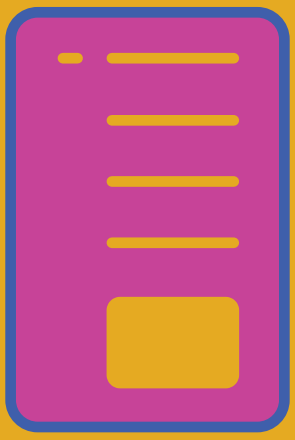
GOD WORDS



GOD-WORDS TO HELP YOU OVERCOME

AND TO

FUEL YOUR SUMMER

(AND BEYOND)

Quick Info and Guide

WHAT — The God-Words are a series of 20 words with a thought from the Bible, a quick question to think about, a short prayer and what we call a 'Life Card' (image) with a relevant Bible verse on.

TOPICS — These cover a range of topics that we can face in our everyday lives - from fear to truth and from peace to purpose.

BIBLE VERSIONS — The Bible verses are taken from various Bible versions - The Amplified (Classic), The Message, New Living Translation and New International Version (UK). These are the all the Bible, with the same message, just using different words to say the same thing.

PURPOSE — The purpose of the God-Words are to encourage people in knowing about Jesus and living life with Jesus at the centre of all we do! This is important because Jesus has the very best life for each of us and wants us to tell others about him too!



01
ACCEPTED

"I know the plans I have for you..."

No matter who rejects us and what happens to us, God accepts us and has a good plan for us. God only wants the very best for you and that's why it's good to say yes to God and to follow his plan for our life. If we do, then God promises that he will always work out things for our good! There may be people in your life like family and friends who may have let you down or said they don't want you (that's their loss!) But God is the opposite. He always says that he wants you. There is nothing you can do that can make God not want you. He may not like everything about us (which is why he keeps encouraging us to be more like him) but he never rejects us. The Bible says that he never leaves us or forgets about us. You are always on God's mind as he works out your future full of hope!

THINK: About how much God accepts you.

PRAY: "God, thank you that you accept me. I receive your love and want to be all you made me to be."



02
ANGER

"Stop being angry... it only leads to harm."

There are different kinds of anger. One kind of anger comes from God's heart and is what's called 'righteous' (Godly) anger, where God is rightly angry with things that are evil - like injustice, crime, murder. God gets angry with these kind of things because they harm people and destroy the good that he created. God's heart is to turn what is bad into what is good and he often uses us, turning Godly anger into positive action. The other kind of anger is a selfish anger where we get angry because we don't get our own way or what we want - like if a football team loses. These are destructive kinds of anger and they always cause problems. God wants to protect us from this and help us not to lose our temper. But even when we do, we can say sorry to God and ask for his help to change.

THINK: Set your mind on God, not on anger.

PRAY: "God, I want to be like you - to be angry at what is evil but never to let anger control me."



03

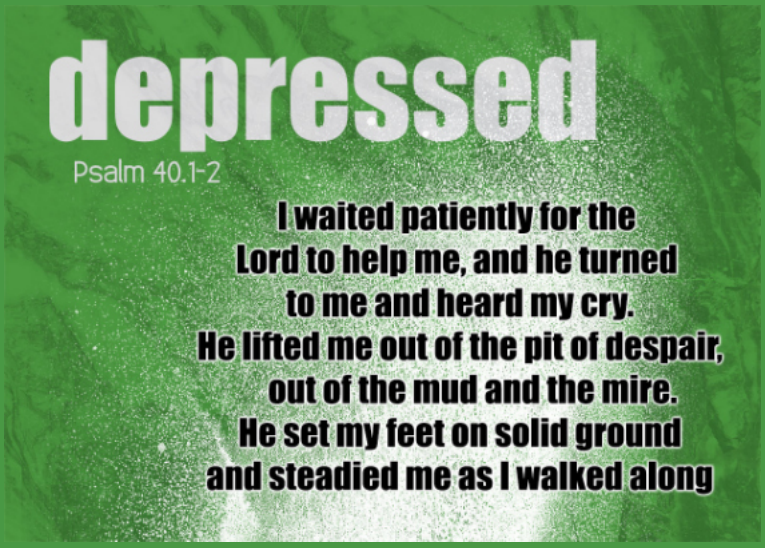
DEPRESSED

"He lifted me out of the pit of despair."

Depression can be brought on by trauma, by wrong thinking or by things that happen in life. Sometimes it's due to chemical imbalance in the brain. But it's important to know that God doesn't want us to feel depressed and that he always has a way out. Sometimes this happens quickly and other times it is a process where God helps us. In Psalm 40, David's experience was that he waited for God to help him after he cried out to God. Then God lifted David up out of the pit of depression and put him on solid ground where he was able to stand and then walk. God doesn't want us in the pit! He wants to help. Our part is to ask God for his help and work with God, thinking God-thoughts not negative thoughts. God's part will be to lift you out and put you on solid ground.

THINK: What God-thoughts can you think about?

PRAY: "God, thank you that when I ask, you help me come out of the pit and stay out of the pit!"



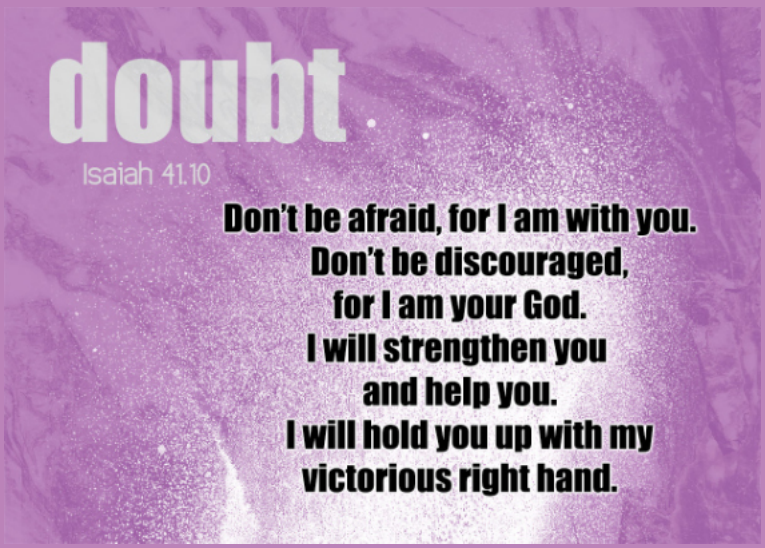
04
DOUBT

"Don't be discouraged for I am your God."

It is OK to have doubts in your life of faith. God doesn't get upset if you doubt because he understands you. Instead, God wants to help you move from doubt to believing him. At a conference, a speaker was talking about how good God is. Someone there had doubted this for a long time. But as the talk went on, that person's face changed as they started believing that God was good. As they believed, their doubts began to fade away and their life changed. God doesn't mind if you have doubts and questions but he doesn't want you to stay doubting as this means we don't believe who God is and what God says. Instead God wants to show you that he can be trusted, that we can believe in him and that he believes in you. Jesus says to you, 'Have faith in God.'

THINK: What does believing God look like?

PRAY: "God, I'm sorry that I often doubt you. Would you take my doubts and help turn them into faith."



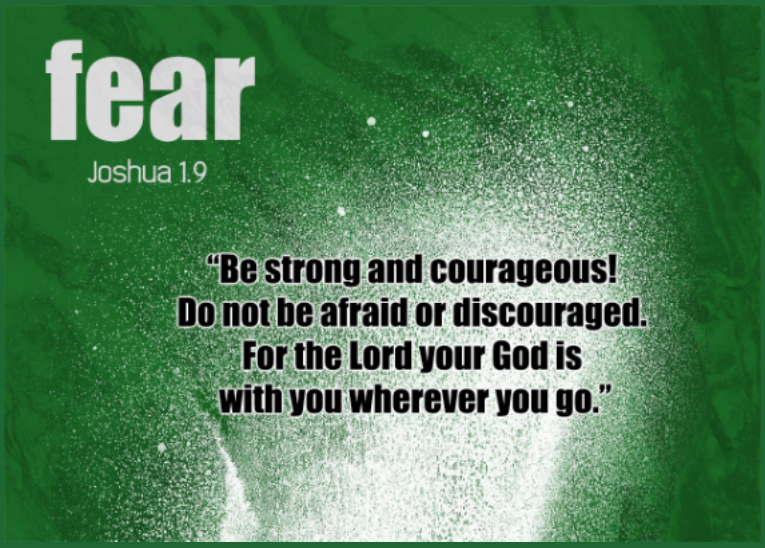
05
FEAR

"Don't be afraid… for the Lord… is with you."

Fear is part of life. In fact fear can protect us from harm by warning us that something is dangerous, like standing on the edge of a high building! But there are other kinds of fears that aren't healthy. Instead they can rob and steal away fun, adventure, creativity and doing new things.
In the Bible we learn that God hasn't given us a spirit of fear, so we know that unhealthy fear is not from God. It is something that the devil, who is the enemy of God, can use to stop us reaching our full potential. God wants you to move forward in life, to live life to the full and be all he made you to be. We all face fear. Courage, which is the opposite of fear, is when we are afraid but choose to do things we fear anyway. Live life boldly. God is with you wherever you go and he is greater than fear!

THINK: What fears hold you back and why?

PRAY: "God, you are greater than fear. You don't give me a spirit of fear but give faith, courage and life."



06
FORGIVE

"Forgive one another, just as God has forgiven you"

Forgiving is a decision not a feeling. It's when we decide to let go of anger, resentment or hurt caused by a person or people. It's when someone is guilty of hurting us but we choose to let them go 'free' by not holding it against them. It is really hard to do sometimes but it is always worth it. Not forgiving is like drinking poison and hoping it will hurt the person who has hurt you. But of course it doesn't hurt them but it does hurt you! So why hurt yourself when you can forgive? Forgiving can release you and can release others who may feel bad about what they've done to you. Some people have been healed physically, mentally and emotionally when they have forgiven. Jesus had people reject him, torture him, sentence him to death unfairly and then kill him. But as he was dying he said "Father, forgive them…"

THINK: Is there anyone you need to forgive?

PRAY: "God, I choose now to forgive… (say their name(s) now) and set them free. Thank you God."



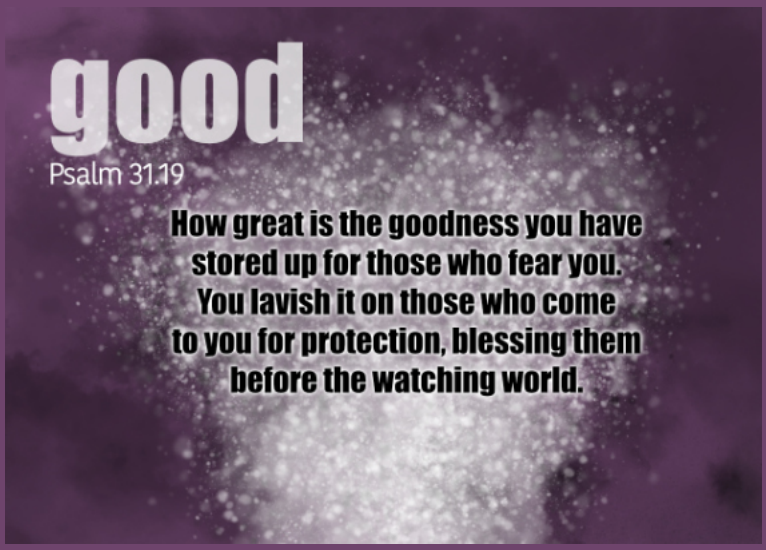
07
GOOD

"O taste and see that the Lord is good."

Psalm 34.8 is just one place that lets us know that God is good. Songs like 'Goodness of God' from Bethel Church and 'Good Good Father' by Housefires are about how God is good - and how good God is! God is always good, it's who he is and what he does. Even when bad things happen and you wonder where God is, he is still good. Being good is God's character and because God is good, he does good things. In Matthew 7.11 and James 1.17 we learn that God gives good gifts to those who ask him. Psalm 84.11 tells us that God doesn't deny any good thing to those who walk rightly with him. God knows what is good for us and what isn't, so you can trust his goodness. God also calls us to tell and show people how good God is. "I will sing of the goodness of God."

THINK: How can you sing of the goodness of God?

PRAY: "Thank you God that you are good. It's who you are and it's what you do. Today I ask for…"



08

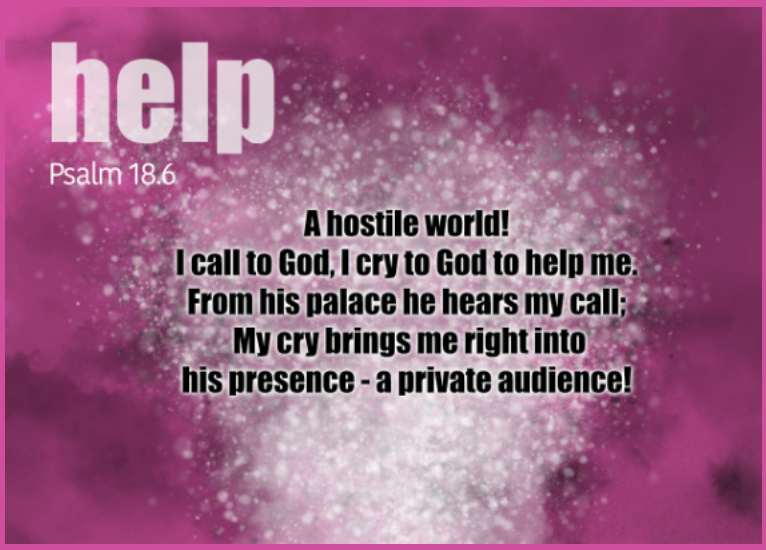
HELP

"I call to God, I cry to God to help me."

One of the best prayers we can ever pray is just to say to God, "Help!" Help means that we need someone to come and do something for us that we can't do ourselves. When we ask God for help, we are asking the all-powerful one who created the universe to help. And the truth is that we need God's help in everything, all of the time. No prayer for help is too small ('help me put my contact lens in') or too big ('God, bring peace between these nations and stop the war'). Asking God for help shows that he is God and we are not. But here's the amazing thing - God also wants your help! You are God's 'hands, mouth and feet' on the earth to show God's love to people, speak God's words to people and walk out your faith to point people to God.

THINK: Where do you need God's help?

PRAY: "God, I need your help in everything. I ask for your help in (tell God specific needs)."



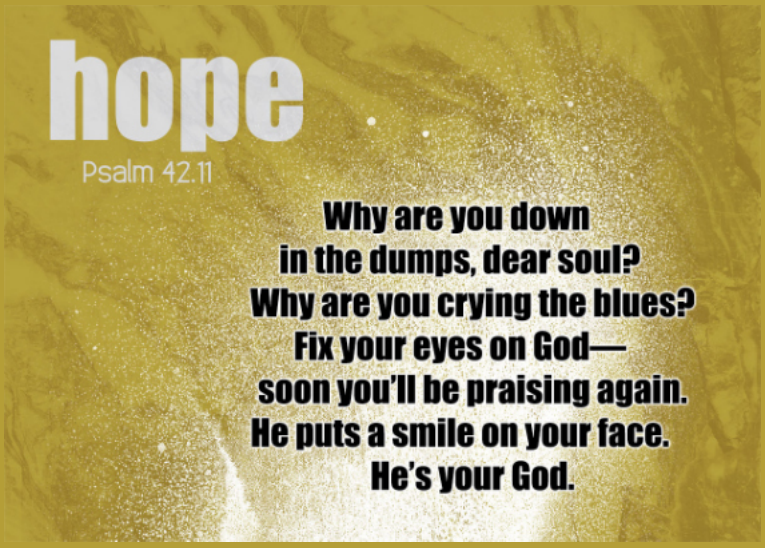
09
HOPE

"Fix your eyes on God… He's your God."

Hope is the positive and confident expectation of good. God is the God of 'all hope'. The Bible tells us to put our hope in God. So hope is believing that God will do good and bring good in any and every situation in our lives. This happens as we trust in him, believe he is who he says he is and does what he says he will do. As a Christian there is no good reason to lose hope because God is good, works everything for good to those who believe in him. He's the God of miracles and does what seems impossible, to turn things around. God is always with us, always for us, always going ahead of us, guiding us, showing us the way to go and protecting us. God gives hope and God is hope. He's the inspiration, the way and the solution to whatever you need… in his way and time!

THINK: Which situations do you need hope for?

PRAY: "God, you are the God of hope. I hope in you and I believe that you are at work in everything…"



10
LOVE

"O taste and see that the Lord is good."

God is love. We can really only show God's kind of love if we have said yes to God and asked him to change our lives to be like him. This is what we read in 1 John 4.16. Much of 1 John 4 is about God's love and what that looks like. God showed his love by dying on the cross to set us free from sin (wrong things) and to change us to live a life that does good God-things! God's kind of love sets us free to love other Christians and other people. If we don't love others, we're not showing the love of God fully. This is a process that is on-going through our lives. If God's love is on the inside of us, God's love can't help come out of us, just as water flows into a river and then out to the sea! As you grow as a Christian, your ability to show God's love increases! Our faith expresses itself through love.

THINK: Where do you and others need God's love?

PRAY: "Thank you God that you are love and that you've put your love in me. Help me to love like you."



11

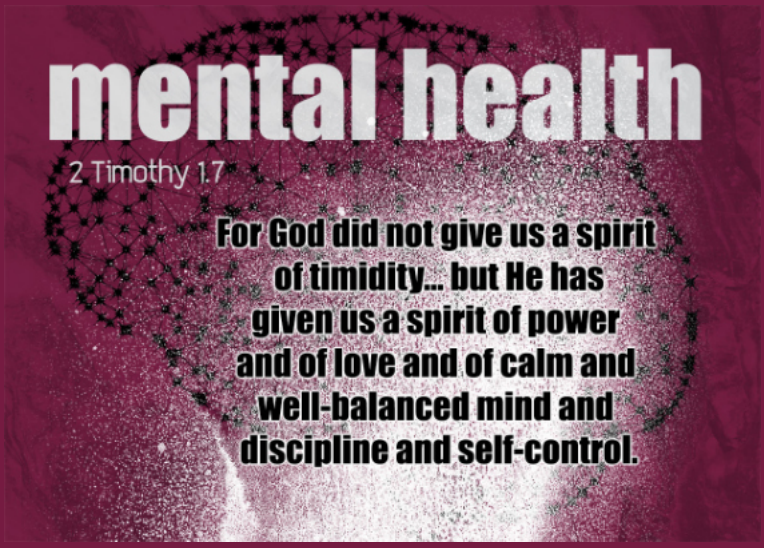
MENTAL HEALTH

"God… has given us… a well-balanced mind…"

Someone said "we can't help whether a bird lands on our head but we can help whether they build a nest there!" The point was that we can't always help every thought that pops into our head but we can help whether that thought stays there. The Bible tells us in 2 Corinthians 10 that we should take every thought 'prisoner' so our thoughts obey God's way of thinking. And that we can choose what we think about and to think God's kind of thoughts instead. Philippians 4 tells us to think about what is good and true. It's not easy but as we pray and read the Bible, it is possible with God's help for us to line up our thoughts and words with God. Paul prayed that Timothy would be well in every area of life and God wants the same for you. Don't believe or receive the lies of the devil but believe God's truth!

THINK: How can you think more God-thoughts?

PRAY: "God , help me to renew my mind so that it is well balanced and thinks what is good and true."



12

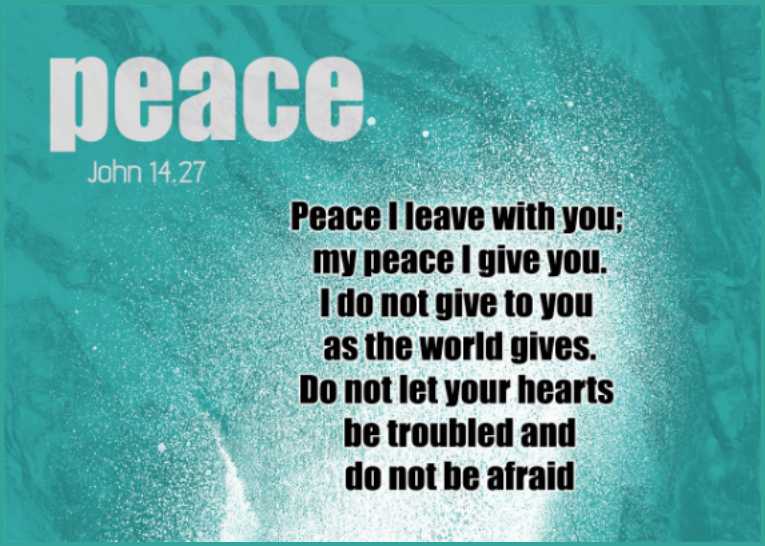
PEACE

"My peace I give to you..."

God's kind of peace is much deeper and more than the kind of peace that the world around us believes in. For them, if people aren't fighting they call it peace! Here in John 14, the original Greek word could be translated 'wholeness, when everything is working together'. It also points to 'peace' between man and God (found in Jesus). It's similar to an Old Testament word for peace which is 'shalom' and also means a wholeness. It lets us know that God's kind of peace is complete and far beyond the normal meaning of 'peace'. God's peace doesn't always mean the absence of conflict or problems, but having peace in the middle of these times. God's peace is also a good way of knowing God's will in a situation (Col 3.15). If you have God's peace, go or do. If not, don't.

THINK: Where do you and others need God's peace?

PRAY: "You are the God of deep wholeness and peace. Lord I pray for this in… (list some needs)."



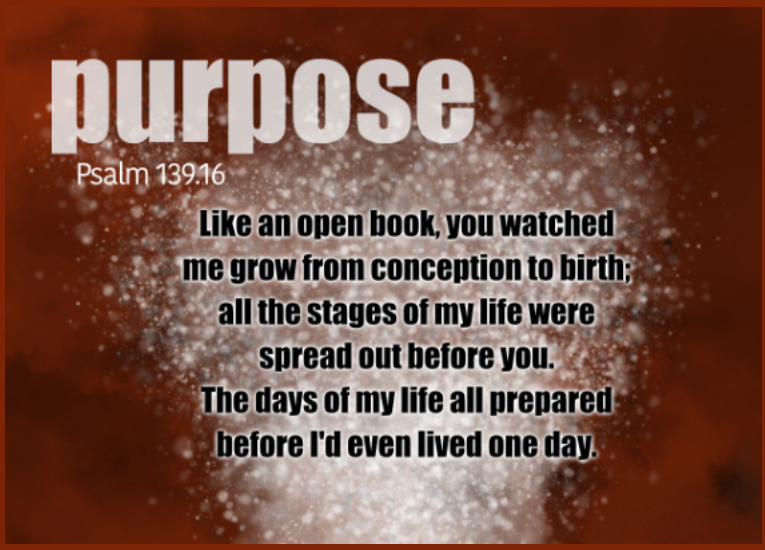
13
PURPOSE

"The days of my life all prepared..."

You have a purpose. God has made you unique, which means you are a one-off, an original. You aren't like others because God made you, you! He wants you to be the 'you' that he made you to be. Jesus said that his purpose was to do the will of God. And that's our purpose too. God wants to use your skills, gifts, interests and passion in special ways. A Cory Asbury and Laura Hackett Park song says: "Now I have a purpose, now I have a destiny. You made me for your glory…" When we say yes to God and keep on saying yes to God, we will live out his destiny / purpose for our life. Don't just do what you want and ask God to be with you, ask God what he wants and then do that. Ephesians 3.20 says "God can do anything… far more than you could ever imagine, guess or request in your wildest dreams."

THINK: How can I live out God's purposes for my life?

PRAY: "God, show me my purpose and my destiny. I want to follow you and live out that purpose in full."



14

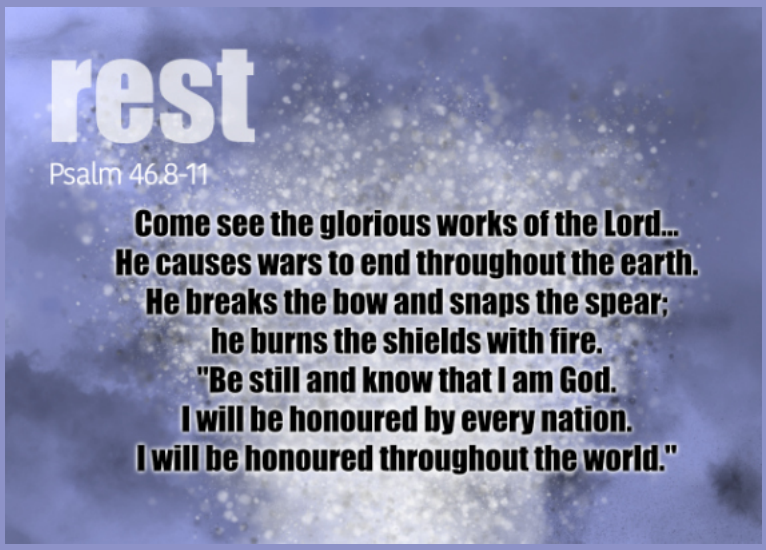
REST

"Be still and know I'm God."

Sometimes we need to chill, let go and 'let God'. This means letting God sort out everything in your life and the world around. You aren't God and he always has the best solution at just the right time. Talk to God and say 'God would you help and sort out…' (then list every situation where you want God's help). And let God know your hopes and dreams too! Tell God that you won't try to sort things out on your own but will rest and trust that God will do what you have asked him to do. It may not be exactly the way that you think and it may take time (it may not!) But God will do better and far more than you can ask or imagine! Our part is to rest in God and not try to force things. Psalm 23 lets us know that God leads us beside still waters. So if you're feeling stressed or tense or worried, it's a sign you're not resting in God. So let go and let God!

THINK: What does God's rest look like for you?

PRAY: "Father God, I trust in you and want to rest in every situation that concerns me. These include…"



15

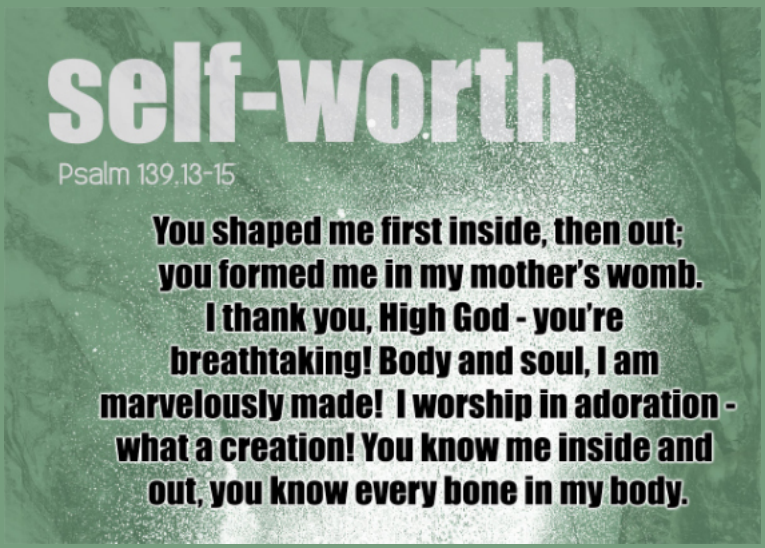
SELF WORTH

"Body and soul, I am marvellously made!"

There is a song from Hillsong which has the line "I am who you say I am" (with 'you' meaning God). It lets us know that we're not who we say we are and we're not how others may define us. But we are who God says we are. In Ephesians 1.6 some translations tell us that we are 'accepted in the beloved'. Another way of translating this is that we are 'highly favoured' in and by God. In Psalm 139.13-15 we learn how we were formed by God in our mother's womb. Job 10.8 and 31.15 tells us that we were made, formed and shaped by God's hands. You are the high point, the greatest of God's creation. You're not an animal formed by a cosmic accident but a child of God designed and chosen. Jesus died for you. Right from the beginning, God had a plan and purpose for you and breathed his life into you, as he did for Adam and Eve. You have huge value and worth.

THINK: About what God says about you / has done for you.

PRAY: "God, thank you that you died for me and that I am highly favoured by you. I am who you say I am."



16

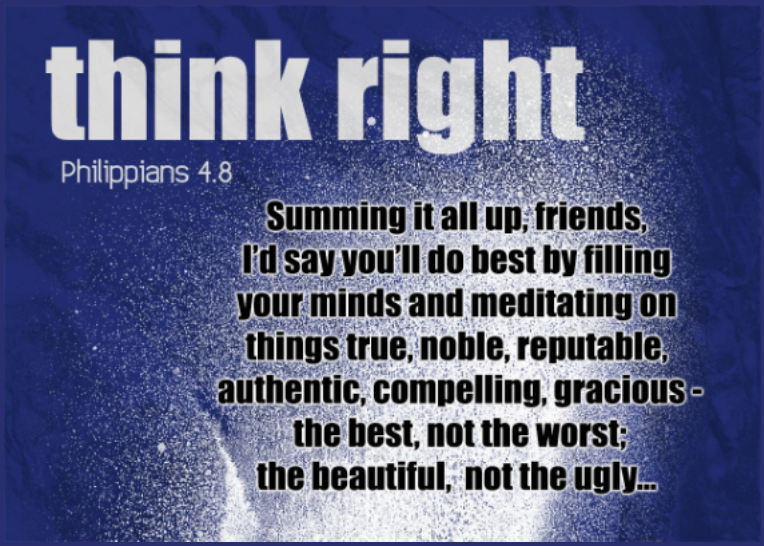
THINK RIGHT

"Fill your minds with the best, not the worst."

What do you watch and listen to? Whatever we put 'into' us will come 'out of' us. If we watch or listen to negative or harmful content we can expect that it will influence us in a negative or harmful way. There is a saying that 'where the mind goes, the man follows', meaning that your actions are a result of your thinking. The Bible (Proverbs 23.7) tells us that 'as a man thinks, so is he'. A 2013 BBC study showed that thinking negatively was one of the "biggest predictors of depression and anxiety" whereas, according to Dr Caroline Leaf, "being thankful can increase our (lifespan), our ability to use our imagination and our ability to problem-solve". Philippians 4 tells us that we should fill our minds with what is good, true, of good reputation, authentic, the best and not the worst, the beautiful not the ugly. Right (Godly) thinking leads to the right (Godly) life.

THINK: About what you're thinking about!

PRAY: "God, I ask for your help to think about what is good and true and not to think "



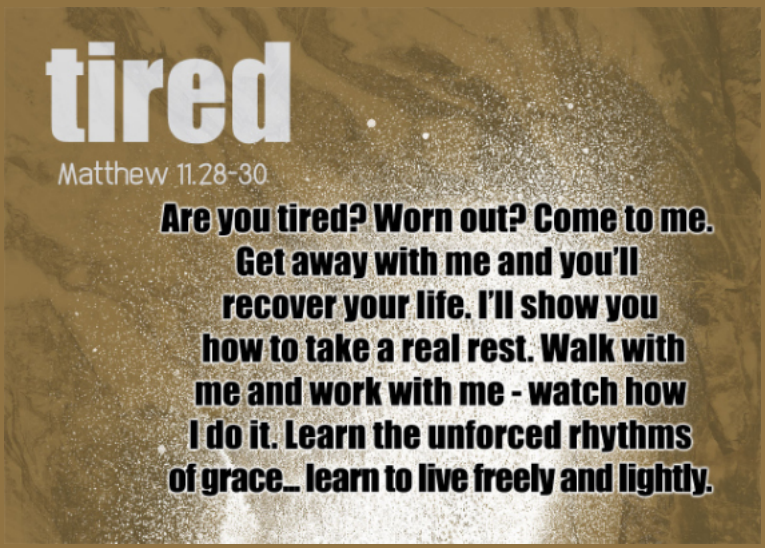
17
TIRED

"Are you tired? Worn out? Come to God."

The Bible tells us about Elijah was a prophet (someone who heard and spoke God's words) and had just been involved in a massive battle with some very evil people and had defeated them all with God's help. But then he ran away from the threats of an evil woman to kill him and hid in a cave. He was tired and exhausted and felt like it was all too much, just like we can feel sometimes. God's solution was to send an angel to cook for him, to provide water and to let Elijah sleep and recover. This is what God wants to do for you and me - help us rest and be restored. He also wants us to live life from a place of rest where God carries our burdens, not us. In Psalm 37.5 the Bible says 'commit your way to God'. The original Hebrew means 'roll your way' over to God. So roll your burdens over to God and allow him to help you to rest, recover and get refreshed. Let God help you find your 'place of grace' where you live free.

THINK: How can you learn to live 'freely and lightly'?

PRAY: "God, help me live from the place of your rest."



18
TRUST

"Trust God from the bottom of your heart."

In the movie 'Indiana Jones (The Last Crusade)', Indy has to step out over a deep canyon. Only when he steps out does a bridge appear under his feet. It's called the 'step of faith' and is a picture of how the Christian life is sometimes. In the Bible, in Matthew 14, Jesus appears to the disciples, walking on the water. Peter decides to give it a go and walks on the water. But to do this he had to take a step of faith out of the boat and onto the water. He started walking on water but then he turned his focus away from Jesus onto the waves and began to sink. Jesus rescued him. Trusting God isn't always that dramatic but living a life where you believe God is who he says he is (faithful) and will do what he says he will do. As we trust and obey and don't do things our way, you'll see God is faithful and can be trusted. So 'step out and find out'!

THINK: What does trusting God look like for me?

PRAY: "God, I want to trust you in everything from the bottom of my heart. Help me to walk in step with you."



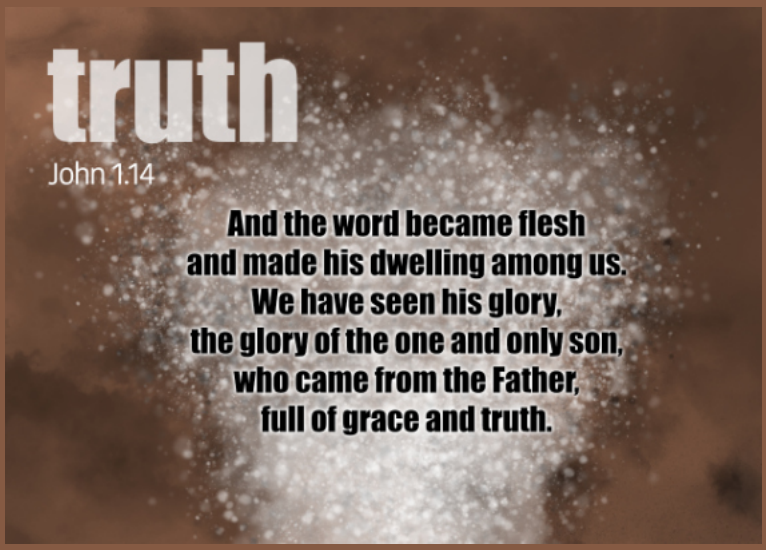
19
TRUTH

"I am the way, the truth and the life..."

Are you looking for truth? For life? For the way ahead and what to do? Jesus tells us that he alone is the ultimate truth. If you're lost, you want someone to tell you the right way to go - you don't want all kinds of different directions! Jesus doesn't just do true things or speak true things, he is truth. Truth is a person - Jesus. So whenever we need to know what the truth is, we can ask the Holy Spirit (God living in us) or read the Bible (God's truth written down) and find the truth. The Bible isn't just an irrelevant old book, it is relevant and true in everything for everyone, for all of time! What we may think, believe, feel, touch or see isn't always a reliable way of finding truth, but Jesus is in every area of life every time. The world around us believes there are different truths. But this is impossible. The only truth is that Jesus is truth!

THINK: How can you bring God's truth to others in love?

PRAY: "God, you are the way, the truth and the life. Help me to live truth in my life and help others find truth."



20

WORRY (DON'T!)

"Don't fret or worry. Instead of worrying, pray."

There is a song called 'Don't worry, be happy'. In a way, that's what the Bible tells us is possible. In the letter of Philippians, Paul encouraged his friends not to fret or worry. Instead, he said 'pray'. There is also an old Christian song called 'What a friend we have in Jesus'. In the song it encourages us not to worry but to take everything to God in prayer. Worry is focusing on something in a negative way and thinking about the worst. Instead, we can choose to hand over situations, worries, fears, problems to God. What we focus on always grows bigger. So when we pray and we focus on God - the one who holds the universe in his hand and who has the answer to everything even before it happens! Your mind is going to think on something, so instead of worry, decide that you will focus on God. As you do, you will feel more peace and watch him work on your situation and bring his good.

THINK: About giving worries to God, not focusing on them

PRAY: "God, I choose to trust you and not to worry."



WORDS to GOD

This little booklet has all been about God's words to us. But did you know that there are also really important words that we can say to God.

Being a Christian (a follower of Jesus) is not about keeping a set of rules and having to do some things and not doing other things. Instead it's about really knowing the one who created you, who loves you and who wants the best for you. If you say yes to Jesus he will change you to be more like him and help you be the true you.

God wants you to be the best you that there is and he has the very best plan for your life. It won't always be easy but it will always be worth it. So will you pray the prayer in the box below today? Prayer is simply talking to God. You can say it out loud or you can just say it inside your heart. If you really mean it, God has an exciting plan for you.

If you pray the prayer below, it's really important to tell another Christian that you have prayed it. They can help you find a good church, read the Bible and grow in your faith.

Jesus, I am sorry for the wrong things I have done in my life. I turn away from them now. I believe that you are God and I want to life my life for you. I want to live for you and be who you made me to be. I ask you to come into my heart, fill me with the Holy Spirit and change me to be like you. Thank you. Amen.

GOD WORDS



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