noon I will pray and cry aloud, and He shall hear my voice. He has redeemed my soul in peace from the battle that was against me. **Psalm 55:17-18***



*Nevertheless, I am continually with you. You hold me by my right hand. You will guide me with Your counsel and afterward receive me into glory. **Psalm 73:23-24***



*I will not die, but live and declare the glory of the Lord. **Psalm 118:17***



*Fear not for I am with you, be not dismayed for I am Your God, I will help you, I will strengthen you, I will hold you up with My righteous right hand. **Isaiah 41:10***



*And so, we have the prophetic word confirmed, which you do well to heed as a light that shines in a dark place until the day dawns and the Morning Star rises in your hearts. **2 Peter 1:19***



*You are all sons of light and sons of the day. We are not of the night or of darkness **1 Thessalonians 5:5***



*God did not appoint us to wrath, but to obtain salvation through our Lord Jesus. **1 Thessalonians 5:9***



*This is the message which we have heard from Him and declare to you, that God is light and in Him is no darkness at all. If we say that we have fellowship with Him and walk in darkness, we lie and do not practice the truth. **1 John 1:5-6***

Written by Liz Dickson, Love UnVeiled

©2020 Love UnVeiled

For information about *Love UnVeiled*,
Love UnVeiled weekly groups, workshops
and other LUV teaching and ministry

visit www.loveunveiled.org

or contact:

info@loveunveiled.org

(407) 385 5796