

# DAY ONE. 2 CORINTHIANS 5:17.

**Verse:** “This means that anyone who belongs to Christ has become a new person. The old has gone; a new life has begun!”

**Thought:** Imagine you lived in an old broken run down house - the place is literally falling apart - but it's been your house since you were born, so it's all you've ever known. Then one day someone comes along and hands you the keys to a brand new custom built mansion. Firstly, you would be ecstatic, but it would also take you a while to adjust to your brand new beautiful home. This is basically what happens when you enter into a relationship Jesus - you are now a new creation, the old you (the old house) is gone, because Jesus has given you a brand new start. Your slate has been wiped clean. From this day forward, a new life has begun. You now have a relationship with the creator of the universe. His Spirit lives on the inside of you, guiding you through life. It's an exciting time full of faith hope and love.

**Meditation:** We have been given the Bible, a book that teaches us who Jesus is and how to live a life following Him. Take some time to consider how you are now a new creation - think about the things that are the old you and say good-bye to them. Now tell yourself “I am a new creation because of Jesus, my past doesn't define me, Jesus does.”

**Prayer:** Heavenly father, thank you for wanting a relationship with me. Thank you Jesus that you died on the cross for me so that I can now be in relationship with you and have a new beginning. I pray that I can follow you all the days of my life and have a life filled with every good thing you have for me. In Jesus name, Amen.



# DAY TWO. JOHN 3:16-17.

**Verse:** “For this is how God loved the world: He gave his one and only Son, so that everyone who believes in Him shall not perish but have eternal life. God sent His Son into the world not to judge the world, but to save the world through Him.”

**Thought:** Have a think about the thing you love the most. Most likely it’s a person - think about the love you feel as you think about that person. Now times that by INFINITY, and once you have, you’ve only just begun to scratch the surface of God’s love for you. God longs to be in relationship with you, so much so that He sent His only son Jesus to take all of our sin on the cross, so that we could once again be in relationship with Him. Above all else, He wants to spend time with you and know you intimately. He longs to be close to you and walk with you in every area of your life. Repeat this out loud: “God so loves me.”

**Meditation:** Think about God as your heavenly Father. Do you see yourself as “so loved” by Him? How is your relationship with your earthly Father? How do you think that affects the way you see God? God is a Holy father, Holy means different - He isn’t the same as any earthly father, even the greatest one... He is infinitely better.

**Prayer:** Father God, thank you for loving me unconditionally. Thank you for sending your son Jesus so I could have relationship with you. Help me to know and understand how much I am loved by you. Help me to know you are a good Father who wants good things for me. In Jesus name,  
Amen.

# DAY THREE. PSALM 23.

**Verse:** “The Lord is my Shepherd - I have all that I need. He lets me rest in green meadows; he leads me beside peaceful streams. He renews my strength. He guides me along right paths, bringing honour to His name. Even when I walk through the darkest valley I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me. You prepare a feast for me in the presence of my enemies. You honour me by anointing my head with oil. My cup overflows with blessings. Surely your goodness and mercy follow me all the days of my life, and I will live in the house of the Lord forever!”

**Thought:** A shepherd carries a rod and a staff. The rod was for protecting the sheep and the staff was for gently pushing the sheep back onto the path. In the same way God walks closely beside you. No matter what you are facing, whether it’s the greatest of times or the worst of times, He is always with you. His rod and staff are comforting because we know he protects and leads us even through dark valleys. He longs to lead you into peace, longs to comfort you, guide you and protect you, causing your life to overflow with goodness.

**Meditation:** Read Psalm 23 again. Write down all the things God is for you. Consider how God can help you. Do you need more peace? Do you need your strength to be renewed? Ask God to help you in whatever area you need and thank Him for being with you in every circumstance.

**Prayer:** Heavenly Father, thank you for being a God who cares about my life. Thank you that you are with me in every circumstance. Lead me and guide me as I walk with you. Help me to live peacefully knowing you are right beside me. In Jesus name, Amen.



## DAY FOUR. JEREMIAH 29:11.

**Verse:** “For I know the plans I have for you,” says the Lord. They are plans for good and not for disaster, to give you a future and a hope.”

**Thought:** God has a plan for you! We have our plans but God has His also. He has a better plan and a better way for our lives. God has designed us to make a difference in our world and the world of others. When we surrender our plans to Him He brings clarity and purpose and ensures we are moving toward a prosperous and bright future and not disaster.

**Meditation:** Think about the plans you have for your life. How have they changed now you have God in your life? Write down your plans and ask God to be a part of them.

**Prayer:** Heavenly Father, thank you that you have a plan and purpose for my life. Thank you that you want to lead me into a future filled with hope. Show me Lord your plan for my life and help me to follow you. In Jesus name, Amen.



# DAY FIVE. PHILIPPIANS 4:19.

**Verse:** “And this same God who takes care of me will supply all your needs from His glorious riches, which have been given to us in Christ Jesus.”

**Thought:** God understands we have needs in our life. He is not a God who is so distant that He can't relate to our way of living or our needs that arise. He is close to you and knows you intimately. He knows what you need before you ask Him for it. He is able to and wants to meet your every need.

**Meditation:** Is there something you need in your life? Do you need help with money? With a relationship? With your health? Or something else? Spend some time with God and ask Him to supply you with what you need.

**Prayer:** Heavenly Father, thank you that you care for me. Thank you that you want to supply my every need. Lord I ask for you to help me in my time of need. I ask you to pour out your blessing on my life. In Jesus name, Amen.



# DAY SIX. ROMANS 8:38-39.

**Verse:** “And I am convinced that nothing can ever separate us from God’s love. Neither death nor life, neither angels or demons, neither our fears for today nor our worries about tomorrow - not even the powers of hell can separate us from God’s love. No power in the sky above or in the earth below - indeed nothing in all creation will be able to separate us from the love of God that is revealed in Christ Jesus.”



**Thought:** God knows you and loves you. Even before we acknowledged Him He loved us. He has called you and chosen you. He knows every hair on your head (Matthew 10:30). He knew you even when you were an unborn baby (Psalm 139). Nothing you can do will ever change His love for you. But there are things that will come to try to separate you from his love. Some of our own doing, some spiritual. Just as there is a God in Heaven there is also a devil in hell who does not want you to be in relationship with God. But God is faithful! He will never leave us or forsake us (Hebrews 13:5). When we know how much God loves us, it helps us to be in relationship with Him as a loving Father.

**Meditation:** How does knowing God loves you change the way you see God? Does it make it easier to talk with Him? How does God’s love affect the way you see yourself? Ask him to help you understand exactly how much He loves you.

**Prayer:** Heavenly Father, thank you that you love me and that you will never leave me. Lord help me to understand just how much you love me. Help me to stay close to you and follow you all the days of my life. In Jesus name, Amen.

# DAY SEVEN. MATTHEW 11:28.

**Verse:** “Then Jesus said “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.”

**Thought:** Life can make us tired and worn out. A life living with Jesus is not a life free from burdens. But Jesus wants to help you live with an ease, despite the troubles that may come. He teaches you the right burdens to carry and the ones that aren't yours to hold. His way is easy and light- when you walk with Him the burdens of life become lighter.

**Meditation:** Are you feeling heavy or weighed down by something? Do you have worries? Do you have anxious thoughts that keep you from living with ease? Ask Jesus to lift the worries and burdens off you. Ask Him to teach you how to live with Him so He can help you with life's troubles.

**Prayer:** Heavenly father, thank you that you want to give me an ease in my life. Thank you that you want to help me with life's worries. Lord I ask you to take my worries and burdens and teach me to bring everything to you for you to carry. In Jesus name, Amen.



# DAY EIGHT. JOHN 14:16.

**Verse:** “Jesus told him, “I am the way the truth and the life. No one can come to the Father except through me.”

**Thought:** Jesus came, and died, and rose again so that we could be in relationship with God. God is so holy, and holy means perfect. In His perfect love He removes our imperfections and our sins, so that we can experience that perfect love. By accepting Jesus into your heart, all of the mistakes and failures of the past have been washed away. Now when God looks at you, He sees Jesus in you. He sees you without “spot or blemish”. He sees you covered by what Jesus did on the cross for you. We are now completely forgiven, completely right with God, and completely whole.



**Meditation:** Jesus said He is the way, the truth and the life. He is the way to God but He also shows us how to live. (Read how Jesus lived in The Gospels in the Bible - Matthew, Mark, Luke and John). He is the truth of who God is and He leads us into all truth. He brings life into every situation if we ask Him. Is there an area of your life that you need Jesus to bring a new way to live, truth or new life into? Is there an area that you don't yet feel the forgiveness of God? Ask God to show you His truth, ask Him for forgiveness and to lead you in a new way of living.

**Prayer:** Heavenly father, thank you that Jesus died on the cross for me so that I can have a new beginning. Thank you that I am forgiven and accepted by you. Show me your way to live Jesus and the truth of who I am in you. In Jesus name, Amen.

# DAY NINE. JOHN 8:32.

**Verse:** “And you will know the truth and the truth will set you free.”

**Thought:** God has given us His word (the Bible) to help us learn a new way to live and to understand who we are. It is the truth of who God is. When we know God’s truth about us, how He sees us, how He loves us, how He forgives us and how He wants to bring every good thing to us, it brings us freedom. It is more than just a physical freedom. It is a freedom that happens on the inside of us. As we read His word and meditate on His ways, a change takes place on the inside of us. When we experience change on the inside our life, changes on the outside as a result. We begin to live in freedom in every area of our life without thinking or effort but because it is now who we are.

**Meditation:** Is there an area in your life that you would like to bring change to? What is God’s truth about that area? What does the Bible say about it? Write the scripture out and read it every day until you experience change in that area.

**Prayer:** Heavenly father, thank you for giving us the Bible so that we can know your truth about how to live. Thank you Lord that your word will bring about freedom in my life. Help me to read your Bible every day so I can grow stronger in freedom. In Jesus name, Amen.



# DAY TEN. PROVERBS 3:5-6.

**Verse:** “Trust in the Lord with all your heart; Do not depend on your own understanding. Seek His will in all you do, and He will show you which path to take.”

**Thought:** Trust is forged in relationship. When you build your relationship with God and begin to know who God is, you begin to trust Him with your life. When we have a relationship with God we trust Him to help us make good decisions, and when He leads us we know it’s always the better way for us. We can trust God because of who He is. He always has our best interest at heart.

**Meditation:** Do you trust God? What are some areas you struggle to trust God in? Do you trust Him to lead and guide you in every area of your life? What are some ways you can build your relationship with God so that you can trust Him in every area?

**Prayer:** Heavenly father, thank you that you are a Father who wants every good thing for me. Thank you that you will lead and guide me throughout my life. Show me Lord the right path to take and help me to trust you in every area of my life. In Jesus name, Amen.



# DAY ELEVEN. PHILIPPIANS 4:13.

**Verse:** “For I can do everything through Christ, who gives me strength.”

**Thought:** Paul the Apostle (who wrote many of the books of the New Testament, including the book of Philippians) often faced troubles of many kinds. However, Paul found an inner strength to endure and persevere regardless of his circumstance. It wasn't a strength of his own, but it was a strength that came from a relationship with Jesus. Knowing and trusting in Jesus brings a quiet confidence that God will be there for us in every circumstance, good or bad. Knowing that Jesus is with us will help us to find an inner strength that assures us that everything will work out for our good.

**Meditation:** Is there a situation or circumstance that requires you to have an inner strength? It may be a new job, relationship, or a fear of the unknown. It may be something that you just can't see a way out of. Ask Jesus to bring you strength. Ask Him to be with you, assure you and give you the strength to follow Him in everything.

**Prayer:** Heavenly father, thank you that you are there for me everywhere I go. Thank you that you give me strength and courage. I pray that I know you will give me strength in every area of my life. In Jesus name, Amen.



## DAY TWELVE. JOHN 14:15-17.

*Verse:* “If you love me obey my commandments. And I will ask the Father, and He will give you another Advocate, who will never leave you. He is the Holy Spirit, who leads you into all truth.”

*Thought:* When Jesus died on the cross and rose again, He spent a short time with his disciples before returning to Heaven to sit beside God the Father in the throne room. However He did not leave us to fend for ourselves. He sent the Holy Spirit who is God’s presence here on Earth. The Holy Spirit is now our guide. He is almost like bumper bowling, buffering us from making wrong decisions, guiding us into the right way to live, or “all truth”. The Holy Spirit helps us to understand that God is always close to us. He reveals the truth of God’s word to us, brings us understanding and leads us to live God’s ways.

*Meditation:* The Holy Spirit is our helper here on Earth. He wants to be with you in everything you do and allows us to understand God’s ways. Do you find it hard to understand the bible? As you read, ask the Holy Spirit to reveal to you the truth of what you are reading. How else can the Holy Spirit help you? How has the Holy Spirit helped you already? Ask the Holy Spirit to be with you everywhere you go today.

*Prayer:* Heavenly father, thank you that you have sent your Holy Spirit to be with us here. I pray I become more and more aware of the Holy Spirit so that He begins to lead and guide me. In Jesus name, Amen.

# DAY THIRTEEN. ROMANS 12:2.

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

**Thought:** Jesus loves us just as we are, but He also loves us enough not to leave us that way. He wants to show us a better way to live. Salvation happens instantly in the soul, but life transformation happens in the mind. By reading His word daily, we are literally letting the word of God transform our thinking which, in turn, transforms our lives. We are changed to be more and more like Him. We are transformed. When we allow God to bring about change in us, we become a better person. We begin to love the way God loves, forgive the way God forgives, and live the way God would have us live.

**Meditation:** Think about an area of your life you would like to change. What does the bible say about it? Find a scripture that helps you and read it daily. Ask the Holy Spirit to reveal to you God’s truth. Watch and see how you begin to change the way you think and in turn how you begin to live.

**Prayer:** Heavenly father, thank you that you have given us your word so that you can teach us how to live. I pray that as I read it, your word will become alive and begin to change me into the person you created me to be. In Jesus name, Amen.



# DAY FOURTEEN. 1 CORINTHIANS 10:13.

**Verse:** “The temptations in your life are no different from what others experience. And God is faithful. He will not allow the temptation to be more than you can stand. When you are tempted, He will show you a way out so that you can endure.”

**Thought:** We are a new creation. We have been made new. Jesus has given us everything we need to live His way. However, we will be tempted by some of our old habits and thoughts. We may find ourselves in situations that we no longer want to be in. We may find ourselves doing things we no longer want to do. This is normal - no matter what stage of your walk with God you are at, temptation will come. But God is faithful and always provides a way out. As we read the Bible, the Holy Spirit instills the word in our hearts so we have everything we need at any time. The Holy Spirit will bring us the strength to resist temptation and make good choices. No matter what, God is a forgiving God and when we get it wrong we can go to Him and receive His forgiveness.

**Meditation:** Think about how you lived before you met Jesus. Is there anything you think you would like to stop doing? Is there anything that you have decided to stop but find it hard to do? Ask the Holy Spirit to bring you the strength to resist that thing. Ask the Holy Spirit to be with you in every situation. And know that even when you do succumb to temptation, the Holy spirit helps you to get back up again and keep going.

**Prayer:** Heavenly father, thank you that you are not a God that tempts us but always helps us. Thank you God that you have given me everything I need to live the way you want me to live. When I stumble I thank you that you give me the strength to get back up again. I pray that your Holy Spirit is with me everywhere and that your word is instilled in my heart. In Jesus name, Amen.



# DAY FIFTEEN. GALATIANS 5:22-23.

**Verse:** “But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.”

**Thought:** When we walk with God, read the bible, pray to Him, believe all the things Jesus has done for us and allow the Holy Spirit to guide our lives, we begin to change. Our hearts soften and the Holy Spirit begins to produce love, joy, peace, kindness and all the fruit that living in relationship with Jesus brings. We become more like Him every day. This isn't a process of trying harder, but rather of daily trusting better in the transforming power of the Holy Spirit. As a result our relationships are better, our work life is better, our goals change, our reactions change and we are kinder people.

**Meditation:** When you read the list of traits in this scripture, is there one that stands out to you? Is there one that you struggle with? For example, do you need more patience? Simply just ask for more of the Holy Spirit. When you get more of Him, the fruit just happens.

**Prayer:** Heavenly father, Thank you that you have given us your Holy Spirit. Thank you that as I build my relationship with you that you create a new heart and a new nature in me. I pray that you can help me have more of your spirit in my life. In Jesus name, Amen.



# DAY SIXTEEN. MATTHEW 6:33.

**Verse:** “Seek first the Kingdom of God above all else, and live righteously, and He will give you everything you need.”

**Thought:** What you do first reveals your priorities. God promises if you put Him first He will take care of the rest. Put aside time every day to spend time with Him. Read the Bible, pray, thank Jesus for everything He has done and allow the Holy Spirit to bring you everything you need. When you do this, everything in life seems to fall in to place. Even though tough times may still come, you will have a quiet confidence in God. Spending time with God daily is an essential part of maintaining your close relationship with Him.



**Meditation:** What does spending time with God look like for you? Does it mean you need to wake up earlier? Does it mean you have to adjust your everyday activities do make time for God? Make a commitment now to spend time with him daily. Start with a 15 minute goal - read the word for 5 minutes, pray for 5 minutes, and listen to a worship song for 5 minutes. Write down your prayers, and anything you feel the Holy Spirit is showing you.

**Prayer:** Heavenly father, thank you that you want to be in relationship with me. Thank you that you are not far away but are always with me. Help me Lord to spend time with you every day. Help me to love your word and pray and talk with you daily. Help me to hear what the Holy