

SOME REAL PEOPLE'S RESPONSES:

This study is more creative than any other I have read in my 50+ years. It is encouraging, inspiring, heartfelt and even humorous at times. Karen has written about her personal testimony in a way that it felt as if I was reading my own story; she leads the reader through beautiful ways of working through grief and pain and finding joy and inspiration, all with a refreshing perspective. The reader learns how to breathe in God like never before; I can't wait for the next book!

– Julie Ransom

Karen packs so much truth and encouragement into these bite sized chapters that we can all read intentionally to contemplate, process, and apply daily.

I would highly recommend Take a Breath With Him. It is one of those books that has such potent wisdom from Heaven in tangible doses.

– Sonya Loso

As an editor of this life-changing book, I found myself stopping to consider the content and how to apply Karen's thoughts to my life instead of checking the grammar! Of course, I had to backtrack—numerous times—to be sure I had done my job. Karen Brough has written a sequel to 'Be Held By Him- Finding God When Life Knocks You Off Your Feet', that takes the believer one more step toward a closer walk with our Lord and Savior.

Thank you, Karen, for your transparency as you share your walk with other Christians.

– Linda Stubblefield

This companion journal is a beautiful encouragement and resource I will return to time and time again. I love how Karen helps guide the reader through several ways to connect and commune with the Lord, expanding on her stories from Take A Breath With Him.

Many times in my walk with Jesus, I've felt I just need to read the Bible more. Although that is a part of it, this book has helped me connect with the Lord through her Spirit-inspired activities so that I may live a more vibrant life with Jesus woven throughout.”

– Sarah de Orlando, Author, Speaker, and Chief-Hope-Giver

Have you always wanted to be closer to God but didn't know where to start? Karen's guidebook for *Take A Breath With Him* is a way to realise that heartfelt desire. Her incredible insight and gentle encouragement combine to bless the reader with a veritable smorgasbord of practical exercises, and innovative ideas to choose from.

I was challenged to want to further develop my relationship with God as I realised there was so much more I could have. Karen's pathway works! So take the plunge and go all out to immerse yourself in this book and watch your relationship with your Heavenly Dad be transformed.

– **Julie Jones**



TAKE A *Breath*
WITH *Him*

COMPANION GUIDEBOOK

BOOK 2

TAKE A *Breath*
WITH *Him*
COMPANION GUIDEBOOK

KAREN BROUGH

Written by a very natural girl and a supernatural God



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*To those who long for more of God.
May He bless you with your heart's desire.*

*To Craig who has been through it all with me, my partner in God
adventures, my supporter, friend and beloved hubby. God knew
what He was doing when He brought the two of us together.*

I love you, honey and thank you sweet man o mine.

XXXXXX

*To the God given helpers, cheerleaders, prayers and friends,
(some of you are all these and more). Thank you, precious
gifts from God; you will never know how much your investment,
expertise and love has meant to me and to this book bub.*

*God brought you along my path, in the nick
of time. I thank God for you darlin.*

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LETTER TO THE READER

To My Precious Reader,

If you've found yourself with this book, you probably fit into one of two groups:

You are walking through a tough season of life, illness, grief, relational upset, medical diagnosis, emotional upheaval—and despite it all, you don't want to align with these issues. You don't want these issues to define you. You want to partner with HOPE.

or

You are someone who wants to actually encounter Father God in your everyday life. You are ready to activate, to engage with the One Who promises you life to the fullest. You were not told how to walk with God. You want to learn to take His hand and see, taste, feel, experience Him on a whole other level.

Or maybe it's something completely different—whatever the reason, please know you are welcome here.

I am thrilled that this book has found its way to you; that you've chosen to invest and build up your internal world—your connection to the Creator of all and the Lover of your heart.

I know what it takes to survive and thrive in life. My hope is that this book might help you connect with the One Who loves you best—as He's had me do over the past decade.

Sending you prayers for healing as you choose to take His hand in the middle of your own hard time and learn to fly despite the circumstances.

This is not the end—only a page in your life story.

I hope this second set of books, *Take a Breath with Him*, will help you do exactly that—get in sync with His pace for you, take a full, deep and life giving breath with Him, today.

God bless you and yours in every way.

Much love

Karen. XXXXX

The Journey



EXPLANATION OF THE MAP

‘The Journey’ map outlines the various chapters of each book in the ‘Be Held by Him,’ series.

‘The Journey’ reveals a story of how God can speak to and interact with us, especially in the hard seasons of life.

I hope you look at the map (especially in hard seasons), and ask God how He wants to speak to you today. Look at the map and see what word/chapter leaps out to your heart—then start there.

God bless you in the valleys and the mountaintops.

I pray it encourages you & invests hope in you.

There is always so much more to look forward to with God by your side.

Don’t give up!

A QUICK PROVISIO:

You might notice as you read, I don’t use the traditional term “The Holy Spirit.” This is a personal choice for me, and by no means do I wish to cause offense to anyone who thinks differently.

Each part of God—Father, Jesus, and Holy Spirit—is tangible, alive, and personable. Each is complete in themselves, but each connects with me in different ways.

For me to address the Holy Spirit as “The Holy Spirit” would be to hold Him at a distance, and I want Him as near as possible. Please feel free to add “the” if that designation fits with how you communicate with Him.

Bless you, precious one.

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THIS COMPANION GUIDEBOOK IS A DOING BOOK.

This collection of ways God connected with and encouraged me following this health event.

His wisdom—the one-liners which reframed my thinking, situation and often changed an entire day.

The songs and verses which shifted atmospheres.

And the activations which invested hope and tangible encounters with our Mighty God, Loving Jesus, and Empowering Holy Spirit.

The journey map will be a guide—ways God can speak and connect with all of us at any time. It covers the three books in the series and their chapters. It endeavours to invest hope if you are in a desert space right now. Take heart, there is more goodness to come!

When everything felt disconnected and battles raged, as I searched for purpose, hope and identity, these are the ways He made Himself known to me. These are also the ways I reached up to Him and invited Him into my mystery. Maybe you will too?

Relationship is a two-way street, and my hope is that this book develops greater intimacy between you and Father God.

That He'll inspire you, tend to you, meet you powerfully as you choose to reach out and interact with the One who knows all that you walk through, and wants to bring you hope, purpose, light in life, and faith like you've not experienced before.

Much love

Karen

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A WORD OF WARNING

The following is my personal “beginning” health story that could contain some triggering aspects for those in raw places.

If you are in this place, you may want to consult the contents page for a chapter that speaks directly to your heart.

INTRODUCTION

Where It All Began

Lying on the bed, unable to move my limbs, head, and body, my heart wept. Am I dying? Is this IT? What about my hubby Craig and the kids? Thoughts were racing in and out, endeavouring to find a place to land, to find order and explanation...but at that moment, there was none to find.

The constant headache of the past six weeks hadn't slowed me up; I pushed through, taking paracetamol to ease the knifelike pangs to no avail. I pushed on, meeting the commitments, the pressures of being a wife, a mum, a business partner, a teacher, the various voluntary committees, responsibilities, and relationships—everything cried out for more—of me. That small voice within screamed for me to slow down, but in my mind, there was simply no time...

No time to stop...

No time to consider and ask what was causing the unfamiliar symptom...

No time to cull the calendar craziness...

No time to be still...

No time...

No time...

No time...

It'll have to wait was a common thought of this time, prioritizing everyone else but myself. Sacrificing myself for others, that's what...real service is about, isn't it? I was a servant-hearted wife of one, the mother of three, and now I couldn't do a thing.

My body had sent out the warning signs—the unheeded flashing red lights trying their best to let me know things weren't right. I hadn't listened, and now, I'd pushed it beyond its limits. Layer upon layer of the past year's stresses flooded to mind as I lay there, waiting for the ambulance to arrive.

Pale, exhausted, unable to lift a single finger, I was at the whim of life and circumstances. My body had endured enough! I now had no choice; my body would take what it needed—with or without my permission.

So, I lay there, so filled with weakness that nothing would function as I willed it to—as fear expanded within.

Terror seized my distress, and they embraced.

As the seconds passed, new symptoms appeared, and I felt as though life was leaving me. My eyes closed, and I tried desperately to come to peace with what I was leaving behind.

My family, oh, my precious family—Craig, my children.

Just moments before, in our first extended family dinner in months, we had been busy catching up around the dinner table. Everyone was able to be there. What a delight! So good to be back at the family home.

Squeals of joy came from our kids and their cousins as they played happily in the background. Mum and Dad were in the kitchen cleaning up, and my sister and I bantered back and forth across the table, having some good hearty laughs. These times were precious.

My family was so dear to me. Together is the place I wanted to be all the time. These nights were a balm for my soul.

Then, in a split second, everything changed.

My eyes moved of their own accord, as if some mysterious fingers were pulling the muscles behind them. My neck became sore, stiff, and the slight headache intensified.

My body felt the waves of nausea and fatigue HIT, and boy, did it hit! Any energy I had dissipated and withdrew, heading who knows where. Beginning with my extremities, I felt as if my blood was retreating. My hands weakened, and my arms fell limply to the side of my body. My head joined the procession and dropped upon my shoulder. The weightiness of it propelled my immobilized body to the right—where Craig sat.

“Catch me, honey,” I barely breathed out as my entire body fell on his lap.


Apart from the sheer physical exhaustion and my brain’s feeling as though it was splitting in two, I don’t remember much of the following minutes. My listless, unresponsive form was carried to my parents’ bedroom nearby, and an ambulance was called.

Time stood still, and I couldn’t comprehend much of what anyone was saying. Every cell in my body felt weighty—sleepy, as if the energy had been sucked out of every molecule. They demanded rest, and rest they did.


MY BODY HAD
ENDURED
ENOUGH! I NOW
HAD NO CHOICE;
MY BODY WOULD
TAKE WHAT IT
NEEDED—WITH
OR WITHOUT MY
PERMISSION.

The medical staff arrived, and the family tension was relieved on some level for a moment. The cavalry had arrived, and now they could “fix” Karen.

They took my vitals and eventually surmised that I was “...just a tired Mum” as they offered to take me into the hospital, but articulating that they wouldn’t do much for me in the hospital. Confusion...upset...shock remained.



A NEW SEED
OF AFFLICTION
AND FEAR HAD
BEEN PLANTED
THAT NIGHT
AND WOULD
ENDEAVOUR TO
WREAK HAVOC IN
OUR LIVES FOR
MANY MONTHS
AND YEARS
TO COME.



Ever so slightly, a minuscule amount of strength found its way to my extremities, and my limbs began to be able to move once again. They felt weighty and slow-moving—like I was on heavy medication or in recovery from surgery. But the exhaustion remained.

I remember Craig asking what I wanted to do. I remember not wanting to or being able to decide. My brain had ceased to be able to think coherently. The decision was made not to go to the hospital, and as the ambulance officers left, the hope of help seemed to depart with them.

Inside, my questions mounted: *How could they leave me here like this? What was going to happen?*

Soon after, we headed home as if nothing had happened.

The only thing was something HAD happened and was indeed happening.

My body had never felt such fatigue before. It was as if I’d been hit by a Mack truck or run a 100km marathon in a moment. Every part of me ached and screamed, “I’m so weary!”

I remained silent. No one spoke on the way home. The fear was palpable, and no one knew what to say. Ours was the quietest car trip our family had ever had.

The sounds of the tires on the road hurt my head; the glare of the streetlights stung my eyes. Sitting upright was a challenge, as my head felt like a bowling ball. As we rattled along, my head leaned against the cold passenger window. Every bump, every knock, every turn felt and intensified. This was the longest car trip I'd ever had.

I plopped into bed, desperate for sleep. My eyelids closed as a signal for sleep to come, but it evaded me much of that night.

Fearful thoughts raced around and persisted for hours as the shock and trauma of what had occurred replayed inside my head. A new seed of affliction and fear had been planted that night and would endeavour to wreak havoc in our lives for many months and years to come.

The next morning, I woke, meaning I must've slept, but I felt no benefit, no refreshment or energy. My eyelids were heavy; my brain matter felt as if it was crystallizing inside like crackling ice as the temperature warms. So too was my head and its sensitivity to everything. The whole-body weakness persisted, and I struggled to stand, to talk, or to walk upright.

A barrage of thoughts tried to rattle my weary frame. *You have a brain tumor. You're going to die a slow, painful death. Your family will see it and be powerless. It'll be painful for them too. It's going to get worse...* Many more painful thoughts spread through my mind.

I was in the space of sheer terror; my pupils dilated almost wholly, and my snow-like complexion showed things were not as they should be. Something was desperately wrong, and I was without solutions. I felt a small and insignificant voice in a body that refused to obey my commands anymore.

I don't remember thinking of or speaking to God much during this time; I allowed fear to reign mostly in this space.

All I could squeak out in a moment of reprieve was a single word: "Help!"

He heard my cry, and help came.



Chapter One

CELEBRATION

Moses said to the people, "Remember this day in which you went out from Egypt, from the house of slavery, for by a powerful hand the Lord brought you out from this place."

EXODUS 13:3 NIV



— *Father's Heart* —

“The heavens are a place of celebration. I have an endless party going on in heaven, as My children come to Me.

I celebrate with you as you come to Me in relationship, telling me about the highs and lows of life.

I know what is to come, and it looks very bright for you.

When you celebrate the wins (of which there are many), a heartbeat of thankfulness is cultivated. I place these moments, these opportunities, these beacons of light amid the dark—so that you know you are never alone.

I am with you always.

Look for the things that reflect My heart.

Do you see them? Do you feel them? Look around; I have placed them everywhere, so you won't have to look too hard.

Like Easter eggs on a hunt, are the wins of life—momentary breathers, whatever comes. I bring these love tokens as reminders of My unfailing love for you.

These markers are reason to celebrate and bring about a natural thankfulness response within your spirit.

Love is My currency, and it has a powerful exchange rate.

When you live in a place of thankfulness and celebration, the circumstances that would typically bring you down are aligned with My perspective.

I set up a table of party food for you before those things that would look to crush you. That is how small they are to Me. I have an eternal view of your world and circumstances.

I see the outcomes. I know the motives. I perceive the finish, and it is all worked for your good.

This doesn't mean that you won't have difficult times. It doesn't mean that you won't question or wonder why things are happening.

But, if you will foster a lifestyle of looking for Me in them, it will bring the gold within the dirt of life to you.

I am constantly working for your good.

Celebrate this truth. Celebrate the little things with Me. Let Me pour My joy upon you.

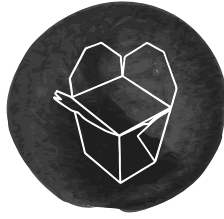
My joy, which you can carry with you into the next step, whatever might come.

I place treasure and wins everywhere.

Align your sight to see My heart, and you WILL find them.

You are safe in Me. You are loved by Me. You are worth celebrating.

I sing over you a new song of freedom and hope. I am proud of you, My cherished one. Keep coming to Me; there is much in this day to find and to celebrate as a win.”



— *Take Aways* —

When something good happens, I tangibly mark the time; write it down, and draw it in my mind. When tough days come, I will be able to look back upon the good, knowing it hasn't always been like this.

The art of celebration brings me into the presence of the King Himself.

CELEBRATING
ADOPTS THE
HEAVENLY OVER
THE HUMAN.

A future without hope, is no future at all—with Him, there is always hope.

The smallest seed of a win can plant the largest of trees.

Celebration can
be a prophetic act
of trusting God.

Looking to past
times where God
has met me in the wins
reassures me He can help
me with today's trouble.

Celebrating the
wins is not necessarily
easy, but it's an essential
part of not allowing the
depths to overtake.

Celebration fills the
tank like little else.

CELEBRATION
PLANTS,
BUILDS AND
BREEDS HOPE.

Choosing to celebrate
the wins, despite how I
feel, can create room for
God to reframe everything
I am walking through.



On any given day, depths and joys can be encountered. Finding and celebrating the wins are an essential part of making the heavy circumstances a little lighter.

CELEBRATION
IS A CURRENCY
OF HEAVEN.

I come alive as I celebrate; it is part of having a childlike faith.

When I choose to focus on all that is good, my vision moves from lack to lavish.

Seeing the wins doesn't require more of me but invests more in me.

I am not ignoring the reality of my hardship by looking for and celebrating the wins. Instead, I am choosing to create space for God to show me His perspective from within it.



— Questions to Ponder —

1. Was there anything that jumped out to me about celebrating the wins?

2. When have I celebrated something? What has been the most memorable? What did I notice about celebrating, and my inner self? How did it feel? What emotions were evident? What physical elements were clear?



3. How easily do I find seeing the wins and celebrating in challenging or stressful times? Why or why not? What is difficult about celebrating the wins during a challenging or stressful time?

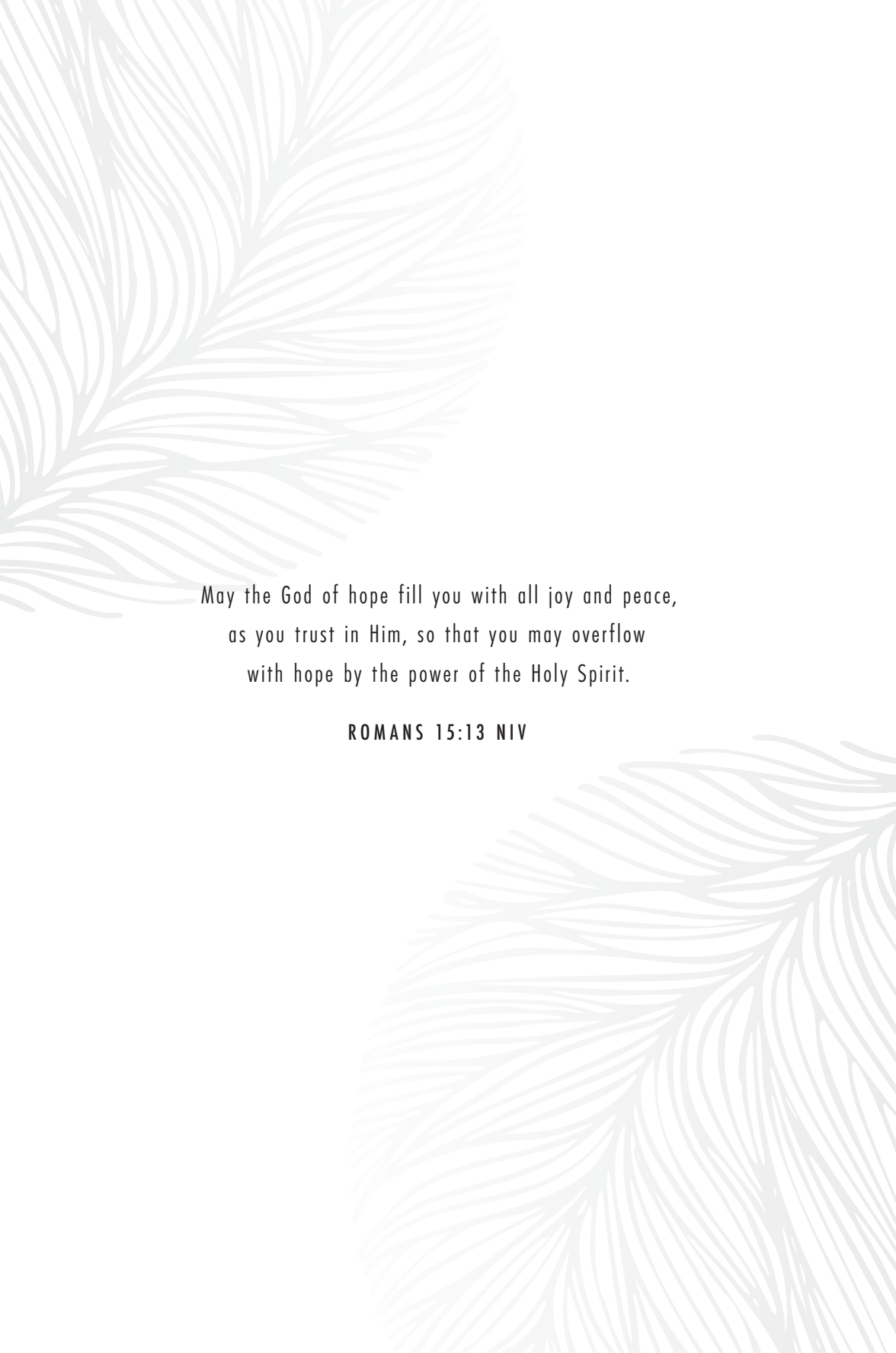
The thief comes only to steal
and kill and destroy. I came
that they may have life
and have it abundantly.

JOHN 10:10 ESV



10. Consider Psalm 23:5 NKJV: “*You prepare a table before me in the presence of my enemies; You anoint my head with oil; My cup runs over.*” How does this verse reflect celebration and a heavenly viewpoint? When have I experienced God’s abundance?

11. How does it apply to my current season? How do I celebrate the wins? How can I make more out of celebrating in the future?



May the God of hope fill you with all joy and peace,
as you trust in Him, so that you may overflow
with hope by the power of the Holy Spirit.

ROMANS 15:13 NIV



—Celebration Playlist—

Hallelujah Chorus – George Frederic Handel

Days of Elijah – Robin Mark (revival in Belfast)

No Ordinary Life – Roma Waterman

The Table – Chris Tomlin

Raise a Hallelujah – Bethel Music

Jubilee – Maverick City

Free to Dance – Hillsong Worship

Alive – Hillsong Young



— Activations —

MUSICAL

Consider what notes, sounds, and melodies uplift your heart. Ask Holy Spirit to inspire your creative heart. Spend some time creating tones and lyrics of celebration.

VISUAL

Ask Father to reveal something you can celebrate where He has provided a win. Create, express, and enjoy time with Him, celebrating all He has done and is now doing. Create a piece that could be called “Celebration” or “Finding the Wins”. Endeavour to visually represent HOPE.

LOGICAL

Spend some time researching celebration in biblical times. Are there any Bible passages that reveal God’s heart about celebration? Why might this be significant for you in a hard season? How can you apply this to your life today?

BODILY / KINESTHETIC

Read the passage of David’s dancing before the Lord in 1 Samuel 6. Close your eyes and envision the atmosphere of the scene. If you were David, explore what each of your senses might encounter. As you are inspired, dance with all your might before God today—just as David did.

**INTRAPERSONAL**

Share with God something you are struggling with. Ask God for His view of it. What does your future look like to Him?

Respond to Him by:

Thanking Him for the hope.

Being specific, note down the wins for you today.

Write three details you do to celebrate; ask Holy Spirit for inspiration.

Action these by marking or celebrating them.

LINGUISTIC/VERBAL

Create a word map (an image composed of words in which the size of each shows its importance to you as related to celebrating). Consider including the following areas: people in your life, faith, places, feelings, events. What makes something worthy of celebration for you? Do these reflect your life priorities? If not, how can you celebrate the most important things?

INTERPERSONAL

Keep watch for others who love to celebrate—those who tune in to the God wins. Finding village members who can journey with you, keeping one another accountable and celebrating together is priceless. Pray for God's revelation.

NATURALISTIC

How does God reveal celebration within creation to you? What examples can you find? Collect some items beneath your feet: leaves, rocks, flowers that have fallen. Create a picture from nature that reflects celebration.



— Bless You —

Bless you, one who has reason to celebrate.

Be blessed with His vision to notice the incremental wins of the day.

Bless you with experiencing God's goodness and an awareness of it.

I bless you with knowing that God is working for your good.

*I bless you with revelation that this hard place is but
a moment in time—not your final chapter.*

*Be blessed with the stirring of hope, through tangible experiences
that confirm what God knows about your good future.*

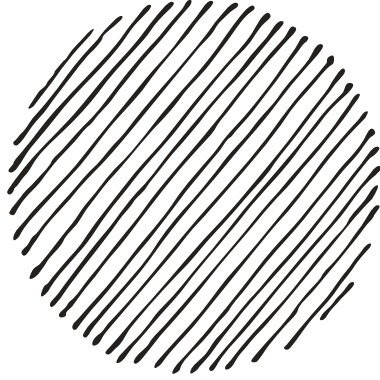
*Bless you with great testimonies of God's goodness, which will become
a source of encouragement for you and others in the future.*

I bless you with a cheerful heart that continually feasts on God's banquet.

*May you be blessed by the God of hope as He (whatever the opposition)
fills you with all joy and peace, as you trust Him so that you may
overflow with hope by the power of the Holy Spirit (Romans 15:13 NIV).*

In the joyous and celebratory name of Jesus, amen,

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Chapter Two

CHILDLIKE FAITH

"The wolf shall dwell with the lamb, and the leopard shall lie down with the young goat, and the calf and the lion and the fattened calf together; and a little child shall lead them."

ISAIAH 11:6 ESV



— Father's Heart —

“As My child, you hold a special place in My heart of hearts.

*My children know My voice, and they hear it clearly. They
want to and love to be part of My plan.*

*They know who I am, and how much I am for their
good. They love the adventures we have together.*

Faith in Me is implanted deeply within them.

The purity, innocence, carefree and honest ways of a child are priceless to Me.

I do not need to teach a child how to love.

*They already love wholeheartedly and unconditionally. This
is how it was planned from the beginning.*

*When My children see something for the first time, their eyes are
wide open in wonder at how it is possible. The awe and joy at
what they see gives Me great pleasure. It reflects My desire for all
my children of every age to enjoy Me like these little ones.*

*My children keep watch for the fun and life-giving — even when things
are hard. Whatever they put their little hands to, they make a game of and
enjoy the journey for what it is, rather than worrying about the future.*

Yes, you have this available to you.

*My children share, my children celebrate, my children
do nothing by halves. They give their all.*

They run towards Me at full speed.

I love the ways of My children.

*A childlike faith is a force to be reckoned with. The enemy
does not know how to combat the pure faith of a child.*

Not weak and unprotected, but naturally supernatural with Me.

Come to Me, My child. Let Me restore your natural childlike faith.

*Trust Me to lead you in revitalizing ways, and you will
rediscover the fullness that I long for you to experience. Give
Me this moment; trust Me to catch you when you stumble.*

*Trust Me to show you the way forward. I will light it
up for you, like a full moon on a clear night.*

*Walk forward with Me by your side, and I will restore your
hope. I will increase your experience of love and joy.*

I will lift your burdens and troubles, making them life-giving adventures.

*Live like children: learn from them, celebrate their ways, and allow Me to
introduce and restore to you the ways that bring us closer to one another.”*



— *Take Aways* —

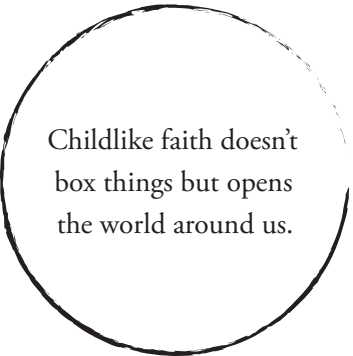
Childlike faith positions me before the Father with an open heart and vulnerability. Thankfully, He is wholly safe.

God does not require complicated words or rituals when I come before Him.

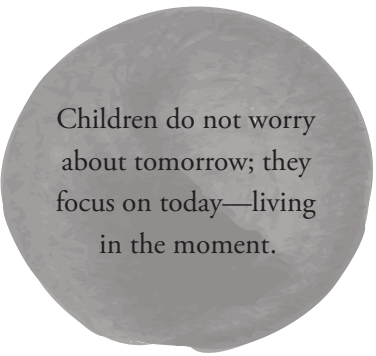
Children keep short accounts with people; they rarely hold grudges.

Childlike faith fosters a sense of awe and wonder in life.

CHILDLIKE FAITH
BREEDS HOPE
AND EMBRACES
THE FUN.



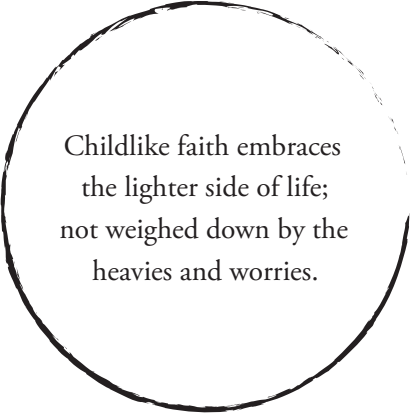
Childlike faith doesn't
box things but opens
the world around us.




Children do not worry
about tomorrow; they
focus on today—living
in the moment.



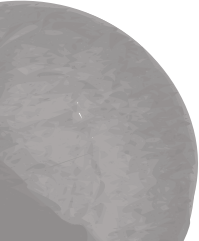

CHILDREN
FORGIVE
READILY.



Childlike faith embraces
the lighter side of life;
not weighed down by the
heavies and worries.



God loves the
prayers of a child.





God loves to meet my needs.
He enjoys being for me what I
am not. A childlike faith makes
space for me to depend upon
Him for fulfilling these needs.

CHILDREN ARE
INQUISITIVE;
THEY WANT
TO KNOW.

Childlike faith welcomes
the God-ordained
adventures of life.

God loves the purity
of my childlike faith.

He loves the simplicity
and honesty of a
childlike heart.

Life can embitter, anger, upset,
or distract me from having a
childlike faith. I do not have to
partner with these emotions.



3. How do I see Jesus interacting with children in the Scriptures? How did He view and feel about them? How do I know this? What evidence is there of this?

4. What have I experienced 'growing up' and becoming an adult? List both positive and negative elements. What kind of child was I? Ask God to show me how He sees me as a child. What comes to mind? What do I see, feel, and hear?

5. Were there any aspects of my childlike view I desire to regain in adulthood? What are they? Why or why not?

The Lord protects those of
childlike faith;
I was facing death,
and He saved me.

PSALM 116:6 NLT



6. What do I notice in children that changes as they age? What factors influence this change? What is lost or gained?

7. What aspects of childlike faith does my life reflect now?

And they said to him, "Do you hear what these are saying?" And Jesus said to them, "Yes; have you never read, "'Out of the mouth of infants and nursing babies you have prepared praise'?"

MATTHEW 21:16 ESV

8. Is there anything from my past that is affecting my childlike faith? Ask God to reveal anything hidden and any blockages to freedom; ask Him for the next step.

9. How can I walk in childlike faith? What would this desire require from me? What would need to change? Talk to God about this.

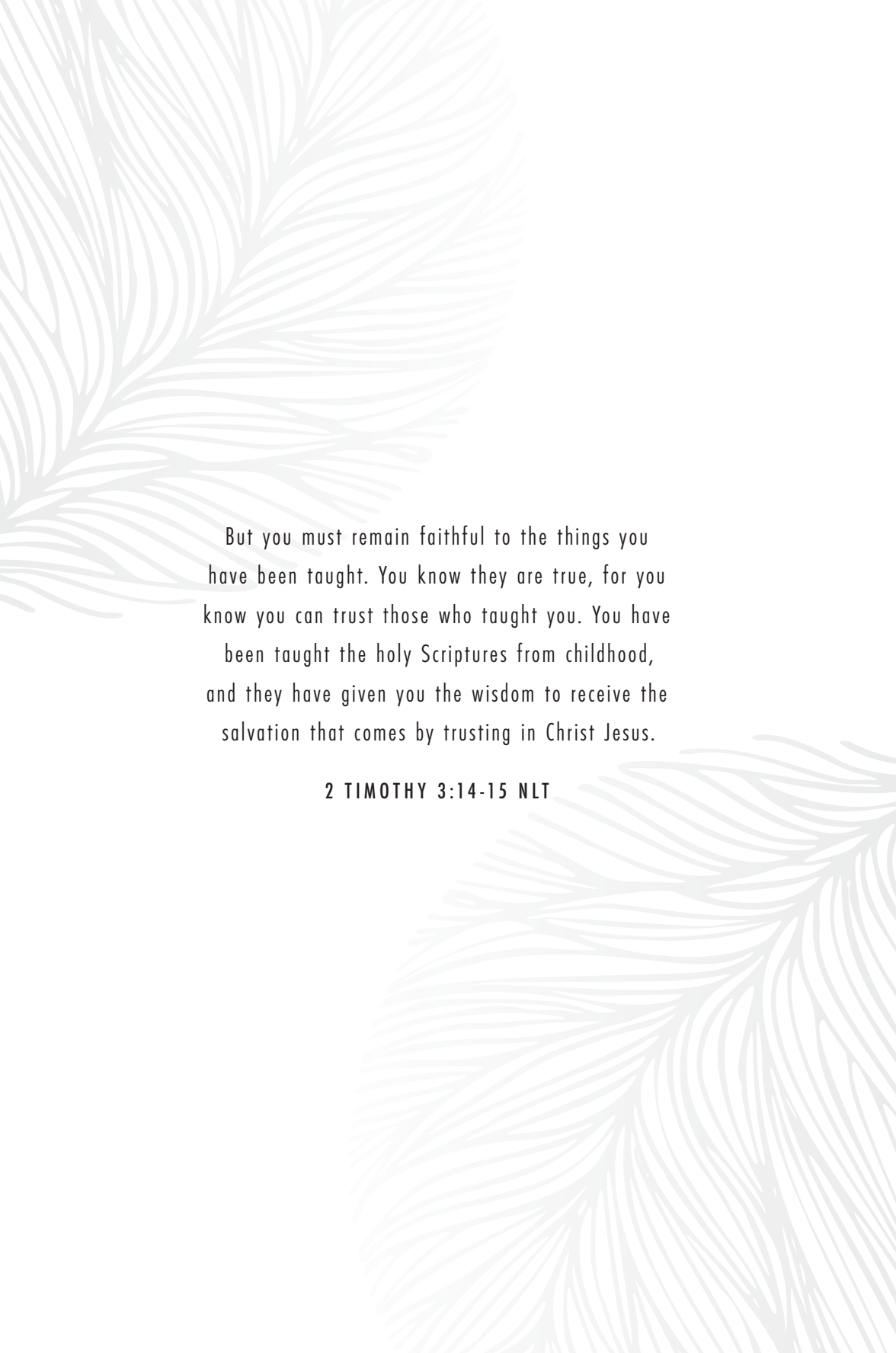
See that you do not despise
one of these little ones. For I
tell you that in heaven their
angels always see the face of
my Father who is in heaven.

MATTHEW 18:10 ESV



10. What advantages and benefits would having a childlike faith bring to my life and to a season of hardship?





But you must remain faithful to the things you have been taught. You know they are true, for you know you can trust those who taught you. You have been taught the holy Scriptures from childhood, and they have given you the wisdom to receive the salvation that comes by trusting in Christ Jesus.

2 TIMOTHY 3:14-15 NLT



—Childlike Faith Playlist—

Childlike Faith (Australia) – Sean Feucht

When I Consider – Matt Gilman

Faith Like a Child (soaking) – Julie True

I See This Nation – Children of Inheritance

Real Thing – Dante Bowe

Jesus Loves Me – Anna Bartlett Warner (1827–1915)

In Jesus Name (God of Possible) – Katy Nichole



— *Activations* —

MUSICAL

Revisit some simple childhood music. Be free from distractions and connect with God through songs of your childhood or well-known spiritual music written for/by children.

Think simple, pure, and true. Soak, letting Him minister to your heart today through them.

VISUAL

Revisit simpler artistic times. Get out your butcher's paper, crayons, finger paints and freestyle for a while. As you create, enjoy the time being aware of God and all He is communicating to you through the process.

LOGICAL

Consider the aspects of a child's outlook and faith. List them. How does the Bible highlight the value of childlike faith? What biblical characters reflect the childlike faith Jesus referred to? Why do you think God values having a childlike faith? What evidence can you find to support this belief? How does knowing God values childlike faith, help you in your personal faith?

BODILY / KINESTHETIC

Lie on the grass and watch the clouds roll by. Look for shapes, symbols in the clouds, animals, and other pictures.

Ask God what He wants to show you and why.

**INTRAPERSONAL**

Look at the list of childlike qualities you wrote about in question 2. What leaps out to you? What are you drawn to? What childlike faith quality might bring something of benefit in this season? Is there anything you need to release to become more childlike in your faith? Ask God for His revelation and a first step to walking in childlike faith.

LINGUISTIC/VERBAL

Write a simple childlike letter to God; ask Holy Spirit to help you. Forget the frills, let go of the complications, and endeavour to remain focused on the heart of what is on your mind. Write a list of childlike questions you've always wanted to ask God. If you believe that God is an open book of answers, what would you like to ask Him? Now ask them.

INTERPERSONAL

Spend some time in an environment that makes it easy to play. Swing on swings, slide down slides, build sandcastles, play with dirt, make stories from the cloud formations. Enjoy the freedom of whatever you choose to do. Ask God to reveal something precious about play and Him.

NATURALISTIC

Connect with your childlike heart in nature. Make yourself a pile of leaves, kick through, roll around, or even have a leaf fight with someone. Create a city using beach sand; decorate it using items you find. Make a game using elements you find outside. Be conscious of noticing God in whatever you choose to do. What is He saying and revealing to you through the fun?



— Bless You —

Bless you, cherished child of God.

Bless you with greater heart revelation about your God-given identity.

Be blessed with God's protection as His loved child.

I bless you with a fresh awareness of God.

*Be blessed as you choose to place your hand in His,
walking forward in childlike faith-filled ways.*

Bless you with a restoration or increase of childlike faith.

Bless your eyes as they see all that God is doing.

Bless your ears to hear all that He is saying.

Bless your heart with attuning to God's desires for you and others.

I bless you with security as you walk with Him.

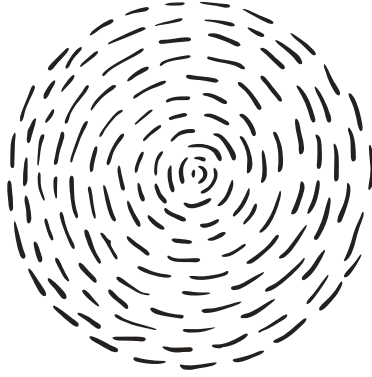
*Bless you with the ability to hear, recognize, and
trust the voice of God for yourself.*

Bless you with the treasures which come from walking in childlike faith.

*I bless you with the rhythm of awe and
wonder as you discover God's heart.*

In the loving, nurturing, and all-embracing arms of Jesus, amen.

XXXXX



Chapter Three

DECLARATION

The words of a man's mouth are deep waters;
The fountain of wisdom is a bubbling brook.

PROVERBS 18:4 NASB 1995



— *Father's Heart* —

“Speak aloud My words to Me, and they shall not return to you empty.

*Sing My praises from the rooftops, and they will
plow for you a harvest of abundance.*

*Your words hold great power and, when spoken
with Me, do more than you could imagine.*

*Declaring My truth beyond what you see or feel is an upgraded
view and action. It places you in higher realms.*

*You are speaking My truth to the very things
that would look to drag you down.*

*When you declare My word in faith, the earth
shakes, and the heavens rejoice.*

*As you choose to believe Me, I will make things better through the word of
your testimony. This is when you choose to believe Me and My truth, rather
than what you see and feel around you in your current circumstance.*

Declare My truth to the physical realm.

Declare My truth to the spiritual realm.

Declare My truth to the emotional layers.

Declare My truth to your soul and spirit.

My Spirit comes into agreement with you when you choose to declare My truth. You will experience a shift as you declare.

Declaration releases freedom and a shift in circumstance or perspective.

I love it when you, despite how you feel physically, choose My perspective.

As you declare what I have promised, your soul is brought into alignment with My Spirit. This is of great delight to Me.

Much is possible in this place of heavenly alignment with Me.

There are no barriers in this place because all things are possible with and through Me.

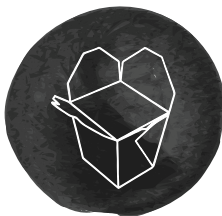
When the burdens are heavy and the ways out seem non-existent, my child, stop and ask Me what My truth is. Watch for themes and for body responses within. Ask Me to lead you as you declare. Declaration is powerful. Read My Word, then declare it. As I guide you, speak out that which is not, and watch it come into being.

Rise, oh child of Mine.

Rise, and become that to which you have been called.

Rise, and fly with Me, on wings like eagles (Isaiah 40:31).

You are unhindered and free when you declare and are with Me.”



— *Take Aways* —

Declaration affects various realms, including the physical atmosphere and the spiritual realm, drawing me closer to the heavenlies.

As I speak His words of life, I am speaking as I was designed, with His truth, passion, and authority.

Declaration forces me to be bold, helping to release cynicism, control, worry, disbelief, and fear to God.

WHAT I SPEAK
OUT OFTEN
REFLECTS MY
INNER BELIEFS.

My words can create or tear down; it's my choice.

Declaration is a channel of blessing from His heart to mine.

I can release the burden of my situation through declaration.

As I speak God's truth, my spirit, soul and body hear, and can be positively affected.

Declaring lack or flourish can impact life, for good or bad.

Declaration connects my faith to His hope for the future.

Declaration often leaves me better for having spoken.

Declaration of applicable verses and God-given promises are one way of strengthening myself in the Lord.

THERE IS POWER
IN MY WORDS.

My words can come from a position of defense or offense. Neither is wrong nor right all the time. Asking God what is needed is paramount.



Out of the heart, the mouth speaks; sometimes we need to strengthen our hearts with a new word of encouragement. Ask God for what I need and then speak what He communicates.

Declaration doesn't come from striving or self-effort, but from what He reveals.

Declaration is part of a holy exchange of letting go of only what I see or feel, and adopting God's higher vision.

He places a desire, a burden, a felt need, and draws me toward or highlights something—if it aligns with His heart and nature, then dive in! Declare!

Declaring God's truth connects me to His kingdom; to declare is to trust..

My declaration involves my beliefs, my heart, my mind, my mouth and my ears. As my ears hear the words of my heart being spoken by my mouth, beliefs are formed that can bring life or death.

DECLARATION
PLANTS SEEDS
OF HOPE.



3. What is declaration? What do I believe about declaration as a strategy from God?

The God who gives life to the
dead and calls things that are
not, as though they were.

ROMANS 4:17B WEB



6. Does my language reflect hope or defeat? What do I hear myself speaking out about my circumstances, self or situation? Ask God to highlight anything I speak out that does/doesn't reflect His heart for me.

7. What if every word came into being? What kind of world would I be creating?

The good person out of the good treasure of his heart produces good, and the evil person out of his evil treasure produces evil, for out of the abundance of the heart his mouth speaks.

LUKE 6:45 ESV

8. What benefits could declaration bring to my life in this season? What could it bring to my current experience of challenging times? What is God saying to me? (remembering how His voice sounds/feels like the fruit of the Spirit.)

9. How can I partner with what God is saying to me? What declarations of truth can I speak out? What impact might they have? Write these down.



-Declaration Playlist-

It Is Well – Kristene Dimarco

10000 Reasons – Matt Redman

Because He lives – Matt Maher

Movements – Rend Collective

Praise Like Fireworks – Rend Collective

Resurrecting – Elevation Worship

Come Alive – Lauren Daigle

Lion and the Lamb – Brenton Brown

Rise and Sing (No weapon) – Awaken Music



— *Activations* —

MUSICAL

Let the truth of the power of declaring with God be expressed, musically. Write a melody that declares what you need; those things that you do not see yet. Express a meaningful verse that speaks to your circumstance. Let the act of creating, speak to your heart and embolden faith as you declare God's truth.

VISUAL

Create a meaningful visual declaration of God's truth. A word, a verse, a truth, a revelation, or an image through declaration. Let the color and shape selection assure you of God's presence and power in your situation. As you create, don't stop until you sense His peace or until an exchange from God has been encountered.

LOGICAL

What is your biggest challenge in this season? What does the Bible say about it? A single verse of declaration can release great power. Ask Holy Spirit for His revelation. Declare it each time the struggle comes, reminding yourself of God's truth and declaring it.

**BODILY/KINESTHETIC**

Create a dance to express a meaningful spiritual truth. Through movement, let your body declare the goodness of God and all that He is bringing to you.

INTRAPERSONAL

If the declarations of your heart reflect your inner beliefs, what are you saying? Spend a day noting what you speak out. Do your words align with God's truth? What promises has God given you? What heart desires do you hold within? What Scriptures reflect these? How will you declare them?

LINGUISTIC/VERBAL

Consider writing: A statement of declaration which summarises a heart desire or challenge and what God has said about it.

Or...A declaration which highlights Who God IS for you; the powerful truths you need to be reminded of in times of battle. (See appendix 2 for an example.)

INTERPERSONAL

Releasing God's truth through declaration invests hope. What does this look like for your current circumstance? Where do you need hope? If not you, perhaps someone in your life needs hope. Spend some time asking God what He says about that need and its source. (See question 9.)

NATURALISTIC

How does the earth declare God's goodness?

What is God saying through creation to you? Spend some time appreciating the Creator and His message of hope for you. Declare your thanks to Him for the things you appreciate and value.



— Bless You —

Bless you, precious declarer of His.

Be blessed with a fresh revelation of the power of your words.

*Bless you with the knowledge that your words will not return empty;
but will accomplish great things when spoken and released with God.*

I bless you with wisdom to know what and how to speak life.

*Be blessed with freedom and peace experiencing
God's embrace as you declare.*

*Bless you, with courage and God's power to declare His truth to all
elements that look to steal, hijack or take hostage your Kingdom destiny.*

*Bless you, with victory, as you connect with
God and His truth above all else.*

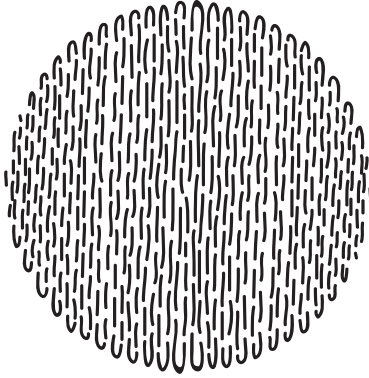
*Be blessed with a heart, mind, and voice that
aligns with the heartbeat of heaven.*

*Bless you, with ease, and increasing confidence in God's
ability to broach whatever is on your heart.*

*Be blessed as the words God gives you will not return
to Him void but will accomplish what He desires and
achieve the full purpose for which He sent it.*

In the powerful and overcoming name of Jesus, amen.

XXXXX



Chapter Four

ARMOR UP

“No weapon formed against you shall prosper,
And every tongue which rises against you
in judgment You shall condemn. This is the
heritage of the servants of the Lord, And their
righteousness is from Me,” Says the Lord.

ISAIAH 54:17 NKJV



– *Father's Heart* –

“I am your Protector, your Defender, and your Safe Place.

*I do not fear the wars that rage because I know
what I will bring to you through them.*

Stay the course! Don't give up, My beloved. You are so close to break through.

Victory is at hand.

*Ask Me, and I will provide. I am ever present and
will not leave you, no, not for a second.*

In the dark, I am there.

In the hard places, I am there.

In the battle, I am there.

In the light, I am there.

*I have powerful tools to help you through whatever comes.
Weaponry, so that you can rise from victim to victor. This is
My redemptive nature at work, and I am on your side.*

*I am your loving Father who desires nothing more
than having pure relationship with you.*

If you ask Me for bread, why would I give you a stone? (Matthew 7:9).

As a good Father, I long for you to become more aware of who I am in any situation. 'Armoring up' says that you are trusting Me, putting Me at the forefront of Your life.

I love to give you keys to resource and empower you, the armor is only one of these resources.

My Spirit is always at hand, ready to take action. You are not alone!

Nothing comes your way that I have not first equipped you for. There is no circumstance that will not be used to build trust and interdependence with Me.

As you put on each piece of My armor, become aware of what each represents. Lean into these areas, and lean into Me—My Word, My Truth, My Peace, My Righteousness, and My Spirit

Have Faith in Me, My precious child.

I am covering each key piece of your body with the keys of armor.

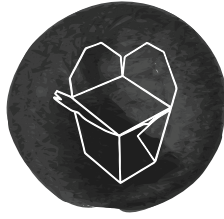
Each piece of armor describes powerful weaponry for fighting, deflecting, and protecting you from the barbs that fly toward you. The enemy is like a prowling lion, looking for someone to devour (1 Peter 5:8).

My armor is useful to help you in fighting the war against the enemy, with My resource, and to ultimately win!

Salvation, Righteousness, Truth, Peace, Faith, and My Spirit are the building blocks of life with Me. I have not left you alone. Take heart.

Let Me be your guide and your shelter.

Ask Me when you are unsure, and I will reveal all.”



— Take Aways —

I am equipped with all I need to fight from an offensive position. I am not at the whim of every attack that comes. He has given me all that I need.

Putting on the armor helps me to develop an awareness of God in my situation and in me.

The battle is real.

The armor of God is a spiritual representation of protection and warfare.

GOD INSTILLS
THE PEACE OF
HIS PRESENCE
AS I PUT ON
EACH PIECE OF
THE ARMOR.

Fighting feels hard
when done in my own
capacity and strength.

When I have nothing
to bring, God can be
all that I am not.

He does not expect me to
be the answer to what is
needed; because He is.

Being in a spiritual
battle means we require
spiritual weapons of all
types. The armor is just
one aspect of our God-
given weaponry.

I HAVE NO NEED
TO FEAR WITH
GOD AND HIS
ANGEL ARMIES
BY MY SIDE.

Warfare impacts the
natural realm.

Spiritual battles are a fact
of life, whether or not I
choose to believe it.



I don't put on the armor ritualistically or legalistically. Instead, I choose to view it as a moment in time where I become aware and connect with Him through the putting on of His weaponry, strategically and as led.

TOOLS LIKE THE
ARMOR OF GOD
ENABLE ME TO
WALK FORWARD,
WHATEVER
COMES AT ME.

There is an unseen war that I am already a part of.

When fighting with His capacity and strength, I am never without resource.

Trust placed in God and His plans positions me in high, protected places.

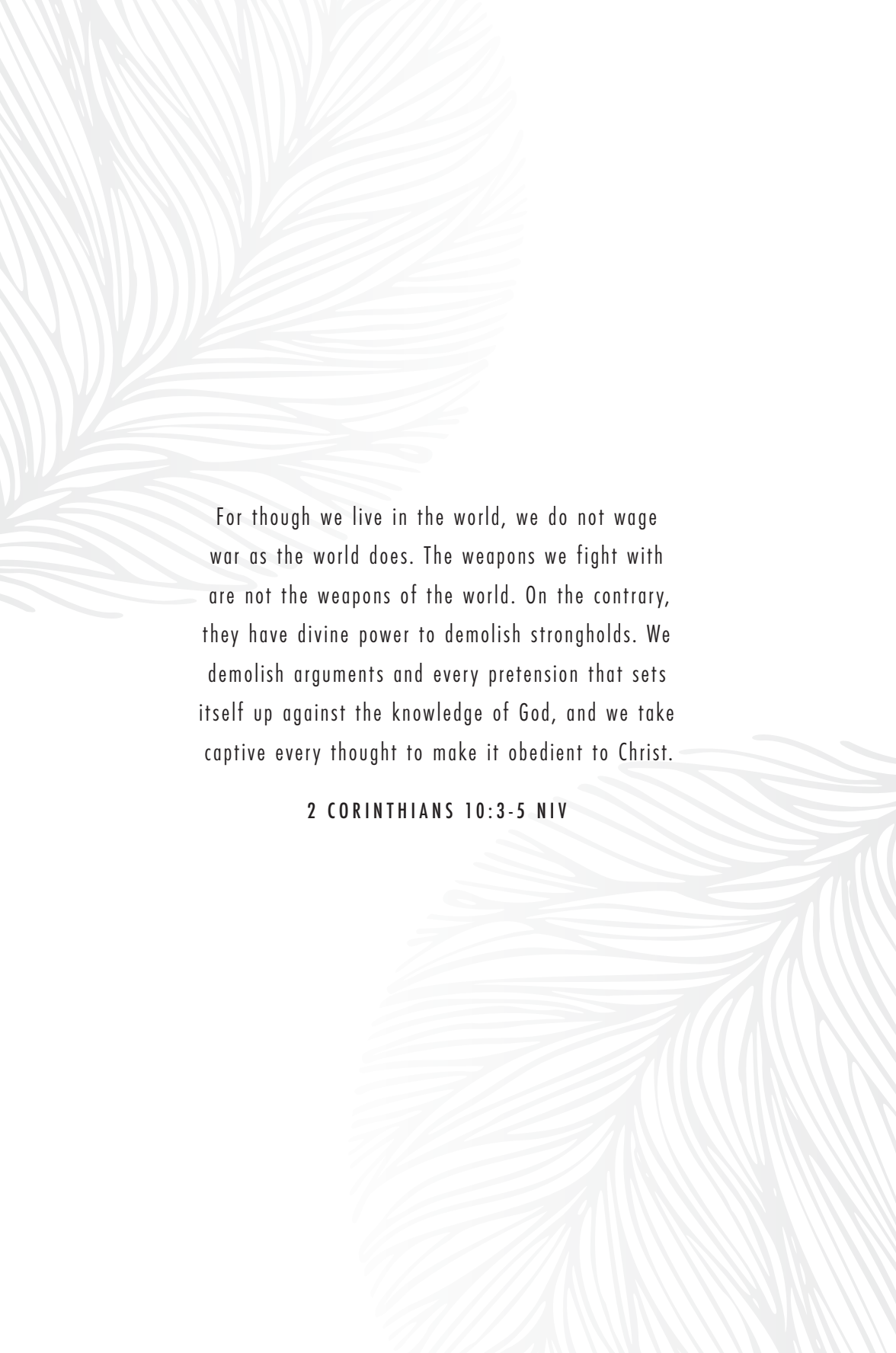
I have an Enemy who loves nothing better than to steal from, kill, and destroy me or those I love. More importantly, I have a loving Father Who is not intimidated. In fact, He has plans and purposes to squash these skirmishes and use them for my good.



3. Have I experienced the feeling of being under attack or in a battle? How have I engaged with God in these times? What has helped me in these times?

The Lord is my rock, my fortress, and my savior; my God is my rock, in whom I find protection. He is my shield, the power that saves me, and my place of safety.

PSALM 18:2 NLT



For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

2 CORINTHIANS 10:3-5 NIV



—Armor Up Playlist—

Surrounded (Fight My Battles) – Michael W. Smith

Song of Ascent – Hillsong United

Break Every Chain – Tarsha Cobb

On the March – Hillsong Kids

Whom Shall I Fear – Chris Tomlin

Don't Tread on Me – We the Kingdom

Warrior – Steven Curtis Chapman

Raise a Hallelujah – Jonathan David Helser & Melissa Helser

Battle Hymn of the Republic



— Activations —

MUSICAL

Go on a musical hunt to find instrumental pieces that reflect “battle.” Discover or create your own piece which reflects all you feel as you are protected by God, as you engage in warfare with Him by your side or are on the other side of a spiritual skirmish.

VISUAL

Create an artwork that displays what it looks and feels like for you as you wear the armor of God. Draw/photograph yourself, and then use a variety of materials to represent each armor component on your picture, “Warrior for God.” Be mindful of what each piece represents and what kind of power God releases to you through it.

LOGICAL

Explore the context of Ephesians 6:10-18. Read about the various pieces of armor and do some research on the function of each. Consider how knowing these benefits can alter how you broach the armor and how it might help in a season of hardship.

**BODILY/KINESTHETIC**

Close your eyes and envision Jesus. Ask Him to hand you each component of the armor.

Move your body as you don each piece. Do not move on to the next piece, until you are aware that the piece of armor is present. He once shared with me, “Wait until you feel My armor land.”

INTRAPERSONAL

We can become ritualistic at times about the armor. Take some time. Slow down a little; come from a place of commune with God. Refer to Appendix 1. Put on each piece of armor thoughtfully with Him. Be mindful of each piece and God’s provision through it. Don’t move on to the next before God’s prompt.

LINGUISTIC/VERBAL

Refer to Appendix 1. Consider how each piece of armor can affect your current circumstance. Ask Holy Spirit to reveal some fresh truths about this significance to you. Write a battle declaration of hope that can be used when attacks come.

INTERPERSONAL

Talk with a trusted friend about your greatest challenge. We can respond to battles in various ways. Discuss the benefits and disadvantages of responses to battles. How does God desire you to respond right now? Pray with one another, asking God for a battle plan.

NATURALISTIC

Consider the armor of the local flora and fauna. What evidence of protection can you find in the surrounding environment? How are they protected? What does it allow them to do? Ask God what He wants to reveal about this.



— Bless You —

Bless you, wholly protected and covered one of His.

I bless you with God's peace.

*Bless you with confidence that He has tried to
overcome all that looks to overtake you.*

*Be blessed knowing that God is fighting on your
behalf and that you don't need to fight alone.*

*Bless you with the awareness that God is
protecting, defending and equipping you.*

*I bless you with a greater encounter with Him and
an awareness of the protection of heaven.*

*Bless you with an increased vision of how small
the Enemy is compared to your loving God.*

*Be blessed as you experience the sufficiency of God's grace
and power which is made perfect in weakness.*

Be blessed as you place your hand in His and trust.

In the secure and protective name of Jesus, amen.

XXXXX



Chapter Five

PRAISE AND WORSHIP

O come, let us worship and bow down;
let us kneel before the Lord, our Maker!

PSALM 95:6 KJV



– *Father's Heart* –

“Oh, my beloved child. I love it when you choose to worship Me.

What you bring in worship is a sweet scent of release.

When the feelings and burdens threaten to overwhelm you, stop, turn to Me, and relinquish the tight grip of what you cannot control, placing Me at the forefront instead.

As you release your time and days to Me, I will turn them around for good. When you praise and thank Me for all that you see, feel, hear, touch; when you thank Me for who I am in you and in others, then you become aware of and know My blessing.

You bless Me with your worship and praise, but I will bless you. It's My heart of love for you. Humanly speaking, things might not make sense, but as you trust Me, you realise I don't work as the world does.

My ways are sometimes mysterious, but always for your good, because I love you.

You are My precious child with whom, above all else, I desire friendship.

Your connection with Me is strengthened through your worship of Me.

Your day will be lighter and your situation a little brighter as you become more aware of Me from within it.

*Do you know worship isn't singing on a Sunday alone?
You can carry this posture into all things.*

I've often seen you entering worship feeling alone, upset or full of worry.

*We connect, and you realize what I offer you. I watch as you move
forward, flying free with a greater awareness of My Spirit.*

*You might find yourself singing, humming or whistling
to Me. It lifts you, and it pleases Me.*

*Worship can be daily routines, work, parenting, conversation,
and actions. It is not limited to music alone. Life is
worship when connecting to Me from within it.*

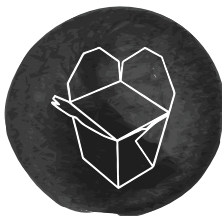
*Walk in praise, My child. Walk with Me moment by moment. Make praise
a way of releasing the heaviness of the day and then walking forward in joy!*

I get such enjoyment from you, My cherished one.

*A greater awareness of Me, through worship, will also bring
a greater awareness and experience of My love.*

*Walking like this is part of My ultimate plan: a full and
joyful friendship based upon love for one another.*

*Bring Me your praise and worship—even when you
don't feel like it, and you will be blessed.”*



— Take Aways —

I can worship God by becoming aware of Him. Even in the mundane, everyday tasks, as I become aware of Him, the task becomes less of a chore and more of an opportunity to connect.

Praise is thankfulness and can be expressed to anyone.

Despite what I'm going through, the worship of God places Him in the most important position above all else.

WORSHIP
IDEALLY
BECOMES A
LIFESTYLE—
NOT A SINGLE
MOMENT OR
EVENT.

My circumstance is often lighter when walked hand in hand with Him in worship.

God knows how
much my worship
of Him accomplishes
within me.

Worship is a posture of
exchange. I enter with all my
baggage, and miraculously, He
lifts the weightiness of it—
sharing or removing the load.

Worshipping
God feels hard
until I do it, and as I
sense His presence meeting
me within, it becomes
the most natural
place to be.

Worship is the
place where heaven
and earth kiss.

WORSHIP IS
AN ACT OF
REPOSITIONING,
RELEASE, AND
REDEMPTION.

Worshipping God is
my decision to release
my earthly worries, if
but for a moment and
embrace heaven.



I often find myself walking forward in a more robust and healthy way; with clarity and more peace than I could ever have created independently of Him.

I ALWAYS
LEAVE BETTER
FOR HAVING
MET WITH
GOD THROUGH
WORSHIP.

Worship does not require striving; now and again, it might require a sacrifice of my time, energy, or independence. It's always worth the cost.

In worship I only hope to bring Him everything because I trust and love Him.

The exchange that happens in worship feels like home for my heart.

He loves it when I bring all I am—all my weaknesses, all my brokenness—and choose to worship Him, choosing to acknowledge and foster a greater awareness of Him despite the surrounding pressures.



3. What is the difference between praise and worship? How are they similar? What are the core differences?

Draw near to God, and he
will draw near to you....

JAMES 4:8A NKJV

4. Has there been a time in worship when I have sensed God's presence? What encounters with God have I experienced through the choice to worship Him?

5. What factors affect my ability to freely worship God? People, environments, beliefs? What does my unhindered worship feel or look like? What, if anything, is holding me back? Why?

Be joyful always, pray continually; give thanks in all circumstances for this is God's will for you in Christ Jesus.



6. Does praising and worshipping God impact my body, emotions, mindsets, perspective? If so, in what ways?

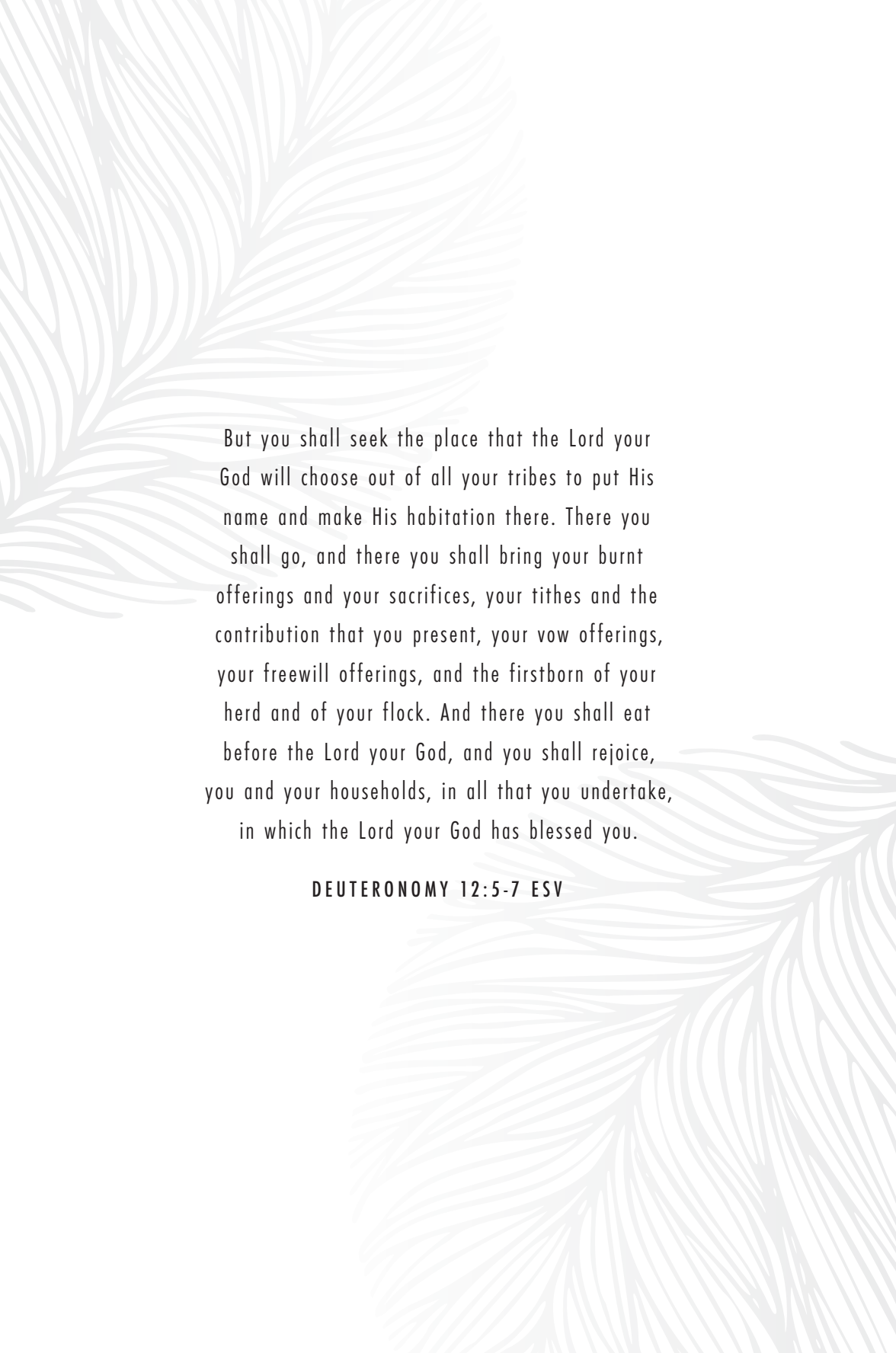
7. What benefits does choosing to worship God bring to my current circumstance?

8. Thinking of a broader vision of worship (aside from music-based), how do I know that I am worshipping God? How can I worship God? What does this look like?

9. Consider this statement: “The greater my awareness of God in life, the greater I encounter Him in the everyday. Connecting with Him serves to increase my desire to worship Him in everything.” Do you agree or disagree with this statement? Why or why not? What would change in life, if I considered and interacted with God in all things?

Exalt the Lord our God; worship
at his footstool. Holy is He.

PSALM 99:5 AMP



But you shall seek the place that the Lord your God will choose out of all your tribes to put His name and make His habitation there. There you shall go, and there you shall bring your burnt offerings and your sacrifices, your tithes and the contribution that you present, your vow offerings, your freewill offerings, and the firstborn of your herd and of your flock. And there you shall eat before the Lord your God, and you shall rejoice, you and your households, in all that you undertake, in which the Lord your God has blessed you.

DEUTERONOMY 12:5-7 ESV



—Praise and Worship Playlist—

I Wonder – Leeland

Heart of Worship – Matt Redman

I Will Be Undignified – Rend Collective

I Choose to Worship – Rend Collective

Your Spirit – Tarsha Cobb

Garments of Praise – Robin Mark

Let Worship Be Our Weapon – Burn 24-7

Praise Before My Breakthrough – Bryan & Katie Torwalt

Praise to the Lord – Joachim Neander, Germany (1665)

Come on My Soul – Rend Collective

Shackles – Mary Mary

Sing His Praise Again – Bethel Music ft. Jenn Johnson

Praise to the Lord, the Almighty – Nockels
(Hymn with Lyrics Contemporary)



— Activations —

MUSICAL

Time for a worship-a-thon! Open your favourite music streaming service (YouTube, Spotify, etc) and find one of your favourite worship songs. Look at the online suggestions list and choose the one that Holy Spirit highlights. Follow the track trail He unfolds for you. Come with the simple desire of “God, I want to bring You a gift or worship today.”

VISUAL

Think about when you’ve been captivated by the presence of God—a time when everything else melted away, and it was just you and God. Visually express this moment of pure worship. Worship Him through your use of visual media.

LOGICAL

Explore the different elements between praise and worship. What does the Bible say about praise and worship? What do you observe when people worshipped? What were the contexts? Ponder what this observation might teach you about your own journey? Ask God to reveal something fresh about it for you today.

**BODILY/KINESTHETIC**

Find a broad space to move without limits or boundaries in worship. Ask Holy Spirit to make you aware of each body part, one by one. Just as the stones cry out, let your body cry out to God in free expression. Note what happens in your spirit and what He is revealing to you as you worship.

INTRAPERSONAL

If worship requires a letting go, what are you willing to let go of to worship God freely? How easily can you place troubles to the side and worship Him? What happens internally to your burdens as you worship? What does this process of letting go reveal for your current circumstance and worship?

LINGUISTIC/VERBAL

Brainstorm all the ways and areas of life where you can worship God. Think outside the musical worship framework for a while. Ask Holy Spirit for the fresh way He wants you to worship Him. Refer to appendix 7 for a further activation.

INTERPERSONAL

Spend time with Holy Spirit or another trusted friend in a praise and worship time, lifting the spirit and inspiring your heart. Move as led. Speak all that you sense. Let the only agenda be to bring God the gift of yourself. Enjoy your time together.

NATURALISTIC

Visit a favourite place where you and God can commune. Take a few moments drinking in the beauty of His creation. The intricacies. The systems. The flow of light and breeze. Close your eyes and listen for those sounds which might have initially escaped your notice. Let this time of hearing be your inspiration; stepping into the praise and worship of Him who created it ALL.



— Bless You —

Be blessed, one who is cherished by Him.

I bless you with freedom to worship the King.

Bless you with strength and resolve to worship even when things look bleak.

Bless you with encountering the redemptive nature of God through worship.

*Be blessed with the tangible presence of God
drawing near as you draw near to Him.*

I bless you with fearless abandon as you respond to God's great love for you.

*Be blessed, knowing that you always have a place
to worship where God is present.*

Be blessed as you choose to worship despite what comes at you.

Bless you with knowing the tangible response of God to your gift of worship.

*Bless you with the fullness of joy as you choose
Him above all else that might go on.*

*Bless you with seeing the everyday as an opportunity to
connect with God through praise and worship.*

Be blessed with an ever-increasing desire to respond to God and everything He is.

In the worthy, blessed and redemptive name of Jesus, amen.

XXXXX



Chapter Six

PICTURES

For the Lord God does nothing without revealing
his secret to his servants the prophets.

AMOS 3:7 ESV



— *Father's Heart* —

“You often wonder how to hear Me, and it is not only through the ears.

It is also through your eyes that you will hear Me.

I speak through the visual every minute of every day.

*You see Me in all My glory as you take in the
very creation I placed around you.*

But I have also designed you to see beyond the visible things.

*When you come to Me for answers, I will give
you images that reflect My truths.*

Through these I can speak to you.

*The pictures will often come from things you have
seen, experienced, tasted, touched and heard.*

There is no limitation to what I can display to you through this key.

Ask Me for a picture if you feel you can't hear Me.

*Sometimes the ears have heard enough, and it's time
to allow your other senses to listen for Me.*

The visual is life-changing.

*Through pictures, I can redeem brokenness and all that
is in opposition to the person I created you to be.*

I receive such joy from watching you walk in freedom.

*My child, I love to have you come to Me and talk with Me about
what is happening in your life. I love it when you simply listen.*

Come walk with Me, and I will show and tell you incredible things.

I will give you insight and comfort.

I will reveal more of My heart in ways that you understand.

I will draw from your own life, experiences, and knowledge.

Like parables, I will show you truths in ways you will understand.

I do this because I love you.

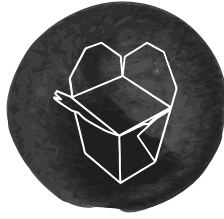
I will not make it difficult for you, My beloved child.

Just ask, and I will respond.”

But, as it is written,

*“What no eye has seen, nor ear heard, nor the heart of man
imagined, what God has prepared for those who love him”*

1 CORINTHIANS 2:9 ESV



— Take Aways —

Having a friend ask the questions so that I am free to listen and attune to God's response makes it easier to see what He is revealing.

God's truth is revealed to me in ways I can understand through pictures.

Pictures can be literal, symbolic or prophetic. I can ask God clarifying questions to establish which one applies.

ASKING GOD FOR
A PICTURE IS
ONE OF MANY
WAYS HE CAN
SPEAK TO ME.

Kingdom-submitted emotions and imagination can be a powerful tool through which God can speak to me.

Pictures can bring comfort, clarity, a healthy perspective, freedom.

When I feel burdened, asking God, “What does my heart look like?” is a great place to begin.

God’s pictures can come in various ways—physical pictures, senses, images in my mind’s eye, “random” ideas, highlighted things around me, memories recalled, or first thoughts.

Pictures are not for a select few but available for everyone who desires them and asks God for them.

Seeing pictures from God involves a measure of trust. He won’t make it difficult. He knows my design and will speak to me accordingly.

**GOD WANTS TO
SPEAK TO ME; HE
DESIRES TO BE
HEARD BY ME.**

Visual data is often absorbed more readily and understood more clearly.

God’s pictures come from and always reflect His heart of love for me.



Imagination: the ability to produce and simulate novel objects, people, and ideas in mind with no immediate input of the senses. The ability of the mind to be creative or resourceful.
OXFORD DICTIONARY.

THE VISUAL CAN
CLARIFY THINGS
IN AN INSTANT.

If they don't reflect
His nature, they are
not from Him.

Questioning is essential
when clarifying pictures.
This process can help me go
deeper into the revelation
God has for me.

Father's heart is
always for my good. I
never need to fear God-
given pictures.

As I draw near to God, He draws
near to me. The gift of a picture is
only one way He reveals His intimate
knowledge of my heart and design, which
in turn grows my faith and confidence
that God is Who He Says He Is.



— Questions to Ponder —

1. Were there any ideas or concepts about this chapter that jumped out? Were there any which triggered me? Excited me? If so, what and why?

2. In what ways has God spoken to me before? Am I open to new ways, or am I comfortable with the current ways He speaks?



3. Am I a visual person? Do I better understand things through imagery? How in tune am I to my senses? What do I believe about God’s speaking to me through my senses?

Then Elisha prayed and said,
 “O Lord, please open his eyes
 that he may see.” So the
 Lord opened the eyes of the
 young man, and he saw, and
 behold, the mountain was
 full of horses and chariots
 of fire all around Elisha.

2 KINGS 17:20 ESV

4. What do I believe about God's speaking to me through pictures?

5. Have I asked God for a picture? What happened when I asked?

But, as it is written, "What no eye has seen, nor ear heard, nor the heart of man imagined, what God has prepared for those who love him,"—

1 CORINTHIANS 2:9 ESV



6. Are there any stumbling blocks to my asking God for a picture? Why or why not? Ask Holy Spirit for clarity.

7. What if God could clarify the way forward by asking Him for a picture about it? Would I be willing to ask?

Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened.

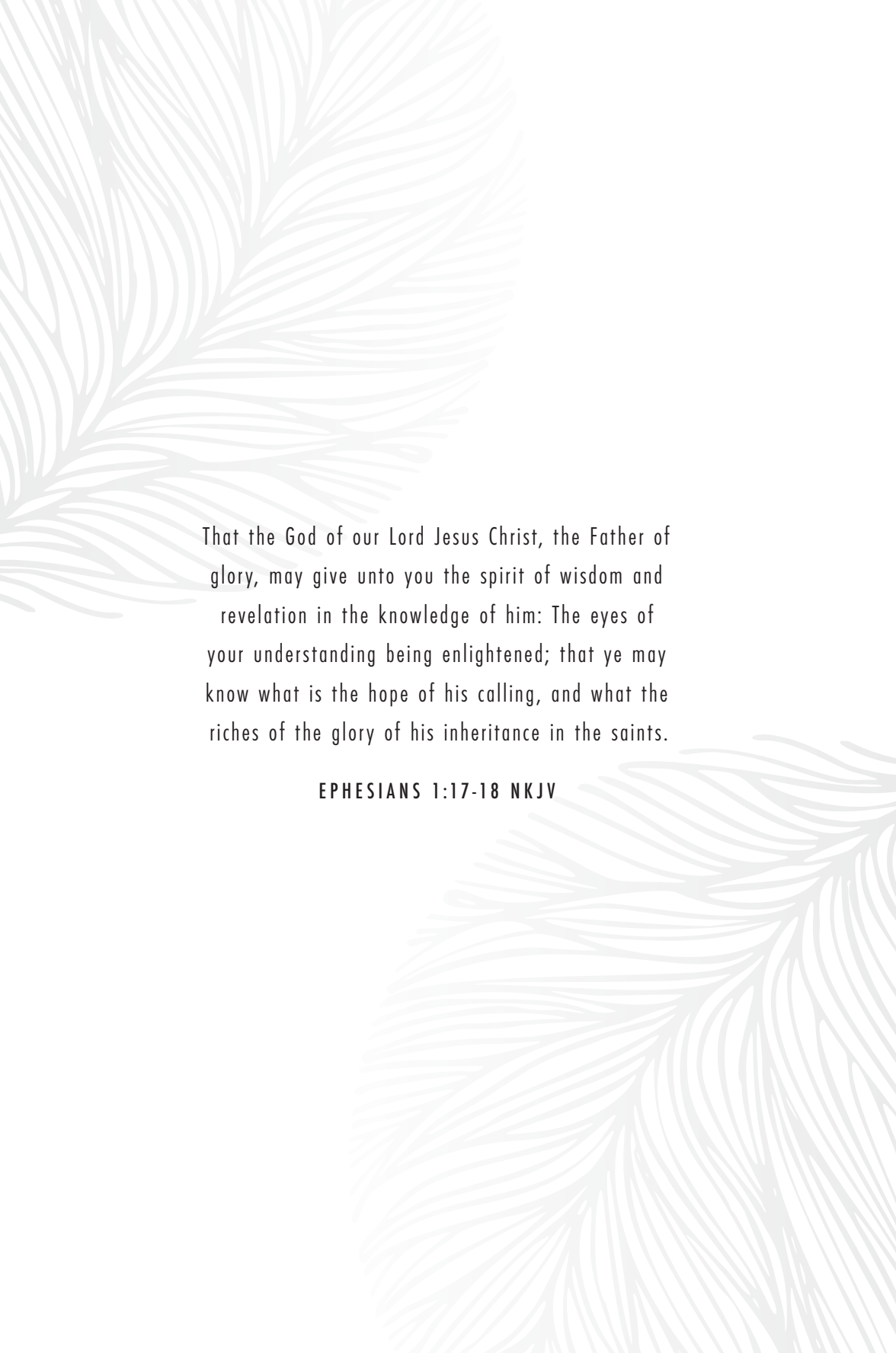
MATTHEW 6:33 ESV

8. What benefits might I encounter by asking God for a picture about my current challenge?

9. What is one area of my life that I need insight/breakthrough? Ask God for a picture about this area. What is the first thing you notice, or that comes to mind. (These can come through sensing, seeing in my mind's eye, envisioning, feeling and so much more.)

But he, full of the Holy Spirit,
gazed into heaven and saw
the glory of God, and Jesus
standing at the right hand of
God. And he said, "Behold, I
see the heavens opened, and
the Son of Man standing at
the right hand of God."

ACTS 7:55-56 ESV



That the God of our Lord Jesus Christ, the Father of glory, may give unto you the spirit of wisdom and revelation in the knowledge of him: The eyes of your understanding being enlightened; that ye may know what is the hope of his calling, and what the riches of the glory of his inheritance in the saints.

EPHESIANS 1:17-18 NKJV



-Pictures Playlist-

Beautiful Jesus – Jeremy Riddle

Revelation Song – Kari Jobe

God He Reigns – Hillsong Worship

Come to Me – Bethel Worship

One Thing Remains – Bethel and Jenn Johnson

The Lord's Song – Maranda Curtis

I'm So Blessed – Cain

Holy – Red Rocks Acoustic version



— Activations —

MUSICAL

Ask God for a picture of an album/artist/name that would speak to you. Enjoy the time together as you interact with Him and engage with the music.

VISUAL

Ask Father, Jesus or Holy Spirit, “Show me how You see me, God.” Take note of the first thing that comes to mind. Spend some time enjoying what He reveals. Ask some clarifying questions based on what He shows. Represent this experience visually. Use whatever media you prefer; better still, ask Him for a picture of what to use.

LOGICAL

Research how God used pictures to communicate in the Bible. What examples can you find? What is common in those you discovered? Ask God for a picture of two numbers.

Which two immediately come to mind? Write them down. Turn to the book of the Bible which comes to mind, find the location of the two numbers in that book.

BODILY / KINESTHETIC

Ask Holy Spirit for a picture of something fun to do today. What is the very first thing that comes to mind when you ask Him? As you leap into what He reveals, enjoy the time together.

**INTRAPERSONAL**

Consider your unique God design. How easy is it for you to envision things? What can you do to develop with God? Ask God for a picture of your next step. Let your connecting with Him be your foremost desire. Ask God for a picture of your current situation. Note the very first thing that you see, sense, hear, feel or notice.

LINGUISTIC/VERBAL

Ask God to show you a picture of what your heart looks like to Him. Become aware of your senses and what they see, feel, and experience. Now write about this experience in detail.

INTERPERSONAL

With Jesus or another trusted friend, write a list of questions about the things on your heart. Adapt these to be answerable by a yes, no, or not yet. See appendix 3B for further activation. Ask clarifying questions. Thank God for His revelations along the way.

NATURALISTIC

Ask God for a picture of a favourite place He likes to meet you in nature. If you can't go there physically, close your eyes and ask God to allow you to visit that place by envisioning it. Ask Jesus to show you where He is. Choose to be present with Him, explore the environment, take in the delights, and enjoy the time together.

*For those who don't have experience in receiving pictures from God, feel free to refer to appendix 3 for some additional activations and ideas.



— Bless You —

Bless you dearly, one who God speaks to, through pictures.

Be blessed as you submit your imagination to God.

*Bless you with clarity as you trust God to bring
pictures that speak to your heart.*

*Bless your spirit, soul, and body with the ability to step
into rest and connect with Father from within it.*

*Bless the eyes of your heart, mind, and imagination
that you might see the pictures He reveals to you.*

*Bless you with increased confidence in God's goodness and
willingness to give you answers through the visual.*

*Bless you with a stirred hope, knowing that God
pictures are for you because He loves you.*

*Be blessed with boldness to come to the Father, crawl
up onto His lap, and share with one another.*

In the wonderfully creative and awe-inspiring name of Jesus, amen.

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Chapter Seven

PRAYER MINISTRY

Shout for joy, you heavens! Earth, rejoice!
Mountains break into joyful shouts! For
the Lord has comforted His people and will
have compassion on His afflicted ones.

ISAIAH 49:13 HCSB



— Father's Heart —

“Come! Come to Me, and you will experience clarity, uplift, and My deep satisfying peace. You know that I am speaking the truth because you’ve experienced Me in this way, and it continues to encourage you.

I will open the way forward because My heart is for you to be whole, complete, not lacking a thing.

My ways aren’t always as you expect.

Ask your hard questions. Bring me your mysteries. I will not shy away from your heart, and I will answer you.

Have no fear; time spent with me in ministry is a safe place for your heart because you are with Me.

In prayer ministry times, I reveal Myself to you in the moments of deepest pain, speaking gentle truths which will move your heart.

I cover all pains so that with Me, you encounter not only My words, but My tender, loving presence. My Spirit tends to, comforts and brings healing to your innermost parts. I sing life over you because that is My heart of love for you.

I have spoken to you personally so you understand I know and love you intimately. You see Me and encounter My presence. I take your heaviness and exchange it for My peace and so much more.

I speak life into seemingly dead circumstances.

*I make holy exchanges with you for the things that
look to hold you back from freedom.*

*I have redeemed many memories with you as you've
brought them to Me and asked for My perspective.*

You always leave lighter and full of joy for having spent time with Me.

I love it when we meet like this.

*As you follow My leading, I will open doors to the best path and
ways for you. I only ever bring to light the things that are ready to
be healed or restored—nothing more. There's no need to fear.*

Be open to My leading, and you will not go astray.

*Trust Me. Trust in Me. I am with you always; I
will never leave you, My child.*

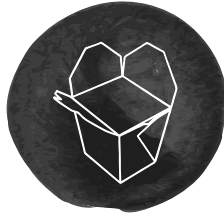
I love it when you meet with others and seek Me.

*It gives Me great joy to see My children reaching out
to Me together, praying with one another.*

*When you feel alone or confused, when things are not going as I have
said, it is good to come to Me and ask Me for clarity and the next step.*

*Ask Me for My truth. Sometimes you will meet with
others, and other times it will simply be you and Me.*

*Trust Me to give you wise counsel, and you will find yourself
on a solid foundation. I long for you to fly free of the things
that weigh upon your heart so heavily. Rest assured I have
good plans ready to help you spread your wings again.”*




— *Take Aways* —

Injuries of life often have a ripple effect of healing. As one is healed with God, as a result, others are redemptively aligned or are clarified.

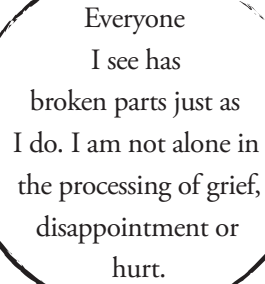
God knows exactly what and when He is ready to heal. He doesn't want me to be restricted by my past, and neither do I.

I AM SAFE AND
HAVE NOTHING
TO FEAR WHEN I
AM WITH HIM.


God can heal in a moment or over time through a process.



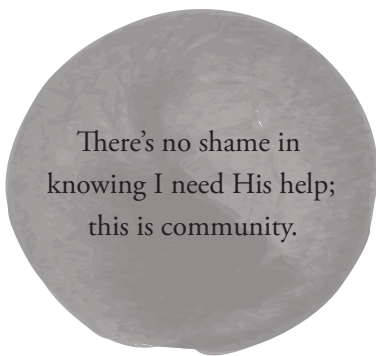

He LOVES to
meet me at my point
of need and reveal His
heart of understanding
and insight.



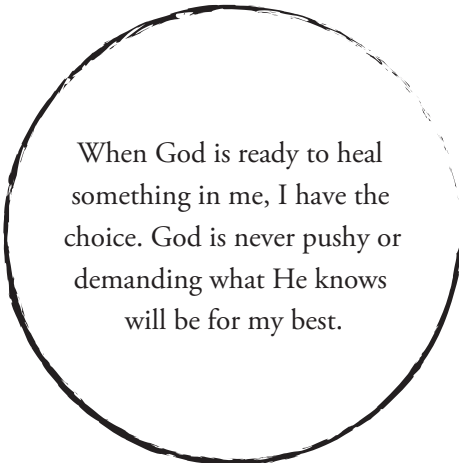
Everyone
I see has
broken parts just as
I do. I am not alone in
the processing of grief,
disappointment or
hurt.




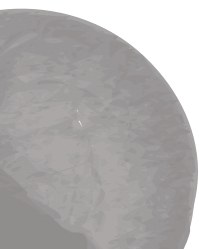
GOD'S HEART IS
ALWAYS FOR MY
RESTORATION
AND HEALING.



There's no shame in
knowing I need His help;
this is community.



When God is ready to heal
something in me, I have the
choice. God is never pushy or
demanding what He knows
will be for my best.





God knows me intimately
and can reveal my next
step toward greater healing.
Prayer ministry is for those who
understand that they need God's
help to heal and want to be
more fully whole.

I STEP
INTO GOD'S
COUNSELLING
ROOM WHERE
WE MEET HEART
TO HEART.

Prayer ministry (time
with God) can bring
clarity, rest and healing.

The many
forms of prayer
ministry include Heart
work, Sozo, Immanuel
Prayer, Inner Healing,
Prayer Therapy to
name a few.

He loves to redeem
broken, wounded, or
raw areas in me.

Prayer ministry has been
a space where God has met
me in the depths of despair. As
I've felt safe to release it to Him, He
has spoken to me with pure love
and acceptance, whispering sweet
encouragement, strategies, and
healing to my being.



— Questions to Ponder —

1. Was there anything that leaped out to me as I read about prayer ministry?

2. What do I know/believe about prayer ministry?

4. How comfortable am I in a set-apart time to listen to Jesus? Why or why not?

5. Do I want to heal, process, or broach things with God? Why or why not?

The human spirit is the lamp
of the Lord that sheds light
on one's inmost being.

PROVERBS 20:27 NIV



6. Is there anything that would hold me back from engaging in this ministry area with others? Why or why not? Would I be willing to meet with just Him and me, together?

7. Is there anything that I feel unsettled about; in meeting with others in this way? Talk to God about why I feel this way, ask what He wants to tell me about it.

Teaching them to observe all
that I have commanded you.
And behold, I am with you
always, to the end of the age.”

MATTHEW 28:20 ESV

8. Is there an area of my life where I can't gain traction or struggle to hear from God? Have I shared this frustration with God or with other safe people? Ask God whether prayer ministry might be something that could help.

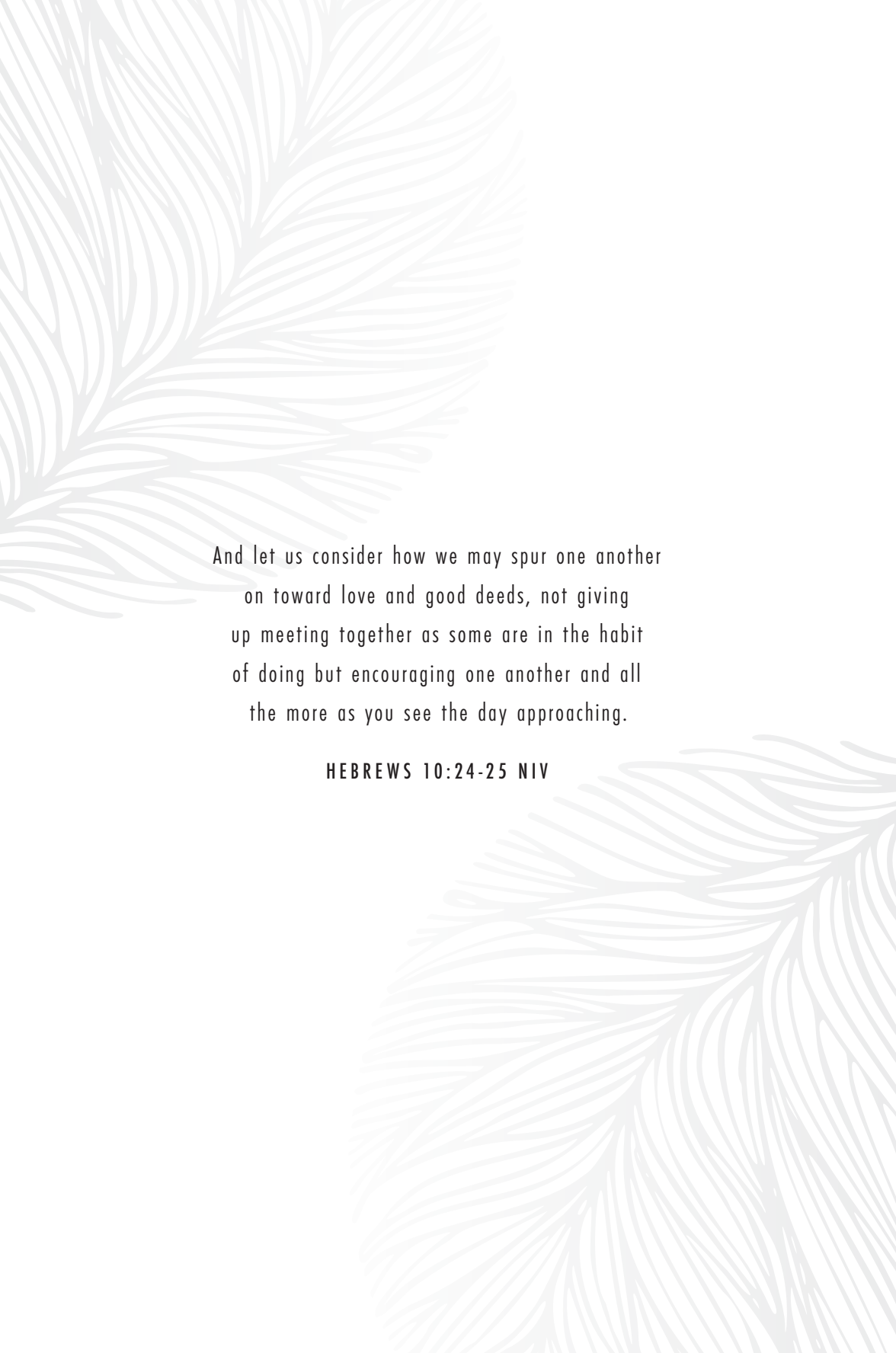
9. What advantages could prayer ministry bring to my life and this difficult time?

The Lord is close to the broken-
hearted and saves those
who are crushed in spirit.

PSALM 34:18 NIV







And let us consider how we may spur one another
on toward love and good deeds, not giving
up meeting together as some are in the habit
of doing but encouraging one another and all
the more as you see the day approaching.

HEBREWS 10:24-25 NIV



-Prayer Ministry Playlist-

Come to Me – Bethel Music

Run to the Father – Cody Carnes, Kari Jobe

When You Speak – VOUS Worship

Letting Go – Steffany Gretzinger

The Words I Would Say – Sidewalk Prophets

Jesus, What a Saviour – Housefires

The River – Jordan Feliz

Turn Your Eyes Spontaneous – The Belonging Co. ft. Natalie Grant

Who I Am Meant to Be – Anthem Lights



— Activations —

(Refer to appendix 4 for more on prayer ministry)

MUSICAL

Lay aside all distractions; put on some relaxing, soaking music. Spend some time one on one with God. Thank Him for being present. When you sense the peace of His presence, ask if there's something He wants to reveal/heal/ talk about today. Follow His leading.

VISUAL

Ask God to remind you of a time where you experienced safety with Him. Take time to recollect the things you appreciate about that safe place. Create a visual representation of this time.

LOGICAL

Explore the various modes of prayer ministry and how they came into being. What is at their heart? How is this ministry supported scripturally? What biblical evidence is there of others interceding, praying for/with someone? Are there significant times where a great breakthrough came as a result of someone praying? What do you surmise from these examples about prayer, God, and praying with one another, seeking His heart?

BODILY/KINESTHETIC

Let the warmth of the sun or a crackling fire bring a sense of comfort to your body. Observe what happens inside and out, when you are



in a place like this. Ask God to allow you to experience His heart as you enjoy the time with Him, being aware of what He brings.

INTRAPERSONAL

Coming from a place of safety, protection, and love, have a conversation with Jesus. Envision Him. Spend time with Him. If something is heavy on your heart, share it with Him. Ask Him what He wants to say about it and what He wants you to do next. Be guided by Him for each step. Holy Spirit has plenty to pour into broken places.

LINGUISTIC/VERBAL

God is always with us. As you journal with Him, ask Jesus to reveal where He is in relation to you. Where is He in the room? Location. What does He look/feel like? Describe the safety you feel of being with Him. Ask Jesus what He wants to process together. Talk with Him about what He has revealed. Know that His heart is for you, and for your good. If He's revealed it, He has something redemptive for you today.

INTERPERSONAL

Spend some time with God or another trusted friend. Open some time with God for ministry. Or...explore local prayer ministry venues and ask God to reveal if He wants you to partner with others in meeting Him in prayer ministry. If not, pray a blessing upon them as they help others connect with God in their own journeys.

NATURALISTIC

Go somewhere with water. Watch. Wade in, splash about, become aware of all the facets you enjoy about this place. Ask Jesus to meet you here. Ask Him to show you where He is; observe what He is doing. Connect with the Creator through His creation. Share with Him about whatever is on your heart.



— Bless You —

Be blessed, one who God desires to fly freely and lightly.

*Bless you with experiencing the truth that Jesus is your
safe place, comfort, protector, and friend.*

I bless you with certainty that He can be trusted wholly.

*Bless you with the ability to see, hear, and
encounter His heart for you and your life.*

I bless you as His arms surround and tend to you.

*Be blessed as you choose to connect with Him in raw places,
knowing that He has safe plans to soften, comfort, and heal.*

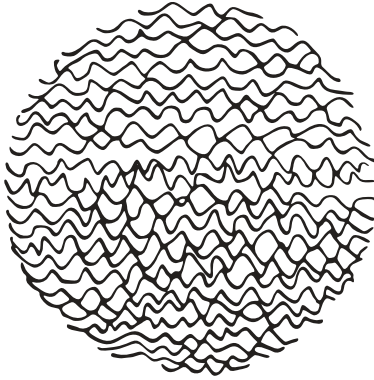
*I bless you with having places, emotions, and memories
redeemed by The Reason For Our Hope And Assurity.*

*Bless you as you engage with God. Be led by Him, prompted
by His heart of love for you, and feel fully secure as you hold
Jesus' hand and walk through to the other side of pain.*

Be blessed with the abundance of God's heart filling yours.

In the mighty, kindhearted and healing name of Jesus, amen.

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Chapter Eight

LOVE

Because of the Lord's great love we are not consumed
for his compassions never fail. They are new every
morning; great is your faithfulness. I say to myself,
"The Lord is my portion; therefore I will wait for him."

LAMENTATIONS 3:22-24 NIV



– *Father's Heart* –

“My heart is one of love for you, My child.

I see that the world around you is often self-seeking and broken.

But I am abounding in love for it and for you.

*Trust Me wholly, precious one, and I will show you how
love can overcome the heaviest of situations.*

Love IS My antidote.

Love covers a multitude of wrongs.

Love forgives and moves forward.

My love is active, never lacking passion or power.

I have galaxies of love to lavish upon you.

*When you choose to allow Me to love you, you will
leave with a greater sense of Myself in you.*

You will know and live life to the full as you walk in My love.

*I have seen you overcome, weighed down by the
lack of love, feeling unseen and unloved.*

*My love brings what you look for and can cover these
hard times, redeeming them completely.*

*Take heart; I see you. I know full well your
design for giving and receiving love.*

I love that you look to share My love with others.

I have seen hard hearts melt in the face of My love.

You too have experienced this.

Wasn't it wonderful?

Let's do it again!

*When you are weary or find yourself overwhelmed, check
your love levels, My child. Are they low? Are you in need
of building up? Are you weary or heavy burdened? Do you
need Me to pour into you, filling your heart in full?*

Come back in step with Me and My love for you.

*I can strengthen, elevate and encourage you. Your tanks
will become refreshed and filled again. Come regularly to
Me, and I will ensure that you are never without.*

The extent that you encounter My love is the extent you can love others.

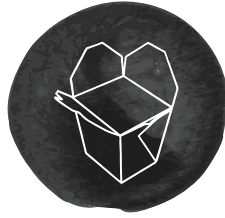
Love abundantly, My cherished child. You mirror My heart in doing this.

Love is powerful.

My love crushes the enemy and topples high towers.

*The sun will break through once more. My love lets the
light shine in to whatever seeks to darken your path.*

*Let's walk a while, and I will show you just how much I love you.
Let Me show you the depths of My great love for you today."*



— Take Aways —

God has an unconditional, abundant, eternal love that He wants to lavish upon me. It's Who He is, and it's how He loves to be.

If I am secure in being loved by God first, my relationships are more likely to be healthier and fulfilling.

WITH LOVE AS
MY MOTIVATION,
I CAN'T GO TOO
FAR WRONG.

If I come from a place of love, everything else fades away; and the main thing becomes the main thing.

Love is about communing WITH love, and then sharing it with one another.

I can only love others
purely when I first
have a revelation of
God's love for me.

When I love as moved
by God, I know it will
be a powerful investment
and blessing.

God loves me first;
before I can do a thing
for Him, He loves
me 100 percent.

If I could understand
the depth of God's love
for me, it would change
everything. God's
love = world changed.

GOD IS ALWAYS
READY, WILLING,
AND ABLE TO
LOVE ME IF I
ALLOW HIM.

Healthy boundaries
are an essential part of
loving meaningfully and
being loved healthily.

I am limited when I love
in my own capacity. I
can walk in love, drawing
from His flourish.



A LIFE WITHOUT
LOVE IS EMPTY.

Yes, I am designed to love others, but it doesn't stop there. Love isn't about my loving others alone. I am destined to receive love from others as well.

God has shown me just a sliver of the great love He has for me, and His love has broken me in such a powerful way.

God would have sent Jesus just for me alone; that's how much He loves me.

As I love from His leading, God abundantly resources me.

Above all else, I love best when coming from a place of encountering God's love for myself.

I am not the answer; my job is to point others to the One Who is; doing only what He reveals or compels me to do. My heart is then free to flow with Him.



— Questions to Ponder —

1. What aspects about love jump out to me?

2. What is my relationship with God like? How do I experience His love? How do I know He loves me? Is there any part of my life where I have placed God and His love in a box? Have I reached the end of all there is to know of His love? Do I believe that there is MORE to be encountered? Why, or why not?



6. What have my caregivers taught me about love?

7. What aspects of this relationship have I endeavoured to bring into my adult life? What have I left behind? If so, why?

So that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, may have power together with all the saints, to grasp how wise and long and high and deep is the love of Christ, and to know this love that surpasses all knowledge—that you may be filled to the measure of all the fullness of God.

EPHESIANS 3:17-19 NIV

8. Are there any areas in how I experience and show love that need tweaking? Ask God to reveal any dysfunctional, toxic, or unhealthy aspects of any key relationships. Have I been able to forgive those who have expressed love to me poorly? Why or why not? Are there any boundaries that need revisiting? Can I act on anything to better align these relationships with His love?

9. How do I love others? How do those I love know that I love them? Is this understood and accepted as love by them? Do we speak the same language of love? It has been said that God often reveals His love for me through my own love languages. Is this true for me?



10. Is there anything stopping me from loving others fearlessly? What is holding me back? Ask God to help you take the next step in this area.

Love is patient, love is kind,
 it does not envy, it does
 not boast, it is not proud. It
 does not dishonour others, it
 is not self-seeking, it is not
 easily angered, it keeps no
 record of wrongs. Love does
 not delight in evil but rejoices
 with the truth. It always
 protects, always trusts, always
 hopes, always perseveres.

1 CORINTHIANS 13:4-7

11. What advantages does love and healthy expressions of it bring to my current season? What benefits would others experience if I loved others in healthy ways? What would I experience in receiving love healthily?





-Love Playlist-

Head to the Heart – United Pursuit

No Longer Slaves – Jonathan David Helsler, Joel Case, Brian Mark Johnson

Your Love Oh Lord (Psalm 36) – Third Day

Sing My Love – Sarah McMillan

Your Grace Still Amazes Me – Phillip, Craig & Dean

Inheritance – Jonathan David (feat. Graham Cooke)

Set a Fire – United Pursuit & Will Reagan

Your Love Is a Force – Awaken Music

Nothing/Something – Pat Barrett, Dante Bowe



— *Activations* —

MUSICAL

If unconditional love was a piece of music, what would it sound like? What lyrics would it hold?

Spend some time reflecting upon and creating something that reflects how you experience God's love. His pure, relentless, passionate, deep, satisfying, healing, all-embracing, comforting, honouring, personal love.

VISUAL

If love looked like something, how would it look? Create a piece that reflects the heart of Jesus as He loves you and how you experience His love.

LOGICAL

Spend some time exploring *The 5 Love Languages* by Gary Chapman. Determine what your primary love languages are. Do the same for your loved ones. Discover how they best experience love and share yours with them. Look for ways to love today, expressing love in meaningful ways to one another.

BODILY/KINESTHETIC

Act on something today which reveals love for another in your life. Ask God who and how you can love someone today.

**INTRAPERSONAL**

How do you receive and understand love? Spend some time exploring the intricacies of meaningful expressions of love you've had. When have you experienced God's love? The love of others? Spend some time asking God how He designed you to bring love to those around you.

LINGUISTIC/VERBAL

Write a short poem, a song, or a psalm about how God loves you, how you experience Him in the everyday, or how He loves you in ways like no other. Try to be specific and intentional in your words as you celebrate how He loves you.

INTERPERSONAL

Consider those people and relationships which mean the most to you. How do they love you in healthy ways? How does their love reflect aspects of Jesus to you? Are there any correlations or things that stand out? Spend some time thanking God for His love and your relationship with Him.

NATURALISTIC

Brainstorm the ways God reveals His love for you through nature. Can you find specific examples that speak to your heart? Why? What are they? How do they reveal His love to you? Thank God for these precious revelations.



— Bless You —

*Be blessed, one who is loved more than anyone
could ever hope to understand.*

I bless you with a heart that is full of God's love.

I bless you with a body that experiences God's love.

*I bless your mind with kingdom understanding and
God's vision about receiving and giving love well.*

*Be blessed with the freedom and courage to apply
healthy boundaries where needed.*

*Be blessed as you choose to walk with the One Who knows
how to navigate relationships with love, grace, and truth.*

*I bless you with the ability to give grace and forgiveness
to others, just as you've received it from Him.*

Be blessed in the giving and receiving of love.

*Bless you with God's kind of love—the kind of love that never fails,
is patient, kind, not easily angered, boastful, proud or self-seeking,
honours others, keeps no record of wrongs but protects, trusts, hopes,
perseveres and rejoices with the truth (1 Corinthians 13 NLT).*

In Jesus' heart which is full of love for you, amen.

XXXXX



Chapter Nine

THOUGHTS

“For who hath known the mind of the Lord, that he may instruct him? But we have the mind of Christ.”

1 CORINTHIANS 2:16 KJV



— *Father's Heart* —

“I have habits of the mind which build up, clarify, and bring such great peace.

*The patterns of this world preach habits of the mind
that look to crush, confuse, and bring conflict.*

They will never bring life or the peace you desire. Look to Me, precious child.

Set your mind on things above, not on earthly things.

*Whatever is true, honourable, just, pure, lovely, commendable,
think upon things such as these (Philippians 4:8).*

Bring your mind to Me and allow Me to show you My rhythms and flows.

My words are always uplifting and clarifying.

My ways will never burden you or cause chaos in your life.

Come to Me and talk with Me a while, and I will show you the way.

*Your thoughts are powerful; they can build or tear down. I have given
you freedom to choose, to change, to grow healthy mindsets.*

*I have much that will bring you life. Your mind is like a
machine; when well-oiled and lubricated, it's ready to roll.*

*My desire is for your thinking to be a blessing to you
and to those I bring along your path.*

Over time, unhealthy patterns of thinking can have ramifications on your body, health and relationships.

Submit each one to Me, letting me shine a light on the things that steal from you. Let Me release words of life over you. Watch what happens to your life and mindsets as you embrace My peace.

I destined you for peace, My love.

When the ways of those around you and what you read in My Word are at odds, you have sometimes had times of conflict. These are opportunities for you to come to Me and discover My truth. Allow Me to refresh and renew your mind for I am the Way, the Truth, and the Life.

Through this process, you will be transformed by the renewing of your mind (Romans 12:2).

Bring to Me and test the things that are in your world. Don't always accept them because others say they are true.

I can say this because "I AM...."

I am the only One who knows it all, and I am wholly trustworthy.

History has proven it; our 'together story' has droves of evidence to support this.

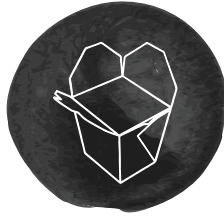
Come to Me afresh, and once again, I'll show you My life-giving ways.

Surround yourself with truth, and the lies will become apparent.

Consume My Word often, and you will find Me rising to the top of your thoughts.

These are for your betterment and good because it's life giving when you focus on Me and My wonder-filled life.

Allow Me to show you the hope filled paths and you will never look back."



— *Take Aways* —

The unchecked pains, worries,
and burdens of circumstances
serve up more of the same. God
has a way through for me.

There is no guilt
in messing up in my
thinking; right now is a
brand-new opportunity
to begin anew.

HEALTHY
THOUGHTS =
HEALTHY BODY.

No matter how long I've
felt, believed, or thought
something, it is not beyond
God's redemption.

Every step
I take toward
renewing my mind,
draws me toward health
and closer to His
best for me.

God can gently shine
a light on unhealthy
thought patterns or lies I've
been believing because He
wants me to thrive.

Guarding my mind
and what I allow in is
important. I have the
power of choice.

As I align my thought
life with God's truth,
goodness flows.

I can choose to hand
over the old way of
thinking and upgrade it for
His brand-new, healthy
thought...or not.

FEELINGS AND
EMOTIONS CAN
GOVERN MY
THOUGHT LIFE IF
I DON'T REMAIN
VIGILANT.

Brain training doesn't
require more from my low-
capacity tank. It will actually
expand my capacity as I
walk it out with Him.



Brain training involves exactly that: training. It's not a single event, but a series of incremental steps to better mental, physical, emotional, and spiritual health.

THE MIND IS
A POWERFUL
TOOL THAT CAN
WORK FOR MY
GOOD ... OR NOT.

External factors can also influence my thought life and emotions for the better.

The more freedom I experience in my thought life, the greater I am able to walk in my kingdom identity.

The more renewing I choose to engage in, the less overwhelmed and anxious I will be.

Toxic thoughts (unforgiveness, bitterness, worry, fear etc.) release damaging chemicals into my body and its systems. As my thoughts are turned for good, so do the chemicals, which release health and healing for my body. There is hope!



— Questions to Ponder —

1. Was there anything that jumped out to me about brain training and renewing the mind?

2. How would I describe my thought life? Have circumstances influenced or changed the way I think? Why or why not?



3. What do I believe about renewing the mind? What do I believe is God's intention in encouraging me in this way?

You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds and to put on the new self, created to be like God in true righteousness and holiness.

EPHESIANS 4:22-24 NIV

4. How do thoughts end up in my brain? What influences how I think and what I believe?

5. How are my thoughts, actions, and beliefs interrelated?

Don't copy the behaviour and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.

ROMANS 12:2 NLT



6. What are my most significant challenges in this area? Are there any triggers I am aware of which impact me?

7. What helps me have a pure, kingdom mindset? How do I abide in healthy places in my mind? What practically helps me in this area?

Finally, brothers, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.

PHILIPPIANS 4:8 ESV

8. What are the side effects of ignoring Godly thought renewal? What happens to me physically, spiritually, personally, emotionally, and mentally?

9. What are the advantages of applying God's Word in allowing Him to renew my mind? How would this benefit me in my current place?

We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ.

2 CORINTHIANS 10:5 ESV



-Brain-Training Playlist-

Create in Me a Clean Heart – Keith Green

Chain Breaker – Zach Williams

My Lighthouse – Rend Collective

House of Miracles – Brandon Lake

Speak Life – Toby Mac

Google 'Cageless Birds Spontaneous Sessions'

Renew My Mind – Allen Froese Music

Light of the World – Lauren Daigle



— Activations —

MUSICAL

Consider the most helpful influences when it comes to your thought life. Has God used any significant music/songs to help you renew? Put together a renewal of the mind playlist for someone walking through the same tough path you've walked.

VISUAL

Our thought life says much about what is going on inside our hearts. Ask God for a picture of your heart and quickly sketch what it looks like now. Take note of the colours, symbols, and biblical meanings for each. Ask God for revelation and how the heart relates to the mind. Ask God how you can apply this to your life. Finally, ask God for a picture of what your fully restored heart looks like to Him. Spend time creating a visual reminder of this.

LOGICAL

Consider the verse Philippians 4:8 TPT. How is this possible? What will practically help me to do this? Ask God for inspiration and strategies in this area.

BODILY/KINESTHETIC

Spend some time in a quiet environment. Focus on your breathing as you ask God to fill your mind. Meditate on Him and His thoughts. Ask Him



for a thought or belief that He wants to exchange for His truth. He may help you recall some creative/prophetic acts or actions. Assuming they reflect His heart and nature, trust and enjoy the process with Him.

INTRAPERSONAL

Take a thought life inventory. Ask God for the length of time. Then keep note of what kind of matters you think about throughout the time. What do you think about yourself, situations, others? Begin exploring with God what influences these thoughts. What are God's thoughts about them? Is there any disconnect? Develop some action steps to exchange any toxic thoughts for His healthy ones.

LINGUISTIC/VERBAL

Spend some time exploring the biblical theme of renewal, especially renewal of the mind. Look up the scriptures that mention renewal. Note any observations, ideas and revelations that come your way.

INTERPERSONAL

With a trusted friend, suggest keeping one another accountable as you travel through Dr. Caroline Leaf's book, *Who Switched Off My Brain?* Check-in regularly with one another, encourage and pray for one another as you grow with God. At the end of your study, take stock of all God has done; celebrate!

NATURALISTIC

Find an overgrown garden bed. Take a photograph. As you pull the weeds, spend some time with God, asking what in your thought life needs attention. What could these weeds represent in your life?. Ask Holy Spirit for an encounter with His clarity and for the next action step. Ask for His truth and action step. When completed, take an "after" photograph as a reminder.



— Bless You —

Be blessed, one who is no longer bound in your thought life.

*Be blessed with a fresh revelation that you are
equipped with the ability to capture thoughts.*

Bless you with the understanding that there is HOPE in this area.

*I bless you with encountering Jesus personally in the process and that
you can take His hand and walk this journey of renewal with Him.*

*Be blessed with Holy Spirit cleansing and
uplifting your thoughts and memories.*

*Bless you with a renewing journey of your
mind and lifelong benefits as a result.*

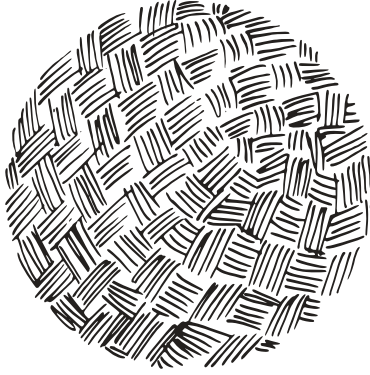
Be blessed with fresh eyes to see the influencers of thoughts in your life.

*Bless you with strength, resolve, and a desire to go to
the high place God wants to draw you up to.*

I bless you with a healthy body, life, and mind.

In the mighty, redemptive, and loving name of Jesus, amen.

XXXXX



Chapter Ten

TIMELY WORDS

How beautiful are the feet of those
that bring good news.

ROMANS 10:15B NIV



– *Father's Heart* –

*“As you become aware of Me, My child, I will show
you things that will encourage you.*

*Surround yourself with My Word. Trust Me to build discernment in
you, so you will know when something is from Me and when it is not.*

I will give you vision to see what I am saying to you.

*I long to shower you with testimonies and words
that will spur you to greater heights.*

*My words will make your current difficult circumstances
seem small within our together story.*

Ask and I will provide all you need and more.

Try not to complicate it, My child.

*I am your loving Father. I long to express My
deep love for you. I won't let you down.*

*I have placed people around you who will speak apples of pure gold and
silver to your soul, lifting your spirit to new levels of trust in who I am.*

My words are words of love and truth.

*When you put those two things together, there is no
stopping us; I am indeed love and truth.*

Your hard places are not unseen as they might seem. I see you. I care about you. I love you and want to bring you hope.

You are not alone. Yes, even in the middle of challenges.

In fact, I'll use them for your good, and for the good of others—if you'll trust Me.

Watch out for those life-giving words I bring.

They won't always come through My Word; I speak in countless ways.

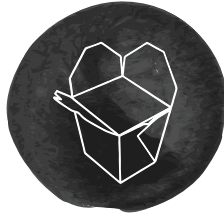
If it brings hope or love, if it speaks to the heart of what you are going through and sheds light and brings hope, these are My timely words.

I am a wordsmith and love to connect with and encourage you through words in season.

It's true; in this world you will have trouble, but take heart, I have overcome the world (John 16:33b).

Sometimes you see the first part of that passage and get caught up in the weight of it, My child. Forgetting that I came, not to leave you stricken and heavy-laden, but to overcome all that is in the world, which includes all that doesn't align with My kingdom.

Whatever you need, I will bring it to you—if you'll let Me."



— *Take Aways* —

I can easily ignore these prompts and become dull to the opportunities He is inviting me into—or leap into them with Him.

I can choose to become aware of who is coming to mind, actioning what He reveals.

When I struggle to hear God for myself, He is still speaking—often through others.

WORDS CAN BE
LIKE A BALM
FOR MY OPEN
WOUNDS.

The more I attune
to, keep watch for, and
connect to these whispers,
the more I encounter
God in my life.

If I think of someone,
take action! God is
often speaking!

Words given by others
at the right time are
miracles—each one.

Words are powerful
and healing. Words
speak life to me in all
types of situations.

TIMELY WORDS
CAN, IN AN
INSTANT,
TURN STRIFE
INTO HOPE.

Words given through others
help create the Eden of village
life that God desires me to
experience here on earth.



It's often in the random, out-of-the-ordinary prompts and reminders that God speaks and touches hearts—mine and others—as we listen and respond.

**DELAY DOES NOT
MEAN DENIAL.**

Asking God for encouragement for others is a blessing and a privilege.

God-given words reaffirm God's existence, presence, and care.

Timely words brought miraculously bless both of the participants in the process!

Timely words, like many things, are about both receiving and giving. There are times to give, and there are times to receive. Both are needed for healthy kingdom identity/living.



— Questions to Ponder —

1. Was there anything that leapt out to me about this area of timely words?

2. When have I experienced God's speaking through a timely word from Him or someone else? How did I know it was Him?



3. Have there been significant times where words of life or words that have harmed have been given to me? How do these relate to the area of timely words? What marks a positive, timely word? What elements do harmful and unhelpful words contain?

It is the Spirit who gives life;
the flesh is no help at all.
The words that I have spoken
to you are spirit and life.

JOHN 6:63 ESV

4. How do I respond when people or situations come to mind? Do I shrug them off because I don't have the time, or do I take note and ask God more questions? What influences this response?

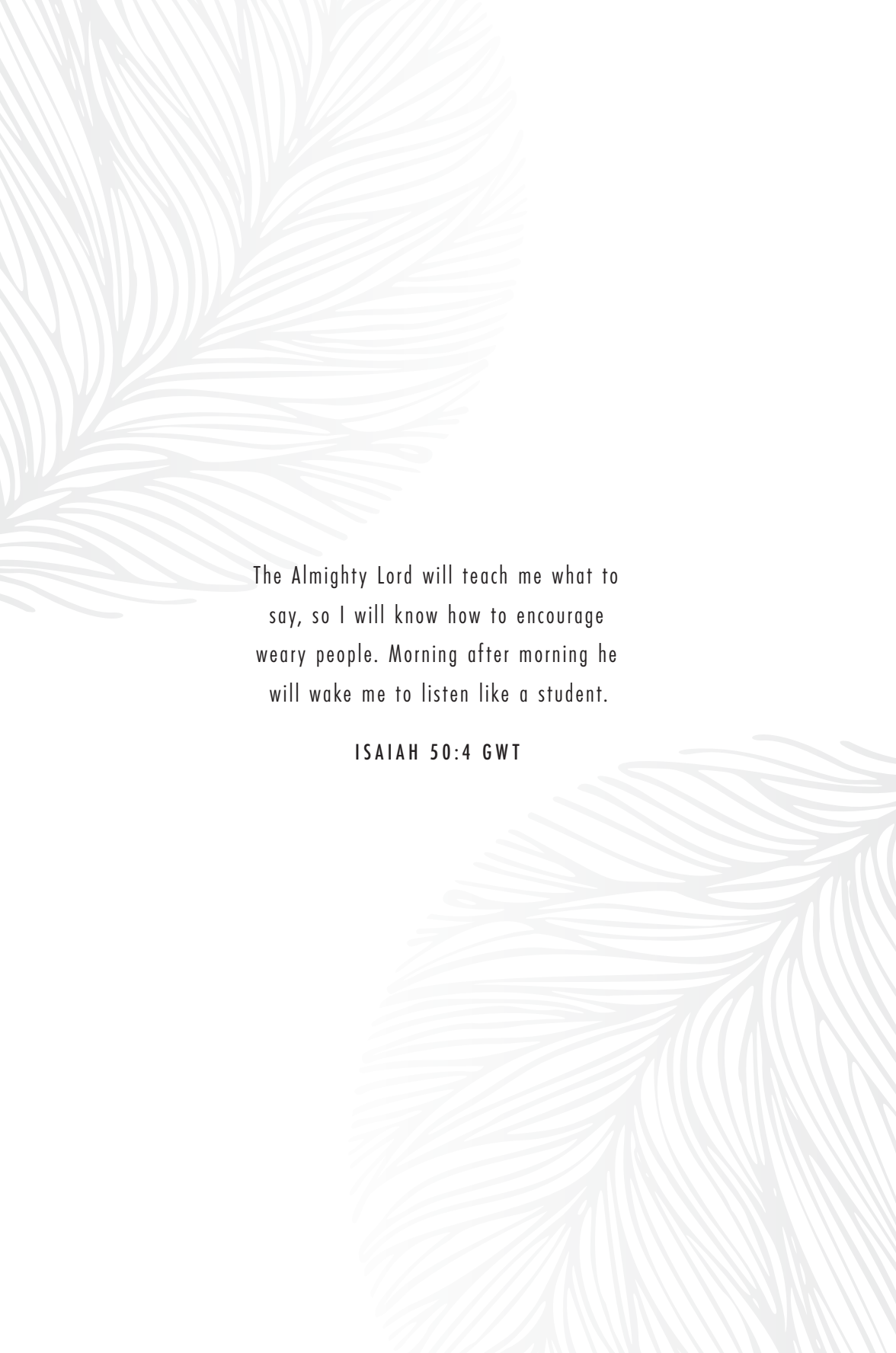
5. How aware of God am I? How can I foster a greater awareness of God in my day? How do I know that I have heard from God—either directly or indirectly through others?



6. What do I know or believe about how God communicates? Have I experienced a time when I felt God was silent? How was I able to connect with Him during this time? Did I become aware of His speaking in a new way to me?

Everyone enjoys giving great
advice. But how delightful
it is to say the right thing
at the right time!

PROVERBS 15:23 TPT



The Almighty Lord will teach me what to
say, so I will know how to encourage
weary people. Morning after morning he
will wake me to listen like a student.

ISAIAH 50:4 GWT



– Timely Word Playlist –

Stand in Your love – Bethel Music & Josh Baldwin's

Dear God – Cory Asbury

Brave – Sara Bereilles

Hero – Mariah Carey

Satisfied – Jordan Feliz

Be a Light – Thomas Rhett

Kill Them with Kindness – Delta Goodrem

Heart of the Father – Ryan Ellis



— Activations —

MUSICAL

Ask God to attune your senses to His heart as you worship. Ask God to reveal a person or several people for you to encourage. Now send a piece of music or a song to them, telling them you were thinking of them and thought these choices might bring them some life.

VISUAL

Represent the journey of being in a low place and then receiving a timely word.

What happens to those matters that were worrying you? What happens in your heart? Emotionally? Your thoughts? Express this visually.

LOGICAL

Brainstorm with God the ways He speaks to us. How does He speak to you? What fits with your personality? Ask God for revelation about this. Ask others how God speaks to them. Ask God to allow you to hear Him in a new way.

BODILY / KINESTHETIC

Using some form of pliable media, create or sculpt a form which might be entitled, “Timely Words.” As you create, consider how timely words have encouraged you in the past. As you remember, ponder how your body and senses responded at these times.

**INTRAPERSONAL**

Reflect on the times when God has brought a timely word to you. If these aren't obvious, ask Holy Spirit to remind you. Spend some time in thankfulness for these times and the faithful bringers of life words. Allow Holy Spirit to strengthen you as you recall the testimonies you've already lived.

LINGUISTIC/VERBAL

Go on a treasure hunt with God; ask Him to reveal verses, impressions, songs, words, encouragements—whatever He wants to bring. Write each down on a piece of paper. Place them upside down on a table before you. Ask Holy Spirit to bring someone to mind as you touch each one. Then message or send these to those He reveals.

INTERPERSONAL

Ask God to reveal who He wants to encourage today. Pay special attention to anyone who pops into your mind. Ask God what He wants you to do. Envision three balloons with each saying a different action: Pray, Encourage, Action. Ask Jesus to pop the one that He wants you to do. Now do that—having fun with Him in the process.

NATURALISTIC

Spend some time with God, photographing things He highlights to you in creation. Let Him speak to you at this time through nature. As prompted, ask Him if there is someone who might be encouraged by what has been revealed. Follow through with what He prompts.



— Bless You —

Be blessed, one who is greatly loved by the Creator of the universe.

*Be blessed in the revelation that you are not
alone-He is with you at every turn.*

Bless you with His encouragement today.

*Bless you with the reassurance that God will show you
exactly what you need to know at any given moment.*

Be blessed as you trust His timing and goodness in your life.

I bless you with open communication with the Master Communicator.

*I bless you with clarity of thought, word, and
deed as you adventure with Him.*

Be blessed with feet that bring good news to those who need it.

*Bless you with frequent encounters with His
good news for your life and situation.*

In the timely, affirming and loving name of Jesus, amen.

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Chapter Eleven

TRUTH VERSUS LIES

When the Spirit of truth comes, he will guide you into all the truth, for he will not speak on his own authority, but whatever he hears he will speak, and he will declare to you the things that are to come.

JOHN 16:13 ESV



— *Father's Heart* —

“My Truth shatters the lies of the enemy and brings you into the best place.

I speak only Truth. My Word is Truth. I AM Truth.

My Spirit reveals and attests to My Truth.

*As you experience My love, truth takes hold within you, placing
you in a position of power and healthy vision.*

When you are in this place, much of what is thrown at you is made clear.

My truth reveals what is reality and what is a lie.

*When you choose to embrace My truth, you create
space for My Spirit to work within you.*

*When everything seems closed in and without hope is a perfect opportunity
for you to come and ask for My truth about your situation.*

*I have said to you that I will not allow you to go through anything
without also giving you a way forward; this is My truth.*

*The physically seen world cries out an imperfect view of truth. It saps energy,
loads burdens, steals hope, removes joy, strips relationship and crushes love.*

The heaviness piles until hope is hidden and seems to have disappeared.

My truth is counter-cultural because it revives energy levels, releases burdens, reveals hope, encourages joy, restores healthy relationship and increases love for one another.

When you choose to take up My Word as truth in your life, freedom is the result.

No longer bound in lies and half-truths, but in full assurance of the hope you profess, you walk forward in truth.

The desire for truth cries out to the deep, and the deep responds.

You will flourish because of this flow.

The more you know Me (not only learn about Me but connect in relationship with Me), the more you will walk forward in truth.

Choose My fresh ways. Choose My life-affirming and hope-giving ways. Choose Me.

When you need the truth, simply stop and rest before Me.

Ask Me for truth in a situation. I will show you the way.

Read My Word, and I will show you the way of truth.

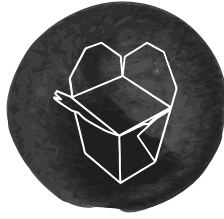
Truth from Me is never harsh or judgemental, but revelatory and freeing.

It's relational, bringing restoration. Truth is My way of bringing kingdom to earth, for purity, honour, blessing and love.

Look to the ways of My beloved Son, and you will see how truth is fully outworked.

My truth will never shame or bring down but will always draw out the heart of My nature, lifting the freshness of Me within you, My child. There is nothing to fear when desiring My truth.

My truth is restorative and reconnects My designs and purposes with My beloved ones, and that means you."



— *Take Aways* —

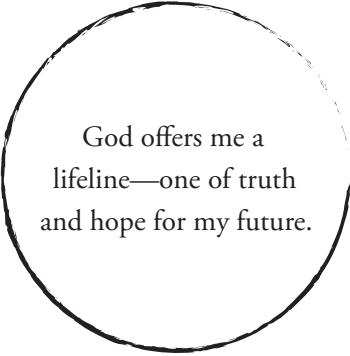
I can choose truth or lies.
The key is to question what
and why I believe, why I do
the things I do, and then ask
God what His truth is.

When I face hardship,
a point comes where a
choice needs to be made.

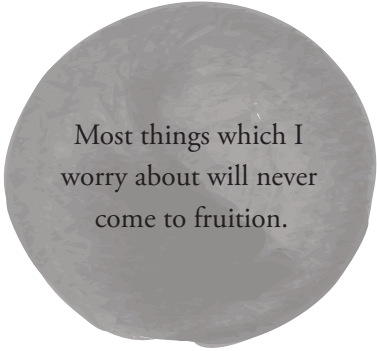
TRUTH BRINGS
ME PEACE AND
HEALING.

Asking God for His
truth is a powerful and
freeing question.

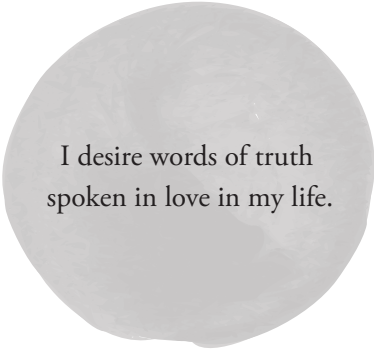
As I know His
Word, I also know
the truth, and the truth
sets me free (John 8:32
personalised).



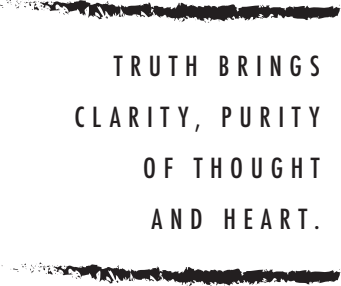
God offers me a
lifeline—one of truth
and hope for my future.



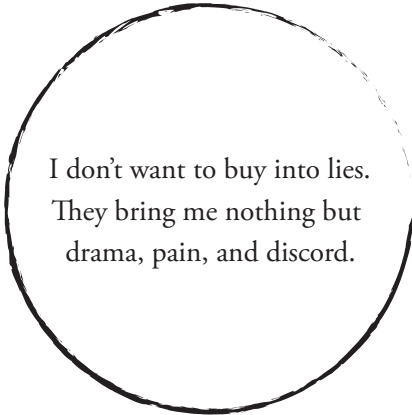
Most things which I
worry about will never
come to fruition.



I desire words of truth
spoken in love in my life.



TRUTH BRINGS
CLARITY, PURITY
OF THOUGHT
AND HEART.



I don't want to buy into lies.
They bring me nothing but
drama, pain, and discord.



The Enemy looks to steal, kill, and destroy (John 10:10). He loves nothing better than to sabotage my life and keep me distracted by his lies.

LIES SEPARATE
ME FROM GOD'S
TRUTH.

I have limited vision and knowledge of times; God has the complete picture.

Whatever God says is always true.
God IS truth.

Are things going awry? Are there patterns of upset, trauma, or injury? These are indicators that something else is going on. Asking God if there is any lie is a great place to begin finding answers.



— Questions to Ponder —

1. Was there anything that came to mind as I pondered the role of lies and truth in my life?

2. What do I believe about truth and lies? Where do they come from? What influences them? Are they absolute? How do I establish whether something is true? What checks and balances do I use?



3. When have I believed a lie to be true? How did it impact my life? Did it impact the lives of those around me? How did the aha moment come? How did I respond?

They exchanged the truth
of God for a lie.

ROMANS 1:25A NIV

4. How has believing truth impacted my life? What have been the ongoing effects of choosing God's truth?

5. Which is easier? To believe a lie or a truth? Why? Which is more comfortable? Ask God for His truth after you've answered.

8. Are there any stumbling blocks to establishing what lies and truth are in my situation? What does God say about this?

9. Are there any lies I believe or tell myself about my current situation?

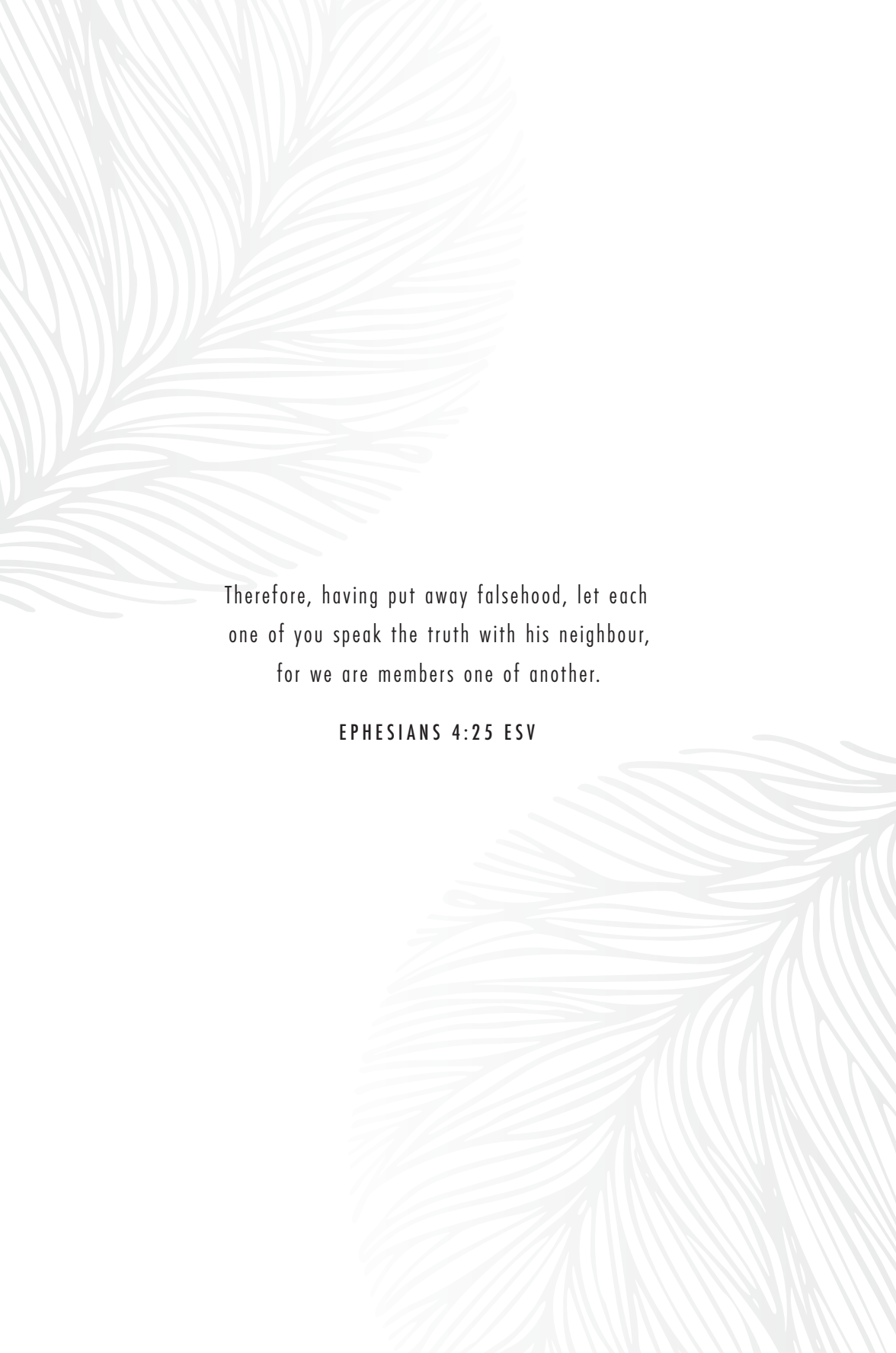
Jesus said to him, "I am the way, the truth and the life, no one comes to the Father except through me."

JOHN 14:6 ESV



10. What advantages would believing and choosing God's truth have for my current situation?





Therefore, having put away falsehood, let each
one of you speak the truth with his neighbour,
for we are members one of another.

EPHESIANS 4:25 ESV



- Truth vs lies Playlist -

All You've Ever Wanted – Casting Crowns

Behold Hero – Mariah Carey

Then Sings My Soul – Hillsong Worship

Priceless – For King and Country

You Make Me Brave – Bethel Music

You Say – Lauren Daigle

Your Name Is Power – Rend Collective

Limitless – Acoustic version Colton Dixon



— Activations —

MUSICAL

Consider the meaningful passages, verses, and words of life. Ask God to highlight a truth that is apt for your current season. Put this truth to music and/or lyric.

VISUAL

What observations and patterns can you find in life about what lies and truth bring?

Create a story map of the impact of a lie and the result when God shines His light upon it, bringing His truth.

LOGICAL

Consider how you decide whether something is a lie or a truth. What quantifies and defines each? Do you see things as black and white or grey? How do you resolve any tension in the grey? How do you come to peace? What does God say about these beliefs? What scriptural support can you find about the theme of truth and lies? What advice does God give us about lies and truth? What benefits does walking in God's truth bring you?

BODILY / KINESTHETIC

Think about some of your favourite sporting athletes and those who have become infamous. Have any of them been caught cheating or lying? What



have been the outcome/consequences? What do you notice about those who play by the rules and compete honourably? What do you learn from these examples? What can you apply to your own life as you consider this contrast?

INTRAPERSONAL

Are any areas of your life not functioning as you'd like? Are there places where you recognize discord between what God says and what you are experiencing. Ask God to reveal any lies that you are believing. Ask Him for His truth. After He reveals His truth to you, renounce and apologise for having believed the lie. Thank God for His truth and walk forward in the freedom as you embrace it.

LINGUISTIC/VERBAL

Spend some time journaling with God. Think upon a recent event where things didn't go as you'd hoped. Pour out your observations and feelings to God through your writing. Then ask Him for His view of the situation.

INTERPERSONAL

Spend some time with a trusted friend. Pray together, and as you do, ask God to highlight an area that has been troubling or negatively affecting you. Ask Him to reveal any lies that you believe about your current circumstance. Ask Him for His truth.

NATURALISTIC

Consider the effect of believing a lie over the truth. As you walk amongst plants, think about Adam and Eve's interaction with the serpent. How is this area of lies and truth evident in this event? What has been the fruit from this time? Consider a time where you've chosen to personally turn away from a lie and embrace truth. When you aligned with God's truth, what has been the fruit of this decision? What can you glean from these observations?



— Bless You —

Be blessed, one who has full access to the King of all truth and wisdom.

Bless you with a soft heart for desiring God's truth in your life.

*Bless you with discernment when something is
not right, and wisdom to walk in truth.*

I bless you with the ability to be open to revelations of God's truth.

*Be blessed as you choose to put down or step away from
those things which do not align with His truth.*

*Be blessed with abundant fruit in your life
because of aligning with God's truth.*

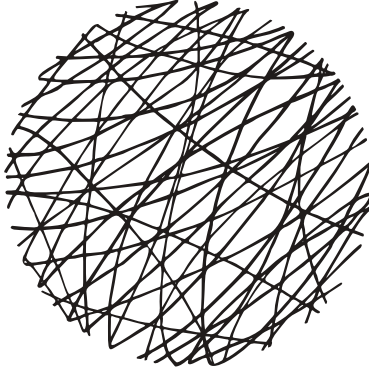
*I bless you with the freedom to know that God is ready, willing,
and able to make swift exchanges of lies for His truth.*

*Bless you with the experience of God's freeing truth, knowing that
what He brings never ties you up but releases you into freedom.*

I bless you with a heart for heaven and Holy Spirit's guidance.

In the ever-present, truth-filled name of Jesus, amen.

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Chapter Twelve

FRIENDS

How good and pleasant it is when God's
people live together in unity.

PSALM 133:1 NIV



— *Father's Heart* —

“I have placed within you a strong desire for friendship and deep connection with others. It is something I desire with you, and it is a good thing.

Keep Me at the centre of your world and allow the friendships I place around you enhance your relationship with Me.

Earthly friendships are not made to replace My friendship. If you do this, you might find yourself feeling alone and in deep waters.

Friendship is designed to bring My heart to you in human form. Healthy friendships reflect precious elements of My love for you.

I have given you friendship as a gift, and it is one of the greatest gifts, because it encompasses My fruit: love, joy, peace, patience, kindness, goodness, faithfulness, self-control and more.

Friendship is a place where you have opportunities to hone, practice and release these fruits.

Take heart, you are worthy of friendship. You can love others and be loved in the neat and messy parts of life.

In healthy friendship, you are not alone.

There is no fear—only safety to be yourself, both the finely honed parts and the renovation sites of life's journey.

*Maskless, pure, vulnerable, safe and healthy
friendship, this is My desire for you.*

True friendship is a rare and precious jewel. Celebrate it.

Be thankful to Me for your friendships.

Like anything in this life, it can be easy to become complacent.

*Invest, connect, appreciate and tend to your friendships
from a loving heart when and where you can.*

Do this, child, out of a living faith in Me; I am the only true constant.

*Be open to some friendships moving to different seasons at
different times; this is sometimes part of the journey.*

*Bless the challenging friends, bless the easy ones, knowing that
each brings something to your life and you to theirs.*

*Place Me at the forefront, and you'll experience
greater freedom and clarity, My child.*

*There is no greater thing than friendship with Me. But these
precious times spent with treasured friends, reveal snippets of My
own lavish, tender, and relentless love toward you, beloved.”*



— Take Aways —

Others may struggle when I can't be who I was before the tough times. They are not "my people" for this season, but we might reconnect in another season.

When I have no capacity to give, I have permission to step back from unhealthy or needy relationships. God can fill their need just as He does mine.

There will always be needy people; sometimes, I am to draw away for a time to regroup, heal, process, and reassess things through God's eyes.

A moment can change in an instant; a kind word, action, prayer, or hug can move mountains when coming from a friend.

When we have walked with one another at our worst, we build a depth of intimacy and safety between us.

I was designed
by God to live in
community with others.
Each of us brings part of
what the other lacks
and needs.

Sometimes God
hides me from the
ones I thought would
always be there to protect
or provide for me, instead
bringing the ones He
knows I need.

Jesus is my perfect
Friend. The friends He
has provided for me are
the frosting of life.

Giving
friends grace to
grow, develop, change,
and make mistakes, can
heal disappointment and
ease any expectations
in relationship.

There's a beautiful
vulnerability and depth
built when I have walked
with others through difficult
seasons; mine—or theirs.

I am given a
beautiful thread of
hope when all I need
is brought by God and
sometimes through
friends.



FRIENDS ARE
GOD'S ANGELS
IN TOUGH
SEASONS.

Pray for what and who He wants to bring me. It might not be in the package I expected, but if it's from Him, it'll be exactly what He knows I need.

Knowing that others stand in the gap for me profoundly changes something within me.

I thrive when holding Him tightly and others lightly. This unconstrained fellowship allows for the right person to come and go, as God prompts.

No one friend on earth can be all I need. Together, my village brings aspects of what God knows I need.

Letting go of expectations that friends are my answer and trusting God for them instead is healthy.

In tough seasons it is okay to meaningfully connect with the few, rather than the many. My capacity might increase and so too my ability to engage with the many, once again.



— Questions to Ponder —

1. Were there any ideas/memories that leapt out to me about friendship?

2. What kind of friendships have I experienced? What do I believe makes a good friend? What qualities do they hold?

4. What kind of friendship do God and I have? What does my relationship with God teach me about my earthly friendships? How has God been a good friend to me? Is it possible that God displays parts of His heart to me through my friendships? Why or why not? In what ways does my relationship with Him help my earthly friendships?

5. Are there any stumbling blocks for me in fostering healthy friendship in this season? If so, ask God more about this, including any words of encouragement He might have.

As iron sharpens iron, so one person sharpens another.

PROVERBS 27:17 NIV



6. When have I experienced this idea of (human) angels through friendship here on earth? What was it that blessed me? How did I respond? Did it draw me closer to God?

Two are better than one,
because they have a good
return for their labour. If
either of them falls down, one
can help the other up. But
pity anyone who falls and
has no one to help them up.

ECCLESIASTES 4:9-10 NIV

7. What expectations do I have of my friends? Have I ever placed friends before God? What would happen in my current friendships if I relied upon God to be My provider first? Would anything change?

8. How do I respond to the idea of holding Him tightly and others lightly? How would this be outworked in life?

One who has unreliable
friends soon comes to ruin,
but there is a friend who
sticks closer than a brother.

PROVERBS 18:24 NIV



9. Am I comfortable in sharing my needs with God? With safe friends? Do I currently have a couple of friends I could ask for practical help? Or to pray for me and know they would? If not, ask God more about this; ask Him for a next step.

10. Would I consider myself a good friend to others? Why or why not? Is there any part of how I do friendship that needs tweaking? Ask God to highlight anything.

Walk with the wise and
become wise, for a companion
of fools suffers harm.

PROVERBS 13:20 NIV

11. Tough seasons can innately bring a sense of loss within them, some of this grief can relate to relational shift. How do I respond to this kind of loss? What does this reveal about my heart belief about friendships? How do I process this relational loss/grief more gently? What helps me through? How is God a part of my processing?

12. What advantages are there to acknowledging, loving, appreciating, and tending to those God has given me? How might this make hard seasons better?

A friend loves at all times,
And a brother is born for
a time of adversity.

PROVERBS 17:17 NIV



-Friends Playlist-

More than You'll Ever Know – Watermark

Prayer for a Friend – Casting Crowns

What a Friend We Have in Jesus – Joseph M Scrivener

God Gave Me You – Dave Barnes

Won't Let Go – Rascal Flatts (check out the Bible Scripture version)

Stay Close – Cory Asbury

Never Walk Alone – John Farnham



— Activations —

MUSICAL

Create a piece which could be titled, “Friends—God’s Little Angels” to reflect the importance of these special ones gifted to you by God.

VISUAL

Draw a large circle on paper with 3 or 4 smaller circles within like a target. Pray about them as you consider and plot your current relationships. (See appendix 5 for more information.)

LOGICAL

Explore the life and example of Jesus. How did He connect with people? How did He manage friendships? Were there varying levels of access? What was it that differentiated them? If you were to draw Jesus’ friendship target, what would it look like? How can this be applied to life?

BODILY / KINESTHETIC

Spend some time playing a mutual game or sport with a friend (if you are physically able). Foster appreciation of the good God has given you through them. Enjoy some quality time with friends in some form today.

**INTRAPERSONAL**

Consider how God has met your needs. Have others been a part of this help? What kinds of thoughts/feelings have you experienced through this provision?

It's easy to focus on what you don't have; instead, choose to connect with God in thankfulness for who/what you do have.

LINGUISTIC/VERBAL

Understanding that God prompts His children to be generous, kind, and loving, write a thank-you letter to God. Highlight the relationships that He has given you in this season and how they have blessed you.

INTERPERSONAL

Spend some quality time with a close friend. Articulate to them what their friendship means to you. If you are not comfortable verbalising this, a small note or a message will be fine. Give thanks to those who invest in you.

NATURALISTIC

Go out into nature. Observe the interactions between flora and fauna. Reflect upon the support networks, the ebbs and flows, and the systems providing help, one to another. What inspires you as you observe these interplays? How do these "relationships" relate to your own journey?



— Bless You —

Bless you, one whose friendship God desires.

*Be blessed in knowing your great worth in the
giving and receiving of friendship.*

Bless you with encounters with and provision of God-given friends.

*Bless you with the freedom to draw near or release
according to God's leading in friendship.*

*Be blessed as God highlights precious
individuals to be His hands and feet.*

*Be blessed with encouragement, life-giving words, and
actions that come through loving friends.*

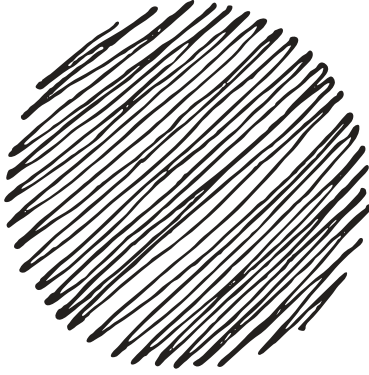
*Be blessed with the revelation that you were designed
not to be an island but a collective; mutually sharing
with those who have a need at any given time.*

*I bless you with unity and peace, as iron
sharpens iron in your friendships.*

I bless you with the ability to walk forward authentically in relationship.

*In the tender, understanding most perfect Friend
in the world's name—Jesus, amen.*

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Chapter Thirteen

F U N

A happy heart makes the face cheerful,
but heartaches crushes the spirit.

PROVERBS 15:13 NIV



— *Father's Heart* —

“I have placed a banqueting table before your enemies.

*Who or what are your enemies right now? Allow
Me to show you how to disarm them.*

Come join Me, and we shall feast and laugh together despite them.

I am a joy-filled God. I love to laugh. I love to see you enjoy life on earth.

I long for you to experience the “more” I have for you right now!

*Come to Me regularly, and I will show you how to rediscover your
childlike heart: a sense of fun and enjoyment of the life I have given you.*

*I long for you to release and trust heavy things to Me so that you
are free to be. Free to live. Free to walk with Me in joy.*

It is a choice to come to Me. It is a choice to live freely and lightly with Me.

*Many are stuck in patterns of fear and lack. How is your vision at the
moment? What are you focused on? Pain, disappointment, or delight?*

The good news is that I have great things in store for you.

*In My presence is the place of lightness and building up. Looking
for the joy makes your heart feel like celebrating.*

Doesn't that sound refreshing?

Come to Me all who are weary, and I will give you rest (Matthew 11:28).

When you come to Me, the sense of light and fun can come and replace or lift all the things you used to feel as heavy burdens.

Come, let's be. Let's celebrate. Let Me reveal to you the fresh new rhythms of seeing the joy I've placed all around.

Step into My vision, knowing that in it, you can walk with a spring in your step and a song in your heart.

I am the ultimate Burden Lifter. The Redeemer and Healer of all things.

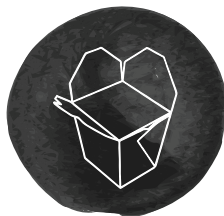
Fun, enjoyment of life, travelling with Me is all part of My master plan for you. Don't give up. Don't let go of the truth, that joy restored is just around the corner. Keep watch. Take note. You are designed and destined for joy. That hasn't changed—even in this heavy time. Even amidst the weighty, joy can be found.

I long to reveal the gold I have placed all around you, My beloved.

Let Me take your hand and help you rediscover the fun—the joy which has always been present.

The enemy meant for it to remain hidden from you, causing you heaviness, hopelessness and harm, making you believe it was stolen, gone forever. These are all lies.

The truth is, I want to lift the lid off it all!"



— *Take Aways* —

Sometimes I adopt a serious view of my situation, and this might be appropriate. It isn't all the time. Asking God whether I need to worry about something is a great place to begin.

When joy comes bubbling up, the initially weighty things seem lighter and less troublesome than before.

THE GOOD NEWS
IS THAT FUN
CAN BE FOUND;
AND START
RIGHT NOW.

Hardship can become so big that I no longer remember what I enjoy.

Fun lightens
heaviness.

Simple fun is
easy to find once I
start looking for what
He has already placed
around me.

I have experienced
feeling better and lighter
from stepping into fun.

Fun can help lift me
to a higher place—
even when in pain.

When I choose
fun, my mood
lifts and my emotions
are aligned with heaven's
currency. I often find my
soul has been tended to
in the process.

I CAN CHOOSE
TO STEP
INTO FUN.

Fun is a healing space.

When I choose to lift
my eyes to God instead
of focusing upon my
circumstance, my situation
begins to mirror His lift.



My having fun says I am not worrying about the things that burden my heart. It says, "I will have a good laugh and see how I am afterward."

IT'S GOOD
TO HAVE AN
ARSENAL OF
IDEAS THAT DRAW
JOY TO MYSELF.

God is for fun.

Fun helps to overcome
dread, fear, and
other nasties.

The very things that
had me so consumed
often feel obsolete once
I engage in fun.

Holy Spirit is fun.

Having fun says, "I know I have troubles, but my body wants a good laugh right now. I choose to stop looking at the circumstance; I choose to look up and ask God for a fresh investment of perspective from His point of view."



— Questions to Ponder —

1. Was there anything about fun that leaped out?

2. What is fun? How would I define having fun? How do I recognize it?

4. In my view, is God the killer of fun or the creator of it? Is God for fun? Is He fun Himself? What evidence do I have of this?

5. What elements class an activity as Godly fun vs. unhealthy fun? Where is the line? What influences this conclusion?

For my yoke is easy and
my burden is light.

MATTHEW 11:30 NIV

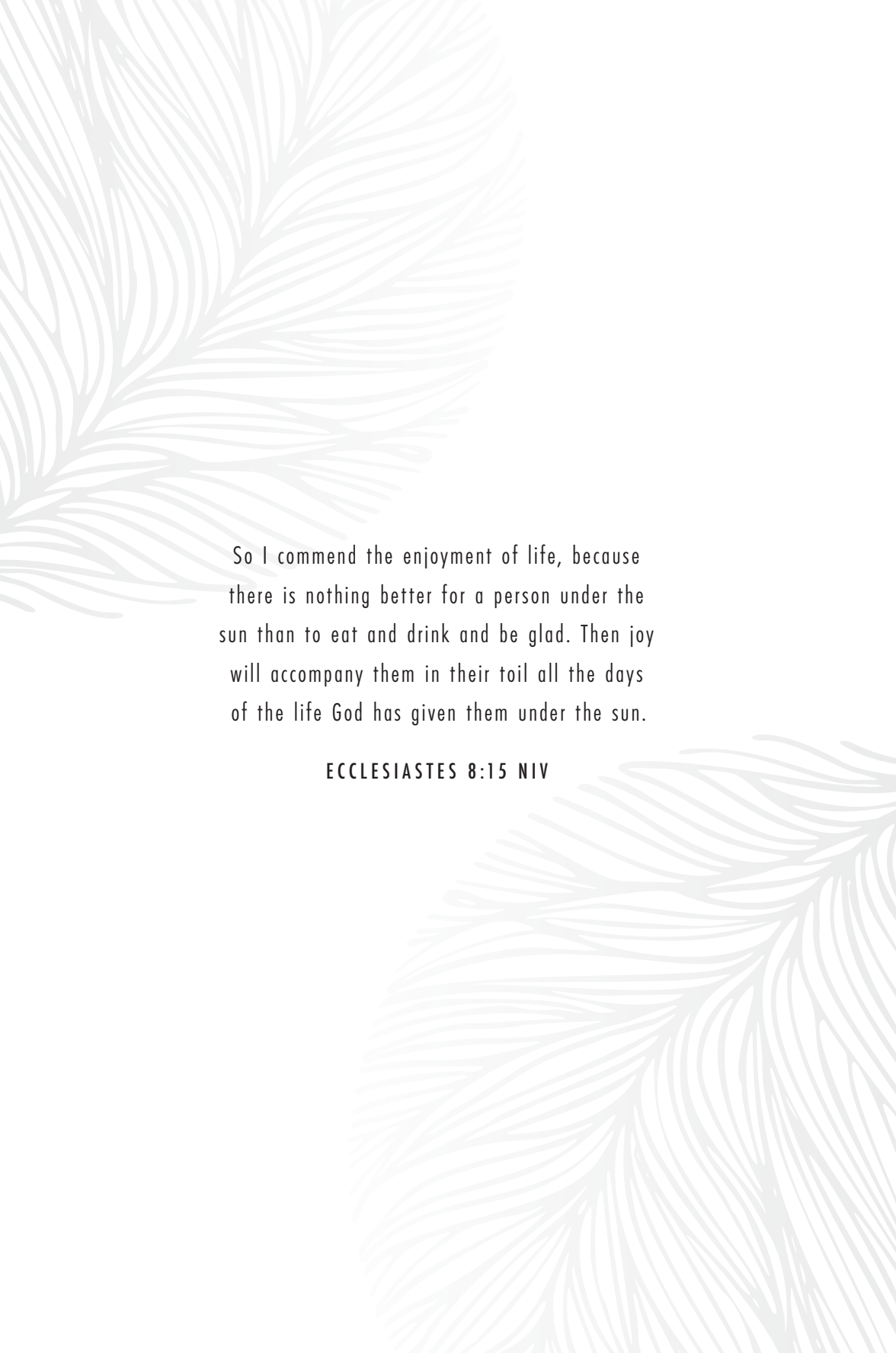


6. How do I have fun? What do I enjoy in life? What makes me laugh?

7. When was the last time I remember laughing? What was happening at the time?
Ask God for reminders.

You make known to me the path
of life; you will fill me with joy
in your presence, with eternal
pleasures at your right hand.

PSALM 16:11 NIV



So I commend the enjoyment of life, because there is nothing better for a person under the sun than to eat and drink and be glad. Then joy will accompany them in their toil all the days of the life God has given them under the sun.

ECCLESIASTES 8:15 NIV



-Fun Playlist-

God's Great Dance Floor – Chris Tomlin

Love Is Easy – McFly

Happy – Pharrell Williams

Here Comes the Sun – Phil Keaggy (The Beatles)

Flashdances – Hezekiah Williams - Every Praise

Tim Hawkins – Comedian



— Activations —

MUSICAL

Compile a musical “joy playlist” of those tracks which cheer your heart, make you smile, lift your spirit, and brighten your heart just by playing it. Add to and revisit this list as often as needed.

VISUAL

Draw a historical “fun” timeline, including childhood fun, teenage fun, twenties fun, etc. Has fun changed? How? Use visual symbols/images to communicate this change. If so, what has influenced this? Aging? Relationships and responsibilities?

Grief? Life situation? Trauma? Ask yourself: am I still trying to have fun in old ways? Does God have fresh ways for me to engage in life-giving fun? Am I willing to explore these with Him? Does He want me to revisit any old ways?

LOGICAL

Are there biblical examples of fun? If so, what are they? What evidence is there that God is for fun? Categorise various arenas of fun in life.

List examples of each. From this list, what do you enjoy most?

BODILY/KINESTHETIC

Consider outdoors/active fun. What is it about being outside that connects to your heart? What activities bring delight to you? The



next time you need a fun injection, remember your reflections and revisit these activities and keep adding to them.

INTRAPERSONAL

Consider your unique design and all you've done in the past for fun. Envision a blank slate. Imagine what fun looks like for you in this current season. Ask Holy Spirit for ideas. Write down anything that comes to mind; draw ideas that you'd love to try that might energize you or bring life! Consider what sparks joy in your heart.

LINGUISTIC/VERBAL

Write a list of personal fun spaces and activities—a go-to list of what brings you joy. Create a joy box, fill it with anything that has made you smile—events, jokes, memes, memories—anything that brings a smile to your dial. Revisit this box whenever you need a lift; add to it regularly.

INTERPERSONAL

Create a list of fun activities that bring joy to you. Spend a week observing and taking note of when you find something fun, joyous, or enjoyable. What brings a smile to your dial? Ask God to reveal how you can have fun with Him throughout your day.

NATURALISTIC

What is it about the natural world that brings you joy? Consider all the different elements and thank God for them. Have some fun today with Him, get out in the elements.



— Bless You —

Bless you, one who was designed for fun.

*Bless you with eyes to see God's heart for sucking the marrow
out of life and finding joy wherever you walk.*

I bless you with a heart full of delight.

I bless you with ears to hear the laughter of the Lord.

*I bless you with the foundational truth that joy is
possible—even when it feels as if it's not.*

Bless you with fresh revelation about what you enjoy.

Bless you with permission to smile, enjoy life and laugh once again.

Be blessed with the knowledge that fun can restore and heal.

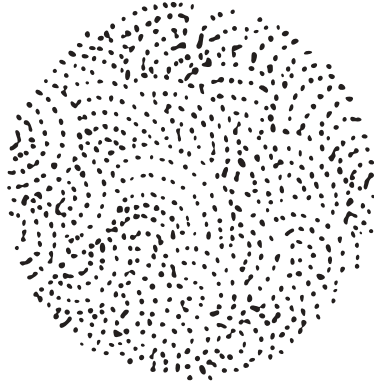
*Bless you with the breaking down of walls that
challenging situations have built.*

*Bless you, with experiencing the power of fun in
shifting atmospheres, mindsets, and feelings.*

*Bless your mind with a fresh outlook and attitudes
towards the simple things planted around you.*

In the joy-filled, creative, and fulfilling name of Jesus, amen.

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Chapter Fourteen

CREATIVITY

“Whatever your hand finds to do, do it with your might...”

ECCLESIASTES 9:10 ESV



— *Father's Heart* —

“I love to bring something to life that never existed before. I have created you to be the same.

*I have given you the desire to create something from nothing—
to have ideas, answers to problems, inventions, and solutions—
and then handcrafting something that wasn't into being.*

When I create and see you create, I have anticipation and excitement.

*I have such enjoyment in seeing your desire to bring
something new into reality. I love it.*

I love it because in doing these things; you reflect My nature.

*You experience the joy I felt as I created you—everything
you see and all that you don't see yet.*

Like Father, like daughter/son.

*I have created things that have not yet been discovered. Seeing
you discover them for the first time is such a thrill to me.*

Creativity is a form of worship when submitted to Me.

*It is in the moulding, and shaping that I speak to you. As you
are still before Me. I whisper My plans and purposes to you.*

I release My rest to you as you create.

*I gave you life, and My will is that you walk
with Me, and we create together.*

I have great plans and purposes for creativity in your life.

*Let go of the lies that say, ‘You’ll create nothing
worthwhile’; to Me, your creations are priceless.*

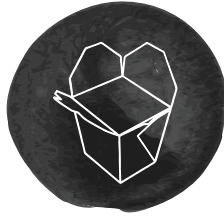
*The world may only look at the finished product, but I see
as much wealth in the process as in the end result.*

*I already know how it ends; therefore, I am thrilled as you
open your hand and say, “What shall we do today?”*

*Every person on earth was made in My image
and therefore is designed to create.*

*Be bold! Jump in. There is no right or wrong if you choose to create
with Me—only lost opportunity of your not creating at all.*

*Creating is rich time which WILL bless your life, your
heart, your mind with the more of Me.”*



— *Take Aways* —

If something makes me come alive; if I am excited by it; and if it brings a sense of peace and satisfaction; if my creation brings greater connection between God and me, it is probably creative.

Discovering my unique expressions of creativity is a gift worth unwrapping.

WHEN LIFE
COMES AT ME,
CREATING CAN
HELP BRING
PEACE TO
STORMY WATERS.

Creating with God can help release unhelpful emotions and make a kingdom exchange for them in the process.

I am designed to create.

He can reveal
answers to questions
I have been asking
through creativity.

God LOVES when
I create and share the
process of creating
with Him.

During times of
creativity, I reflect the
Father back to Himself.

Creativity is anything
which I put my hand and
heart into. Creating comes
in countless forms.

BEING CREATIVE
IS ONLY ONE
WAY I CAN
CONNECT WITH
MY CREATOR.

God doesn't require a
worldly standard of perfection
in my creations; He loves my
heart as I create. My creation
is perfect to Him.



Creating without
striving helps me
to practice resting
with God.

God can use
creativity to help
process emotions and
thoughts, bringing healing
and fresh perspective.

CREATIVITY IS
A TANK FILLER.

When I am overwhelmed,
anxious or fearful, stop
and create something.

Creativity is a part
of my DNA. My job is
to discover how God has
equipped me to create
and then start there.

Creativity
and identity are
interrelated. The greater
the God revelation about
my identity, the greater the
release to create without
fear, comparison, or
intimidation.

Being creative
reconnects me to
childlike wonder
and enjoyment.

Creativity is a
form of worship.



3. What beliefs do I have about creative people and creativity?

For we are his workmanship,
created in Christ Jesus for
good works, which God
prepared beforehand, that
we should walk in them.

EPHESIANS 2:10 ESV

4. What experiences, both positive and negative, have helped shape my desire/ability to create?

5. What does the Bible communicate about creating? Is it possible that I was born for creativity? Am I made in His image, and therefore, there is a way for me to start creating?

And he has filled him with the Spirit of God, with skill, with intelligence, with knowledge, and with all craftsmanship, to devise artistic designs, to work in gold and silver and bronze.

EXODUS 35:31-32 ESV



6. What language do I use to describe my own creations? Those of others? What might this reveal about my identity? How freely can I speak words of life and truth over my own as well as the creations of others?

7. Am I willing to accept imperfection in my own eyes when it comes to creating? What standards do I reach for in creating something? What if I created simply to please God? Would this change how I create?

8. Is it possible that God sees beauty in the process and the end product in our creations? What biblical examples are there to support this possibility?

9. In what ways am I already being creative? To what areas do I feel drawn but have not tried yet?

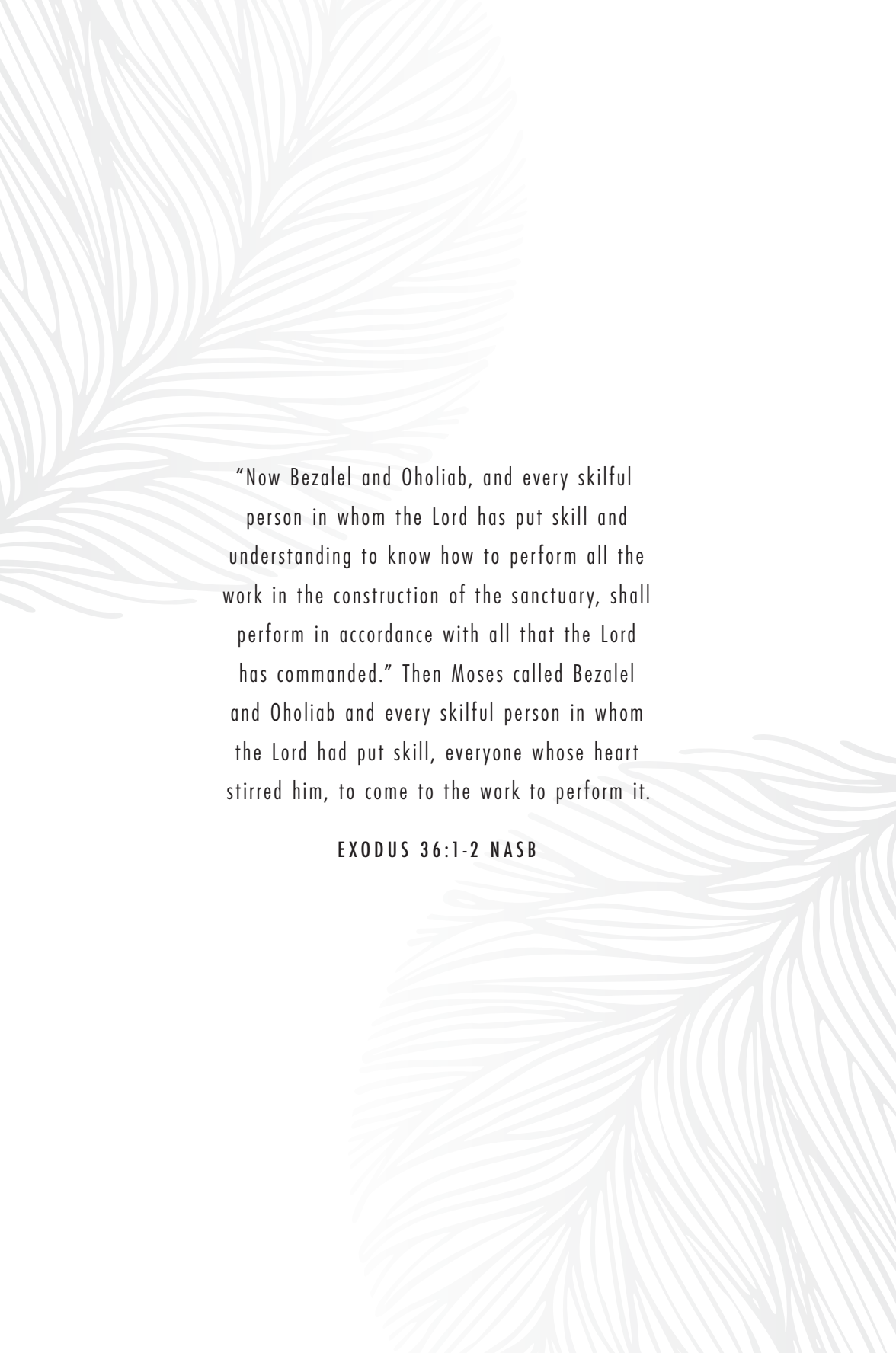


10. Are there any stumbling blocks for my stepping into creating with God?

11. What are the benefits of creating in a way that feels natural to me? How might these benefits be advantageous during challenging seasons?

But now, O Lord, You are our
Father, We are the clay, and
You our potter; And all of us
are the work of Your hand.

ISAIAH 64:8 NASB



“Now Bezalel and Oholiab, and every skilful person in whom the Lord has put skill and understanding to know how to perform all the work in the construction of the sanctuary, shall perform in accordance with all that the Lord has commanded.” Then Moses called Bezalel and Oholiab and every skilful person in whom the Lord had put skill, everyone whose heart stirred him, to come to the work to perform it.

EXODUS 36:1-2 NASB



-Creativity Playlist-

Life Is Beautiful – Rend Collective

Power to Redeem – Lauren Daigle

I Am Loved/There Is Nothing Better – Maverick City Music

How Great Is Our God – Chris Tomlin

The Potter's Hand – Hillsong Worship

Ring and Robe (Welcome Home) – Dante Bowe, feat. Naomi Raine



— Activations —

(Refer to Appendix 6 for some fresh ideas and creative outlets.)

MUSICAL

Expand your creative experience by trying an unfamiliar facet of creativity. Have fun with it! Try a new instrument or a fresh activation area. Let this be time to learn, create with, and depend upon God in a new way.

VISUAL

Select a fresh new canvas or base, ask Holy Spirit for inspiration. If you are really bold:

1. Consider wearing a blindfold.
2. Draw or paint something upside down.

Step out of your comfort zone. Go to a place of relational reliance, attuning to Him, rather than using your skill and ability alone.

LOGICAL

What is creativity? What defines whether or not something is creative? What does the Bible reveal about creation and creativity? What examples of this can you find? What can be applied to your life?

**BODILY/KINESTHETIC**

Find a new space and put on some unfamiliar music. Dance before the Lord, creating as you connect with Him through movement.

INTRAPERSONAL

If creating is an extension of the Father's outworking within you, is there anything holding you back? Do you desire to discover your creative destiny? Do you want to create with God? Why or why not? Are you willing to try something new in this arena? Turn to appendix 6 and take note of anything that leaps out.

LINGUISTIC/VERBAL

Ask God how He sees you and your creations. Write down any words, feelings, pictures, ideas, memories that God reveals to you. Take those reflections and write a declaration of creating to God, a life-giving statement about you and how God sees your ability to create. Refer to appendix 6b. Then adapt the suggestions to suit your own unique and beautiful God design.

INTERPERSONAL

Spend some time with God and the list in appendix 6. Highlight anything you'd like to try together. Ask Him to prompt you with fresh ideas. Connect with a safe friend and for accountability and cheerleading, share your new way of creating with them, or spend some time creating together with Him. As you create, let connection with God be your motivator and focus.

NATURALISTIC

Do something out of the ordinary today. Visit a different environment. Explore and converse with God as you engage with this unfamiliar environment. What is God wanting to reveal or say through this place?



— Bless You —

Be blessed, creative one of His.

*Bless you with the revelation that you are made
in His image and created to create, that you hold
unique creative expression—like no one else.*

*Be blessed in the knowledge that you are His
workmanship, His pride and joy, His delight.*

Bless you with an awakening and desire to create with the Creator.

*I bless you with anticipation of what is to
come, seeds of hope planted and watered.*

*Bless you with the tender and healing arms of the Father surrounding
you as He soothes and mends any hurts or injuries that need
His healing touch through the process of creating with Him.*

*Bless you with refreshment as you choose to invest
time and energy into being creative.*

*Be blessed with the ability to celebrate whatever is produced, knowing
that through the process, God has created something within you.*

*I bless the work of your hands and heart with
flourish, enjoyment, and freedom.*

Be blessed with increased interest in exploring varied areas of creativity.

In the creative, brilliant name of Jesus, amen.

XXXXX



Chapter Fifteen

AUTHORITY

Then Jesus came to them and said, “All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit.

MATTHEW 28:18-19 NIV



– *Father's Heart* –

“Come to Me; spend time getting to know My heart. As you know who you are in Me, you will realize I have given you authority to call down mountains and speak life into dry bones.

The key is our relationship: all fruit comes from our communion and friendship.

When a father tosses his precious child up in the air, the child squeals with delight and returns to the safety of Dad's arms.

The child does not question: Am I safe? Will he be able to catch me? What if I fall?

The child instinctively knows he is secure in Dad's arms.

Experience has proven it.

Trust has grown because of intimacy between the two.

So too it is with Me.

As you know Me in greater measure, experience proves that I have you.

As you step out, choosing to trust, you will experience who I am.

You will learn that nothing challenges, worries or surprises Me.

As you are in Me, you will naturally grow and walk in My authority, knowing on some level a drop of what I know and love about you. But that one drop in the ocean of My care and love for you is enough to cover anything you might be walking through.

Walk forward with confidence, knowing I am the same God you read about in My Word. The same yesterday, today and tomorrow, unchanging, and therefore, what was true for My Son is also true for you, My child.

I have given you complete inheritance, full rights, resources, and power.

There is no lack as you walk forward in Whose you are—not what you see, feel or experience. Walk forward, My child. There are higher ways and places, and I am calling you up into them.

Walk forward with Me, and I will reveal to you the depths of My love. And in that love, you will be assured of who I am, and how much I give you to accomplish all that comes before you.

Circumstances will come, and circumstances will go.

Nothing and no one intimidates Me. I am secure. I am trustworthy. When I say you have authority, I mean it.

In these truths you can have confidence to take all authority that I have given you. Take authority of the circumstances and things that do not align with My heartbeat.

This is how you will know: My Spirit will rise within you, giving you insight, holy love, words, power and authority to call down and embrace heaven here on earth.

Bringing about My will for what opposes My heart.

My will for the everyday. My love for those you see.



My creativity in bringing breakthrough and change in places that don't yet know Me, breathing fresh air into weary souls, and dry and dusty bones.

My authority in you is a power tool to see and create change in anything that says, "That is impossible. It will never happen."

I dwell in the humanly impossible and make it happen because that's how I am. I make the invisible visible. I bring breakthrough where all seemed hopeless.

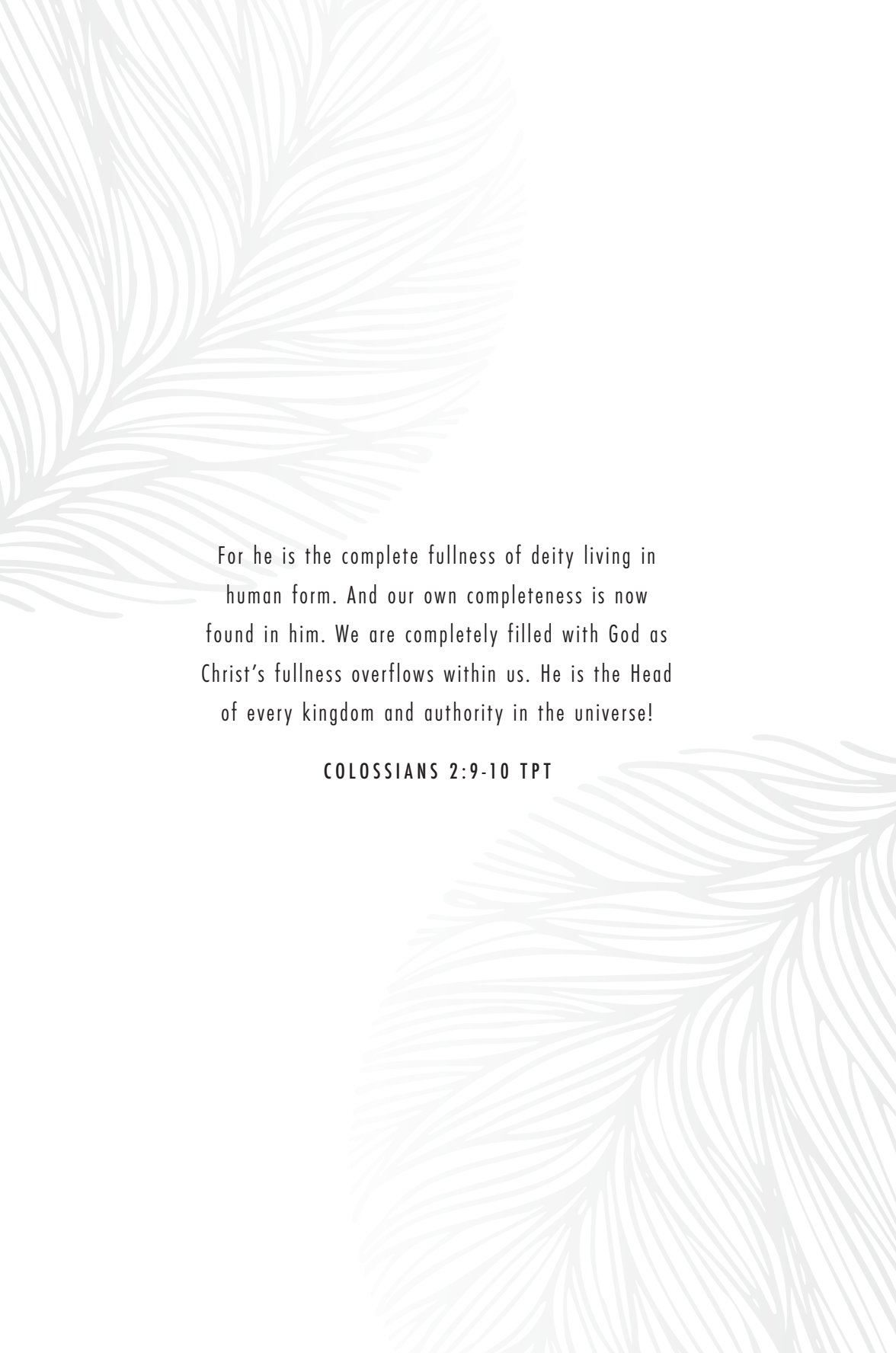
All that seems impossible becomes possible with Me.

Where you see lack, sickness, poverty, defeat, depression, worry, physical needs, spiritual poverty, isolation and anything else that is not My perfect design for humanity, I bring you into the situation. You bring Me in, and with Me comes abundance, health, provision, victory, friendship—a complete answer to the need at hand. It might not be in the package you were expecting, but it is always for your good.

I am the Antidote to the problems of this world.

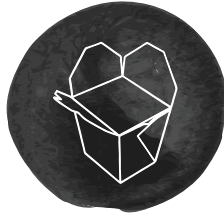
Now go out in faith, knowing I am working with and for you.

In partnership with you, we display My goodness to the world around you. I do this, so they may turn and declare thanks to Me, for all you have brought to them through authority and My love."



For he is the complete fullness of deity living in human form. And our own completeness is now found in him. We are completely filled with God as Christ's fullness overflows within us. He is the Head of every kingdom and authority in the universe!

COLOSSIANS 2:9-10 TPT



— *Take Aways* —

After speaking in authority about my situation, I sometimes experience immediate results. Other times, it's been part of a process. But like all my prayers, it has been released, and God has answered.

Everything I need is found in Him.
He IS my all.

What He says is truth; my only job is to discover what He is saying and align with His truth. And when I feel I can't, I ask for His help.

I can adopt the authority He has freely given me.

Authority is confidence in God's ability and power in my life.

Authority is an inner knowing of God's superiority above all else.

Knowing who I am in God's eyes is the most empowering journey I can take.

Is it time to wait?
Or time to put on my stomping boots? It's always time to talk to God about whatever is happening.

The greater the revelation of my kingdom identity, the greater my confidence in God's ability, power, and care in my circumstance.

I AM A
TREASURED
CHILD OF GOD.
I AM ADOPTED
BY HIM INTO
HIS FAMILY,
NO LONGER A
SLAVE TO FEAR
BUT A DEARLY
LOVED ONE.

I am not powerless when I have His authority and inheritance.

God has given me a kingdom identity and inheritance; only one part of this inheritance is authority.



I am entitled to and equipped with every bit of inheritance that He has for me. The biggest stumbling block to accepting this birthright can be me.

The greater the sense of my kingdom identity, the greater the authority in which I can walk.

God is FOR me! He is not punishing me in my circumstance and desires my healing.

Using my authority doesn't require me to yell as some might believe—but to walk in the confidence of Who God is and who I am in Him.

Daughters and sons don't get scrappy seconds or stones when they ask for bread.

I can respond to God about my situation in many ways, including submitting humbly to it all, waiting for clarity, crying out in declaration and stepping into my God-given identity and authority as He prompts.



— Questions to Ponder —

1. Are there any things that jumped out to me about my God-given authority?

2. How do I view God's ability in relation to my current circumstance? How does this view relate to my kingdom identity? In what position do I place God? Above or beneath my situation?



3. By knowing who I am in Him, how does this increase my revelation of the authority I carry?

So He bent over her and rebuked the fever, and it left her. She got up at once and began to wait on them.

LUKE 4:39 NIV

4. To what degree am I applying the authority He has given me?

5. How do my God-given identity and authority relate to one another? How do they interact with, or are different from one another? Can I have one without the other?



6. Am I willing to step away from human striving and embrace the life-giving freedom of my kingdom identity and God-given authority?

7. What are the benefits of walking in this way?

The God of peace will soon
crush Satan under your
feet. The grace of our
Lord Jesus be with you.

ROMANS 16:20 NIV

8. Is acting or speaking in authority the only way of walking in my God-given authority? If not, what other areas are there?

9. How will I walk the fine line of being independent in my own ability and walking in the authority God has gifted me? How can I be confident but have humility at the same time? Why or why not?

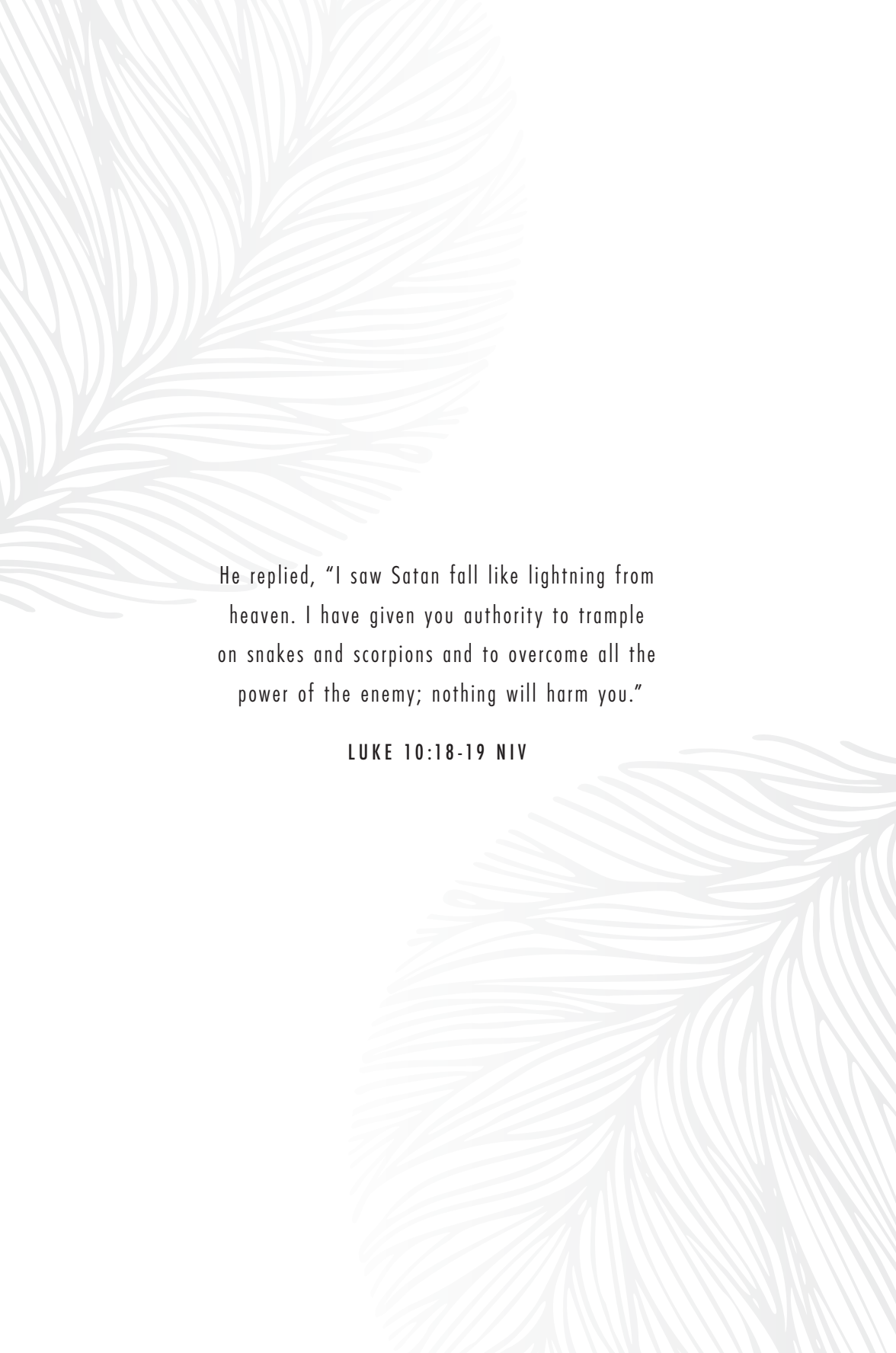
I will give you the keys
of the kingdom of heaven;
Whatever you bind on earth
will be bound in heaven and
whatever you loose on earth
will be loosed in heaven.

MATTHEW 16:19 NIV



10. Are there any areas where I struggle to adopt and walk in the authority God has given me? Ask God more about these.

11. What advantages might learning to walk freely in my God-given authority have on my current circumstance or mindsets?



He replied, "I saw Satan fall like lightning from heaven. I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you."

LUKE 10:18-19 NIV



-Authority Playlist-

Do It Again – Elevation Worship

God Is Here – Darlene Zschech

Victor's Crown – Darlene Zschech

Raise a Hallelujah – Jonathan & Melissa Helser (Bethel Music)

Love Has a Name – Jesus Culture

The Battle Is Yours – Red Rocks Worship

Fight Song – Rachel Platten



— Activations —

MUSICAL

Find or create a musical piece that reflects the identity journey you've been on so far—from orphan to a beloved child—a journey of kingdom identity and authority.

VISUAL

Spend some time researching what God says about your kingdom inheritance. What do you inherit as His daughter or son? Ask God to reveal something about inheritance you didn't know before or a fresh revelation. Create some artistic representation of this truth.

LOGICAL

Brainstorm all that you already know to be true about authority. What does the bible say about authority? How does your Kingdom Identity relate to authority? What evidence can you find to support this?

How does inheritance relate to both identity and authority?

How can knowing and embracing this help.

BODILY / KINESTHETIC

Develop a set of movements which track the beauty of your personal transformation—from problem to God's resolution, from orphan to royalty, from lack to celebration, from powerless to powerful—with God in us.

**INTRAPERSONAL**

God gave me a picture about what authority looks like. If someone came to your home, interrupted Christmas dinner, started ripping up the place, would I stand by watching? Or would I tell the wrecker to leave? Spend some time pondering the times in your life where you've responded permissively or with authority and command. What have been the outcomes and ramifications of both responses in your life? What have you learned from these times that might be applied to your life today?

LINGUISTIC/VERBAL

After exploring the biblical perspective of your God-given authority, pen a persuasive piece of writing which explains the benefits of stepping into Kingdom Identity and picking up your authority. Write it from the perspective of trying to explain authority and embracing kingdom identity to someone who knows nothing about this area.

INTERPERSONAL

Spend some time talking to God about your personality and unique design. Ask Him what areas need a gentle tweak to move forward in your God-given authority. Are there any areas where He is encouraging you to begin using this authority? Consider your current circumstance and reflect with Him how authority might be applied and help today.

NATURALISTIC

Consider what creation reveals about the principle of authority. How is this evidenced? What does God say in His Word about the natural world and authority? How is authority healthily applied? Can authority be abused? How will/do you exert authority in life? Does this change in times of struggle? Ask Holy Spirit to reveal something about your authority today.



— Bless You —

Bless you, cherished child of the Most High.

Be blessed as you go on a journey of your identity with Him.

Bless you with frequent encounters with Him in your day.

*I bless you with the knowledge of your royal inheritance
and all the benefits available to you.*

*Be blessed with greater confidence in God's ability
and the authority He has given you.*

*Bless you with eyes and ears that are attuned
to His heart for your situation.*

*Be blessed with the courage to bind and loose
according to heaven's leading.*

I bless you with the desire to bless others in Jesus' name.

*Bless you with God's flow of adventure in
bringing kingdom encounters to others.*

I bless you with the ability to dive into whatever He is showing you to do.

*Be blessed with the delight that comes in experiencing growth
and revelation of Who He is, and who you are in Him.*

In the wholly authoritative, mighty, boundless name of Jesus, amen.

XXXXX

APPENDIX 1

Armor Up

Belt of Truth: The belt holds the entire armor together. Truth is at the heart of God; without His truth, we are building on shifting sands. Put on His belt of truth so that the lies of the Enemy are recognised as lies and fall to the ground lifeless.

Breastplate of Righteousness: The breastplate guards our heart and other vital organs. Living a life that is aligned with God's heart is honouring to both God and to His temple. We put on the breastplate of righteousness so that we might know the best things of God to draw near to. Deflecting attacks upon our heart allows us to remain soft, while still being safe and protected; able to run from the things that aren't a part of His best for us.

Shoes of the Gospel of Peace: Shoes help us tread steadily over rocks and other mobile elements beneath us. God has given us His peace through the knowledge and experience of what Jesus accomplished for us through His death and resurrection. We have access to complete peace because He has crushed all that might come at us. With Him we have stable ground on which to walk. Therefore, we can walk forward in His peace, knowing that as He has overcome, so too are we overcomers.

Shield of Faith: The shield can be moved around our entire body—wherever we might need protection or to deflect attacks. The shield is not fixed to our body but serves as a piece of protection that can be moved in whatever direction the attack comes. The slings and arrows of the enemy come at us thick and fast at times, but we can withstand this attack through the faith we have in Jesus Christ. I love the

NIV version which says the shield of faith “extinguishes ALL the flaming arrows of the evil one” (Ephesians 6:16).

Helmet of Salvation: The helmet is a key area of protection. Our thoughts/mind are an obvious target for the Enemy as he seeks to plant seeds of doubt, fear, hopelessness about our faith and our God. 2 Corinthians 10:5 reminds us to capture every thought, and the helmet enables us to do this effectively. The brain is also responsible for our nervous systems, body function, emotions, thoughts and so much more. God has given us a key piece of protection to cover this vital organ.

Sword of the Spirit: The sword of the Spirit is the Word of God. As we jump into God’s Word and absorb His truth, the Spirit reminds us of these truths as they are needed. In battle, God’s Word is a vital piece of offensive strategy. Jesus availed Himself of this very weapon in Matthew 4:1-11 and effectively deflected the attacks of the Enemy. The Enemy had to flee as a result of Christ’s effectually using the Sword of the Spirit.

APPENDIX 2

Armor Up

I have hope because God, You are constantly working for my good. I am never alone because You are with me. I have all that I need because You are complete and have given me full access to Your resources. God, You are all-powerful, and through relationship, You are willing to be all that I am not. Thank You, Lord, that I have confidence in You and my future with You. There is much to look forward to with You as my protector and battle advisor.

APPENDIX 3

Pictures

God desires to speak to me in many ways, and pictures are only one of these means. Don't worry if you can't see them straight away. Striving and straining won't help in this area. I have found that God can use my imagination to help reveal these. He gave me a mind which can envision and see things in the natural world. (As I dream, I see how to solve problems. I envision how I want something to look.) These are all aspects of envisioning and seeing pictures in my mind.

Some people experience these as ideas, feelings, or senses. Others see them as actual images in their mind's eye. Again, there is no right or wrong; it's just God's revealing things. Which works for my God design? If you desire to see in this way, I have no doubt that He will honour that desire.

When I first began seeing things, I questioned whether it was me or Him. A good process of thought when thinking like this, is asking yourself some questions: Does this reveal aspects of God's nature? Is it for my or others good? Does it draw me nearer to God?

A good friend once explained to me the first thing I hear is God, the second is the Enemy, the third is me trying to reason it out. I have found it's the same with asking God for pictures.

Asking God to switch on my ability to see pictures from Him is helpful.

Ask God to reveal anything holding me back from seeing things from Him, then asking next steps to know how to respond.

Activate: “Let’s start small...”

Think of and write down a yes and no question which you want to ask God. Frame a question that can be answered with a yes, no, or wait response.

APPENDIX 3B

Pictures

Envision/Imagine a traffic signal with a red light at the top, an amber light in the middle, and a green light at the bottom. Ask God to show you on the traffic light the answer to your questions. For example, “Father, on the traffic signal, please show me if I need to rest.” Then watch the traffic light to see if one colour lights up, if I am drawn to one particular colour, or if I find one colour appealing? The traffic light picture is a great tool when simple answers and direction are needed.

Take a large sheet of paper and in the centre write, “Things on my Mind.” Pray, asking God to reveal your concerns. If putting language to these is challenging, don’t worry, you are not alone in this exercise. Here are a few prompters: Family, Marriage, Children, Friendships, Work, Church, Loneliness, Fear, Affliction, Grief, Purpose, Home, Finances, Unspecific worry, Forgiveness, Health, Hope, Protection, Rejection, Trust, General stress....

Pour out everything that comes to mind—no matter how small. Don’t go into heavy detail, helicopter over the top. Try not to overthink. Pour it all out. Think of this activation as a prayer on paper. God loves to hear all about what is on our mind and heart.

Now ask God to highlight one specific area. What do you notice first? Choose that one. There is no wrong or right answer.

Take that one concern and formulate a good question.

I've found being specific and intentional about it helps. For example. If you feel grieved, you might ask, "Father, can You show me what is at the source of my grief?"

He loves to show pictures in our mind's eyes or a strong sense of something. Don't discount the first thing. Take note of what you feel, sense, see, feel, think, or observe internally.

Thank God for whatever He brings to you. Continue asking clarifying questions if the picture doesn't at first make sense to you. He is ready, willing, and able to answer all questions. He loves to bring pictures of clarity to any situation.

The following are some broad go-to questions which I regularly use for various situations:

When my heart is feeling overwhelmed, I ask, "What does my heart look like at the moment, Lord?"

"How do you see that person, Lord?"

"Please give me a picture of how You see me?"

"Can you give me a picture of what the next step is, Lord?"

"What does this situation look like to You, Father?"

"Can You show me the source of why I feel...?"

Try not to be discouraged if pictures don't come. Sometimes we don't see things because we come expecting something certain. Sometimes, a slight adjustment needs to be made in "how" we see them. Understand that God can use anything to give us a picture—our senses, our minds, imagination, the physical world. Sometimes He highlights something, makes something appealing, or presents something out of the ordinary. In whatever way you and He communicate through pictures, I am confident that He will find a way to communicate with you.

I've found that the primary focus is a desire to hear from God and hear His heart; the hows and whats are secondary. In the *Be Held by Him* series of books, you'll find each chapter presents a way that God can communicate with you.

If pictures aren't coming for you in this season, step into something that IS for your current time.

In my own life, I've found the moment I become comfortable in a certain area of hearing God, He wants to open a brand-new way for us to connect. I endeavour (not always successfully) to hold the way He communicates loosely and place greater importance on fostering an awareness of Him. Sometimes it's as simple as that. Other times, stepping into something new requires courage—not knowing how He might respond.

Take heart, He IS speaking to you (always) and wants you to hear Him fully.

APPENDIX 4

Prayer Ministry

Payer ministry is simply a time set apart to connect with God and hear His heart about a matter. Prayer can be done by myself with Him or with a healthy prayer ministry team.

Think of a time when you felt completely safe with Jesus.

Let your whole body experience that safe feeling and peace.

Ask Jesus to show you where He is in the room (Picture, sense).

Enjoy spending time with Jesus here.

When comfortable to do so, ask Him what He wants to talk about or reveal today? (This could be a memory, an emotion, a situation—anything.)

Go on a journey with Him about what He reveals.

Some questions that might be helpful when connecting with God in this way are as follows:

What emotions do I have about this situation?

Is there anything He wants me to give to Him?

Is there anyone He wants me to forgive?

Is there anything I need to let go of?

To heal and walk in freedom from this situation, consider these elements with Jesus:

“Are there any lies I believe that are impacting this, Jesus?”

“What do You want to show me about this issue, Jesus?”

“Can You please show me the next step, Jesus?”

“Can You please show me what You do with the things I released to You, Jesus?”

What does my heart look like now?

“Holy Spirit, will You please fill those areas which have been emptied and released to You today?”

“What do You want to give me in exchange for the things I’ve given You today?”

“Do you have something You want to give me, Jesus?”

Is there anyone He wants me to bless?

(This list is by no means exhaustive, but simply some of the more common questions I’ve asked Him which have been helpful.)

At any point in prayer ministry where I might lose my peace or feel angst, Jesus is happy for us to stop and reconnect with His peace before moving on. He is not in a rush and cares about our safety and peace.

APPENDIX 5

Friends: Angels on Earth

Give thanks for the family and friends He has given you.

If you don't have them in your current season, there are several things you can do.

Take stock of any elements of your life choices which are contributing to this friend's desert time. Am I living in isolation or independence? Am I putting myself out there? Ask for God's protection and guidance to bring you to the best people for you, then be open to give and receive.

They might not come right away; some might reject your offer of friendship or be unable to give you what you need, but God knows all of this and can fill the gaps for you.

Accept that He desires the greatest friendship of your life to be with Him.

Graciously God revealed a precious truth to me about friendship.

There will be people who will be able to offer you nothing; love them anyway.

There will be people who you can offer nothing in return; receive what they bring to you with thankfulness.

There will be mutually beneficial friends, investing and receiving with one another in love

FRIENDSHIP VISUAL ACTIVATION-THE TARGET

This revelation helps clarify what kind of friends I have. It also helps to release my expectations and make sense of why I feel distant from others.

God then showed me a fresh picture of friendship—one I had never considered before.

He gave me a picture of a target with surrounding rings as an image of friendship. The closer to the target, the more intimate the friendship and the more you might do life with them.

He showed me that different seasons have different friends in the target rings. When someone is working and busy with family commitments, they simply don't have the time to invest in friendship as much, but you catch up with each other when you can. I've come to realise that God is in this as well.

When I feel a friend is distant, and we are not what we once were - I ask God where they are in my friendship target. This has often clarified things for me.

He once shared this:

There will be friends who invest in you expecting nothing in return - thank them.

There will be friends you invest in and can give nothing in return - bless them.

There will be the rare few, who you will have reciprocal friendship with - enjoy one another.

When my friendship target has too many or too few in each of these groupings, it impacts things socially.

APPENDIX 6

Creativity

Ask God to show you what ways He knows you would enjoy creating. Now look at the list and highlight ways that appeal to your heart.

- | | |
|--------------------------|------------------------------------|
| Adventuring with God | Dance |
| Baking | Decorating |
| Balloon art | Deducing/Detective work |
| Biblical living | Dramatic expression |
| Business creation | Drawing |
| Building | Engineering |
| Ceramics | Entrepreneurial creativity |
| Clearing clutter | Event organisation |
| Communication | Expression of body, mind and heart |
| Computer solutions | Fashion |
| Cooking | Financial planning |
| Cosmetology | Fixing things |
| Crafts | Floristry |
| Creative problem solving | Gardening |

Graphic design

Helping

Helping others

Imaginative games

Innovation

Interpersonal relationships

Inventing

Jigsaws

Journaling

Knitting

Landscaping

Learning and implementing

Lego creations

Linguistic

Logic

Love

Mechanical/Engineering

Movie making

Musical

Naturalist

Nature engagement

Organising

Painting

Photography

Planning

Play

Poetry

Recycling

Redeeming broken items
and giving them new life

Repurposing

Role playing

Sculpting/Modelling

Sewing

Sketching

Song

Storytelling

Streamlining systems

Tech creativity

Thinking based

Theorising

Woodworking

Working with people

Writing

APPENDIX 6B

Creativity

I was born to create because I am made in the image of my Father.

He loves what I produce; there is nothing He doesn't love about what I make with Him.

Creation is in everything. I will not allow the past to dictate what my creative future holds.

I will leap into creating—even if I don't have experience or confidence because You can fill that gap, Lord.

I understand that by creating, I connect to the heart of God. As I create with Him in mind, I worship Him. I delight Him. He loves all that I create. I will not be intimidated by others' creativity; I will celebrate them. As I create, I will look to God for my encouragement. I will look to Him for my affirmation and feedback because His opinion matters most to me.

I will allow my childlike wonder and awe of all that is around me to increase and be restored as He works with me in creating.”

APPENDIX 7

Praise and Worship

Consider this statement:

“The greater my awareness of Him the more readily I am able to worship Him.”

Do you agree or disagree with this statement? Why or why not? How can worship help you in your current circumstance? What does God do within a state of worship?

EXPLANATION OF THE AUTUMN LEAF ON THE COVER

“I am the branches; you are the leaf.

Come, connect to My life-giving branches once again.

Let Me pour life back into you.

Let Me restore your color.

Let Me hold you once again.

*My arms are open wide and ready to
embrace your battle-weary form.*

*In the natural, a young leaf is green, full of hope and
life. The elements seem to come relentlessly.
Eventually, the wind, rain, and storms wear it down,
and the now colorless frail leaf falls from the tree lifeless.*

But with Me, this isn't the end, but the beginning.

I am counter-cultural and counter-intuitive.

*Where you may feel that your situation
has sucked the best years from you,*

That all is hopeless.

That there is no coming back from this place of upheaval,

Take heart with Me. This is not the case!

*You come to Me, dry, brittle, worn-out and weary,
and I pour Myself into those desert places.*

As I hold you, I pour My life into you.

I apply balm to your well-trodden, wilderness areas.

I restore your color.

I give you back life and bright eyes.

I lead you to green places of flourish.

Where the world saps the life from you,

I give you life and life to the full.

Take heart, My precious one, I am not limited by what you see or feel—there is HOPE and much future to be had.

You can come back from this and thrive with Me.

My beloved, this isn't the end of you, but the beginning of something new in you as you allow Me to embrace you once again."

"How does an autumn leaf relate to being held?"

I think You just answered me, Father. Thank You."

ENCOURAGEMENT FOR THOSE ON A

Spiritual Journey

WHO WANT TO CONNECT WITH GOD FOR THEMSELVES

First, welcome; thank you for picking up my book.

You could have looked at countless books; I'm thankful that you landed here. Whatever led you here, I am confident that it's no mistake. This page is just for you if you are on a spiritual journey and want to know more about and encounter God for yourself.

No doubt, God has some encouragement for you—yes, even in your own challenging time. He loves all people, and the good news is that it includes us both. You've read some of my experiences with Him through this book, and no doubt you'll have your own to share as well.

If we met in everyday life, we'd probably be sitting down with a cuppa (cup of tea/coffee) and having a good conversation about life, faith, and whatever else came up.

We'd possibly share about our tough seasons and our challenges, but also the incredible things—those unexplainable moments which can only come from something outside of ourselves—that have happened along the way. These kinds of encounters are exciting to hear and to talk about with one another.

I'd be celebrating your unique God design and cheering you on in your journey. I love nothing better than doing this with whoever God brings along my path.

I know that you'd leave having been encouraged by Him, and I'd feel blessed for having met you. Although I appreciate your being here and taking a bold step forward in faith and exploration, this obviously isn't our meeting in person, which got me to thinking, *How does this happen through the pages of a book? How do I encourage someone I might never meet or talk with? What advice would I give to those who want to know God for themselves?*

So I began asking God for some advice. What steps do I take that have helped me connect with Him best? He answered me through a dream, and I wrote down the five steps He showed me.

1. BEGIN.

When I say *begin*, I mean start asking God to speak in a way that you understand.

Start talking to Him about everything. If you have questions, ask them.

Nothing is off-limits when it comes to talking to God.

Talking to God can be implemented through speaking verbally, journaling, or thinking with Him. Our "hows" do not limit Him, He is more interested in connecting rather than how you choose to connect with Him. He wants to be heard as much as you want to hear Him.

2. FOSTER AN AWARENESS OF HIM.

Keep watch, wait and take note of what He is saying, showing you, and how you sense He is communicating with you in the everyday.

Some of the ways He speaks are found in this book series, but there are soooooo many more. Chances are, He has already been talking to you. You might not have recognized that God's voice doesn't necessarily sound like a Morgan Freeman voiceover, mystical, loud, or booming.

His voice can be the voice you hear in the quiet—the gentle prompting. Or when you feel your heart respond to something, this can be His Spirit leading you.

If you've ever felt or experienced love, joy, peace, kindness, patience, goodness, hope, or any other life-giving aspect, this IS God speaking. Without Him, these virtues would not exist.

Has something drawn your eye? Has something out of the ordinary happened? God is often in these too.

Nothing is off-limits when it comes to how God can communicate with you. Take note of those times when you are tended to, encouraged, or lifted. These kinds of help bear the heart of God.

Once you start noticing Him and taking note of His voice, you'll see He is always present and speaking with you.

3. START READING.

Get yourself a Bible or use a bible app. Plenty of options are available; I have found YouVersion is a great resource.

Start with the book of Mark. It talks about the life of Jesus, and none of this means anything without Jesus.

When exploring online, a plethora of options are available. How do we navigate this with wisdom? I find it's healthy to ask questions about anything I read:

- Is what I'm reading reflecting Jesus' heart and nature?
- Is it supported by the teachings of the Bible?
- Does it draw me closer to God and a healthy relationship with Him?

If it does all these things, then you are off to a good start.

4. FIND YOUR KIND OF PEOPLE.

We all need one another, so look out for and connect with a healthy local church or Christian community where we can grow together and encourage one another.

Ask God to show you where to start.

Understand that most churches differ in terms of worship styles and some beliefs. It's good to find one which fits how God has designed you to connect with Him.

5. CHECK OUT THE ALPHA WEBSITE.

This site (alpha.org.au) is a safe place to ask all those nagging questions and to wrestle with the significant issues. It's also an excellent resource for further information about Jesus and becoming a Christian.

God doesn't require you to work or strive to be loved by Him. He doesn't require you to be good enough to have a relationship with Him. He naturally wants to reveal Himself to those who want to get to know Him.

He's incredibly personal and wholly relational, and best of all, whether you know Him, He loves you 100 percent. Nothing you could do will ever change this unconditional love of His. It's great news!

I will be praying that your spiritual journey will be the best adventure of your life.

However you choose to take the next step, know that He is closer than you think, cares about you and all that you are going through, and has ways for you to flourish despite circumstances.

I hope you will thoroughly enjoy getting to know Father God in the way He has planned for you. I know it'll bless your life; I know this because I've lived the truth of it for decades. Woah, that makes me feel really old. Lol! But it's true!

God bless you, precious one; I'll be praying for you.

XXXXX

ABOUT THE AUTHOR



Karen Brough is an Australian wife, mother, writer, and former primary school teacher. She is the author of the *Be Held by Him* series, *Finding God when Life Knocks You Off Your Feet* and is currently working on some children's books with a heart and funny bone—she is very excited to share updates with her subscribers—karenbrough.com

Ten years ago, when hit by a mystery illness, Karen began sharing the encouragements God gave her via her blog.

Her unique voice makes her readers feel understood, inspired, hopeful and encouraged. She spurs others on to connect with Father God for themselves by sharing the adventures she has with Him in everyday life.

Karen has always had a passion for writing and for encouraging others and cannot remember a time without this gift. Her blog has been read and enjoyed both domestically and internationally.

She loves nothing better than to spend time with her husband and three children. In warmer months, you'll often find her body boarding and making sand castles at the beach; or lying by the pool doing crosswords and creating "healthy" gelato for anyone who might drop by.

In cooler weather, she loves jigsaws, rom coms, bubble baths and baking anything warm, comforting and delicious—often hiding vegetables in sweet muffin recipes,

much to her children's disgust. (Secretly they love it though.) She is still yet to find the perfect dairy free gelato recipe.

She loves the slower, unhurried pace of life and following this past health-challenge season, desires God's peace above all else.

She loves to laugh, cry and love with her whole heart, and wants to leave this earth a whole lot better than when she came into it. She loves nothing better than to help others see their value and worth, and help them fly to even greater heights in life, love and faith.

Then this city will bring me renown, joy, praise and honor
before all nations on earth that hear of all the good
things I do for it; and they will be in awe and will tremble
at the abundant prosperity and peace I provide for it.

JEREMIAH 33:9 NIV

CONNECT WITH US

We Love to hear from readers: If you have been impacted by this book, please consider getting in touch with us.

or

Leave a review on Amazon or Goodreads, so others can benefit from your personal experience. (this also helps get the word out about the books)

It takes a village to make the world go round, and you are an important part of our village.

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Writing can be quite an isolating space, so we LOVE hearing from you.

Has the book impacted your life; your relationship with God?

Do you have a testimony of His goodness in your own hard time?

Or if you have any encouragements, fan art or inspirational creations that might help inspire or affirm others, share and connect with your online village on the “Be Held by Him” Facebook page or email us at beheldbyhimseries@gmail.com

GOD BLESS YOU DEARLY, BRAVE ONE.

Have you read the first in this series?



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