

A Little Book of



I am
ashamed...

Whatever...

WHY??

Why me?

Doubt?

Low self-
esteem?

“...but those who hope in the Lord, will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint”

Isaiah 40:31

Imagine a day without worrying about something...a day when you can leave all the little niggles to one side and have nothing but good things in front of you...well, this is what God had planned for you!

“I have come that they may have life, and have it to the full.” (John 10:10)

God has made lots of promises to us – and He keeps them all...

God promises:

- ✓ **Not to ignore those who cry to Him for help
(Psalm 9:12)**
- ✓ **To be our refuge and our strength, always ready to help in times of trouble
(Psalm 46:1)**
- ✓ **To be merciful and gracious; slow to get angry and full of unfailing love
(Psalm 103:8)**
- ✓ **To keep watch over us as we come and go, both now and forever
(Psalm 121:8)**
- ✓ **To never leave us, even to the end of the age
(Matthew 28:20)**



So if you are feeling fed up, disappointed, let down or discouraged, remember that you are loved by God. Completely. Utterly. Unconditionally. And nothing will ever separate you from that love!



God knows you, inside and out. He knows everything you have ever done, or ever will do, and He still loves you. How awesome is that!

♥ **You are fearfully and wonderfully made
(Psalm 139:14)**

♥ **I love you with an everlasting love
(Jeremiah 31:3)**

♥ **I am your Father, and I love you even as I
love my son, Jesus
(John 17:23)**

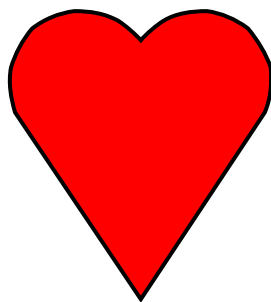
So do not despair. Give all your worries, fears and anxieties over to God. He wants you to leave your burdens with Him, and to feel JOY! You are so precious; your life is worthwhile and you are loved.

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.

Philippians 4:6

Here are some prayers you may find helpful:

Loving God, sometimes I feel like my life is not going the way that it should. I have been let down by other people. I have even let myself down. Thank you for always being here with me and loving me even when I get things wrong. Help me to lift my eyes and my heart and to live life to the full.



Lord, you are amazing! I can't believe you can love ME as much as you do! It fills my heart with joy to know that I can turn to you and be forgiven. That I can start again with a clean slate. Thank you for the hope I have in you.

Lord, please help me to stop worrying about what I don't have and help me to start thinking of all the good things in my life.



"Taste and see that the Lord is good"
(Psalm 34:8)

"Cast your cares upon the Lord and He will sustain you; He will never let the righteous fall."

Psalm 55:22

