

Jeremiah 30:2 "Thus Speaketh the lord God of Israel, saying, write thee all these words that I have spoken to thee in a book."

Thrive Journal

Growth Factor

+

Devotional



THRIVE JOURNAL

INSTRUCTIONS

The to thrive by growing in the Lord. This Journal is for 31 days that can be repeated monthly.

You can restart each month again. I recommend saving the original version onto your computer. Then, save another copy under the month's name, for example naming the file – February-Journal, so that you can reuse the journal each month.

Each week will be journal prompts to write in your journal.

Do I have to use this form? Not at all. You can use your journal but make sure you create segments in your journal.

1. Journal Promptings to answer
2. Read the Devotional Daily and write your thought on it.

Using spiritual journaling prompts is a powerful spiritual practice. Through journaling, you can connect with God and get clarity on your purpose

You can use journaling to dig into the word and record the truths you are learning.

It is also a way to record your faith experiences and prayers, chronicling your experiences with God.

FIVE BENEFITS OF JOURNALING

Reduces Stress. An overabundance of stress can be damaging to your physical, mental, and emotional health.

Improves Immune Function. Believe it or not, expressive writing can strengthen your immunity and decrease your risk of illness.

Keeps Memory Sharp. Journaling helps keep your brain in tip-top shape. Not only does it boost memory and comprehension, it also increases working memory capacity, which may reflect improved cognitive processing.

Boosts Mood. Want more sunshine in your life? Try journaling. A unique social and behavior outcome of journaling is this: it can improve your mood and give you a greater sense of overall emotional well-being and happiness.

Journaling Supports Faith in the Unknown and Spiritual Growth Can Build Gratitude

Also, it works with conjunction of the Father's Love Devotion and Video located at <https://www.teresamorin.com/fathers-love-letters>

The Devotional is broken down into three parts

1. **Worry** – This section tries to get you to focus on God instead of worry, then with thought-provoking questions to challenge you. Day 1 through Day 15
2. **Your Identity in Christ** – This section has scriptures and questions. This is to help you see who you really are in Christ. Day 16 through Day 22
3. **Being Still** – This section helps you to focus on Him and hear His voice. Then, there are neuroplasticity exercises for you to do to help stimulate your hippocampus and regrow neurons in the brain. This is helpful for retired people, people who have gone through trauma, and those who live with stress, anxiety, worry, etc. Day 23 through Day 31.

Link to the Father's Love Letters -

<https://www.teresamorin.com/fathers-love-letters>

Day 1

Read, reflect, and pray let's be still, finding that walking + talking pace with Jesus.

Psalms 46 1 God is our refuge and strength, an ever-present help in trouble. 2 Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, 3 though its waters roar and foam and the mountains quake with their surging. 4 There is a river whose streams make glad the city of God, the holy place where the Most High dwells. 5 God is within her, she will not fall; God will help her at day break. 6 Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts. 7 The Lord Almighty is with us; the God of Jacob is our fortress. 8 Come and see what the Lord has done, the desolations he has brought on the earth. 9 He makes wars cease to the ends of the earth. He breaks the bow and shatters the spear; he burns the shields with fire. 10 He says, "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth." 11 The Lord Almighty is among us; the God of Jacob is our fortress.

PRAY

Holy Spirit, we invite you to come You are so welcome Open our ears to hear what it is you are saying and our eyes to see you at work, To gaze upon your beauty and to know you more Still our hearts to a rhythm of peace That we will be still and know that you are God In Jesus Name Amen

BE HONEST IN PRAYER - LAY YOUR FEARS AT HIS FEET.

Take time in stillness and recall any areas of fear, uncertainty, and anxiety, then pray aloud... Lord, I renounce the lie that I need to be afraid (acknowledge what those fears are aloud to Him) Instead I choose to believe the truth that there is nothing and no one more awesome than you.

I affirm that I now live with the power of the Holy Spirit within me and therefore I need not be afraid. Whenever I feel fear, I will choose to believe your promises and your truth that you are a refuge, a safe place during all uncertainty. Your Holy Spirit is a dependable presence, your power is a reliable strength and in you I trust. Fill me afresh with your Spirit that I may grow in confidence of who you are and that I will rest in courage knowing who I am. I am yours.

We see time and time again in the Bible how the Israelites in the midst of battles, running from an enemy, facing a sea, where tempted to flee back to slavery, back to what they knew, as there's something about 'knowing' that lures us into a sense of security. We see that play right back to the garden in the beginning.....

But we can also see this play in our own worlds as we are tempted to accept the security of the past that never fully satisfied to begin with rather that journey – walk – talk and come to that place of knowing that

HE IS ALL THAT IS SECURE.

It is in stillness that we acknowledge who is doing the fighting! That when we pray, we look up, we remember it isn't our strength, it is HIS. He is fighting for us. Exodus 14:14 "The Lord will fight for you; you need only to be still" Pause and think of that! God reminds us in this Psalm that His ways are higher, His thoughts are higher. Isaiah 55:9 As high as the heavens are above the earth, so my ways and my thoughts are higher than yours. Pause and think of that!

How did this minister to you today:

Touch of God International Ministries

Growing in the faith in the Lord, and healing the soul

Week 1

Name

Journal Promptings - weekly I will send you by email

- 1.** Sit in a quiet place. Close your eyes. Slow your breathing. Notice your breath and how your body feels. What about your physical body are you thanking God for and why? Praise God for creating you in His image. You ARE fearfully and wonderfully made!
- 2.** Look out your window. What do you see outside that you are grateful to see or to have? Thank God for the amazing world He created.

THRIVE - Group Mentorhip

Journal Promptings - Continuation

Thrive - Group Mentorship

What was the biggest insight you got from Psalms 46?

What Are You Thankful for Today for today or any Victories?

An Exercise to better hear God. Get quiet and write anything He shows you. Anything from the Father's love video or devotion for today?

Day 2

Scripture: Isaiah 6:1-7; Romans 3:23-26; Romans 5:1, 8; Matthew 11:28-30

Purpose: To understand how peace with God begins at conversion.

And to show how peace progresses as we grow in wisdom, faith, and godliness.

Begin with prayer.

1. Define the basic reason for anxiety in anyone's life. (Sin.)
2. What is the only solution to this problem? (Conviction and confession.) . What do the atonement, reconciliation, and justification have to do with our peace? (The answer is outlined in the lesson.)
3. Read Matthew 11:28-30.
4. Using the examples from Peter's life, discuss the progressive nature of peace. Not enough time?
5. Too much time?
6. Memorize "Great peace have they who love your law, and nothing can make them stumble" (Ps. 119:165).

Write Down Your Thoughts:

THRIVE - Group Mentorship

After reading several scriptures, what is your takeaway on the devotion this week?

**What Are You Thankful
for Today for today or
any Victories?**

**An Exercise to better
hear God. Get quiet and
write anything He shows
you. Anything from the
Father's love video or
devotion for today?**

Day 3

Worry ~ The Enemy of the Believer's Peace and Joy

Worry is one of the most destructive habits ensnaring human beings, even Christians. Many consider worrying as natural as breathing and as harmless as blinking. Worry is such a skilled and deceptive thief that we don't even know we have been robbed of peace, of time, of mental energy and of emotional well-being.

Yes, worry can be conquered! Memorize:

ISAIAH 26:3-4 NKJV You [God] will keep him in perfect peace, whose mind is stayed on You, Because he trusts in You. Trust in the LORD forever, for in YAH, the LORD, is everlasting strength.

WORDS TO DEFINE AND CONSIDER

OBEDIENT — Submissive to the restraint or command of authority: willing to obey.

ANXIETY — Painful or apprehensive uneasiness of mind over an impending or anticipated ill; fearful concern or interest; an abnormal and overwhelming sense of apprehension and fear often marked by physiological signs (as sweating, tension, and increased pulse), by doubt concerning the reality and nature of the threat, and by self-doubt about one's capacity to cope with it.

STRESS — Stress can arise from an external pressure that causes physical, mental, or emotional strain or from an internal resistance in response to outside pressure. Stress can be either a negative pressure that results in distress, danger, or destruction or a positive pressure that results in motivation and movement.

FAITH — Biblical faith is placing your trust in the person and work of Jesus Christ as your Savior, as your only way of being reconciled to God.

TRUST — Assured reliance on the character, ability, strength, or truth of someone or something. To trust is to place confidence in the intentions and integrity of another person. Trust within a relationship implies both belief and behavior, perceiving another person as trustworthy and placing yourself in a position of vulnerability with that person. Trust in God implies both belief in Him and changed behavior, knowing that God is reliable, dependable, and unchanging, and submitting to the will of God in your life by giving Him control of your mind, will, and emotions.

WORRY — A mental distress or agitation resulting from concern for something impending or anticipated: anxiety

HOW DOES WORRY AFFECT US? In the New Testament one Greek word translated as "worry" is merimnao, which means "to be anxious, to be distracted" or "to have a divided mind" (merizo, "to divide" — nous, "the mind"). To worry is to divide my mind between that which is useful and worthwhile and that which is damaging and destructive. To worry is to block the flow of positive energy (the Holy Spirit) in my life.

Matthew 6:27 NKJV – Which of you by worrying can add one cubit to his stature?

The concept of worrying is conveyed throughout Scripture by numerous words and phrases:

<ul style="list-style-type: none">• to be fretful • to be without peace• to be anxious• to be distracted• to be concerned• to be troubled	<ul style="list-style-type: none">• to be weighed with cares • to be distressed • to be heavy-hearted (depression) • to be despairing • Psalm 139:23 NKJV – Search me, O God, and know my heart; try me, and know my anxieties; ...
---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

THRIVE - Group Mentorship

Write down how worry effects you and how you plan to do thing differently from the devotional?

**What Are You Thankful
for Today for today or
any Victories?**

**An Exercise to better
hear God. Get quiet and
write anything He shows
you. Anything from the
Father's love video or
devotion for today?**

Day 4

WHAT IS THE NATURE OF WORRY?

1. WORRY IS NOT AN INHERITED WEAKNESS —
2. (“My mom was a worrier.”), a humorous habit (“I’m just a worrywart!”), or a justifiable excuse for prideful perfectionism (“Somebody has to worry about doing it right”).
3. WORRY IS A BLATANT SIN THAT IS DISPLEASING TO GOD BECAUSE ITS UNDERLYING NATURE IS: A) Disbelief – Worry reveals that I really don’t believe God when He says He will provide all that I need.

Isaiah 58:11 NKJV — The LORD will guide you continually, And satisfy your soul in drought, And strengthen your bones; You shall be like a watered garden, And like a spring of water, whose waters do not fail. B) Disobedience – Worry reveals that I am taking on personal responsibility and concern for that which God has already promised to provide.

Matthew 6:25-31 NKJV – Jesus said:

“Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? 26 Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? 27 Which of you by worrying can add one cubit to his stature? 28 “So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; 29 and yet I say to you that even Solomon in all his glory was not arrayed like one of these. 30 Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith? 31 “Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’”

Destruction – Worry can damage my physical body, which is the “temple of the Holy Spirit.” It can bring about a host of physical ailments, such as high blood pressure, heart trouble, headaches, colds and stomach disorders.

1 Corinthians 6:19-20 NKJV — Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? 20 For you were bought at a price; therefore glorify God in your body and in your spirit, which are God’s.

Dishonor – Worry shifts the focus of attention from the all-sufficient power of Christ to my human insufficiency and insecurity. Ultimately, worry can undermine my Christian witness by presenting God as impotent and unworthy of praise.

Matthew 5:16 NKJV — Let your light so shine before men, that they may see your good works and glorify your Father in heaven. Since God says, “Do not worry,” it is clearly His desire that I do not worry.

How did this minister to you today?

THRIVE - Group Mentorship

In Matthew 6:25-31 - How did this minister to you and any outcomes you want to share?

**What Are You Thankful
for Today for today or
any Victories?**

**An Exercise to better
hear God. Get quiet and
write anything He shows
you. Anything from the
Father's love video or
devotion for today?**

Day 5

WHAT IS THE FOCUS OF WORRY?

A specific characteristic of worry is a negative “How will pay my bills?” ... e focus on the future. If I am a worrier, I am spending time speculating on what may or may not happen and then fearing the worst.

“What if I lose my job?” ...	“How will I make it alone?” ...	“What if I can’t find another job?”
“What if my spouse leaves me?”	“What will people think?”	“What if my teen gets into trouble?”
“How will I deal with it?”	“What will my options be?”	“What if my parents become
“How will I pay for long-term care?”	“What will they expect me to do for	incapacitated?”
“How will I ever forgive?”	them?”	“What if my spouse has an affair?”
“How will it impact my life?”	“What will I tell the children?”	“What if I have cancer?”
	“What will be my treatment	
	possibilities?”	

THE OTHER SIDE OF WORRY

A fine line determines the difference between destructive worry and constructive concern. I may have defended my tendency to worry as being only genuine concern, but honesty requires that I take a closer look at my heart and my motives. • Psalm 51:6 – Behold, You desire truth in the inward parts, And in the hidden part You will make me to know wisdom.

Destructive Worry –

“I’m so worried that my child might drown that I’m never going to let her anywhere near the water.”

- | | |
|----------------------------------|---------------------------------------------|
| • paralyzes | • decreases creativity |
| • prevents initiative | • results in anxious fretting |
| • attempts to control the future | • fears the worst |
| • appears negative to others | • distracts the mind from what is important |

Constructive Concern – “I’m so concerned that my child can’t swim that I’ve made arrangements to give her swimming lessons.” —

• motivates	• increases creativity
• promotes initiative	• results in calm focusing
• attempts to improve the future	• hopes for the best
• appears positive to others	• directs the mind to what is important
	• Colossians 3:2

Set your mind on things above, not on things on the earth.

BIBLICAL EXAMPLE OF A WORRIER Mary and Martha both loved their friend Jesus but expressed their love in different ways. When Jesus was visiting at the sisters’ home, Mary devotedly sat at His feet feasting on His every word while Martha scurried diligently to prepare a feast for her King. Clearly distracted by all the unfinished details, martyr Martha demanded that Jesus order Mary to make herself useful. But Jesus saw Mary as tranquil and teachable, Martha as troubled and testy. Martha had been caught in her own web of worry, but instead of scolding her, Jesus targeted the solution for all the ensnared Martha’s of the world with this timeless truth:

- Luke 10:38-42 NKJV

“Now it happened as they went that He entered a certain village; and a certain woman named Martha welcomed Him into her house. 39 And she had a sister called Mary, who also sat at Jesus’ feet and heard His word. 40 But Martha was distracted with much serving, and she approached Him and said, “Lord, do You not care that my sister has left me to serve alone? Therefore tell her to help me.” 41 And Jesus answered and said to her, “Martha, Martha, you are worried and troubled about many things. 42 But one thing is needed, and Mary has chosen that good part, which will not be taken away from her.” Freedom is found not by fretting over the temporal, but by focusing on the eternal.

Write down how this ministered to you and how you can apply in your life?

THRIVE - Group Mentorship

What are issues you worry about and how can you deal with those things you worry about?

**What Are You Thankful
for Today for today or
any Victories?**

**An Exercise to better
hear God. Get quiet and
write anything He shows
you. Anything from the
Father's love video or
devotion for today?**

Day 6

CHARACTERISTICS OF A WORRIER

Worry is like a thief in the night that steals the Believer's spiritual peace.

God never intended for His children to live fearfully focused on the future ... hostage to an emotional hijacking. If we are consumed with worry, we experiencing some of the following physical and emotional symptoms that are robbing us of spiritual maturity.

- Matthew 13:22 NKJV — Now he who received seed among the thorns is he who hears the word, and the cares of this world and the deceitfulness of riches choke the word, and he becomes unfruitful. Are you snared in the web of worry?
- Proverbs 29:25 – The fear of man brings a snare, But whoever trusts in the LORD shall be safe.

A. EMOTIONAL — WORRY AFFECTS THE MIND AND HEART OF THE SOUL

- Are you fearful of what others think about you?
- Are you overwhelmed with fear of the future?
- Are you dismayed when you hear bad news?
- Are you fretful when an unjust person succeeds?
- Are you anxious over unresolved relationships?
- Are you terrified of death?

Psalm 25:17 – The troubles of my heart have enlarged; Bring me out of my distresses!

PHYSICAL — WORRY AFFECTS BODY OF FLESH

- | | |
|---------------------------------------|----------------------------------------------------|
| • Are you having difficulty sleeping? | • Are you losing your appetite? |
| • Are you overeating? | • Are you experiencing headaches? |
| • Are you having stomach problems? | • Are you struggling with maintaining good health? |

Ecclesiastics 2:23 – For all his days are sorrowful, and his work burdensome; even in the night his heart takes no rest. ..

THRIVE - Group Mentorship

Can you relate to some of the outcome of worry? What can you do differently to overcome stress?

**What Are You Thankful
for Today for today or
any Victories?**

**An Exercise to better
hear God. Get quiet and
write anything He shows
you. Anything from the
Father's love video or
devotion for today?**

Day 7

CAUSES OF WORRYING A. WHY DO YOU WORRY?

What we worry about is not nearly as important as why we worry. We may know and love God, but when we trust in anything other than God's promises and provision for your life, then worry will turn our hearts away from the Lord and turn our trust into distrust.

Jeremiah 17:5 -- Thus says the LORD: "Cursed is the man who trusts in man And makes flesh his strength, Whose heart departs from the LORD."

- **DISTRUST — CARNAL THINKING** – Trusting God to save us, but not trusting Him to meet your everyday needs. Casual Christianity.
- Matthew 7:9-11 – Or what man is there among you who, if his son asks for bread, will give him a stone? 10 Or if he asks for a fish, will he give him a serpent? 11 If you then, being evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask Him!

- **PROJECTING OR DAYDREAMING (FANTASYING)** – Thinking that by mentally arranging future events we can control the outcome

Proverbs 29:25 – The fear of man brings a snare, But whoever trusts in the LORD shall be safe.

James 4:13-17 – Come now, you who say, "Today or tomorrow we will go to such and such a city, spend a year there, buy and sell, and make a profit"; 14 whereas you do not know what will happen tomorrow. For what is your life? It is even a vapor that appears for a little time and then vanishes away. 15 Instead you ought to say, "If the Lord wills, we shall live and do this or that." 16 But now you boast in your arrogance. All such boasting is evil. 17 Therefore, to him who knows to do good and does not do it, to him it is sin.

- **EXPECTATIONS** – Having a burdened sense of duty to make every area of our life perfect, not having learned to be content.

Philippians 4:11-13 – Not that I speak in regard to need, for I have learned in whatever state I am, to be content: 12 I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need. 13 I can do all things through Christ who strengthens me.

- **FEAR OF EXPOSURE** – Instead of confronting the real sin in my life, allowing guilt to surface as worry in other areas.

Psalms 32:3-5 – When I kept silent, my bones grew old through my groaning all the day long. 4 For day and night Your hand was heavy upon me; My vitality was turned into the drought of summer. Selah 5 I acknowledged my sin to You, And my iniquity I have not hidden. I said, "I will confess my transgressions to the LORD," And You forgave the iniquity of my sin.

- **RUNAWAY EMOTIONS** – Instead of choosing to respond to what Scripture says when I face difficulties, letting anxiety or fear have full control. • Psalms 34:4 – I sought the LORD, and He heard me, and delivered me from all my fears. How many fears?
- **SELF-CONSCIOUSNESS** – Feeling a desperate need to have the approval of others; and worrying about how we look, how we present ourselves.

- a. Galatians 1:10 — For do I now persuade men, or God? Or do I seek to please men? For if I still pleased men, I would not be a bondservant of Christ
- SPIRITUAL STARVATION – Trying to live on past spiritual nourishment, but starving for lack of a present spiritual intimacy with God.

Psalms 34:8-10 – Oh, taste and see that the LORD is good; Blessed is the man who trusts in Him! 9Oh, fear the LORD, you His saints! There is no want to those who fear Him. 10The young lions lack and suffer hunger; But those who seek the LORD shall not lack any good thing.

- FALSE HUMILITY (UNREALISTIC SELF-IMAGE) – Lack of knowledge and faith in who I am in Christ — thus believing I am powerless to cope with problems

Psalms 34:18 – The LORD is near to those who have a broken heart, And saves such as have a contrite spirit.

How did this minister to you today?

THRIVE - Group Mentorship

Tell the Lord how you feel today if you are struggling. In 1 Peter 5:7 it says to cast all our cares to Him:

**What Are You Thankful
for Today for today or
any Victories?**

**An Exercise to better
hear God. Get quiet and
write anything He shows
you. Anything from the
Father's love video or
devotion for today?**

Day 8 ***** Weeek 2

ROOT CAUSE OF WORRY

1. OUR FOCUS Without hesitation, Peter literally stepped out on faith, stepped out of the boat and started his sweeping strides on the water. But Peter's wondrous walk quickly became a sinking experience when he changed his focus from Christ to his own frailty. Likewise, when our focus is drawn away from the Lord Jesus and the Word of God, we set ourselves up to drown in a sea of worry. The Most Excellent Way ~ "Becoming GOD-Dependent"

"WORRY" AND THE WORD OF GOD ~

Matthew 14:25-34 — Now in the fourth watch of the night Jesus went to them, walking on the sea. 26 And when the disciples saw Him walking on the sea, they were troubled, saying, "It is a ghost!" And they cried out for fear. 27 But immediately Jesus spoke to them, saying, "Be of good cheer! It is I; do not be afraid." 28 And Peter answered Him and said, "Lord, if it is You, command me to come to You on the water." 29 So He said, "Come." And when Peter had come down out of the boat, he walked on the water to go to Jesus. 30 But when he saw that the wind was boisterous, he was afraid; and beginning to sink he cried out, saying, "Lord, save me!" 31 And immediately Jesus stretched out His hand and caught him, and said to him, "O you of little faith, why did you doubt?" 32 And when they got into the boat, the wind ceased. 33 Then those who were in the boat came and worshiped Him, saying, "Truly You are the Son of God."

WRONG THINKING: "I believe God cares about me, but I can't believe He is concerned with the everyday details of my life. I can't help but worry."

RIGHT THINKING: God has already promised to provide for all the needs in my life through Christ. I don't need to worry about how He will carry out that promise. I will trust Him to do it.

Philippians 4:19 – And my God shall supply all your need according to His riches in glory by Christ Jesus.

How did this minister to you today?

THRIVE - Group Mentorship

****** Week 2 ******

Name

Journal Promptings - Anything you want to share?

THRIVE - Group Mentorship

Journal Promptings - Continuation

THRIVE - Group Mentorship

Tell the Lord how you feel today if you are struggling. In 1 Peter 5:7 it says to cast all our cares to Him:

**What Are You Thankful
for Today for today or
any Victories?**

**An Exercise to better
hear God. Get quiet and
write anything He shows
you. Anything from the
Father's love video or
devotion for today?**

Day 9

BIBLICAL SOLUTIONS FOR WORRY

Scripture commands Believers to cast their cares or worries upon the Lord ... to commit and entrust ourselves and our desires and concerns totally to Him. But how do we do that? In the Bible, God often describes His people as being like sheep. When a sheep falls and ends up on its back, it is said to be “cast.” A cast sheep is totally helpless and has no resources upon which it can draw to remedy the situation. When we worry, we are like cast sheep. We have no resources within ourselves upon which to draw that will really affect our situation. But Jesus actually wants us to cast ourselves upon Him. He wants us to come to the end of our own resources so that we will depend upon Him for our very life. When we cast ourselves upon Him, He gently picks us up and carries us in His arms.

Isaiah 40:11: “He tends his flock like a shepherd: He gathers the lambs in his arms and carries them close to his heart.”

KEY VERSE TO MEMORIZE

1 Peter 5:6-7 NKJV — Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, casting all your care upon Him, for He cares for you.

B. KEY PASSAGE TO READ AND REREAD • Luke 12:22-34 –

Then He said to His disciples, “Therefore I say to you, do not worry about your life, what you will eat; nor about the body, what you will put on. 23 Life is more than food, and the body is more than clothing. 24 Consider the ravens, for they neither sow nor reap, which have neither storehouse nor barn; and God feeds them. Of how much more value are you than the birds? 25 And which of you by worrying can add one cubit to his stature? 26 If you then are not able to do the least, why are you anxious for the rest? 27 Consider the lilies, how they grow: they neither toil nor spin; and yet I say to you, even Solomon in all his glory was not arrayed like one of these. 28 If then God so clothes the grass, which today is in the field and tomorrow is thrown into the oven, how much more will He clothe you, O you of little faith? 29 “And do not seek what you should eat or what you should drink, nor have an anxious mind. 30 For all these things the nations of the world seek after, and your Father knows that you need these things. 31 But seek the kingdom of God, and all these things shall be added to you. 32 “Do not fear, little flock, for it is your Father’s good pleasure to give you the kingdom. 33 Sell what you have and give alms; provide yourselves money bags which do not grow old, a treasure in the heavens that does not fail, where no thief approaches nor moth destroys. 34 For where your treasure is, there your heart will be also.”

WORRY IS WORTHLESS! If we worry, we need to consider ...

- | | |
|----------------------------------------------------------------------------|-----------------------------------------------------------------|
| • Life is more than food and clothes ... Luke 12:22 | • You’ll miss the meaning of life ... Luke 12:23 |
| • God feeds the birds and will be sure to feed you ... Luke 12:24 | • You can’t extend the length of your life ... Luke 12:25 |
| • It is an exercise in futility ... Luke 12:26 | • You waste your time and energy ... Luke 12:27 |
| • You exhibit a lack of faith ... Luke 12:28 | You set your heart on tangibles instead of trust ... Luke 12:29 |
| • You are like unbelievers, refusing faith in God ... Luke 12:30 | • You are not making God’s kingdom your priority ... Luke 12:31 |
| • You forfeit the inheritance your Father has already given ... Luke 12:32 | • You are thinking more of yourself than others ... Luke 12:33 |

- You are treasuring the temporal over the eternal ...
Luke 12:34

Write how the devotional ministered to you today?

THRIVE - Group Mentorship

Tell the Lord how you feel today if you are struggling. In 1 Peter 5:7 it says to cast all our cares to Him:

**What Are You Thankful
for Today for today or
any Victories?**

**An Exercise to better
hear God. Get quiet and
write anything He shows
you. Anything from the
Father's love video or
devotion for today?**

Day 10

CURE FOR THE CHRONIC WORRIER

1. REPROGRAM YOUR MIND.

Worries can become well-rehearsed tapes in our minds. We know we shouldn't worry, but we can't seem to turn the worry tape off ... then we worry about worrying. Fortunately, God doesn't simply say, "Stop worrying," without telling us how to stop worrying. Although our thoughts and memories can't be erased, the landscape of your mind can be planted with seeds from the Scriptures for a renewed mind — Scripture tells us how:

Philippians 4:6-9 "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; 7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. 8 Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report if there is any virtue and if there is anything praiseworthy — meditate on these things. 9 The things which you learned and received and heard and saw in me, these do, and the God of peace will be with you."

GOD'S WORD A) What does God say to us about worrying? "He says I am not to worry." —Philippians 4:6

B) What does God say we should do instead of worrying? "He says I am to express my concerns to Him in prayer." —Philippians 4:6

C) What does God want us to pray about? "He says bring everything to Him." —Philippians 4:6

D) What kind of attitude does God expect us to have? "He says I am to have a heart of praise and thankfulness." —Philippians 4:6

E) What does God promise if we give Him your worries? "He says I will have incomparable peace of heart and mind." —Philippians 4:7

F) What does God say we should focus your thoughts on? "He says I should replace my negative thoughts with those that are truthful, noble, right, pure, lovely, admirable and praiseworthy." —Philippians 4:8

G) What does God say about how we should act? —Philippians 4:9:

GOD'S WAY

We need to acknowledge what we worry about — Read Philippians 4:8 carefully one point at a time.

- A) Evaluate every worry against each point. Ask, "Are my thoughts true ... noble ... right ... pure ... lovely ... admirable ... excellent ... praiseworthy?"
- B) Change our focus from worrying to resting in God's sovereignty.

Psalm 34:10 — The young lions lack and suffer hunger; But those who seek the LORD shall not lack any good thing.

GOD'S SOLUTIONS FOR WORRY

- 1. If we say: I'm afraid that my situation is impossible. The Lord says: "I can make all things possible."

Luke 18:27 – But He said, "The things which are impossible with men are possible with God."

2. If we say: I'm worried that I'm not wise enough. The Lord says: "I will give you My wisdom."

1 Corinthians 1:30-31 – But of Him you are in Christ Jesus, who became for us wisdom from God — and righteousness and sanctification and redemption — that, as it is written, "He who glories, let him glory in the LORD."

3. If we say: I feel anxiety over the cares of the world. The Lord says: "Cast all your anxiety on Me."

1 Peter 5:6-7 – Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, casting all your care upon Him, for He cares for you.

4. If we say: I'm overwhelmed with fear. The Lord says: "I will give you My strength when you're afraid."

Isaiah 41:10 – Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous righthand.'

5. If we say: I'm so worried—I can't forgive myself. The Lord says: "I can forgive you."

1 John 1:8-10 – If we say that we have no sin, we deceive ourselves, and the truth is not in us. 9 If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. 10 If we say that we have not sinned, we make Him a liar, and His word is not in us.

6. If we say: I'm worried that my loved ones might leave me. The Lord says: "Once you've come to Me, I will never leave you."

Deuteronomy 31:8 – "And the LORD, He is the One who goes before you. He will be with you, He will not leave you nor forsake you; do not fear nor be dismayed."

7. If we say: I'm worried that I might die. The Lord says: "I will give you eternal life."

John 3:16-17 – Jesus said: "For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life. 17 For God did not send His Son into the world to condemn the world, but that the world through Him might be saved."

8. If you say: I'm so worried that I can't rest. The Lord says: "I will give you My rest."

Matthew 11:28-30 – Jesus said: "Come to Me, all you who labor and are heavy laden, and I will give you rest. 29 Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. 30 For My yoke is easy and My burden is light."

What did you get out of the devotion today?

THRIVE - Group Mentorship

Tell the Lord how you feel today if you are struggling. In 1 Peter 5:7 it says to cast all our cares to Him:

**What Are You Thankful
for Today for today or
any Victories?**

**An Exercise to better
hear God. Get quiet and
write anything He shows
you. Anything from the
Father's love video or
devotion for today?**

Day 11

HOW TO OVERCOME WORRY

1. DESIRE TO BE FREE OF ALL THAT CHOKES OUT THE WILL OF GOD.

- A) Express your heart's desire to do God's will.

Psalm 40:8 – "I delight to do Your will, O my God, and Your law is within my heart."

- B) Admit you have sinned and chosen to go your own way.

Psalm 51:4 – Against You, You only, have I sinned, and done this evil in Your sight — That You may be found just when You speak, and blameless when You judge.

- C) Give Christ control over your life, allowing Him to be your Lord.

Mark 8:34-38 – When He had called the people to Himself, with His disciples also, He said to them, "Whoever desires to come after Me, let him deny himself, and take up his cross, and follow Me. 35 For whoever desires to save his life will lose it, but whoever loses his life for My sake and the gospel's will save it. 36 For what will it profit a man if he gains the whole world, and loses his own soul? 37 Or what will a man give in exchange for his soul? 38 For whoever is ashamed of Me and My words in this adulterous and sinful generation, of him the Son of Man will be ashamed to do His will in and through you.

Philippians 2:13 – ... for it is God who works in you both to will and to do for His good pleasure.

2. RECOGNIZE GOD'S PRESENCE IN YOUR LIFE.

- A) The Lord IS your life.

Colossians 3:4 – If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. 2 Set your mind on things above, not on things on the earth. 3 For you died, and your life is hidden with Christ in God. 4 When Christ who is our life appears, then you also will appear with Him in glory.

- B) The Lord IS your security.

Romans 8:38-39 – For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.

- D) The Lord IS your provider.

Philippians 4:19 – And my God shall supply all your need according to His riches in glory by Christ Jesus. D) The Lord IS your protector. • Isaiah 41:10 – Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand.'

Psalm 18:2 – The LORD is my rock and my fortress and my deliverer; My God, my strength, in whom I will trust; My shield and the horn of my salvation, my stronghold.

3. SEE YOUR WORRY-PRODUCING SITUATIONS AS OPPORTUNITIES FOR CHARACTER BUILDING.

- A) Initiate new relationships even at the risk of being hurt.

- B) Have confidence that the Lord is directing your life even if circumstances don't work out the way you had hoped.
- C) Expect the Lord to make positive changes in you even when you fail.
- D) Let your life be an example of growing older gracefully.

Philippians 1:6 – ...being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ;...

4. CULTIVATE CONTENTMENT WITH PRAYER, FOR EXAMPLE:

- A) "Lord, I want to be accepted by others, but if I'm not, I won't be robbed of my joy because You accept me in Christ Jesus."
- B) "Lord, rather than worry about the welfare of my family, I'll trust them to Your sovereign care as I am obedient to Your guidance."
- C) "Lord, instead of becoming anxious about my job, I choose to trust You with my future."
- D) "Lord, I want to have excellent health, but if I don't, I am willing to learn contentment and refuse to worry."
- E) _____

Luke 18:1 – Then He spoke a parable to them, that men always ought to pray and not lose heart.

Write down how this devotion ministered to you today:

THRIVE - Group Mentorship

From Mark 8:34-38 - Are there areas you need to give control over to the Lord?

**What Are You Thankful
for Today for today or
any Victories?**

**An Exercise to better
hear God. Get quiet and
write anything He shows
you. Anything from the
Father's love video or
devotion for today?**

Day 12

RENEW YOUR MIND WITH GOD'S PROMISES FOR . . .

A) CONTENTMENT

Philippians 4:11-13 – Not that I speak in regard to need, for I have learned in whatever state I am, to be content: I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need. I can do all things through Christ who strengthens me.

B) HOPE

Jeremiah 29 11 -- “For I know the thoughts that I think toward you,” says the LORD, “thoughts of peace and not of evil, to give you a future and a hope.”

C) STRENGTH

Isaiah 41:10 – “Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand.”

D) CONFIDENCE

2 Timothy 1:7 – For God has not given us a spirit of fear, but of power and of love and of a sound mind.

2 Peter 1:2-4 – Grace and peace be multiplied to you in the knowledge of God and of Jesus our Lord, as His divine power has given to us all things that pertain to life and godliness, through the knowledge of Him who called us by glory and virtue, by which have been given to us exceedingly great and precious promises, that through these you may be partakers of the divine nature, having escaped the corruption that is in the world through lust.

THANK GOD FOR . . .

A) His comforting presence in the midst of your pain

Psalms 34:18 — The LORD is near to those who have a broken heart, and saves such as have a contrite spirit.

B) What He will teach you through your trials

James 1:2-4 – My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience. But let patience have its perfect work, that you may be perfect and complete, lacking nothing.

C) His compassion you now have toward others in similar trials

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

THRIVE - Group Mentorship

In the devotional look at Contentment, Hope, Strength, Confidence - Which area do you need to work on?

**What Are You Thankful
for Today for today or
any Victories?**

**An Exercise to better
hear God. Get quiet and
write anything He shows
you. Anything from the
Father's love video or
devotion for today?**

Day 13

COMMIT TO DOING THE FOLLOWING EVERY DAY FOR THE NEXT SEVERAL WEEKS —
DEVELOP NEW FAITH HABITS TO REPLACE FEAR AND WORRY:

- A) Focus on living in the present—not in the past or future. The past cannot be changed, and only God knows the future.

James 4:13-15 – Come now, you who say, “Today or tomorrow we will go to such and such a city, spend a year there, buy and sell, and make a profit”; whereas you do not know what will happen tomorrow. For what is your life? It is even a vapor that appears for a little time and then vanishes away. Instead, you ought to say, “If the Lord wills, we shall live and do this or that.”

- B) Emulate the example of godly people you know.

Proverbs 13:20 – He who walks with wise men will be wise, But the companion of fools will be destroyed.

Psalms 1:1 – Blessed is the man who walks not in the counsel of the ungodly, ...

Ask God to direct you in performing at least one unexpected act of kindness —

PUT YOUR FAITH INTO ACTION.

Matthew 7:12 – Jesus said: “Therefore, whatever you want men to do to you, do also to them, for this is the Law and the Prophets.”

- C) Believe His promise — DO NOT WORRY— you have the peace of God surrounding you and the God of peace within you. •

John 14:27 – Jesus said: “Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.” •

Matthew 6:34 – Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.

Jeremiah 17:7-8 – Blessed is the man who trusts in the LORD, and whose hope is the LORD. For he shall be like a tree planted by the waters, which spreads out its roots by the river, And will not fear when heat comes; but its leaf will be green, And will not be anxious in the year of drought, nor will cease from yielding fruit.

Write down if anything blessed you today?

THRIVE - Group Mentorship

Today is focusing on the present not the past - is there areas you are stuck such as self-unforgiveness, regrets, etc.?

**What Are You Thankful
for Today for today or
any Victories?**

**An Exercise to better
hear God. Get quiet and
write anything He shows
you. Anything from the
Father's love video or
devotion for today?**

Day 14

GOD'S WORD FOR WORRIED HEARTS

Jesus said: "Let not your heart be troubled; you believe in God, believe also in Me." John 14:1 NKJV

DO YOU DESIRE ...

- COMFORT?

Psalm 23:1-3 — The LORD is my shepherd; I shall not want. 2 He makes me to lie down in green pastures; He leads me beside the still waters. 3 He restores my soul; He leads me in the paths of righteousness For His name's sake.

- CONFIDENCE?

2 Timothy 1:7 — For God has not given us a spirit of fear, but of power and of love and of a sound mind.

- CONTENTMENT?

Philippians 4:11-13 — Not that I speak in regard to need, for I have learned in whatever state I am, to be content: 12 I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need. 13 I can do all things through Christ who strengthens me.

- GRACE?

Hebrews 4:16 — Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.

- HOPE?

Jeremiah 29:11 — "For I know the thoughts that I think toward you," says the LORD, "thoughts of peace and not of evil, to give you a future and a hope."

- LOVE?

1 John 3:1-2 — Behold what manner of love the Father has bestowed on us, that we should be called children of God! Therefore the world does not know us, because it did not know Him.

- PEACE?

Isaiah 26:3 — You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in You.

- REST?

Matthew 11:28-30 — Jesus said: Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light."

- RESTORATION?

1 Peter 5:10-11 — But may the God of all grace, who called us to His eternal glory by Christ Jesus, after you have suffered a while, perfect, establish, strengthen, and settle you.

- SALVATION?

Romans 10:8-9 — But what does it say? "The word is near you, in your mouth and in your heart" (that is, the word of faith which we preach): that if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved.

- STRENGTH?

Isaiah 41:10 — "Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand."

DO YOU NEED ...

- A NEW BEGINNING?

Isaiah 43:18-19 — "Do not remember the former things, Nor consider the things of old. Behold, I will do a new thing, Now it shall spring forth; Shall you not know it? I will even make a road in the wilderness And rivers in the desert."

- COMFORT IN AGING?

Isaiah 46:4 — "Even to your old age, I am He, And even to gray hairs I will carry you! I have made, and I will bear; Even I will carry, and will deliver you."

- COURAGE TO STAND?

Romans 8:31 — What then shall we say to these things? If God is for us, who can be against us?

- FREEDOM FROM FEAR?

Isaiah 43:1-2 — But now, thus says the LORD, who created you, O Jacob, and He who formed you, O Israel: "Fear not, for I have redeemed you; I have called you by your name; You are Mine. When you pass through the waters, I will be with you; and through the rivers, they shall not overflow you. When you walk through the fire, you shall not be burned, nor shall the flame scorch you."

- FREEDOM FROM PERSONAL WORKS?

Ephesians 2:8-10 — For by grace you have been saved through faith, and that not of yourselves; it is the gift of God, not of works, lest anyone should boast. For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.

- GOD'S PRESENCE?

Psalms 34:18 — The LORD is near to those who have a broken heart, And saves such as have a contrite spirit.

- PERSPECTIVE IN PERSECUTION?

Romans 12:17-21 — Repay no one evil for evil. Have regard for good things in the sight of all men. 18 If it is possible, as much as depends on you, live peaceably with all men. 19 Beloved, do not avenge yourselves, but rather give place to wrath; for it is written, "Vengeance is Mine, I will repay," says the Lord. 20 Therefore, "If your enemy is hungry, feed him; If he is thirsty, give him a drink; For in so doing you will heap coals of fire on his head." 21 Do not be overcome by evil, but overcome evil with good.

- PERSPECTIVE ON DEPRESSION?

Psalm 42:11 — Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; For I shall yet praise Him, The help of my countenance and my God.

- PERSPECTIVE ON WORRY?

Matthew 6:25-34 — "Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? 26 Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? 27 Which of you by worrying can add one cubit to his stature? 28 "So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; 29 and yet I say to you that even Solomon in all his glory was not arrayed like one of these. 30 Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith? 31 "Therefore do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' 32 For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. 33 But seek first the kingdom of God and His righteousness, and all these things shall be added to you. 34 Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.

- GOD'S PROVISION?

Matthew 7:9-11 — Or what man is there among you who, if his son asks for bread, will give him a stone? Or if he asks for a fish, will he give him a serpent? If you then, being evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask Him!

- GOD'S WILL?

Proverbs 3:5-6 — Trust in the LORD with all your heart, And lean not on your own understanding; In all your ways acknowledge Him, and He shall direct your paths.

Any part of the devotion minister to you today?

THRIVE - Group Mentorship

Today was about worried hearts - are there areas you worry about and have a hard time trusting the Lord for?

**What Are You Thankful
for Today for today or
any Victories?**

**An Exercise to better
hear God. Get quiet and
write anything He shows
you. Anything from the
Father's love video or
devotion for today?**

Day 15

Part 2 – Your Identity in Christ

2 Cor 5:17 – Therefore if any man *be* in Christ, *he is* a new creature: old things are passed away; behold, all things are become new.

Col 3:10 – And have put on the new man, which is renewed in knowledge after the image of him that created him. As we grow in Christ through his word, through life experiences, accomplishments and even disappointments, we can discover that we have an identity with Christ Jesus that will always cause us triumph in Him.

Acts 17:28 – For in Him we live and move and have our being.... One of the many ways we identify with Christ is that we call ourselves “Christians”. We are identifying with the person of Jesus Christ

An important revelation we can get from the Word of God is to understand who we are in Christ. Identifying with Christ will change the way we live and cause us to rise above adversity. Not understanding our identity in Him will keep us living far below our rights and privileges in Christ.

In our everyday lives, we identify with a person, organization, occupation, nationality, or church. We also have an identity in the spirit realm. The scriptures say we have been crucified with Christ (Gal. 2:20). Not only did we die with Him on the cross at Calvary, we also have been raised with Him. We can see this in the following verses.

“Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new” (2 Corinthians 5:17 NKJV). What God says about us is found in His Word. Here are some things we are and have in Christ:

"YOUR IDENTITY IN CHRIST" - 2017 Page 2 of 5 “Helping People Change Their Lives for God’s Purpose” We are new creatures (2 Cor. 5:17). We are the righteousness of God (2 Cor. 5:21). We've been healed (1 Peter 2:24). We've been made rich (2 Cor. 8:9). We are accepted (Eph. 1:6). We are free from sin (Rom. 6:20–22).

Write down anything you got out of the lesson

THRIVE - Group Mentorship

Week 3

Name

Journal Promptings - weekly - I will send you an email as a reminder.

- 1. What does it mean to you to be a person of faith? How important is this to you?**
- 2. What limits have you put on God? What is the root of your reason for doing so?**

THRIVE - Group Mentorship

Journal Promptings - Continuation

THRIVE - Group Mentorship

Your Identity in Christ.

1. Today, I'm grateful for...
2. What is one thing I wish I could change?
3. What is my first thought in the mornings? Keep a list.

**What Are You Thankful
for Today for today or
any Victories?**

**An Exercise to better
hear God. Get quiet and
write anything He shows
you. Anything from the
Father's love video or
devotion for today?**

Day 16

Identity In Christ

Question: What does it mean to identify with Christ? It's normal for us to identify with something or someone. It makes us feel connected and gives us a feeling of belonging.

Before we were in Christ, we were destined for death and destruction. Now we are destined for eternal life (1 John 2:25).

Before Christ, we were destined for despair, degradation, and poverty. But in Christ, we are destined to have life and have it more abundantly (John 10:10).

In Christ is where our identity should be. It's in Jesus that we are somebody!

- Do we identify with who and how we were raised?
- How has knowing God and his word changed how you see yourself despite how you were raised?
- Our parents give us an identity, society gives us an identity, test scores give us an identity

Question:

Some identify with a profession. They say things like, "I'm a salesman," or "I'm a lawyer." But their profession is not who they are; it's what they do. Others identify with the disease that is attacking their bodies. They say, "I'm a diabetic," "I'm ADD," or "I am bipolar." **Who do you say you are?**

From the devotion, write down how this ministered to you?

THRIVE - Group Mentorship

Tell the Lord how you feel today if you are struggling. In 1 Peter 5:7 it says to cast all our cares to Him:

THRIVE - Group Mentorship

Tell the Lord how you feel today if you are struggling. In 1 Peter 5:7 it says to cast all our cares to Him:

**What Are You Thankful
for Today for today or
any Victories?**

**An Exercise to better
hear God. Get quiet and
write anything He shows
you. Anything from the
Father's love video or
devotion for today?**

**What Are You Thankful
for Today for today or
any Victories?**

**An Exercise to better
hear God. Get quiet and
write anything He shows
you. Anything from the
Father's love video or
devotion for today?**

Day 17

Identity In Christ

Our Identity in Christ – “our position” in Him

Question:

When problems arise do you define yourself by your problem or your position in Christ....?

EPHESIANS 2:4–7 (NKJV) 4 But God, who is rich in mercy, because of His great love with which He loved us, 5 even when we were dead in trespasses, made us alive together with Christ (by grace you have been saved), 6 and raised us up together, and made us sit together in the heavenly places in Christ Jesus, 7 that in the ages to come He might show the exceeding riches of His grace in His kindness toward us in Christ Jesus.

According to the WORD, we are seated with Christ in heavenly places. Unfortunately, some of us Christians have an identity crisis. When negative issues or problems come; or THINGS DON'T LOOK or FEEL or line up with the WORD, we say what we SEE and FEEL, rather than what THE WORD OF GOD SAYS about us.

If you don't know who is in Christ or where you are in Christ Jesus; you will identify with the problems that confront you. You will speak the problem or negative condition rather than speaking “I am far above all principality and power and dominion and might and I am seated together in heavenly places in Christ Jesus”

Ephesians 1:21-22 - Far above all principality, and power, and might, and dominion, and every name that is named, not only in this world but also in that which is to come: And put all things under his feet, and gave him to be the head over all things to the church.

You can always tell who and where you identify with by your actions: if you identify with the problem: divorced, bankrupt, sick, depressed and so forth; you will speak and act like the problem. If you identify with your position or what you have in Christ, you will speak and act accordingly.

NOTE: We are not denying problems exists, instead we are “acknowledging” who we are and/what we have in Christ.

We verbally acknowledge our “identification” with Christ, by agreeing with and saying or “confessing” what God’s Word says to us and about us.

Jesus told his disciples: you shall have what you say – Mark 11:23

When we really understand our identity in Christ—who we are in Him—it changes the way we think and live. Second Corinthians 5:17 (NKJV) says,

"If anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new." The Living Bible says, "When someone becomes a Christian, he becomes a brand-new person inside. He is not the same anymore. A new life has begun!"

Question: life and death is in the power of the tongue – Prov 8:21.... words spoken to us can frame our identity.....**What words have you had to overcome to reshape your identity as a believer.**

List Negative Words you’ve spoken over yourself. Then do the following prayer:

Father God, forgive me for cursing myself when I am made in the image of God. I pull the words down off of me and cancel and make them null and void. I cast those words down and cast the demonic spirits attached to those to carry it out, I send it to the feet of Jesus.

THRIVE - Group Mentorship

When it comes to your identity, how did the scriptures minister to you?

**What Are You Thankful
for Today for today or
any Victories?**

**An Exercise to better
hear God. Get quiet and
write anything He shows
you. Anything from the
Father's love video or
devotion for today?**

Day 18

Identity in Christ

Read: Luke 3: 21 – 23 (24 – 38 if really keen)

The background is in Luke 3: 1 – 20 where we again learn about John the Baptist & all he was doing.

John was a Prophetic Voice. (Chapter 3: 4, 7 – 9)

John was a Teacher. (Chapter 3: 12 – 14)

John thought he may be the Messiah (Chapter 3: 15)

John was baptizing many people & had his own Disciples. Into this comes Jesus at about thirty years of age (verse 23) & obediently He is Baptized.

Questions: And WHO was Praying?

Why a dove?

What does the Father say?

What had Jesus done so far to hear His Father's Words in this way?

Prayer: Lord Jesus, may I be obedient to the Father just as you were. Amen. TODAY do you need to hear GOD say "I Love you"? TODAY do you need to hear GOD say "I am well pleased with you"? Stop for a moment & just Reflect/Meditate on these WORDS & Listen.

Write down your thoughts?

THRIVE - Group Mentorship

Try to answer the questions on the devotion? Anything you felt the Lord spoke to you about?

1. What is something I need to let go of?
2. Write a letter to someone from your childhood. You don't have to send it!
3. Write yourself a letter forgiving you for something that has happened in your past.

**What Are You Thankful
for Today for today or
any Victories?**

**An Exercise to better
hear God. Get quiet and
write anything He shows
you. Anything from the
Father's love video or
devotion for today?**

Day 19

Identity in Christ

Read: Matthew 3: 13 – 17 Background in Matthew 3: 1 – 12

Do we learn anything new about John in these verses compared to yesterday?

The Discourse between John & Jesus is interesting & revealing.

Question:

- What do you learn about John?
- What do you learn about Jesus?
- Jesus again has the Holy Spirit in the form of a Dove “alighting on Him” & hears His Father say, “This is my Son, whom I love; with Him I am well pleased.”

Question:

How many people do you think heard these WORDS?

Just Jesus & John?

Both Matthew & Luke record them.

Question:

- Why is this scene so important?

Read: Mark 1: 9 – 11 Background is in Mark 1: 1 – 9.

- Mark also records this event.

Read: John 1: 29 – 34 Background is in John 1: 15 – 28 John’s Testimony is Very Strong & deep.

John’s conclusion is?.....(See verse 34.) Now we see all four Gospels record this Event! What is your Conclusion?

Prayer: Jesus - the Lamb of GOD who takes away the SIN of the WORLD; Jesus the Lamb of GOD who takes away my SIN, thank you & I praise Your Name. May I too declare “I have seen; I have experienced; I declare You are the SON of GOD”. Amen.

Write down what you got out of the devotional:

THRIVE - Group Mentorship

Share anything that ministered to you today.

**What Are You Thankful
for Today for today or
any Victories?**

**An Exercise to better
hear God. Get quiet and
write anything He shows
you. Anything from the
Father's love video or
devotion for today?**

Day 20

Identity in Christ

Our Identity in Jesus.

Part 1. We had the joy of reading the event in & around Jesus' Baptism.

This was recorded & mentioned in all 4 Gospels.

- I believe it was one of those significant moments for Jesus. A Special Moment for "GOD; Father, Son & Holy Spirit".
- In this crazy world can we have these SIGNIFICANT moments where GOD; Father, Son & Holy Spirit can minister into our lives?

Read: 1 Corinthians 3: 16 & 17 –

- Do you perceive yourself to be GOD's Temple & that the Holy Spirit "LIVES" in us?
- How does this make you feel?
- Does it bring a sense of Significance?

Read: 1 Corinthians 12: 27

- The before & after verses let us know that if one rejoices, all can rejoice; if one suffers, all suffer & that we all have significant parts to play in the whole.

Verse 27: We are the Body of Christ - each one of us plays a part. We need one another.

Read: 2 Corinthians 5: 17

- In Jesus we are New. OLD is gone - New has come - Pure & Simple. Recap: - Holy Spirit lives in us. - We are GOD's, Holy Temple. - We are Christ's Body - We need each other. We all have a part to play. –
- In Jesus OLD has GONE! New has COME!

Prayer: Lord Jesus, in just 3 verses I can see how Significant I am in Your plan & purpose. You fill me with Your Holy Spirit, I am part of what you are doing, I am needed. The OLD is gone, I am forgiven. SIGNIFICANT in every way. Amen.

Write down how this devotion ministered to you

THRIVE - Group Mentorship

How are you allowing your body to become God's temple to dwell in you?

**What Are You Thankful
for Today for today or
any Victories?**

**An Exercise to better
hear God. Get quiet and
write anything He shows
you. Anything from the
Father's love video or
devotion for today?**

Day 21

Identity in Christ

Our Identity in Jesus. Part 2.

Read: Galatians 3: 26 – 27 Sons of GOD - Heirs with Jesus - Seated in Heavenly places.

- In Jesus there are NO Barriers. We are one in Jesus.
- What does this mean in practicality? What does this mean for you in your everyday walk?

Read: Galatians 4: 4 – 7

- What a great explanation of how this is all possible. BUT - Do we believe it?
- Do we live it?

Read: Ephesians 2: 10

GOD's Work - Prepared before time to do good things in Jesus.

- As sons & daughters of the KING, there is a responsibility, a call, a destiny for you & I to fulfill. We are fulfilling what GOD has in store for us?

Prayer: Father God, my Heavenly Father, I thank you that I am indeed Your son/daughter. As Your Child I am SIGNIFICANT & my identity is in You. Fill me anew by Your Holy Spirit to fulfill Your "GOOD WORKS". Amen.

Write down your thoughts

THRIVE - Group Mentorship

Share how you are heirs of Christ? Do you believe you are heirs of Christ?

**What Are You Thankful
for Today for today or
any Victories?**

**An Exercise to better
hear God. Get quiet and
write anything He shows
you. Anything from the
Father's love video or
devotion for today?**

Day 22

Identity in Christ

Our Identity in Jesus. Part 3.

Read: Philippians 3: 18 – 20

Living according to the Kingdom of GOD - NOT Earthly desires or standards.

Read: Philippians 4: 12 – 13

- May this be our Testimony - not just personally but at Kawana Life.

Read: Colossians 2: 9 – 10

- The answer is Jesus. - our completion - our “fullness” is in Jesus.

Read: 1 John 3: 1 – 3

We are GOD’s children. Rap up: - Live according to the Kingdom of GOD. - Only in His Strength can we do all he has for us. (Rely on Jesus) - Our fullness is in Jesus. –

We are GOD’s Children.

Prayer: LORD GOD Almighty, may I take time to reflect on all these verses from your WORD & the SIGNIFICANT Truths they speak into my life. Amen.

Did anything speak to you today:

THRIVE - Group Mentorship
Week 4

Name

Journal Promptings - weekly I will send you by email

1. What would it feel like to forgive myself?
2. What's a way my anxiety has held me back recently?
3. Write a letter to your past self.
4. What's a quality I love about myself?

THRIVE - Group Mentorship

Journal Promptings - Continuation

THRIVE - Group Mentorship

Do you struggle with earthly desires over Kingdom living? Share how you can change your desires for Kingdom Living?

**What Are You Thankful
for Today for today or
any Victories?**

**An Exercise to better
hear God. Get quiet and
write anything He shows
you. Anything from the
Father's love video or
devotion for today?**

Day 23

Peace with God

“For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.” JEREMIAH 29:11

COME TO ME with a teachable spirit, eager to be changed. A close walk with Me is a life of continual newness. Do not cling to old ways as you step into a new year. Instead, seek My Face with an open mind, knowing that your journey with Me involves being transformed by the renewing of your mind. As you focus your thoughts on Me, be aware that I am fully attentive to you. I see you with a steady eye because My attention span is infinite. I know and understand you completely; My thoughts embrace you in everlasting Love. I also know the plans I have for you: plans to prosper you and not to harm you, plans to give you hope and a future. Give yourself fully to this adventure of increasing attentiveness to My Presence.

Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.

ROMANS 12 : 2 “For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.” JEREMIAH 29 : 11

Take the time to be quiet before the Lord and meditate on these scriptures and write out what this means to you.

Neuroplasticity Exercises to Rewire the Brain – regrow neurons and increase size of hippocampus.

Traumatic stress also affects the hippocampus, the part of the brain which is responsible for storing and retrieving with high levels of stress can decrease the volume of the hippocampus. This can make it hard for us to distinguish living between the past and present. Because of this, even environments that remind us of traumatic experiences can cause fear, stress, and panic. Instead of the brain being able to easily create and store new memories, traumatic stress can keep old traumatic memories at the forefront of our minds, causing us to live in a constant state of hypervigilance and intense emotional reactivity.

The following days are exercises to help rewire the brain for those who suffer from anxiety, stress, and depression.

THRIVE - Group Mentorship

The Lord has good plans for all His children. Do you believe the Lord has plans for your life? Explain.

**What Are You Thankful
for Today for today or
any Victories?**

**An Exercise to better
hear God. Get quiet and
write anything He shows
you. Anything from the
Father's love video or
devotion for today?**

Day 24

Peace with God

A time to be quiet before the Lord and meditate on His Word. Ask the Lord what this means for you. Let Him speak to your spirit. Make sure you write it in your journal.

REFRESH YOURSELF in the Peace of My Presence.

This Peace can be always your portion and in all circumstances. Learn to hide in the secret of My Presence, even as you carry out your duties in the world. I am both with you and within you. I go before you to open up the way, and I also walk alongside you.

There could never be another companion as devoted as I am. Because I am your constant Companion, there should be a lightness to your step that is observable to others. Do not be weighed down with problems and unresolved issues, for I am your burden-bearer.

In the world you have trials and distress, but don't let them get you down. I have conquered the world and deprived it of power to harm you. In Me you may have confident Peace.

Oh, how great is Your goodness, Which You have laid up for those who fear You, Which You have prepared for those who trust in You In the presence of the sons of men! You shall hide them in the secret place of Your presence From the plots of man; You shall keep them secretly in a pavilion From the strife of tongues.

PSALM 31 : 19–20 (NKJV)

"I have told you these things, so that in Me you may have [perfect] peace and confidence. In the world you have tribulation and trials and distress and frustration; but be of good cheer [take courage; be confident, certain, undaunted]! For I have overcome the world. [I have deprived it of power to harm you and have conquered it for you.]"

JOHN 16 : 33 (AMP)

Neuroplasticity Exercises to Rewire the Brain – regrow neurons and increase size of hippocampus.

- Exercise to challenge and stimulate the brain by doing something different and taking the brain out of autopilot. Do this exercise three to four times in one day. Walk around your room with your eyes closed. Even try to put on your clothes while your eyes are closed. Your brain will go into high alert and out of autopilot to stimulate the brain.

THRIVE - Group Mentorship

Is it hard for you to be still before the Lord and hear His voice?

**What Are You Thankful
for Today for today or
any Victories?**

**An Exercise to better
hear God. Get quiet and
write anything He shows
you. Anything from the
Father's love video or
devotion for today?**

Day 25

Peace with God

A time to be quiet before the Lord and meditate on His Word. Ask the Lord what this means for you. Let Him speak to your spirit. Make sure you write it in your journal.

I WANT YOU TO LEARN A NEW HABIT

Try saying, “I trust You, Jesus” in response to whatever happens to you. If there is time, think about who I AM in all My Power and Glory; ponder also the depth and breadth of My Love for you. This simple practice will help you see Me in every situation, acknowledging My sovereign control over the universe. When you view events from this perspective—through the Light of My universal Presence—fear loses its grip on you.

Adverse circumstances become growth opportunities when you affirm your trust in Me no matter what. You receive blessings gratefully, realizing they flow directly from My hand of grace. Your continual assertion of trusting Me will strengthen our relationship and keep you close to Me. I have seen you in the sanctuary and beheld your power and your glory.

PSALM 63 :

2 See, the Sovereign LORD comes with power, and his arm rules for him. See, his reward is with him, and his recompense accompanies him. He tends his flock like a shepherd: He gathers the lambs in his arms and carries them close to his heart; he gently leads those that have young.

ISAIAH 40 : 10 – 11

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.

PSALM 139 : 7 – 10

THRIVE - Group Mentorship

When reading Ps. 63:2, did it speak to you? How do you feel that the Lord carries us in His arms?

**What Are You Thankful
for Today for today or
any Victories?**

**An Exercise to better
hear God. Get quiet and
write anything He shows
you. Anything from the
Father's love video or
devotion for today?**

Day 26

Peace with God

A time to be quiet before the Lord and meditate on His Word. Ask the Lord what this means for you. Let Him speak to your spirit. Make sure you write it in your journal.

YOU CAN ACHIEVE THE VICTORIOUS LIFE through living in deep dependence on Me.

People usually associate victory with success: not falling or stumbling, not making mistakes. But those who are successful in their own strength tend to go their own way, forgetting about Me. It is through problems and failure, weakness, and neediness that you learn to rely on Me.

True dependence is not simply asking Me to bless what you have decided to do. It is coming to Me with an open mind and heart, inviting Me to plant My desires within you. I may infuse within you a dream that seems far beyond your reach. You know that in yourself you cannot achieve such a goal.

Thus begins your journey of profound reliance on Me. It is a faith walk, taken one step at a time, leaning on Me as much as you need. This is not a path of continual success but of multiple failures. However, each failure is followed by a growth spurt, nourished by increased reliance on Me. Enjoy the blessedness of a victorious life, through deepening your dependence on Me.

The righteous cry out, and the LORD hears them; he delivers them from all their troubles. The LORD is close to the brokenhearted and saves those who are crushed in spirit.

PSALM 34 : 17– 18

For we walk by faith, not by sight.

2 CORINTHIANS 5 : 7 (NKJV)

Neuroplasticity Exercises to Rewire Your Brain

- *Non-dominant hand exercises:* can form new neural pathways and strengthen the connectivity between neurons;

Use the hand you usually don't use and use it all day.

THRIVE - Group Mentorship

Do you see that victories in Christ are different than worldly success? Give examples of your victories that are opposite of worldly victories?

**What Are You Thankful
for Today for today or
any Victories?**

**An Exercise to better
hear God. Get quiet and
write anything He shows
you. Anything from the
Father's love video or
devotion for today?**

Day 27

Peace with God

A time to be quiet before the Lord and meditate on His Word. Ask the Lord what this means for you. Let Him speak to your spirit. Make sure you write it in your journal.

I AM ABLE to do far beyond all that you ask or imagine.

Come to Me with positive expectations, knowing that there is no limit to what I can accomplish. Ask My Spirit to control your mind, so that you can think great thoughts of Me. Do not be discouraged by the fact that many of your prayers are yet unanswered. Time is a trainer, teaching you to wait upon Me, to trust Me in the dark.

The more extreme your circumstances, the more likely you are to see My Power and Glory at work in the situation. Instead of letting difficulties draw you into worrying, try to view them as setting the scene for My glorious intervention. Keep your eyes and your mind wide open to all that I am doing in your life. Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.

EPHESIANS 3 : 20– 21

The mind of sinful man is death, but the mind controlled by the Spirit is life and peace.

ROMANS 8 : 6

Even the youths shall faint and be weary, And the young men shall utterly fall, But those who wait on the LORD Shall renew their strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint.

ISAIAH 40 : 30 – 31 (NKJV)

Then I heard every creature in heaven and on earth and under the earth and on the sea, and all that is in them, singing: “To him who sits on the throne and to the Lamb be praise and honor and glory and power, for ever and ever!”

- *Creating artwork* enhances the connectivity of the brain at rest (the “default mode network” or DMN), which can boost introspection, memory, empathy, attention, and focus.

THRIVE - Group Mentorship

When reading Eph 3:20-21 and Romans 8:6 - can you see how they relate? Please explain.

**What Are You Thankful
for Today for today or
any Victories?**

**An Exercise to better
hear God. Get quiet and
write anything He shows
you. Anything from the
Father's love video or
devotion for today?**

Day 28

Peace with God

A time to be quiet before the Lord and meditate on His Word. Ask the Lord what this means for you. Let Him speak to your spirit. Make sure you write it in your journal.

SOFTLY I ANNOUNCE MY PRESENCE.

Shimmering hues of radiance tap gently at your consciousness, seeking entrance. Though I have all Power in heaven and on earth, I am infinitely tender with you. The weaker you are, the more gently I approach you. Let your weakness be a door to My Presence.

Whenever you feel inadequate, remember that I am your ever-present Help. Hope in Me, and you will be protected from depression and self-pity. Hope is like a golden cord connecting you to heaven. The more you cling to this cord, the more I bear the weight of your burdens; thus, you are lightened.

Heaviness is not of My kingdom. Cling to hope, and My rays of Light will reach you through the darkness. God is our refuge and strength, an ever-present help in trouble.

PSALM 46 : 1 Be joyful in hope, patient in affliction, faithful in prayer.

ROMANS 12 : 12 May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

ROMANS 15 : 13

THRIVE - Group Mentorship

Have you ever gone through affliction? Were you able to find comfort in your affliction in Christ? Explain:

**What Are You Thankful
for Today for today or
any Victories?**

**An Exercise to better
hear God. Get quiet and
write anything He shows
you. Anything from the
Father's love video or
devotion for today?**

Day 29

Peace with God

A time to be quiet before the Lord and meditate on His Word. Ask the Lord what this means for you. Let Him speak to your spirit. Make sure you write it in your journal.

I AM WITH YOU AND FOR YOU.

When you decide on a course of action that is in line with My will, nothing in heaven or on earth can stop you. You may encounter many obstacles as you move toward your goal, but don't be discouraged—never give up! With My help, you can overcome any obstacle. Do not expect an easy path as you journey hand in hand with Me, but do remember that I, your very-present Helper, am omnipotent.

Much, much stress results from your wanting to make things happen before their times have come. One of the main ways I assert My sovereignty is in the timing of events. If you want to stay close to Me and do things My way, ask Me to show you the path forward moment by moment. Instead of dashing headlong toward your goal, let Me set the pace.

Slow down, and enjoy the journey in My Presence. What, then, shall we say in response to this? If God is for us, who can be against us?

ROMANS 8 : 31

God is our refuge and strength, A very present help in trouble. Therefore we will not fear, Even though the earth be removed, And though the mountains be carried into the midst of the sea; Though its waters roar and be troubled, Though the mountains shake with its swelling.

PSALM 46 : 1 – 3 (NKJV) "For nothing is impossible with God." LUKE 1 : 37

Neuroplasticity Exercises to Rewire Your Brain – regrew Neurons.

Do a jigsaw puzzle. Studies show puzzles activate many cognitive functions, including:

- perception
- mental rotation
- working memory
- reasoning

THRIVE - Group Mentorship

Week 5

Name

Journal Promptings - weekly I will send you by email

1. What are things that trigger your anxiety and write a list out.
2. Do I notice signs of anxiety, stress, or worries in others? How?
3. What messages, beliefs and stories do I have around the event/situation causing me anxiety or emotional pain from the past or present?

THRIVE - Group Mentorship

Journal Promptings - Continuation

THRIVE - Group Mentorship

What does Romans 8:31 mean to you? Does it minister to you when waiting on the Lord?

**What Are You Thankful
for Today for today or
any Victories?**

**An Exercise to better
hear God. Get quiet and
write anything He shows
you. Anything from the
Father's love video or
devotion for today?**

Day 30

Peace with God

A time to be quiet before the Lord and meditate on His Word. Ask the Lord what this means for you. Let Him speak to your spirit. Make sure you write it in your journal.

EVERY TIME YOU AFFIRM YOUR TRUST IN ME, you put a coin into My treasury.

Thus, you build up equity in preparation for days of trouble. I keep safely in My heart all trust invested in Me, with interest compounded continuously. The more you trust Me, the more I empower you to do so. Practice trusting Me during quiet days, when nothing much seems to be happening.

Then when storms come, your trust balance will be sufficient to see you through. Store up for yourself treasure in heaven, through placing your trust in Me. This practice will keep you in My Peace. When I am afraid, I will trust in you. In God, whose word I praise, in God I trust; I will not be afraid. What can mortal man do to me?

PSALM 56 : 3 – 4 But store up for yourselves treasures in heaven, where moth and rust do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also.

MATTHEW 6 : 20 – 21

Get a vision board and strategize your goals for day and week.

THRIVE - Group Mentorship

**What does it mean to store up treasures in heaven?
What are some things you can store up treasure in
Heaven today?**

**What Are You Thankful
for Today for today or
any Victories?**

**An Exercise to better
hear God. Get quiet and
write anything He shows
you. Anything from the
Father's love video or
devotion for today?**

Day 31

Peace with God

A time to be quiet before the Lord and meditate on His Word. Ask the Lord what this means for you. Let Him speak to your spirit. Make sure you write it in your journal.

TRUST ME by relinquishing control into My hands.

Let go, and recognize that I am God. This is My world: I made it and I control it. Yours is a responsive part in the litany of Love. I search among My children for receptivity to Me. Guard well this gift that I have planted in your heart. Nurture it with the Light of My Presence. When you bring Me prayer requests, layout your concerns before Me. Speak to Me candidly; pour out your heart.

Then thank Me for the answers that I have set into motion long before you can discern results. When your requests come to mind again, continue to thank Me for the answers that are on the way. If you keep on stating your concerns to Me, you will live in a state of tension. When you thank Me for how I am answering your prayers, your mindset becomes much more positive.

Thankful prayers keep your focus on My Presence and My promises. Let be and be still, and know (recognize and understand) that I am God. I will be exalted among the nations! I will be exalted in the earth!

PSALM 46 : 10 (AMP)

Devote yourselves to prayer, being watchful and thankful.

COLOSSIANS 4 : 2

His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness. Through these, he has given us his very great and precious promises, so that through them you may participate in the divine nature and escape the corruption in the world caused by evil desires.

2 PETER 1 : 3 – 4

THRIVE - Group Mentorship

Why is being thankful even when things are not going right so important?

**What Are You Thankful
for Today for today or
any Victories?**

**An Exercise to better
hear God. Get quiet and
write anything He shows
you. Anything from the
Father's love video or
devotion for today?**

New Program and Stay in Contact with Me.

I have a new program called, “Kick Anxiety Out! Step Into God’s Promised Peace in 90-Days.” Visit my website and download my FREE ebook, Jump Off the Merry-Go-Round of Anxiety and Stress. You will read stories of people who overcame anxiety. <https://www.teresamorin.com>

Facebook Page

<https://www.facebook.com/teresamorincoaching>

Facebook Groups

Anxious 2 Victorious Women

<https://www.facebook.com/groups/anxious2victoriouswomen>

Prayer of Intercession – we meet every Tuesday night for prayer at 10:00 p.m. central standard time.

<https://www.facebook.com/groups/prayer77>

Miracle Healing Service – we meet the 1st Sunday every month for miracle healings at 8:30 p.m. central standard time

<https://www.facebook.com/groups/miraclehealing>

Linkedin

<https://www.linkedin.com/in/teresa-morin/>

Instagram

<https://www.instagram.com/anxious2victorious/>

Suggested Scriptures to Meditate - FEAR

Here are some specific verses to journal about to help you cope with your anxiety. Do this prompt weekly to help retrain your brain to focus on God's word.

- **1 John 4:18**
"There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love."
- **Isaiah 35:4** - "Say to those who have an anxious heart, 'Be strong; fear not! Behold, your God will come with vengeance, with the recompense of God. He will come and save you.' "
- **Psalms 94:19** - "When anxiety was great within me, your consolation brought joy to my soul."
- **John 14:1**
- **John 14:27** "Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid."
- **Romans 8: 38-39** - "And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love."
- **Proverbs 12:25** - "An anxious heart weighs a man down, but a kind word cheers him up."
- **Matthew 6:34** – "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."
- **Matthew 6:27** - "And which of you by being anxious can add a single hour to his span of life?"
- **Peter 5:6-7**
"Humble yourselves, then, under God's mighty hand, so that he will lift you up in his own good time. Leave all your worries with him, because he cares for you."
- **Philippians 4:6** - "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God."
- **Psalms 34:17** – "When the righteous cry for help, the LORD hears and delivers them out of all their troubles."
- **2 Timothy 1:7** - "For God gave us a spirit not of fear but of power and love and self-control."

- **Matthew 6:25** - "Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing?"
- **Luke 25:26** - "And which of you by being anxious can add a single hour to his span of life? If then you are not able to do as small a thing as that, why are you anxious about the rest?"
- **Matthew 28:30** - "Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."
- **Psalms 55:22** "Cast your burden on the Lord, and he will sustain you; he will never permit the righteous to be moved."
- **2 Thessalonians 3:16** - "Now may the Lord of peace himself give you peace at all times in every way. The Lord be with you all."
- **Hebrews 13:6** "So we say with confidence, 'The Lord is my helper; I will not be afraid. What can mere mortals do to me?' "
- **Philippians 4:13-14** "I can do all this through him who gives me strength. Yet it was good of you to share in my troubles."
- **Jeremiah 29:11** "For I know the plans I have for you,' declares the Lord, 'plans to prosper you and not to harm you, plans to give you hope and a future.'"
- **Luke 12:22-26**
- **Psalms 27:1**
- **Isaiah 41:13-14**
"For I am the Lord, your God, who takes hold of your right hand and says to you, Do not fear; I will help you. Do not be afraid, for I myself will help you,' declares the Lord, your Redeemer, the Holy One of Israel."
- **Psalms 46:1**
"God is our refuge and strength, an ever-present help in trouble."
- **Psalms 118:6-7**
"The Lord is with me; I will not be afraid. What can man do to me? The Lord is with me; he is my helper."
- **Proverbs 29:25**
"Fear of man will prove to be a snare, but whoever trusts in the Lord is kept safe."
- **Mark 4:39-40**
"He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm. He said to his disciples, "Why are you so afraid? Do you still have no faith?"
- **Psalms 34:7**
"The angel of the Lord encamps around those who fear him, and he delivers them."

- **1 Peter 3:14**
“But even if you suffer for doing what is right, God will reward you for it. So don’t worry or be afraid of their threats.”
- **Psalms 34:4**
“I prayed to the Lord, and he answered me. He freed me from all my fears.”
- **Isaiah 41:10**
“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”
- **Psalms 56:3**
“When I am afraid, I put my trust in you.”
- **Isaiah 43:1**
“But now, this is what the Lord says...Fear not, for I have redeemed you; I have summoned you by name; you are mine.”
- **Psalms 23:4**
“Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.”
- **Joshua 1:9**
“Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go.”
- **Deuteronomy 31:6**
“Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you.”
- **Deuteronomy 3:22**
“Do not be afraid of them; the Lord your God himself will fight for you.”
- **Revelation 1:17**
“Then he placed his right hand on me and said: ‘Do not be afraid. I am the First and the Last.’”
- **Mark 5:36** “Jesus told him, ‘Don’t be afraid; just believe.’”
- **Romans 8:38-39**
“And I am convinced that nothing can ever separate us from God’s love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God’s love.”
- **Zephaniah 3:17**
The Lord your God is in your midst, A victorious warrior. He will exult over you with joy, He will be quiet in His love, He will rejoice over you with shouts of joy.”
- **Psalms 91:1-16**
“He who dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, “He is my refuge and my fortress, my God, in whom I trust.”...He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart. You will not fear the terror of night, nor the arrow that flies by day, nor the pestilence that stalks

in the darkness, nor the plague that destroys at midday. A thousand may fall at your side, ten thousand at your right hand, but it will not come near you...For he will command his angels concerning you, to guard you in all your ways..."Because he loves me," says the Lord, "I will rescue him; I will protect him, for he acknowledges my name. He will call upon me, and I will answer him; I will be with him in trouble, I will deliver him and honor him..."

Who You Are In Christ

Identity in Christ Scriptures

The Father's Love Letters To Speak Over Yourself To Know Your Identity in Christ Scriptures

The Only Way to Renew the Mind and Break Down Strongholds or Lies is to Meditate and Memorize God's Word. Say These Scriptures Over Yourself Until You Believe This is Who You Are In Christ. Don't allow man to define you like your parents. God defines you in His Word. What God says is above what man says over you.

My child,

- You may not know me, but I know everything about you. *Psalms 139:1*
- I know when you sit down and when you rise up. *Psalms 139:2*
- I am familiar with all your ways. *Psalms 139:3*
- Even the very hairs on your head are numbered. *Matthew 10:29-31*
- For you were made in my image. *Genesis 1:27*
- In me you live and move and have your being. *Acts 17:28*
- For you are my offspring. *Acts 17:28*
- I knew you even before you were conceived. *Jeremiah 1:4-5*
- I chose you when I planned creation. *Ephesians 1:11-12*
- You were not a mistake, for all your days are written in my book. *Psalms 139:15-16*
- I determined the exact time of your birth and where you would live. *Acts 17:26*
- You are fearfully and wonderfully made. *Psalms 139:14*
- I knit you together in your mother's womb. *Psalms 139:13*
- And brought you forth on the day you were born. *Psalms 71:6*
- I have been misrepresented by those who don't know me. *John 8:41-44*
- I am not distant and angry, but am the complete expression of love. *1 John 4:16*
- And it is my desire to lavish my love on you. *1 John 3:1*
- Simply because you are my child and I am your Father. *1 John 3:1*
- I offer you more than your earthly father ever could. *Matthew 11:11*
- For I am the perfect father. *Matthew 5:48*
- Every good gift that you receive comes from my hand. *James 1:17*

WHAT DOES GOD REALLY WANT?

- For I am your provider and I meet all your needs. *Matthew 6:31-33*
- My plan for your future has always been filled with hope. *Jeremiah 29:11*
- Because I love you with an everlasting love. *Jeremiah 31:3*
- My thoughts toward you are countless as the sand on the seashore. *Psalms 139:17-18*
- And I rejoice over you with singing. *Zephaniah 3:17*
- I will never stop doing good to you. *Jeremiah 32:40*
- For you are my treasured possession. *Exodus 19:5*
- I desire to establish you with all my heart and all my soul. *Jeremiah 32:41*
- And I want to show you great and marvelous things. *Jeremiah 33:3*
- If you seek me with all your heart, you will find me. *Deuteronomy 4:29*
- Delight in me and I will give you the desires of your heart. *Psalms 37:4*
- For it is I who gave you those desires. *Philippians 2:13*

- I am able to do more for you than you could possibly imagine. *Ephesians 3:20*
- For I am your greatest encourager. *2 Thessalonians 2: 16-17*
- I am also the Father who comforts you in all your troubles. *2 Corinthians 1:3-4*
- When you are brokenhearted, I am close to you. *Psalms 34:18*
- As a shepherd carries a lamb, I have carried you close to my heart. *Isaiah 40: 11*
- One day I will wipe away every tear from your eyes. *Revelation 21:3-4*
- And I'll take away all the pain you have suffered on this earth. *Revelation 21:3-4*

WHAT GOD REALLY WANTS

- I am your Father, and I love you even as I love my son, Jesus. *John 17:23*
- For in Jesus, my love for you is revealed. *John 17:26*
- He is the exact representation of my being. *Hebrews 1:3*
- He came to demonstrate that I am for you, not against you. *Romans 8:31*
- And to tell you that I am not counting your sins. *2 Corinthians 5:18-19*
- Jesus died so that you and I could be reconciled. *2 Corinthians 5:18-19*
- His death was the ultimate expression of my love for you. *1 John 4:10*
- I gave up everything I loved that I might gain your love. *Romans 8:31-32*
- If you receive the gift: of my son Jesus, you receive me. *1 John 2:23*
- And nothing will ever separate you from my love again. *Romans 8:38-39*
- Come home and I'll throw the biggest party heaven has ever seen. *Luke 15:7*
- I have always been Father, and will always be Father. *Ephesians 3:14-15*
- My question is ... Will you be my child? *John 1:12-13*
- I am waiting for you. *Luke 15:11-32*

Love, Your Dad, Almighty God

Once I grabbed hold of my Dad's incredible love, it only increased my appreciation for my earthly father. At that moment, old un-met needs suddenly faded into insignificance, and I could fully release my dad from my expectations of perfection.

Father's Love Letter, Barry Adams

How do you know if you've truly received the Father's love? Is there a biblical test to know whether you have truly experienced this, or is it merely information in your head?

These passages tell you how you can know Your Identity in Christ

When it comes to rejection, it is a stronghold of the mind through perception, not being nurtured, etc.. It takes renewing your mind with the Word of God. I recommend copying these scriptures and take the time and choose two to three scriptures and meditate on them daily. Do this for 30 to 60 days to get the word in your heart. The question is who are you going to define you? God's Word that is truth or mankind? God's Word is eternal, mankind's words are not eternal.

Who Am I Eph. 3:11-13 11 According to the eternal purpose which he purposed in Christ Jesus our Lord: 12 In whom we have boldness and access with confidence by the faith of him. 13 Wherefore I desire that ye faint not at my tribulations for you, which is your glory.

Eph. 2:18 18 For through him we both have access by one Spirit unto the Father.

Ps. 139:17-18 17 How precious also are thy thoughts unto me, O God! how great is the sum of them! 18 If I should count them, they are more in number than the sand: when I awake, I am still with thee.

Eph. 2:5-8 5 Even when we were dead in sins, hath quickened us together with Christ, (by grace ye are saved;) 6 And hath raised us up together, and made us sit together in heavenly places in Christ Jesus: 7 That in the ages to come he might shew the exceeding riches of his grace in his kindness toward us through Christ Jesus. 8 For by grace are ye saved through faith; and that not of yourselves: it is the gift of God:

Jer. 29:11 11 For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end.

1 Pet 2:9-10 (Exod. 19:5-6) 9 But ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should shew forth the praises of him who hath called you out of darkness into his marvellous light: 10 Which in time past were not a people, but are now the people of God: which had not obtained mercy, but now have obtained mercy.

Rev 21:3-4 3 And I heard a great voice out of heaven saying, Behold, the tabernacle of God is with men, and he will dwell with them, and they shall be his people, and God himself shall be with them, and be their God. 4 And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away.

Jer. 31:3 3 The LORD hath appeared of old unto me, saying, Yea, I have loved thee with an everlasting love: therefore with lovingkindness have I drawn thee.

Rom. 8:1 1 There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit.

2 Cor. 5:21 21 For he hath made him to be sin for us, who knew no sin; that we might be made the righteousness of God in him.

Zeph. 3:17 17 The LORD thy God in the midst of thee is mighty; he will save, he will rejoice over thee with joy; he will rest in his love, he will joy over thee with singing. 14 For the love of Christ constraineth us; because we thus judge, that if one died for all, then were all dead: 15 And that he died for all, that they which live should not henceforth live unto themselves, but unto him which died for them, and rose again.

Eph. 3:20-21 20 Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us, 21 Unto him be glory in the church by Christ Jesus throughout all ages, world without end. Amen.

II Thes. 2:16-17 16 Now our Lord Jesus Christ himself, and God, even our Father, which hath loved us, and hath given us everlasting consolation and good hope through grace, 17 Comfort your hearts, and stablish you in every good word and work.

2 Cor. 1:3-4 3 Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort; 4 Who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God.

Ps. 37:4-13 4 Delight thyself also in the LORD; and he shall give thee the desires of thine heart. 5 Commit thy way unto the LORD; trust also in him; and he shall bring it to pass. 6 And he shall bring forth thy righteousness as the light, and thy judgment as the noonday. 7 Rest in the LORD, and wait patiently for him: fret not thyself because of him who prospereth in his way, because of the man who bringeth wicked devices to pass. 8 Cease from anger, and forsake wrath: fret not thyself in any wise to do evil. 9 For evildoers shall be cut off: but those that wait upon the LORD, they shall inherit the earth. 10 For yet a little while, and the wicked shall not be: yea, thou shalt diligently consider his place, and it shall not be. 11 But the meek shall inherit the earth; and shall delight themselves in the abundance of peace. 12 The wicked plotteth against the just, and gnasheth upon him with his teeth. 13 The Lord shall laugh at him: for he seeth that his day is coming.

Jer. 32:40 40 And I will make an everlasting covenant with them, that I will not turn away from them, to do them good; but I will put my fear in their hearts, that they shall not depart from me.

1 Cor. 2:16 16 For who hath known the mind of the Lord, that he may instruct him? But we have the mind of Christ. **Ps. 34:18-22** 18 The LORD is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit. 19 Many are the afflictions of the righteous: but the LORD delivereth him out of them all. 20 He keepeth all his bones: not one of them is broken. 21 Evil shall slay the wicked: and they that hate the righteous shall be desolate. 22 The LORD redeemeth the soul of his servants: and none of them that trust in him shall be desolate.

Isa 40:11-14 11 He shall feed his flock like a shepherd: he shall gather the lambs with his arm, and carry them in his bosom, and shall gently lead those that are with young. 12 Who hath measured the waters in the hollow of his hand, and meted out heaven with the span, and comprehended the dust of the earth in a measure, and weighed

the mountains in scales, and the hills in a balance? 13 Who hath directed the Spirit of the LORD, or being his counsellor hath taught him? 14 With whom took he counsel, and who instructed him, and taught him in the path of judgment, and taught him knowledge, and shewed to him the way of understanding?

I Jn. 3:1-3 1 Behold, what manner of love the Father hath bestowed upon us, that we should be called the sons of God: therefore the world knoweth us not, because it knew him not. 2 Beloved, now are we the sons of God, and it doth not yet appear what we shall be: but we know that, when he shall appear, we shall be like him; for we shall see him as he is. 3 And every man that hath this hope in him purifieth himself, even as he is pure.

2. Pet 1:4-8 4 Whereby are given unto us exceeding great and precious promises: that by these ye might be partakers of the divine nature, having escaped the corruption that is in the world through lust. 5 And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge; 6 And to knowledge temperance; and to temperance patience; and to patience godliness; 7 And to godliness brotherly kindness; and to brotherly kindness charity. 8 For if these things be in you, and abound, they make you that ye shall neither be barren nor unfruitful in the knowledge of our Lord Jesus Christ.