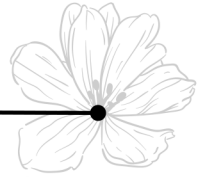


# BIBLICAL *Affirmations*



# Acknowledgements



To my heavenly Father, who loves me and helps me remember right.

To my dad and mum for doing their best to point me to the Father. To my kids who teach me everyday what it means to be loved by the good, good Father.

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# BIBLICAL *Affirmations*



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## **Biblical Affirmations**

Dear Reader,

The three questions at the core of our struggles can be answered when we accept, believe and live according to these three affirmations;

- I am a child of God.
- I belong to God's family.
- I was created for a purpose.

As the parent or caregiver of a child who may be struggling with self-esteem issues, trauma or major life upheaval, how do you speak to and comfort your child when you also have questions on the same?

These affirmations highlight different topics around identity, belonging and significance. There are 52 affirmations in all. You may choose to meditate on one every day or one every week. Each affirmation is on its own page and has a brief explanation and the scripture that grounds it. This booklet can also be used together with the pack of postcards also produced by BattleReady. It provides additional stories to illustrate those already provided in the postcards.

I hope you that you will find in each, affirmation and reassurance for yourself and your child.

**Yours Sincerely,  
Caroline**



## God is my Father

Our kids know we are not perfect. Let's not try to be they can sense inauthenticity.

We can, however, point them to the One who is perfect. The One who loves them extravagantly. The One who is good all the time and invites them to call Him Father. The One who gives us strength to make great parenting choices.

Some of the questions that you may ask to prompt conversations include:

"Who is a father?"

"What do you think a father does?"

"This scripture uses the word lavish. What does this word mean?"

If you have more than one child under your care, you can have them repeat to each other "God is my Father. God is your Father. God is our Father."

Prayer

May your children grow to know, love and serve God with their whole hearts. May you nurture, equip, train and empower them to do more for His kingdom than they can imagine!

**See what great love the Father has lavished on us, that we should be called children of God! And that is what we are! The reason the world does not know us is that it did not know him.**

**1 John 3:1 (NIV)**



## **I am chosen**

Everything that was created began as an idea. That is how God knew us before we were born. And then He chose us.

If we want to know who we are or who we ought to be, we could look at what our friends like about us or even what the world says we should be. We could choose to see what they prefer and try to be more like their preferences so that we can belong in their group. You know what? That identity will always fall short of the person God dreamed us to be. Because our friends' preferences will change.

What if we decide our identity on what we feel? Our feelings are really strong, surely they can help us know who we are and help us choose? If we try to define who we are by what our friends like, we can be hurt when they reject us when their preferences change. If we try to define ourselves by what our feelings point to, when our feelings change we will keep trying to generate those feelings so that we can hold onto the identity we curated for ourselves.

We turn to the one who had the original idea about us. We turn to the one whose work at creation was perfectly beautiful. We turn to the one who had an idea at the beginning of time about each person. We turn to Our Father who chose us even then.

Questions to prompt discussion

1. When were you chosen for something?
2. What did you have to do to get chosen?
3. What do you think this means, that God chose you before your mother and father knew you?

**MY PRAYER FOR YOU:** May your children grow to know, love and serve God with their whole hearts. May you nurture, equip, train and empower them to do more for His kingdom than they can imagine! May you know that you too are chosen.

**You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last—and so that whatever you ask in my name the Father will give you.**

**John 15:16 (NIV)**



### **I am a blessing**

When I was a young twenty something year old, I found out that I really really wanted a child in the weirdest way. I was seated in a bus and a child was standing in front of me. The child had just boarded the bus with their guardian and could not have been more than 4 years old. As the bus started to move, the child was jerked backwards right into my arms. I held her tight and did not want to let go. I wanted her for myself! I joked about this but I knew a desire had been planted in my heart, I wanted a baby of my own. Not long after that, I found myself pregnant. Happy! Happy! Joy! Joy!

I had dreamed about having a child and here he was. The smiley-est baby I had ever held in my arms and he was mine. At that time, I thought that he was a gift that I had given to myself. And yet as I came to know more about my Heavenly Father, I found out a lot more. He had had the idea first and He had blessed me.

Discussions around this postcard today could start with speaking about anticipating something fun or exciting. Like a birthday or Christmas! Talk especially about planning towards this exciting moment and how this relates to being able to see something before it becomes a reality.

Some days you may forget to give them an affirmation. Some days you might have a difficult day react and hurt them. I pray that you will be comforted by this same truth that you shared or will share with them today. You too are a blessing. In the aftermath of the heated moment it might not look like it. However this is exactly why I need you to remember this truth , in the same way that you would like your child to know that they are a blessing, God wants you to know that you too are a blessing.

**MY PRAYER FOR YOU:** May your children grow to know, love and serve God with their whole hearts. May you nurture, equip, train and empower them to do more for His kingdom than they can imagine!

**Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be.**

**Psalms 139:16 (NIV)**



### **I am made in God's image**

The earth was created out of chaos. However, God used himself as a template to create mankind. God is so vast and mysterious and complex that it takes billions of people, thousands of languages, and countless cultures for us to even start to get a glimpse of everything He is.

We are made in God's image so that people can get a picture of God's nature when they interact with us. When we make a mistake, we know that we are forgiven and can walk with our head held high and this helps others see how forgiving God is. When we show one another mercy we show how merciful God is. When we create beautiful things, we show off his artistry. When we love, we reflect His loving nature.

Question for discussion

1. What can you do today to reflect God to your friends?

**MY PRAYER FOR YOU:** May your children grow to know, love and serve God with their whole hearts. May you nurture, equip, train and empower them to do more for His kingdom than they can imagine!

**Then God said, "Let us make mankind in our image, in our likeness, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals, and over all the creatures that move along the ground."  
Genesis 1:26 (NIV)**



### **I am wonderfully made**

We are all wonderfully made. Think about how our different organs work together without us having to think about it. We breathe in and out. Our brains think. Our mouths talk. Our ears hear. Our bodies dance. God thought, planned and designed everything about us intricately to make our bodies work the way they do. We are wonderfully made. He loved us when we were just a thought and He loves us now.

Discussion around this postcard could build up from yesterday's conversations and a few fun facts like,

- Did you know that if you were to lay out all the arteries, capillaries and veins in one adult, end-to-end, they would stretch about 100,000 kilometres. Given that the earth's circumference is 40,075 KM, this is approximately 2 and a half times around the earth!
- There are more nerve cells in the human brain than there are stars in the Milky Way.
- If we lined up all the neurons in our body, it would be around 965 km long.
- The human liver is involved in 500 different functions.
- The average adult carries approximately 3.6 kilograms and 2 square meters of skin.
- On average, an adult male's lungs can hold roughly 6 litres of air. This is about as much as three 2-liter soda bottles.

#### **PRAYER:**

Our Father, I pray that I and my kids grow in knowing that you are a careful and caring creator and that everything that was created by You is wonderful. May we love and serve You with our whole hearts. Grace me with the strength and presence of mind to nurture, equip, train and empower my children to do more for Your kingdom than I and they can imagine!  
Amen.

**For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.**

**Psalm 139:13-14 (NIV)**





### **I belong to God**

This affirmation is slowly growing into being a favourite one of mine. I love it because it led me to realize that I can involve my younger son in unpacking the information on the cards. Recently, I asked him whether he remembers how he once unpacked it to me. He did not. I asked him to share with me how he understands it now and this is what he said

"If I own a dog, it belongs to me. I give it freedom and free will to go and play. If it gets hurt, it comes back to me. When it is hungry it comes to me."

Me: "What does it do when it sees you?"

Him: "It is happy and wags its tail."

And we both pretend we have tails that wag our bodies.

Having our children lead the conversation might not always be theologically correct. However, it is important to encourage them to lead the conversation because simply it keeps it fun. It also helps you appreciate how they are engaging with what you are sharing with them. It enables them to start realizing that they, just like Samuel did, can hear from God.

Pick elements from what they share to emphasize what you would like them to remember. Most importantly, find something in what they have said or even in their effort to affirm them. Remember, the aim is not perfection but to connect and grow.

**MY PRAYER FOR YOU:** May you and your children grow to know our Father who lets us choose to whom we belong. May you all get an intimate understanding of what it means to belong to the one who created everything and therefore owns everything. May you grow to love and serve God with all of your heart. May you nurture, equip, train and empower your children to do more for His kingdom than they can imagine!

**The earth is the Lord's, and everything in it, the world, and all who live in it; for he founded it on the seas and established it on the waters.**

**Psalms 24:1-2 (NIV)**



### **I am valued**

Have you ever played the game "Would you rather?"

My younger son loves playing this game with me and he loves making the choices impossible for me. Like

"Would you rather be in jail for five years or in a coma for a decade?"

"Would you rather lose your sight or lose your memories?"

"Would you rather live in the Sahara Desert or in Antarctica?"

"Would you rather buy 10 things you don't need every time you go shopping or always forget the one thing that you need?"

"Would you rather vomit on your hero or have your hero vomit on you?"

Yeah. I am with you, rolling my eyes at the last one. I did say that my child is a boy, didn't I?

What is great about these questions is they get you thinking about what you value. Sometimes I try to negotiate and haggle my way into adding options which I prefer and include what I value. Most times he refuses to allow me to add anything. Other times I try to duck the question by asking him what his choice is. Either way, as he is getting older and his ability to search for these questions on the internet improves, the choices are ever more difficult.

Perhaps our Heavenly Father was faced with a "would you rather" situation at one time. Could He have been asked if He would rather have His son rejected and die for all of mankind to live OR - ? Did He wait to hear the option or did He think whatever was the alternative was not worth considering? I do not know. All I know is that if what He chose showed what He valued, then you and I are valued extremely highly by Him. We are precious to Him.

**MY PRAYER FOR YOU:** May you and your children grow in trust of a Father who is giving. May you all come to the realization that if God values you highly, who are you to think otherwise? May you all know, love and serve God with your whole hearts. May you nurture, equip, train and empower your children to do more for His kingdom than they could possibly imagine!

**For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.**

**John 3:16 (NIV)**



### **My mind is precious to God**

I find that this card has a lot in it. You see, the mind is where our intellect resides, our ability to choose reigns and our imagination finds flight.

What you will find is the information that you expose yourself to and what takes up your mindshare influences what you do from day to day. It influences what choices you make, whether God choices, good choices or other choices. It therefore affects what you will choose to learn more about. It influences whether you will use your powerful imagination to build castles of worry and anxiety or provide solutions from a foundation of hope and full of faith.

This is a good card to allow your kids to lead the discussion. Questions that can aid the conversation include the ones listed below. Stay curious and do not judge! Remember the aim is to affirm while engaging in conversation and building a relationship with the kids.

- Given what we have discovered in the cards before this one, why do you think God cares about your mind?
- What topics are currently trending?
- Who do you follow on social media? What do you like about this person?
- What channels are you subscribed to? What do you like about these channels?

Asking your children to share what they like about a person, or a channel, gives you a glimpse into what they value at this moment. You may then use the answers to have them speak about what they could do to filter or find content that embodies similar values, if the values align with the conversation about why God might care.

**MY PRAYER FOR YOU:** May you and your children grow in trust of a Father who is caring. May you all know without a shadow of a doubt that God finds your mind to be powerful and precious and wants it to be protected. May you all know, love and serve God with all your mind and all your heart. May you nurture, equip, train and empower your children to do more for His kingdom than they could possibly imagine!

**'Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.**

**Philippians 4:8 (NIV)**



### **I am not my mistakes**

It is easy to faithfully go through the previous cards and get to the point where we realize that God is good but when we compare ourselves to Him, we fall short. Terribly. Aaaaand we have the evidence to prove it. Look at all the mistakes that we have made! Even when we try to do the right thing, we still do the wrong thing. Or we do the right thing at the wrong time. Sometimes it feels like we are destined to fail the exam even before we have taken it. So deeply ingrained is our inability to do the right thing that this must mean we are doomed before we even start.

Breathe. Take a deep really long breath.

God, He who created us, is the only one who can sustain our spiritual life. He is the only one who keeps us believing in Him, in His nature in what He says of us. His love for us moves Him to call us and keep us guiltless. What we are called to do is to trust His commitment, pray for Him to keep us and wait patiently for Him to work.

**MY PRAYER FOR YOU:** May you and your children grow to know that God's power to keep you began before creation, is happening now and will never end (Psalm 121:3-8). May you all grow to love and serve God with your whole heart and mind. May God grace you to nurture, equip, train and empower your children to do more for His kingdom than they can imagine!

**To him who is able to keep you from stumbling and to present you before his glorious presence without fault and with great joy—to the only God our Savior be glory, majesty, power and authority, through Jesus Christ our Lord, before all ages, now and forevermore! Amen.**

**Jude 1:24-25 (NIV)**



### **God is kind to me**

That which makes our Father God and not us is what makes Him unable to come down on us with wrath. His heart is full of compassion. Think of it this way, a father who has a child who is suffering from a horrible disease, hates the disease because of what it does to the child he loves. He does not hate the child. Because of the presence of the disease, he is moved much more deeply to love the suffering child.

It is not our loveliness that wins God's love, it is our unloveliness. Unfortunately, this is not how most of us have been brought up. We have been brought up to face rejection when we fall short of set standards. We have encountered anger in response to misdeeds. As a result we may grow to think that a perfect and Holy God will be disgusted by us. And yet God himself tells us that His compassion grows warm and tender in light of our sins.

Take time to discuss why this is a hard truth to receive.

You may also study Hosea chapter 11 which talks about God's love for His children.

**MY PRAYER FOR YOU:** May you and your children grow to know our Father's heart of all-encompassing love. May you all grow to love and serve Him with your whole heart and mind. May God grace you to nurture, equip, train and empower your children to do more for His kingdom than they can imagine!

**The Lord is merciful and gracious, slow to anger and abounding in steadfast  
love  
Psalm 103:8 (NIV)**



### God is with me

Like all the earlier assurances, this is a promise to those who are believers in Jesus Christ. Many things can happen that can lead our kids to feel sad, hopeless and alone. My youngest son had many such experiences to share. Feeling sad after submitting an assignment that resulted in a very low mark. Feeling hopeless at failing to understand certain concepts and dealing with it by banging his head against walls. Feeling ostracized and alone because he would cry whenever he would get overwhelmed with emotions.

I know for most parents and guardians reading this, you have your own stories of your child's heartbreak. You have seen them sad. You have heard the hopelessness in their voices. You have watched them stand off to one side in a house full of their peers, alone. You might have wanted them to snap out of it believing that when they became adults it would not matter.

However, if we took a moment to be honest with ourselves and raised our own lives to compare our moments of heartbreak against our children's we will see clear similarities in our sadness, hopelessness and aloneness. It takes a certain level of growing in spiritual maturity to remember a promise from God such as this one. He is with us. Even though our situation does not look like His love. Even though today may be difficult and we fear that the future will only get worse, this fear cannot and does not separate us from God's love and neither does it show that God has departed from us. The truth is God is with us in our joyous occasions and in our sad occasions. He especially uses the sad ones to draw us closer to Him.

Nothing. Absolutely nothing can separate us from our heavenly Father.

**MY PRAYER FOR YOU:** May you and your children grow in the security of our heavenly Father's love. May you all grow to love and serve Him with all your hearts and minds. May our heavenly Father grace you to nurture, equip, train and empower your children to do more for His kingdom than they can imagine!

**For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.**

**Romans 8:38-39 (NIV)**



### **God is always near**

How do you determine what is absolutely true? Could it be based on the fact that you can hear it and it sounds a certain way. Could it be because it has a very specific smell and taste? Or perhaps something is absolutely true because you see it here right in front of you and you can feel it? Your senses give you evidence of what is real and therefore must be true, right?

Have you ever been in a situation where you cannot depend on your senses to rightly tell you which direction is up or down, right or left? Pilots have to be trained to overcome this phenomenon when flying. The phrase used is spatial disorientation and it refers to any time your brain loses track of what direction your body (and the plane or car or whatever you are in) is aligned towards. In the case of the pilot, the body's senses will identify that the aircraft is doing something that it is not. Visual illusions may make the pilot feel that they are in a turn when the plane is going straight. Clouds may give an illusion of a false horizon which will make the pilot want to turn or go straight. Flying into dense and dark clouds may make a pilot lose all perceptual reference and make them feel like they are flying horizontal and straight when they are actually spiralling toward the ground! Survival depends on trusting the plane's navigational instruments over what their perceptions and emotions tell them.

And so must we.

In our darkest days, in our most stormy days and depressed state we must trust God's promises, which are the navigational instruments He has given us over what our senses and emotions tell us.

**MY PRAYER FOR YOU:** May you and your children grow to know our Father whose promises never fail. May you all grow to love and serve Him with your whole heart and mind. May God grace you to nurture, equip, train and empower your children to do more for His kingdom than they can imagine!

**Where can I go from your Spirit? Where can I flee from your presence? If I go up to the heavens, you are there; if I make my bed in the depths, you are there. If I rise on the wings of the dawn, if I settle on the far side of the sea, even there your hand will guide me, your right hand will hold me fast.**

**Psalms 139:7-10 (NIV)**



## God cares for me

Cares. Concerns. Worries. Anxieties.

The American psychological association defines anxiety as an emotion characterized by feelings of tension, worried thoughts and physical changes like increased blood pressure. Can you think about something that you could be concerned or worried about? God cares about you so much He wants to take away these feelings of tension, the worried thoughts that you may be carrying. He delights to show His power and His care by unburdening us.

We do however need to do something, cast them to Him. What does casting look like? The word to cast means "an act of throwing something forcefully".

How do we cast worries or concerns which we cannot physical throw? We do this by admitting that we have them and that we cannot take care of them ourselves. The forcefulness comes from choosing to trust in God who is stronger and wiser than us with them. Trusting that God delights to show His power and His care by unburdening us.

MY PRAYER FOR YOU: May you and your children grow to know our Father who is mighty, who lifts up and cares for His children. May you all grow to love and serve Him with your whole heart, you whole mind and bory. May God grace you to nurture, equip, train and empower your children to do more for His kingdom than they can imagine!

**Cast all your anxiety on him because he cares for you.**

**1 Peter 5:7 (NIV)**





### **I am accepted**

When one has a child who is described as sensitive by his peers and teachers, one tends to see how deeply ingrained the need for showing up as perfect is in us. From childhood experiences that may plague us up to today, we may come up with a formula of being, behaving, talking or even thinking that others will accept. Depending on our personalities, we may hide or visibly display what others look down upon. We do this to protect ourselves from looking like we care too much, knowing that if they knew just how much we cared, they will have further grounds to reject us. So we play tough. Or we try to be invisible.

Our Father God welcomes E.V.E.R.Y.O.N.E who comes to Him. He does not require us to clean up our act before we do so. He invites us to "Come". As we are.

But ... what about my shame, sorrows, fears, doubts, sins, brokenness, sickness, rebelliousness, proclivities, emotions, feelings, past, present?!?!? What about all these (and probably others that you alone could add)? To this, our Heavenly Father says "Come. You are accepted".

**MY PRAYER FOR YOU:** May you and your children grow to know our welcoming and forgiving God. May you all grow to love and serve God with your whole heart and mind. May our heavenly Father grace you to nurture, equip, train and empower your children to do more for His kingdom than they can imagine!

**While Jesus was having dinner at Matthew's house, many tax collectors and sinners came and ate with him and his disciples. When the Pharisees saw this, they asked his disciples, "Why does your teacher eat with tax collectors and sinners?" On hearing this, Jesus said, "It is not the healthy who need a doctor, but the sick." Matthew 9:10-12 (NIV)**



### **I am loved**

This has got to be the definition of what love looks like. Love chooses always to be patient even when the other person frustrates them. Love chooses to be kind even when the other person is nasty and thoughtless. Love chooses to be generous even when triggered by jealous or malicious acts of rivalry. Love chooses to always forgive without counting how many times they have forgiven the person before. Love chooses to hopefully endure where there is pain.

This card reminds us that God chose to love us before we were good or chose to love Him. He did something to try to get our attention, show us how love looks like and remind us that He loves us still.

**MY PRAYER FOR YOU:** May you and your children grow to know our loving heavenly Father. May you all grow to love and serve Him with all your hearts and minds. May our heavenly Father grace you to nurture, equip, train and empower your children to do more for His kingdom than they can imagine!

**This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins.**

**1 John 4:10 (NIV)**



### **God does not change**

When you bake a cake, you are mixing dry ingredients with wet ingredients and placing them in an oven to come up with something delicious that looks nothing like the different ingredients you started with. What exists in the world can easily be changed in form, shape or size by applying a force against it.

Unlike a cake or any other created thing, God's existence was not determined by any force outside of Himself. He existed before everything and before the beginning of time. He cannot be changed in any way through surprise, shock tactics or force. His integrity cannot be compromised.

**MY PRAYER FOR YOU:** May you and your children grow in the knowledge of our heavenly Father who does not change. May you all grow to love and serve Him with all your hearts and minds. May our heavenly Father grace you to nurture, equip, train and empower your children to do more for His kingdom than they can imagine!

**"For I am the Lord, I do not change; Therefore you are not consumed, O sons of Jacob."  
Malachi 3:6 (NKJV)**



### **God exists**

If God exists, then shouldn't He prove his existence beyond any doubt? Should He not make it obvious to everyone that He does exist? An intentional and conscious relationship with God requires one to believe in the existence of God, right? Since God wants us to have an intentional relationship with Him, shouldn't He do everything that He can to ensure that we believe that He exists? Why does pain, injustice and evil exist if God exists and is both good and mighty? If He really does exist, then there should be no pain, injustice and evil.

I believe that what we have learnt about God in these few cards can still help us unpack the truth that God exists to ourselves and our children.

1. Day 16. God existed as Himself before any other thing and therefore He is full, complete and not dependent on anything to prove that He exists.
2. Day 14. He is love. It is important to note that the word IS is different from the word HAS. When we use the word HAS we are referring to what is contained inside something. For example, a cup has water. There will be times when the cup will not have water and will need to be refilled again. God existed before pain, injustice and evil were introduced into the world. In day 16 we also discovered that God does not change. This means that when bad things are introduced in the world, it does not dilute or dissipate His being.
3. In both days 15 we saw how God is secure in Himself. He chose to love us before we loved him. This is who He is before we are and before choose to do.
4. In day 7, we again saw God's magnanimous nature when He gave us the choice to believe in Him and love Him.

Granted these four points do not say much about God's existence. What they do say is that God is who He is and not what we hope He does. If we see a situation around us that is unlike His nature, we cannot use that response to say that He does not exist. Instead, we need to be curious and seek to find out who He is.

**MY PRAYER FOR YOU:** May you and your children grow in the knowledge of our heavenly Father who is. May you all grow to love and serve Him with all your hearts and minds. May our heavenly Father grace you to nurture, equip, train and empower your children to do more for His kingdom than they can imagine!

**And God said to Moses, "I AM WHO I AM." And He said, "Thus you shall say to the children of Israel, 'I AM has sent me to you.'"**

**Exodus 3:14 (NKJV)**



### **With God I lack nothing**

It would be easier for me to live out this affirmation if I had grown up understanding that the greatest desire, the greatest delight and the tastiest taste is God. If I had grown up knowing that the highest high I would ever get was from having a relationship with Him. That the deepest hope I would ever experience would be from seeing a hurting world from His point of view. That my deepest joy would come from doing what would please Him. "I lack nothing" would be easy to say then. It would be the truth that I lived and it would be that much easier to pass on this truth to my kids, to you and others.

In truth, my tastes draw me to want, my mind to imagine and my feelings to desire "good" things not God.

When the Shepherd leads me away from what I believe to be the "good" thing, I follow - kicking and screaming. The "good" thing represents wants, wishes and dreams that I am unwilling to give up because I can taste them ... they are just a millimetre away from my reach. My mind and heart find it difficult to compute that the One who leads me is all that I need. He is enough. With Him I lack nothing.

**MY PRAYER FOR YOU:** May Our heavenly Father change the tastebuds of our hearts and renew our minds so that we may grow to yearn for Him above everything. May we grow to love and serve Him with all of our hearts and minds. May our heavenly Father grace us to nurture, equip, train and empower our children to do more for His kingdom than they can imagine!

**The Lord is my shepherd, I lack nothing.  
Psalm 23:1 (NIV)**



### **I believe in God**

The fun thing about the bible is sometimes as you study the scripture within, information from certain subjects will come to mind. Or perhaps that is just me. I find that happening all the time. Take this scripture for instance. Jesus speaks about believing IN God and believing IN him. This throws me all the way back to English class on prepositions. There is a difference in believing someone and believing in someone.

We use the statement "I believe you" when responding to someone who has told us about something that happened, which they were privy to and we were not. For example, if you were asleep when the red sea parted and someone who was awake later explained to you how you all ended up on this side of the sea, you would say to them "I believe you" at the end of the story.

We would use the statement "I believe in you" when speaking to someone about something that they are yet to do to let them know that you have complete confidence in their ability and willingness to do it well.

Our heavenly Father invites us to not only believe Him but also believe IN Him.

Today, encourage the children in your circle of influence to read scripture slowly, paying special attention to the little words. Help them see how these little words can reveal more of what the bible has for us to feast on.

**MY PRAYER FOR YOU:** May the youngest of your children appreciate the impact of the little. May you all grow in the knowledge of our heavenly Father who longs to have you lean on Him fully. May you all grow to love and serve Him with all your hearts and minds. May our heavenly Father continue to grace you to nurture, equip, train and empower your children to do more for His kingdom than they can imagine!

**Do not let your hearts be troubled. You believe in God; believe also in me.  
John 14:1 (NIV)**



### **I am who God says I am**

Who does God say that you are? What does He say about you? The message on this card invites us to relate to Him in the way that He sees us. We have learnt a little about who we are over the past three weeks (almost!) as listed below.

*I am a child of God. I am chosen. I am a blessing. I am wonderfully made. I am made in God's image. I belong to God. I am valued. I am not my mistakes. I am accepted. I am loved.*

The conversation to have today is, what thoughts would you think if you remembered that you are even one of these things? What would you do? What would you say?

Remember, what drives what we do helps reveal what is important to us. Perhaps what is important to us is not to be laughed at, because when we are laughed at we feel rejected and stupid and we find ourselves unable to fit in with our friends. This shows us that we value our friend's opinions over, say, attempting to answer a question in class. It shows that we worry about how other people see us. We worry about ourselves and how we appear to other people. We value what other people say about us.

This affirmation reminds us that we ought to value God and what He says about us over everyone. When we value God above everything, believing what He has said about us and choosing to think thoughts, do things and speak words that support this belief are the steps that will show that we value Him above everything. In doing so we will be worshipping Him.

**MY PRAYER FOR YOU:** May you and your children grow in the knowledge of what our heavenly Father thinks and says about you. May you all grow to love and serve Him with all your hearts and minds. May our heavenly Father grace you to nurture, equip, train and empower your children to do more for His kingdom than they can imagine!

**Yet a time is coming and has now come when the true worshipers will worship the Father in the Spirit and in truth, for they are the kind of worshipers the Father seeks.**

**John 4:23 (NIV)**



### **God is in control**

When I was probably 6 years old, I read the story of the princess and the pea. Quick story for those who may not have read it, a girl was caught in an el-nino type of rain sought shelter from the nearest place. This place happened to be a palace. She was given a bed that had twenty mattresses and twenty pillows. Deep in there the person who made the bed hid a pea. The girl woke up the next morning with bruised skin. Apparently the pea that had been placed at the bottom of all that bruised her fair skin. That was how the family that sheltered her found out that she was a princess and they married her off to their son. Sooooo many questions but let us focus on our story here. I could not reconcile this pea with what I knew about the peas that we eat. How could such a small thing cause someone to wake up all bruised? And because I could not reconcile the two I thought that this pea in this story must surely be something else. And so until adulthood I pronounced the pea in this story as pe-ah.

The first few times I read the story about David's battles, I thought that foreskins were scalps! In my defence, I was young and was not familiar with the male anatomy.

A limited understanding of something may lead us to inaccurate conclusions. My limited understanding of the male body and the sensitive skin of a princess led me to wrong conclusions.

God has a different, higher and unlimited understanding of the world. We might find that we are suffering through life and may wonder why He does not protect us from the pain and hurt. We need to take heart though that in and through every hurt, suffering and hardship He is unfolding his purpose for good. He is still and has always been in control.

**MY PRAYER FOR YOU:** May our heavenly Father not only show you how He works but open the eyes of your understanding to see the hope in the middle of your difficult situation. May you and your children grow to love and serve Him with all your hearts and minds. May our heavenly Father grace you to nurture, equip, train and empower your children to do more for His kingdom than they can imagine!

**"For My thoughts are not your thoughts, nor are your ways My ways,"  
says the Lord.  
Isaiah 55:8 (NKJV)**





### **I will trust**

This card builds up on the truth that we meditated upon in yesterday's card – God is in control. Now that we know the truth, what then should our response be?

God is in control therefore I will choose to trust Him.

It is possible that questions remain especially after meditating upon the truth that God is in control. The question could be, if God is in control and He works His purpose for the good of those who love Him, then doesn't this mean that God is primarily about Himself? And does that not mean that He is selfish?

Take a moment to follow through the argument to reveal that when we think of other people who only think about themselves then we are able to point out situations where they would make decisions that will only favour themselves, those who they want to please or their tribesmen. We have probably experienced this as two faced, manipulative and unjust. Should we then trust a being who cares primarily about himself?

Our understanding of love is that which puts human value and human well-being at the core. However, Love is doing what needs to be done to help people see and enjoy the glory of God forever. Love keeps God right at the centre because man's soul was made for God. Therefore, God is loving us when He is working His purpose. We may look upon Him to ask Him to give us what we desire, take away our hurt or prevent something from happening. He will consider our request in terms of how best to respond to ensure that His beloved sees and enjoys Him. Even when it means leaving us in a space of weakness. He lovingly reminds us that His grace is all that we need as our weakness is the door He needs to make the miraculous happen.

**MY PRAYER FOR YOU:** May you and your children grow in boldness to acknowledge your weaknesses and allow God's might to be seen through them. May you all grow to love and serve Him with all of your heart, body and mind. May our heavenly Father grace you to nurture, equip, train and empower your children to do more for His kingdom than they can imagine!

**But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore, I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me.**

**2 Corinthians 12:9 (NIV)**



### **God hurts when I hurt**

Yesterday we meditated on the truth that God is in control and what our response to this truth ought to be – to choose to trust Him. The thing is, have you ever wondered about His own response to your hurt? Yes, He is in control and yes, we choose to trust Him especially when it hurts. But still it really hurts.

Over the past few weeks, we have meditated on the following truths about God.

- God is my Father.
- God is kind to me.
- God is near to me.
- God cares for me.
- God is with me.
- God does not change.
- God exists.
- God is in control.

Take a moment to read the above list again. This time read it slowly. Then close your eyes as you answer the following question. In that painful memory or moment when you cannot stop crying and you felt like your something was torn right out of your chest, where was God then?

The truth is God who is Father and is always near is right there with you. His gentle, kind and caring heart hurts along with you. My personal belief is that whatever hurt we feel pales in comparison to the hurt God carries when He sees His beloved in pain. Think about it, how moved would you have to be to send your son in to die for people, setting them free when they choose to believe in Him?

**MY PRAYER FOR YOU:** May you and your children grow in knowledge of God who came down on earth to reveal to you the truth of his ability to relate to your suffering. May you all grow to love and serve Him with all of your heart, body and mind. May our heavenly Father grace you to nurture, equip, train and empower your children to do more for His kingdom than they can imagine!

**Love does not delight in evil but rejoices with the truth.**  
**1 Corinthians 13:6 (NIV)**



### God is my comforter

My dad passed on 23 years ago this month. I remember hearing about his passing from my first born brother. He picked me up from my place and we went for a drive. Have I mentioned that I have a delayed response system? I do. What he said did not hit me then.

The days after I found out passed in a blur. Visitors seemed to descend from everywhere. I kept busy saying hi to people, trying to remember names and drifting amongst friends. Eventually he was buried. The church service was packed. I did not know he was that well-known. A few close friends and relatives stayed that night and we laughed-cried at the memories.

Morning came and no one came to visit that day. Or the next. Or the one after that. It was quiet. Everybody had gone on to their homes and lives. There was no activity and no one to take my mind away from thinking about what happened. Mum's house felt empty. I had nightmares then. I never told anyone. My dad had died.

If you have suffered the loss of someone you have probably experienced this part. You are still grieving while everyone around you seems to have moved on. They also don't seem to know how to act around you. Should they hug you and ask you how you are? Will you burst out in tears? Will they know what words to say to comfort you? It is better to stay away. Relating with friends has suddenly become weird. More days pass. You still grieve. And no one around you appears to understand.

God does. The one who hurts when you hurt does understand.

**MY PRAYER FOR YOU:** May you and your children grow in the knowledge of our God who stays on long after all others have gone to offer you comfort. To remind you of the truth that even through this, He sees you and He's got you. May you all grow to love and serve Him with all of your heart, body and mind. May our heavenly Father grace you to nurture, equip, train and empower your children to do more for His kingdom than they can imagine!

**Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.**

**2 Corinthians 1:3-4 (NIV)**



### **With God I am content**

One day we were driving home from school with my youngest son. He was probably 8 years old at this time. He noticed groups of children in school uniform walking on the side of the road. He asked me why they were walking. I replied that they were making their way home.

He looked stunned. Perhaps he had forgotten the time when we a short walking distance from school. Perhaps he imagined that they would be walking a distance equivalent to the one that he and I drove to get to school. Whatever was running through his mind he looked surprised and sorry. I had to tell him that the kids lived closer to the school than he.

Life works that way sometimes. You are celebrate moments – like passing exams and your dear friend may have failed the same exams. It is easy to feel like you should match your mood to your friend's because you feel guilty that you are happy while your friend is hurting. It is easy to go down a rabbit hole of how horrible of a friend you are to want to rejoice about the good in your life while others are not having as good a time as you.

Today's affirmation helps us to realize that contentment equalizes us all. Contentment enables us to look above our circumstances and rejoice. In the example, our friendships or relationships are most important. The one who is sad about exams can hug their friend and say, "I am so glad that I have a friend who inspires me to work hard like you" And the other can hug them back and say "I am so glad that I have a friend who encourages me and is kind like you"

We cannot grow in our own strength to be this loving to one another. Only God can help us mature in this way.

**MY PRAYER FOR YOU:** May you and your kids grow in understanding the value that God places on relationships and how knowing Him builds contentment that helps our relationships to thrive. May you all grow to love and serve Him with all of your heart, body and mind. May our heavenly Father grace you to nurture, equip, train and empower your children to do more for His kingdom than they can imagine!

**I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength. Philippians 4:12-13 (NIV)**



### **I live a full life with God**

Our experiences with promises make us a cautious (perhaps distrustful?) people. When I was thinking through this card, I realised that most of the promises that I came across when I was younger were said by visitors when it was time for them to leave. Thinking about it now I wonder why that was. Could it be that they were uncomfortable that I was sad? Could it be that they wanted to change my mood so that when they left they would not feel bad about having made a child sad? I don't know the reason why but somehow it has made me distrustful of comments such as

"We should do coffee!"

and

"We need to catch up!"

Before all the adults come for my neck... I get it! I truly do. We are busy AND when we say these words we have all intentions of seeing each other and catching up. However, when a greater percentage of them do not come to pass...

To protect ourselves from the hurt that when this promised meet up does not happen, we might choose to delay our hope around the meet up until the day we lay eyes on the person. Now the problem with this is we end up using the same measuring stick that we use for others for God's promises.

Do not give up.

Read the scripture on the second card slowly. A full life is promised by our heavenly Father who is kind, cares and is near. In fact, in this scripture it is stated as his responsibility, purpose and guarantee.

**MY PRAYER FOR YOU:** May you and your children grow to know, trust, love and serve God with all your heart, body and soul. May our heavenly father grace you to nurture, equip, train and empower the children in your circle of influence to do more for His kingdom than they can imagine!

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

**John 10:10 (NIV)**



### **I am full of hope**

In one of the classes at The Farm Global School of Missions we learn that our history must serve our future. Yes, what happened in your past cannot be denied. None of us here can argue away the fact that what happened in any of our pasts happened. The memories may bring either pain or past glory to mind. Reliving our past through the lens of the hurt, bitterness or missed opportunities, prevents us from seeing what our Father is doing. It makes us blind to the healing that is promised and the hope that is springing up in a way that we have never experienced before.

Using our powerful minds to focus on the misses or glory of the past, robs us from enjoying our today.

Today, our Father invites us to focus on Him, His nature and promise. He invites us to use our powerful minds to view our past through the lens of His mercy and grace for He is merciful and does not condemn us. He invites us to view the glory of our yesterday through the lens of discipline and submission to His will. In doing so, we focus back on the truth in His word and ensure that our past, whether good or bad, does not lure or distract us away from the future He is leading us to.

**MY PRAYER FOR YOU:** May your faith grow deeper as you choose to focus on today, the day the Lord has made. May you and your children grow hope as your knowledge of a God who is at work increases. May you all love and serve God with all your heart, body and soul. May our heavenly father grace you to nurture, equip, train and empower the children in your circle of influence to do more for His kingdom than they can imagine!

**Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland.**

**Isaiah 43:18-19 (NIV)**



### **God is full of hope for me**

One affirmation that I have been repeating to myself recently is "I love people and believe the best about them." This is because we live in a world that primes us for disappointment. A world that tells us that we need to adopt a "wait-and-see" attitude towards anyone and everyone because they will disappoint, leave or let us down. A world that tells us that when something is that good, it cannot last. A world that tells us we better be prepared and protect ourselves against the hurt, pain or rejection that is bound to come. We live our lives like scouts but without the uniform, prepared for relational let-downs that might happen. We train ourselves to scrutinize people's words and actions to find red flags that prove what we believed all along, that there is no good in anyone.

Unlike us, whenever God watches His children, He looks for how much we resemble Him. He primes Himself to identify moments when we are kind, patient and forgiving just like He is. He knows, better than anyone else, just how fallen and broken the world is. He is under no illusion of who we are to Him. Still, He watches us closely, rejoicing whenever we choose, do or say something that shows our belief, faith and trust in Him and celebrating whenever we reflect His nature.

How then should we respond? By loving people. By choosing to believe the best about ourselves and others.

**MY PRAYER FOR YOU:** May you and your children grow closer as you train yourselves to identify and applaud moments when you are kind, patient and forgiving towards each other. May you all grow in the knowledge of a loving God who always hopes in His children. May you love and serve God with all your heart, body and soul. May our heavenly father grace you to nurture, equip, train and empower the children in your circle of influence to do more for His kingdom than they can imagine!

**It (love) always protects, always trusts, always hopes, always perseveres.  
1 Corinthians 13:7 (NIV)**



### **I am more than my feelings**

My younger son is still refining his physical search skills. His online search skills are outstanding. His physical search skills ... not so much. To help them develop, I am training him to keep certain things in specific places. So that, ideally, when he needs something, he will search for it in the place where he is learning to "always" keep it. Ideally.

I wonder if the child (or young person) in your space is taking a little longer to get proficient in this like mine. It can get frustrating – scratch that. It often gets frustrating to me the highly methodical melancholic and he, the easy going phlegmatic/sanguine. Drives me four types of crazy, it does.

Question, in what way does our heavenly Father view us when we are in the same situation? Specifically, when we are searching for who we are. We tend to look for what defines us in the voices that speak the loudest. Often, unfortunately, the loudest voice in our ears is not His. Sometimes the anger, sadness or loneliness that we feel is much louder and we feel it consistently and more constantly than we experience peace and calm. Other times the needs, desires or wants from our bodies are much louder and lead us to believe that we could be our feelings. If we were not what we feel, why do we feel this so strongly ... or at all?

I find it amazing that our heavenly Father provided us with something that will help us not only to fight but also to reminds us of who we are. He anticipated our perplexity and need and gave us His Spirit, a constant presence who guides us to the truth.

**MY PRAYER FOR YOU:** May you and your children grow to know our heavenly Father who anticipates what we need and provides for them. May you all grow in trust of Him to love and serve Him with all your heart, body and soul. May our heavenly father grace you to nurture, equip, train and empower the children in your circle of influence to do more for His kingdom than they can imagine!

**For the Spirit God gave us does not make us timid, but gives us power,  
love and self-discipline.**

**2 Timothy 1:7 (NIV)**





### **I am disciplined**

Mum? What intrusive thoughts run through your mind? When my son asked this question the other day, I drew a blank. My brain could not compute. Why are we talking about intrusive thoughts? Do I have intrusive thoughts? Wait! Do I know what intrusive thoughts are?

Luckily for me, we were in the car and we had company so while company responded to the question, I got a chance to listen in and get schooled on what intrusive thoughts are. When my kids were infants, and I had left them at home with the caregiver, in the middle of some random piece of work I would have this image of them rolling off a chair or bed and falling onto the floor. This thought would often make me sit up straighter, reach for the phone and then I would hastily remind myself that if anything happened, the nanny would call me. Still I would be on edge for a while after that.

Affirmations when memorised and repeated, tend to affect someone the same way that intrusive thoughts do. Take this one for instance - I am disciplined. The first time you read it, it might not ring true about you or your child. That is quite alright. Make it a game. Memorise it, write it down and say it out loud often. What will happen is, it will be that intrusive thought that pops into your mind when you need to do something that calls for you to be disciplined.

I speak from experience. Often when I am lying in bed well after my alarm has gone off and in the middle of thinking deep thoughts like "Am I still tired? Should I sleep some more? Are both socks still on?".... the thought "I am disciplined" intrudes. It jars me awake and I bolt out of bed!

**MY PRAYER FOR YOU:** May you and your children grow in knowledge of a merciful Father who does not condemn. May this knowledge help you all to restart your consistency and training journey as often as you need to. May you all grow in discipline to serve and love our Father with all your body, heart and soul. May our heavenly Father grace you to nurture, equip, train and empower the children in your circle of influence to do more for His kingdom than they can imagine!

**Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air. No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.**

**1 Corinthians 9:26-27 (NIV)**



### **I am obedient**

My older son taught me a profound lesson about obedience. When he was much younger, he had the simple chore of wiping dishes. I remember that whenever I would request him to wipe them, he would jump to it. Later on, I discovered from our helper that he would not respond in the same way to her requests to perform the same chore. When the instruction and duty never changes, can I refer to his character as obedient if he only responds positively to one adult and not the other? In my opinion, no. His actions -at that time- were dependent on who was giving him the instruction at that moment.

What does holiness have to do with obedience and light? Everything. We call God holy because His thoughts, words and actions towards His Son, Jesus are aligned. He is not two-faced, thinking one thing and doing something else. His thoughts, words and actions towards us, His children are also aligned in the very same way.

When we get into a relationship with our heavenly Father, we find that we are drawn more and more to be like Him. Unlike my son, we cannot pick which of His instructions to obey and which ones to ignore, when to obey and when not to. We can tell that our relationship with Him is growing when we are compelled from inside ourselves to obey Him in everything and at every time. In this way, our steady and consistent character stands out like light.

**MY PRAYER FOR YOU:** May you and your children grow in love of our Heavenly Father and as your relationship with Him grows, may your desire to please Him always increase. May you all grow in love to dedicate all yourselves to Him, withholding nothing. May our heavenly Father grace you to nurture, equip, train and empower the children in your circle of influence to do more for His kingdom than they can imagine.

**The light shines in the darkness, and the darkness has not overcome it.**

**John 1:5 (NIV)**



### **I desire what God desires**

When we own something like an X-box or PlayStation, we are very protective over it. It could be hard for us to lend it to our friends. Perhaps the last time we let them borrow it, they spoil one controller, scratched a game or a button got stuck in the down position. I have a couple of car stories which I might share at another time, but the point is, when we have something that is of value to us, we are cautious about lending it to others. We often want them to guarantee that they will handle it as carefully as we do. If you observe closely you will notice that how our school mates or siblings treat our things reveals what they think of us. Think about it for a minute.

Is it possible to know what God desires? Yes. In day 6 we meditated on the scripture that reminds us that everything on earth belongs to God. One of His desires is for us to treat what belongs to Him the same way that He does. He desires that we love people and always think the best of them. He desires that our thoughts, words and actions towards them match. Our journey towards holiness starts when our thoughts, words and actions towards people begin to align. In addition, when we treat others with care and respect, we are reveal what we think of Him; that we value Him and all that belongs to Him.

**MY PRAYER FOR YOU:** May you and your children grow to desire what our Heavenly Father desires. May your relationship with Him grow in holiness and your desire to please Him increase. May you all grow in love to treasure and cherish each other. May our heavenly Father grace you to nurture, equip, train and empower the children in your circle of influence to do more for His kingdom than they can imagine.

**But just as he who called you is holy, so be holy in all you do; for it is written: "Be holy, because I am holy."**

**1 Peter 1:15-16 (NIV)**



### **With God I remain pure**

8 or so years ago I started a journey to equip myself with the hope of growing into a voice of influence over my kids. Somewhere at the back of my mind I really needed them to end up being good (read compliant) kids. I wanted to look at them at the end of the day with satisfaction that I had done a great job and my kids behaviour was proof.

A couple of years in I discovered that my kids had their own minds. Later, I realized that they would be clear about my values but may choose their own way. A couple of years ago during Covid, I was terrified when I realized that I could not leave their learning to their age-appropriate church services and Sunday school. I had to be priest in my home.

Now this affirmation, is one that we as parents would love to require our children to cram and move on. It is likely that we hope that from memorising it our children will not fall into activities that will make them handle adult perplexities before they are emotionally, physically and spiritually ready to handle them. However, as recently as two months ago I understood a little more about this scripture that I did not before. For our kids to respond to us in a way that respects our values, we need to have a connection with them. The connection grows through our relating with them.

For our kids to respond in a way that respects God's values, they need to spend time relating with Him. They need to spend time in His word, hearing Him call out their virtues, growing confident in who He says they are to Him and building a connection with Him.

**MY PRAYER FOR YOU:** May you and your children's connection with our heavenly Father continue to grow deep and close. May you all grow to love and serve God with your whole heart, body, mind and soul. May He grace you to nurture, equip, train and empower the children in your circle of influence to do more for His kingdom than they can imagine!

**How can a young person stay on the path of purity? By living according to your word.**

**Psalms 119:9 (NIV)**



### **Jesus set me free**

I remember a day when one of my older nephews was in high school and working towards his final exams. I had a conversation with him and passed along what I now see was not the best advice. I think the whole conversation on acing his exams was getting to him and to calm the waters I said something like, "Just go along with it now. When you turn 18 you will be free to do what you want."

Years later, I think back to that day and wince. What is freedom? Is it really the power to act, speak or think as one wants? Is it not to be subjected to an undesirable authority, guidelines or rules?

For the follower of Christ, freedom is described as free, joyful, satisfying obedience to God. Earlier on this journey, we found out that we belong to God which means that we come under His government. We stop being subject to whatever we were subject to and choose to come under His authority and rule. This is one aspect of freedom to the believer in Christ.

We have also grown in understanding that coming under the government of God is an invitation to a relationship with Him. Relating with Him will create a connection and spark a desire to please Him. The second aspect of freedom for the Christ follower is the ability to do this joyfully.

The third aspect of freedom for the Christ follower is the freedom to serve others. We are set free to bless others and love each other. We are freed from self-justification, self-focus and selfishness.

The truth sets us free in all these ways.

**MY PRAYER FOR YOU:** May you and your children grow in the knowledge of our Father who wants you to be free to love Him with all your heart, soul, mind and strength. May you all grow in your relationship with Him and may this lead to freedom to love and serve Him and others joyfully. May He grace you to nurture, equip, train and empower the children in your circle of influence to do more for His kingdom than they can imagine!

**To the Jews who had believed him, Jesus said, "If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free."**

**John 8:31-32 (NIV)**



### **When He calls, I will answer**

Today's affirmation prompts me to think of an elite soldier's life while in active duty. In the period before their first deployment, the soldier will be trained and conditioned. The training might include drills, running, hiking, shooting practise, jumping out of aircrafts, swimming, simulation training and a host of other activities that are designed to make him or her an efficient fighting machine. weapon. I might be off the mark here because most of the information I carry is from movies and novels however, I believe that a lot of intense training happens prior to initial deployment and training and conditioning continues in the periods between deployments.

Now what I suspect is that even when deployed to a station where the battle is taking place, all soldiers are not sent out at once and kept in the battle area the entire time. I suspect that there is a battle plan which states when a particular company will be engaged in battle, while another is resting in the camp. There might be various types of soldiers each with specific tasks that take place at different times. I imagine that there are times when you will find very highly trained soldiers at the base camp waiting for their specific instructions.

It is the same for followers of Christ. God has planned and is constantly sharing His plans with us. Our role is to listen and obey. At times He will speak and require us to carry out an assignment. At other times, when His time to deploy us is not yet, He will keep us waiting for His instructions even when we believe that we are ready and raring to go.

**MY PRAYER FOR YOU TODAY:** May you and your children grow in trusting our Heavenly Father's wisdom and what He determines as the way to bring out His best in us. May your hearts be found soft and expectant of the unimaginable things that He has prepared for you who are growing in love of Him. May you all grow to love and serve Him with all your heart, minds, soul and strength. May our heavenly father grace you to nurture, equip, train and empower the children in your circle of influence to do more for His kingdom than they can imagine!

**However, as it is written: "What no eye has seen, what no ear has heard, and what no human mind has conceived" — the things God has prepared for those who love him—  
1 Corinthians 2:9 (NIV)**



### **I am visible**

Growing up, I was always taller than most people. I do not remember a time when I did not tower over the kids and some teachers in our school. I looked even taller than I was because I was reed thin. People claimed that if I turned sideways, I would disappear! The challenge for me growing up though was I did not know what to do with all the extra feet and inches. All my height seemed to do was to attract attention to itself. To me, I did not have to try, I stood out, literally.

Because I was so uncomfortable with my height, I tried to make myself invisible. I learnt how to be quiet when in public and wore baggy clothes. I tried to hunch my shoulders and slump into my seat. I tried to be like everyone else too in all other aspects so that nobody would realize that I was different from others in any way. You see, I thought that being the same as everyone else must be equal to being humble. Therefore, what made me different, stand out and noticeable defined me to be prideful. What sort of person would want to call attention to themselves? With their height? Or with something that they do differently from or better than others like draw, write, dance, sing or play?

The truth is, when you choose to follow Jesus, expect to stand out. The decisions you make, your actions and your desires will be different. There will be a transformation in who you are. If you work at not being seen to be different, it will only call attention to what you are trying to do to go against your new form. It will be inauthentic. So, for us who follow Christ, our transformation will be seen, should be seen and ought to be seen.

**MY PRAYER FOR YOU:** May you and your children grow in the knowledge of who you are in our Heavenly Father. May you all accept that you were created to be unique and different on purpose. May you all grow in trust to love and serve Him with all your heart, body and soul. May our heavenly father grace you to nurture, equip, train and empower the children in your circle of influence to do more for His kingdom than they can imagine!

**"You are the light of the world. A town built on a hill cannot be hidden."**

**Matthew 5:14 (NIV)**



### **I conform to God**

At the core, our actions and words show proof of what we believe. For example, a child learns that an open flame is to be avoided because it burns and burns are painful. Pain causes one to cry. Crying makes one look weak and therefore crying must be avoided. As the child grows, this thinking process is extended to any experience that is likely to lead to hurt. They learn to embrace experiences that protect one from discomfort and seek those that lead to pleasure.

Soon patterns of self-preservation and self-rejection emerge. Choice after choice is evaluated to determine if we are willing to bear the intensity of the hurt. Our history comes into play to give us evidence and "helps" us evaluate whether we want to bear the pain again. Often self-preservation wins. In the case where an experience will lead us into heady pleasures, we leap in and indulge – reasoning, "kesi baadaye" (we shall deal with the consequences later)!

Take a moment to observe the world around us. Notice how deeply similar patterns are enmeshed. Patterns of self-preservation, self-absorption, self-indulgence, self-sufficiency, self-protection, self-pity and many others driven by the self. This affirmation gives us an opportunity to stop and think about what God's actions reveal about His beliefs. He died a horrible death. His loss for our gain. Everything He did was for others. For us. On a maybe.

When we conform to Him, we start by believing what He believes. Our thoughts, words and actions change to match His belief system. We will often be called upon to sacrifice so that others can benefit. Then our lives give evidence of the good, acceptable and perfect will of God.

**MY PRAYER FOR YOU:** May you and your children let God change the way you think. May He transform your mind, connect with your intellect, heal your memories and reignite your imagination aligning it to His. May you all grow in believing what He believes and to love and serve Him with all your heart, mind, soul and strength. May He grace you to nurture, equip, train and empower the children in your circle of influence to do more for His kingdom than they can imagine.

**And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.**

**Romans 12:2 (NKJV)**





### **I am a leader**

I love that our kids are growing up in an era that is different from the one we grew up in. I hear stories of schools conducting elections for what are now referred to as class representatives. In certain schools, the nominated candidates are taken through conversations to prepare them for the win or loss before the elections take place. In other schools the elected officials are taken on team building retreats where the baton is passed down from the previous ones. Impressive, right?

When I was in primary school, class representatives were known as prefects and their job was to try and keep the class quiet. If someone spoke, their name was written on a list and handed over to the teacher for punishment. I was a prefect when I was seven years old and remember being taught to appreciate the leadership maxim "As a leader, the buck stops with you". At that time, the head of discipline determined that the school's noise level were too high. Since the buck stopped with us, the prefects, he instructed that all us should be punished collectively during parade one morning.

Memories of lessons on leadership that were based on punishment (of others or self) may not be the reason why some of us may be unwilling to step up and officially lead. The reason may be more complex than this. However, when we try to make our way in the dark, we reach out for the lit lamp and hold it out in front of us to see the way.

You and your children are light. Encourage, affirm them and call out their leadership qualities whenever they display them.

**MY PRAYER FOR YOU:** May you and your children grow in the knowledge of who you are in our Heavenly Father. May you all accept that you were created to influence the world around you, bringing order, spreading hope, love and healing wherever you go. May you all grow to love and serve Him with all your heart, body and soul. May our heavenly father grace you to nurture, equip, train and empower the children in your circle of influence to do more for His kingdom than they can imagine!

**Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity.**

**1 Timothy 4:12 (NIV)**



## **I represent God**

Hold up one minute before you cancel me for this affirmation which may come across as presumptuous. However, once you take a moment to allow the words to sink in you will realise that this is an affirmation to aspire to.

The more I study around the topic of God's love the more I come across information that leads me to the conclusion that God created mankind as an outward expression of love and that His love may have a place to flow out to. He created an awesomely beautiful earth, then man and then gave man the earth to take charge of and nurture. I think it goes without saying that God expected us to take care of the earth and ourselves the way He would have had He been running things. Look at it this way, you own an apartment that you have converted into a peaceful retreat, a luxurious air bnb. Let's say you give it to your son to manage it for you, you would expect him to be diligent in its care ensuring that 3 years down the line, the space looks as beautiful as it did from day one. After all, you have assigned him to be the extension of you that keeps an eye on the apartment.

In the same way, God expects us to represent Him with love and excellence in all the roles we play (should we even call it play anymore?). The way in which we care for each other and how we work ought to reveal how much we value each other and the world around us. As followers of Christ, we owe the Creator distinction in our work, labour, training, studying and thought.

**MY PRAYER FOR YOU:** May you and your children aspire for distinction as you grow in reverence of our Heavenly Father. May you all grow to love and serve Him with excellence with your whole heart, body and soul. May our heavenly father grace you to nurture, equip, train and empower the children in your circle of influence to do more for His kingdom than they can imagine!

**Whatever you do, work at it with all your heart, as working for the Lord,  
not for human masters.  
Colossians 3:23 (NIV)**



## I am kind and gentle

It is easy and even beautiful to be kind and gentle to people who appreciate us being kind to them and who also respond to our kindness by responding in kind. However, we live in a world with people who at times hurt us knowingly and unknowingly. Being a follower of Christ and responding with kindness and gentleness to these people looks spineless, cowardly and pathetic. Are we encouraging each other to be doormats? Shouldn't we then choose who we ought to be gentle with and show kindness to?

When we determine how kind or gentle we need to be based on how others respond to us we are in effect choosing our character based on external circumstances. We are saying that if the external factors favour our being kind then we shall be kind, if not we shall not be kind. Character, however, is consistent. It is not framed by a source external to ourselves. We choose to be kind and gentle whether or not others show up in the same way.

You are not what or how other people treat you. You are who God says you are. He is love. Love is kind. His heart is gentle and lowly. You are made in His image. The image of love, kindness and gentleness. You are therefore kind and gentle and you treat other people with kindness and gentleness in the same way that our heavenly Father treats us all with kindness and gentleness.

**MY PRAYER FOR YOU:** May you and your children grow closer as you treat each other with kindness and gentleness. May your home be full of healing and security for all who live and visit. May your character spread love and stability to the world around you as you grow to experience our heavenly Father's gentle and kind heart. May our heavenly father grace you to nurture, equip, train and empower the children in your circle of influence to do more for His kingdom than they can imagine!

**The commandments, "You shall not commit adultery," "You shall not murder," "You shall not steal," "You shall not covet," and whatever other command there may be, are summed up in this one command: "Love your neighbour as yourself." Love does no harm to a neighbour. Therefore love is the fulfillment of the law.**

**Romans 13:9-10 (NIV)**



## I am forgiven

There is nothing that my sons would do that would make me stop loving them. They may make choices that will disappoint me, they might do things that I disapprove of and we will definitely have arguments about their choices but I do not think that I will stop loving them. I might stop relating with them, but that does not mean that I will stop loving them.

What about you? Could you think of anything your kids would do that would make you stop loving them? If and when they come to you to ask for forgiveness, would you accept their apology?

I am not sure what your answer is. What I know is when our good good Father sent his own son to die for our sins, all of our sins – past, present and future – were forgiven. Yes. That statement does need a *selah* moment.

Why would He forgive us? He wants us back. He wants our connection with Him to be steadfast. He wants our relationship to be whole.

Why do we need to remember this? Because it points to God's expansive grace and what He thinks of us. He loves us. We who are made in His image are worth being forgiven.

**MY PRAYER FOR YOU:** May you and your children grow in the knowledge of who you are in Christ as your reverence for your Heavenly Father increases. May your sorrow over any of your misdeeds change your hearts and lives and lead you to salvation. May you experience no regret as a continue to grow in loving Him. May our heavenly father grace you to nurture, equip, train and empower the children in your circle of influence to do more for His kingdom than they can imagine!

**What shall we say, then? Shall we go on sinning so that grace may increase? By no means! We are those who have died to sin; how can we live in it any longer?  
Romans 6:1-2 (NIV)**



### **I am seen**

This term my son favoured wearing his fleece school jacket all the time. I found it strange because in previous terms it would be one of those items of uniform that he would forget he owned. Curiosity got the best of me and I had to ask why. He gave me an interesting response. Two of his classmates had left their school for different reasons. It appeared that the teachers' attention had shifted to him as a result. His perception of the situation was he would need to step into the "role" one of the students used to play and he thought that to do that effectively, he would need to dress like the former classmate.

At some level my son realizes that he is not his former classmate. He probably even realises that he might fall short of the expectation to perform the same role in the same way. Perhaps he believes that if he changes his look to look like the young man who left, he would be seen to be like him and therefore have his other attempts accepted. All that this tells me however is that prior to his classmate leaving my son was not in the limelight like this. He was not seen.

Our heavenly Father is attentive to us and to detail. He sees every one of us. Throughout the bible are incidents where He picks out the most unlikely people to reveal himself to, to change history through and to spread his gospel. From Hagar to the woman at the well. From Rahab to the virgin Mary. From David to Matthew. From Moses to Simon Peter.... And the list goes on and on.

In each of us, our heavenly Father sees a distinctively fashioned key to a very specific and unique door that He would like us to open. He sees each one of us.

**MY PRAYER FOR YOU:** May you and your children grow in the knowledge that you are seen, your presence and efforts are seen by our good and heavenly Father and nothing is wasted. May you all grow to love and serve Him with your whole heart, body and soul. May our heavenly father grace you to nurture, equip, train and empower the children in your circle of influence to do more for His kingdom than they can imagine!

**She gave this name to the Lord who spoke to her: "You are the God who sees me," for she said, "I have now seen the One who sees me."**

**Genesis 16:13 (NIV)**



### **I am trusted**

Full disclosure, these affirmations speak a whole lot to me than I planned. Often a card will speak to me of truth about God's nature or attribute that I am still growing on knowledge of. Take this postcard as an example. The message from our Father reads "I will never stop trusting you" I can come up with all sorts of reasons why good friends of mine ought to stop trusting me with assignments. I can count only a few who I have not yet let down and that is because I have not promised to do something for them. Does God really trust me? As much as I want to run away from this truth, I believe that He does.

Let me tell you why with a story. One of the things that I have done with my sons is ensure that they can make payments from both my mpesa and bank card. Earlier on on this journey, my older son had my phone for a while and I noticed additional expenses on my mpesa that I had not authorized. At that time, I remember reviewing the situation and the lessons that I wanted to teach him. This led me to respond by having a talk with him and increasing his pocket money.

Upside down logic right? Not really. One of the lessons he needed to learn at that time was grace. To date, he still has access to my mpesa and debit cards. Should you meet him one of these days, you may ask him what it means to have his mum trust him like this. However, I think the better response to this story is to take a moment and think of all the times that our heavenly Father has extended grace towards you and continued to trust you to steward a resource or relationship. I pray that there will be a settling in your heart as you ponder over this.

**MY PRAYER FOR YOU:** May you and your children grow in the knowledge that you are trusted by our heavenly Father. May you all grow to love and serve Him with your whole heart, body and soul. May our heavenly father grace you to nurture, equip, train and empower the children in your circle of influence to do more for His kingdom than they can imagine!

**It (love) always protects, always trusts, always hopes, always perseveres.**

**1 Corinthians 13:7 (NIV)**



### **I am grateful**

My mum once borrowed a Kikuyu book from her work library for me to read. It was the story of a boy -who I will call Kamau - who came from a poor family. The kids in school often made fun of him for his worn clothes, shoes and school bag. One day the school planned a whole day's trip to a national park. The kids were advised to carry some money for lunch as they would be gone for the whole day. The school had an old school bus that would take them there.

On the morning of the trip, the kids were excited. They showed each other the shiny new coins that their parents had given them for their lunch and talked about all the sodas and chips and sausages that their money would buy. Kamau was quiet through all this and sat by himself. His mum had packed for him some "githeri" (boiled maize and beans) to carry. When some kids found out about his lunch, they made fun of him.

Eventually, the bus set out to the park. I forget a lot of what happened next but what I do remember was the old school bus broke down in the forest. By nightfall, they were still in there. The kids were hungry and afraid. Kamau, grateful for his poor man's lunch, took it out and offered to share it. A few other kids whose mums had packed food for them, found the courage to share. Soon everyone had something to eat. A short while later, the school bus was rescued by forest rangers.

What is your "githeri"?

Today, let us take time to remember that the "githeri" we have is exactly what our heavenly Father meant to give us. Let us be grateful for it. Being grateful will open our eyes to see that we are stuck in a bus in a forest with people who are in need and our "githeri" is exactly what we need to help them.

**MY PRAYER FOR YOU:** May you and your children grow in trust of our Heavenly Father's choice of environment, resources and relationships that He gave you. May you all grow to love and serve Him with your whole heart, body and soul and with all of the resources that He gave you. May our heavenly father grace you to nurture, equip, train and empower the children in your circle of influence to do more for His kingdom than they can imagine!

**The earth is the Lord's, and everything in it, the world, and all who live in it.**

**Psalms 24:1 (NIV)**



### **I know God's voice**

Years ago, my dad hosted a party for our extended family at our place. Now one thing I observed about my dad and his siblings is that they were friends. When they got together, one thing you would hear was passionate conversations and bursts of loud raucous laughter. I remember being sent to the shop on that day when a burst of laughter rang out. I could distinguish my dad's laugh from that of my uncles' and aunts'. I had heard him laugh many times before.

Had you been in the neighbourhood then, you would not have been able to tell whose laugh was whose. You would have had to take my word for it that my dad was part of the group that was laughing. For those of you who never met my dad, if I spoke of how funny and kind he was, you would have looked forward to meeting him and hearing a joke from him, right? I imagine you'd come and find him relaxing in his favourite chair with a newspaper. He would take his time with his newspaper and then turn to you. He would ask you a couple of questions about your family and yourself and then would go back to his paper. He has not laughed, you would think. In that moment, his kid brother would walk in and they would start talking. Before you know it a burst of loud laughter would come from the two of them. You would need to spend time in his presence to hear it.

The bible tells us the story of our gentle heavenly Father who speaks. Our challenge would be to pick His voice out from surrounding noise. The more we spend time reading and meditating on scripture the easier it gets to hear Him call to us.

**MY PRAYER FOR YOU:** May you and your children grow in believing that our Heavenly Father speaks to each of you. May you all grow in your ability to hear His voice. May He find your ears sensitive, your hearts soft and your feet quick to obey His call. May you all grow to love and serve Him with your whole heart, body and soul. May our heavenly father grace you to nurture, equip, train and empower the children in your circle of influence to do more for His kingdom than they can imagine!

**But the Lord said to Samuel, "Do not look at his appearance or at the height of his stature, because I have rejected him. For the Lord sees not as man sees; for man looks at the outward appearance, but the Lord looks at the heart."  
1 Samuel 16:7 (NIV)**





### **I am work in progress**

One thing that I have learnt is that the best way to teach something to those younger than you is to model it. Monkey see monkey do type of thing. As a result, I try to model the attitude and behaviour that I would like my kids or the kids in my circle of influence to pick up. I can repeat to them that they are capable of greatness, they will do mighty things and they will change the world until I am hoarse. However, if their minds are pre-disposed towards doubt, the questions they might have could be, "What makes you an expert of what I am capable of? Do you have a clue of what it takes to overcome the challenge that I am facing? What odds have you overcome?"

So I often check myself where all my kids are concerned. What challenge am I trying to overcome? To what extent can I share this with them so that they can see an example of someone fighting self-doubt, struggling to instil self-discipline and taking incremental steps a day at a time towards a set goal?

Recently, I identified something that I want to train in and my niece has graciously volunteered to hold me accountable to the training. I might be hurtling toward the half-century age mark, I might be inexperienced in this space and my attempts are amusing, however, I am committed to the training. This training will help me steward - a long dormant gift from God to me - better. Modelling this in front of them will help them watch me face and overcome odds on this journey, with our heavenly Father's help. Knowing that He will only be done with me when I am dead - and (perhaps) long after.

Some affirmations are best modelled. Modelling helps free our kids from the pressures of being perfect.

**MY PRAYER FOR YOU:** May you and your children choose today to acknowledge the gap between who our Father designed you to be and who you are. May you all grow in accepting His grace to believe that there is no condemnation for the gap and there is mercy and help promised from Him. May you all grow to love and serve Him with your whole heart, body and soul starting right now. May our heavenly father grace you to nurture, equip, train and empower the children in your circle of influence to do more for His kingdom than they can imagine!

**...being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.**

**Philippians 1:6 (NIV)**



### **God will never quit on me**

Last night I slipped into a bad habit I thought I had put behind me a long time ago.

Sigh.

I now have a choice. To choose to believe what this affirmation says or not.

The only problem with not believing this affirmation means that I believe that sometimes our heavenly Father will tell the truth and sometimes He will lie.

The truth is if He is lying about this then He has lied about everything else.

Our heavenly Father does not lie.

**MY PRAYER FOR YOU:** May you and your children grow in compassion towards each other as you come into the knowledge of our heavenly Father who is love. May you all grow in your knowledge of a love that does not quit. May you all continue to grow to love and serve Him with your whole heart, body and soul starting right now. May our heavenly father grace you to nurture, equip, train and empower the children in your circle of influence to do more for His kingdom than they can imagine!

**It (love) always protects, always trusts, always hopes, always perseveres.**

**1 Corinthians 13:7 (NIV)**



### **I matter. I am important.**

The other day I listened to someone speak in a conversation about purpose. He mentioned that if our being here on earth was the result of an accidental collision, then an accident would decide what skills we need to survive. My understanding of his statement led me down a rabbit hole of thought. I wondered if that meant that accidents or collisions would give meaning to our lives, decide what skills and abilities we need to survive and determine how we live our lives. Perhaps we could just sit around and wait for a collision to propel us into our purpose?

One of the things I believe about our Heavenly Father is that He is the creator of everything. In the beginning He is and He created order from chaos. I have not seen many accidents or collisions that resulted in orderly set ups. In creation story we see order in ideation, planning, design, preparation and implementation. We learn of our Father delegating the management of the earth He created to man and His principles come into play. For every man and woman born after that, there is a reason for their life.

You matter.

**MY PRAYER FOR YOU:** May you and your children grow in the knowledge that each of you was placed on earth on purpose and for a unique purpose. May you all wake up in the morning with purpose, meaning and direction to love and serve Him with your whole heart, body and soul. May our heavenly father grace you to nurture, equip, train and empower the children in your circle of influence to do more for His kingdom than they can imagine!

**For we are God's handiwork, created in Christ Jesus to do good works,  
which God prepared in advance for us to do.**

**Ephesians 2:10 (NIV)**



### **God is my strength**

Sometimes someone will share with me something that is happening in their life that makes me feel so helpless that I want to curl up and cry along with them. Sometimes it is I who is sharing something that I or someone that I care about is going through and all that my friends can say is thank you for sharing. Sometimes this Christmas season reminds us of heartache we had somehow managed to put behind us. Our memories, our heartache, our loneliness and grief get magnified in unprecedented ways while we watch others around us talk, laugh and have fun. We pull ourselves together and take part in the festivities when we are in company. When alone, we lose all strength to hold on to the mask and fall apart again. If any one would ask us if we could skip these days, we'd respond with a resounding yes.

To all of you in this space this season, may you get a long hug today. May the lyrics of Jonathan Mc Reynolds song "God is good" help bring you comfort today.

May your struggles keep you near the cross.

May your troubles show that you need God.

May your battles end the way they should.

May your bad days prove that God is good.

May your whole life prove that God is good.

**MY PRAYER FOR YOU:** May you and your children grow in trust that our heavenly Father has not lost track of you. May He reenergize and strengthen you. May you all grow to love, serve and lean on Him with your whole heart, body and soul. May our heavenly father grace you to nurture, equip, train and empower the children in your circle of influence to do more for His kingdom than they can imagine!

**Do you not know? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom.**

**Isaiah 40:28 (NIV)**



### **God refreshes me**

I listened to something interesting the other day. The lady was talking about how when our days get busy with work, assignments and running our kids from one activity to the other, we may forget to eat or drink regularly. We will tend to eat what we can grab on the go so that we can be able to carry out all the activities in our busy schedules. Sometimes we forget to eat and then pangs of hunger will make us reach out for whatever is nearest or might take the shortest time to prepare. I have heard my sister say, more than once, that we ought to drink water before we get thirsty.

When we take a moment to reflect on our food or drink choices at that time we might see that what we reached for was not the healthiest option. However, the habit ends up ingrained in us because the last time we felt hungry or craved for something, we got a dopamine hit from the not so healthy option that we reached for.

I see you roll your eyes and say, not another conversation on healthy eating, Caroline! From this, I back away. I am not best placed to speak about healthy foods. However, I will leave you with one thought. If we continue to ignore our spiritual life, when we feel thirsty, we will often reach for a something that will not quench our thirst.

**MY PRAYER FOR YOU:** May you and your children grow to trust and delight in our heavenly Father. May He revive restore and strengthen you. May you all grow to love, serve and desire Him alone with your whole heart, body and soul. May our heavenly father grace you to nurture, equip, train and empower the children in your circle of influence to do more for His kingdom than they can imagine!

**Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.**

**Matthew 11:29 (NIV)**



### **I make brave decisions**

I left formal employment in June this year and one of the sentences I hear myself speak is "If only I knew ten years ago about xyz what I know now, it is highly likely that I would have left formal employment much earlier." At The Farm one of the constant phrases we keep repeating is Mike Murdock's quote "You will never change your life until you change something that you do daily." This quote was instrumental in my preparations towards this life change. Today, I see the power of engaging a higher gear in incorporating dailiness into my life specifically planning, budgeting and scheduling.

Picture this, you must travel from Mombasa, Kenya to Tokyo, Japan by ship. Ports.com will chart the course for you through the Bay of Bengal, Strait of Malacca, North China Sea and finally to the North Pacific Ocean. At a speed of 10 knots, the distance of 8,062 nautical miles will be covered in 34 days. However, this is only so if you choose to follow the charted course - day to day - being careful not to stop over along the way to catch the sights and sounds of the countries you sail by. Remember, the journey could last anything from 34 days to 34 years depending on how many and how long your stop-overs take.

"But Caroline," you might protest. "Life is for living!"

It is the brave who continue to choose the unpopular, difficult or serious decisions daily. For the follower of Christ, God knows that requiring us to make choices that the world will criticize or ridicule will require help. That is His Holy Spirit's job. Your job is to incorporate a habit into your day. Make brave choices every day. Stay ready and be battle ready for tomorrow's assignment.

**MY PRAYER FOR YOU:** May you and your children grow in awareness of the role that you must play to introduce change into your lives and work towards your God given dreams. May God fill you all with His Holy Spirit to strengthen your resolve, refresh and re-energize you. May you all grow to love and serve Him with your whole heart, body and soul. May our heavenly Father grace you to nurture, equip, train and empower the children in your circle of influence to do more for His kingdom than they can imagine!

**No, in all these things we are more than conquerors through him who loved us.**

**Romans 8:37 (NIV)**



### **I run to win**

You are anointed, empowered and equipped. You are resilient. You are tenacious.

You have the mighty and good Lord God, creator of heaven and earth and our Heavenly Father rooting for you.

Run to win.

**MY PRAYER FOR YOU:** May you and your children continue to base your confidence and identity in Our Heavenly Father alone. May He fill you all with His Holy Spirit to strengthen your resolve to do everything that He calls you to do. May you all grow to love and serve Him with your whole heart, body and soul. May our He continue to grace you to nurture, equip, train and empower the children in your circle of influence to do more for His kingdom than they can imagine!

**Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize.**

**1 Corinthians 9:24 (NIV)**



**Appendix**





## **The Good News!**

If you had one minute to share with someone the story of the gospel, what would you say?

May the text below inspire you.

God existed before the beginning of time. He was complete and whole. God made man in His image - to reflect Him. He chose to create the earth, and everything He created was good and perfect.

God placed man on earth and gave him dominion over it. In a moment characterized by a lack of trust, man made a choice of something other than God to satisfy his need for beauty to gaze at, flavour to savour and wisdom to marvel at. By doing so, he introduced sin into the perfect world that God had created.

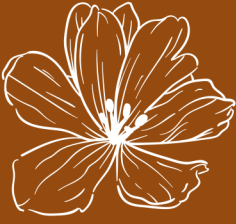
The Bible tells the story of God's mercy, justice and saving grace. God is holy and is the standard of purity. His first concern is for the moral health of His universe. To preserve His creation, God destroys whatever would attempt to destroy it. However, we also see Him show mercy over and over again, even to the point of sending his only Son, Jesus, to die for our sin.

Jesus died and rose again on the third day. This is the hope that he brought to us that when we believe and turn away from choosing anything other than God to satisfy our desires, we will have eternal life.

Knowing it will be hard to keep this choice, God sent His Holy Spirit to help us to live our lives as the new creatures we have become, to be ambassadors to God's kingdom and soldiers in His army. The Holy Spirit trains and directs us in accomplishing God's battleplan day by day.

That is the good news that the affirmations in this booklet help you to remember.





Thank you

Please take a minute to send us feedback to this email address:  
[info@\[carol-grows.com](mailto:info@[carol-grows.com)

