NEW LIFE 4 YOU
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NEWLIFE4YOU MINISTRIES

Getting Rid Of Your Past,
Looking For The Best To Come!

SPECIAL EDITION

YOU MATTER
FAITH
HOPE
HEALING
YOU BELONG

REAL TALK.
REAL HOPE.
REAL HEALING.
REAL YOU.

Are You OK?

AN HONEST CONVERSATION
with soul check-in

"The Lord is near to the brokenhearted and saves the crushed in spirit."
PSALM 34:18

Dear heart.
Take it one day at a time.
God's got you.

HONEST REFLECTIONS
Look within.
Find truth.
Take the first step.

SCRIPTURE ENCOURAGEMENT
God's Word
for every season
of your life.

PRACTICAL STEPS
Small steps.
Real change.
New beginnings.

JOURNAL PROMPTS
Soul check-in
prompts to help
you heal & grow.

YOU ARE LOVED. YOU ARE SEEN. YOU ARE NOT ALONE.
Better days can and will come.

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A GUIDE TO PEACE, PURPOSE & HOPE

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Every page is a reminder that you are deeply loved,
you are never alone,
and God is always near.

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If this magazine encouraged you, please share it with someone who needs it. You never know whose life your simple act of sharing might change.

If you or someone you know is struggling, please reach out to a trusted pastor, counsellor, or mental health professional. You are worth fighting for.

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A NOTE FROM THE HEART

Can I ask you something?
Are you really OK?

Not the answer you give when someone asks at the door.
Not "I'm fine." The real answer. The one you keep inside.
The one you think about when everything goes quiet.

This magazine is for you. Yes, you.
The one who is hurting but still showing up.
The one who lost something and
doesn't know how to move forward.
The one who is nearly OK — but not quite.

It is also for the one who is doing well
and wants to help someone else feel less alone.

In these pages, you will find words from the Bible,
simple steps to help your heart, and reminders
that God sees you. He has never looked away.
Not even for one second.

You are seen.
You are loved.
You are not alone.

With faith and love,
The NEWLIFE4YOU Team

> *Cast all your anxiety on Him because He cares for you.*
> — 1 Peter 5:7

Remember Today

It's OK
It's OK not to be OK. You don't have to have all the answers today.

God Is With You
Even in your hardest moments, God is near. He understands and He cares.

You Are Not Alone
There are people who care. There is a God who never leaves. You are not alone.

Hope Is Real
Today may be hard, but tomorrow can bring new mercy and new joy.

God's Promise for You

Psalm 34:18
The Lord is close to the brokenhearted
and saves those who are crushed in spirit.

01 ARE YOU REALLY OK?

An Honest Conversation

God already knows how you feel, but He still wants to hear it from you.



Every day, people ask, "How are you?" And every day, we say, "Good, thanks!" — even when we are not good at all. We say it so fast, we don't even think about it.

But what if you stopped and really answered?
What if you let yourself be honest — even just for a moment?

> *"Authenticity is the daily practice of letting go of who we think we should be and embracing who we are."*
> — Brené Brown

God does not want your best performance. He is not looking for perfect words or a polished prayer. He loves the honest cry. The prayer that says, "God, I don't even know how to start."

That kind of prayer — He hears it right away.

Jeremiah 29:12–13
"Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart."

A CHECK-IN FOR YOUR SOUL

Stop for a moment. Take a slow breath. Now answer these questions — just for yourself. No one else will see.

What emotion have I been pushing down this week?

What is one thing I have been pretending is okay that isn't?

Have I talked to God about this honestly — or only in polished prayers?

There is no shame in not being OK.
Healing starts the moment you stop pretending and start being real.

You Matter to God

You are seen.
God sees every tear, every worry, and every secret.

You are loved.
Nothing you have done can separate you from His love.

You are not alone.
God is with you, and He will never leave you.

There is hope.
Even in the hardest seasons, God is working for your good.

Take one step at a time. He will meet you there.

02 | WHEN LIFE BREAKS YOU OPEN

Finding God in the Pain

> *He heals the brokenhearted and binds up their wounds.*
>
> — Psalm 147:3

Sometimes life hurts in ways we never expected. In that pain, God does something quiet and deep. He takes away the things we thought we needed—until the only thing left is Him.

Maybe your pain came from a sickness, a broken friendship, a door that closed, a dream that didn't work out, or a relationship that ended in a way you never wanted. You know the moment. The moment everything fell apart.

> *God uses broken things. It takes broken soil to produce a crop, broken clouds to give rain, broken grain to give bread, broken bread to give strength.*
>
> — Vance Havner



Being broken is not the end. With God, the places that hurt the most are often the places where the biggest change begins. He does not waste your pain.

Isaiah 61:3
He will give a crown of beauty for ashes,
the oil of joy for mourning,
and a garment of praise for a spirit of despair.

THREE TRUTHS FOR THE BROKEN PLACE

1 — *Your pain is not punishment.*

God is not punishing you. Even when things are quiet and it feels like He is far away—His love has not moved. Pain is part of life in this world, but it is never God's last word for you.

2 — *It is OK to cry.*

You are allowed to grieve what you lost. Jesus cried at the grave of His friend Lazarus—even though He knew everything would be OK. Your tears are not weakness. They show that you loved.

3 — *Waiting is not wasted.*

The time between what broke and what God is building is not empty. Something is happening—even if you cannot see it yet. God is working in the quiet. One day it will make sense.

A Prayer for Your Broken Heart

Dear God,
This hurts more than I can explain. But I choose to trust that You are with me right here.
Heal what is broken.
Comfort what aches.
Give me strength for today and hope for tomorrow.

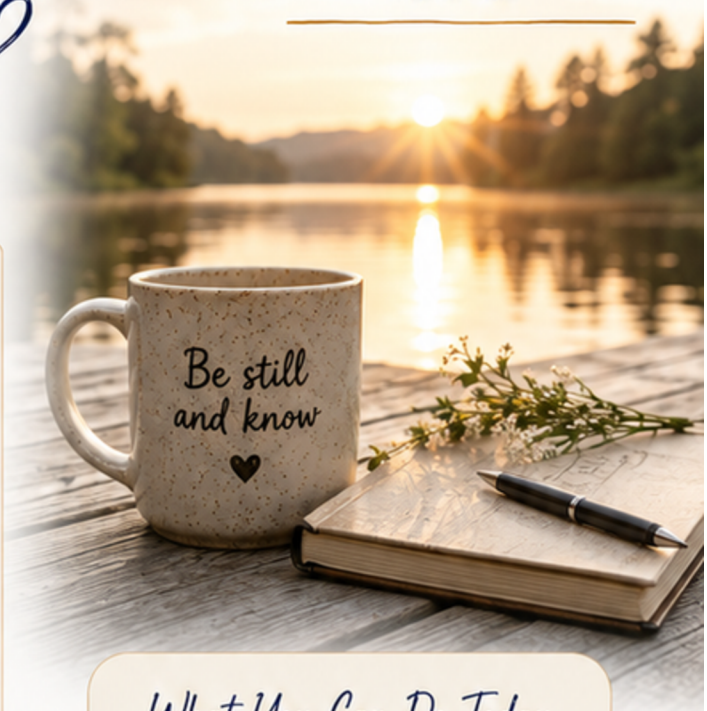
In Jesus' name,
Amen.

You may feel broken today, but God sees the beautiful new thing He is building in you.
Hold on. He is not finished yet.

03 | 10 SIGNS YOU MAY NEED TO SLOW DOWN

A Gentle Wake-Up Call

> *He makes me lie down in green pastures. He leads me beside quiet waters.*
>
> — Psalm 23:2



The world tells us to keep going. To be busy. To do more.
But God created rest. He rested Himself.
Sometimes the most important thing you can do is simply — stop.

1 You wake up tired, even after sleeping.
Your body is trying to tell you something. Being tired all the time is not normal. It is a sign that something needs to change.

2 You feel nothing — like you are empty inside.
When we push too hard for too long, our heart goes numb to protect itself. Feeling nothing is not peace. It is a sign you are running on empty.

3 You forget things easily or feel scattered.
Your mind is overloaded. You are carrying more than you can handle right now.

4 You are more irritable or short-tempered.
Little things upset you. You may snap at people you love. Your soul is asking for rest.

5 You feel far from God.
You do not enjoy prayer, reading the Bible, or even thinking about spiritual things. Yos need time to reconnect with Him.

6 You have no time for the things that matter.
There is no time for family, rest, hobbies, or even a quiet cup of tea. You are always rushing.

7 You have physical symptoms for no clear reason.
Headaches, stomach problems, body pain, or getting sick often can be your body's way of saying: "Slow down."

8 You cannot stop thinking about tomorrow.
You worry about what is next, what could go wrong, or what you still have to do. An overactive mind is a tired mind.

9 You feel overwhelmed most of the time.
Everything feels like too much. You feel like you are drowning in responsibilities.

10 You no longer enjoy the things you used to.
Joy feels distant. You go through the motions, but your heart is not in it.

If you see yourself in these signs, take it as a loving reminder — not a guilt trip.
You are not weak. You are human. And you are loved.

What You Can Do Today

Pause.
Take three deep breaths. Right now.

Make space.
Give yourself 10 minutes of quiet.

Talk to God honestly.
He can handle it. He already knows.

Ask for help.
You don't have to carry everything alone.

Choose rest.
Rest is not laziness. It is trusting God.

God invites you to rest so He can restore you.

Matthew 11:28
"Come to me, all you who are weary and burdened, and I will give you rest."

4. THE QUIET POWER OF CHECKING IN *On Others*



Three simple words can change someone's life: **"Are you OK?"**
Not said quickly while walking past. Said slowly.
With your eyes on theirs. With your heart ready to really listen.

Many people around us are hurting deeply — and no one knows.
They go to work. They smile. They post happy things online.
But inside, they feel alone. They are waiting for one person
to notice. That person could be you.

> *"Sometimes people just need someone to show up and say: I see you. I'm here. You matter."*

HOW TO BE THAT PERSON FOR SOMEONE

1 Ask twice.
When someone says "I'm fine" — pause. Look at them. Ask again: "No, really — how are you doing?" That second question opens a door that the first one never could.

2 Just listen.
You do not need to fix anything. You do not need to give advice. Just be there. Give them your full attention. Sometimes being heard is the greatest gift you can give.

3 Keep checking in.
Everyone shows up for people in a crisis.
But a few weeks later — when the flowers are gone and life moves on — that is when people feel most alone. Keep checking in.

4 Be specific when you offer help.
Don't just say "Let me know if you need anything."
Say "I'm bringing you food on Thursday." Or
"I'm free Saturday — I'm coming to sit with you."
Make it easy for them to receive.

5 Tell them you are praying for them.
A simple message that says "I prayed for you today" can hold someone up in ways you may never fully understand.

Galatians 6:2

"Carry each other's burdens, and in this way you will fulfill the law of Christ."

Never underestimate a kind message, a phone call, or a few quiet minutes spent listening. You may not know what someone is carrying behind their smile. Your kindness does not need to be perfect or dramatic. Simply being present can remind another person that they matter. Ask with care, listen without rushing, and keep showing up. Love is often seen most clearly in these small, faithful moments.

05

HEALING IS NOT LINEAR

Give Yourself Grace

Many of us think healing is like climbing a straight staircase — going up, step by step, until one day we reach the top and feel all better. But real healing is not like that. It goes up and down. Sometimes it feels like you are going backwards. That is normal.

A good day will come. And then a hard day will follow. That does not mean you failed. It means you are human — and you are healing.

> *"Be patient with yourself. Nothing in nature blooms all year."*

God is not watching a clock. He is not comparing you to anyone else. He is walking right beside you — step by step — with all the patience in the world.



GRACE REMINDERS FOR THE HARD DAYS

- One bad day does not undo all the healing that came before it.
- Asking for help is not going backwards. It is one of the wisest things you can do.
- Your healing does not have to look like anyone else's. Your journey is your own.
- You can cry and still be growing. Both can be true at the same time.
- God's timing is not slow. It is exactly right — even when it does not feel that way.
- You have come through every hard day so far. You will come through this one too.

Philippians 1:6

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

Some days you may feel strong, and other days the same old pain may return. Do not let one difficult day convince you that nothing has changed. Healing often happens quietly, little by little. Celebrate the small signs of progress: getting out of bed, asking for help, praying again, laughing again, or choosing hope again. God is patient with you, so give yourself permission to be patient too.

06 | RENEWING YOUR MIND:

7 Daily Scripture Practices

> *Do not be conformed to this world, but be transformed by the renewing of your mind.*
>
> — Romans 12:2

Simple ways to fill your heart with God's truth every day.



What you think shapes how you live.
When you fill your mind with God's Word,
it will change your thoughts, your choices, and your future.
Here are 7 simple ways to let Scripture
renew your mind every single day.

1 START YOUR DAY WITH GOD

Before you check your phone or start your work, open your Bible. Even 5 minutes with God in the morning can set the right tone for your whole day.

"I rise before dawn and cry for help; I put my hope in Your word."
— Psalm 119:147

2 READ A LITTLE, BUT EVERY DAY

You don't have to read a lot. Read a little each day. Consistency is more powerful than quantity.

"Your word is a lamp to my feet and a light to my path."
— Psalm 119:105

3 WRITE IT DOWN

Write a verse that speaks to your heart. Writing helps you remember and think about it throughout the day.

"Write the vision and make it plain on tablets." — Habakkuk 2:2

4 PRAY GOD'S WORD

Turn the verses you read into prayer. God's Word will shape your prayers and your heart.

"This is the confidence we have in approaching God: that if we ask anything according to His will, He hears us." — 1 John 5:14

5 LISTEN TO SCRIPTURE

Listen while you drive, cook, clean, or rest. Hearing God's Word can fill your heart in a new way.

"So then faith comes by hearing, and hearing by the word of God."
— Romans 10:17

6 THINK ABOUT IT THROUGHOUT THE DAY

Take your verse with you. Think about it. Let it guide your thoughts and decisions.

"I will meditate on Your precepts and fix my eyes on Your ways."
— Psalm 119:15

7 END YOUR DAY WITH THANKFULNESS

Look back on your day and thank God. Let His Word be the last thing in your heart at night.

"I will both lie down in peace, and sleep; for You alone, O Lord, make me dwell in safety." — Psalm 4:8

7 POWERFUL VERSES *for Your Daily Life*

- **Joshua 1:8**
  Keep this Book of the Law always on your lips; meditate on it day and night.
- **Psalm 119:11**
  I have hidden Your word in my heart that I might not sin against You.
- **Psalm 46:10**
  Be still, and know that I am God.
- **Philippians 4:8**
  Think about whatever is true, noble, right, pure, lovely, excellent, or praiseworthy.
- **Proverbs 3:5–6**
  Trust in the Lord with all your heart and lean not on your own understanding.
- **Isaiah 26:3**
  You will keep in perfect peace those whose minds are steadfast.
- **2 Timothy 3:16–17**
  All Scripture is God-breathed and useful for teaching, rebuking, correcting, and training in righteousness.

Keep Going

Some days it will feel easy.
Some days it will feel hard.
But don't give up.
God's Word is living and powerful.
It will never return empty.
It will always work in you.

Small steps. Daily choices. A new mind. A new life.
God is writing a beautiful story in you.

07

DEAR ANXIOUS HEART

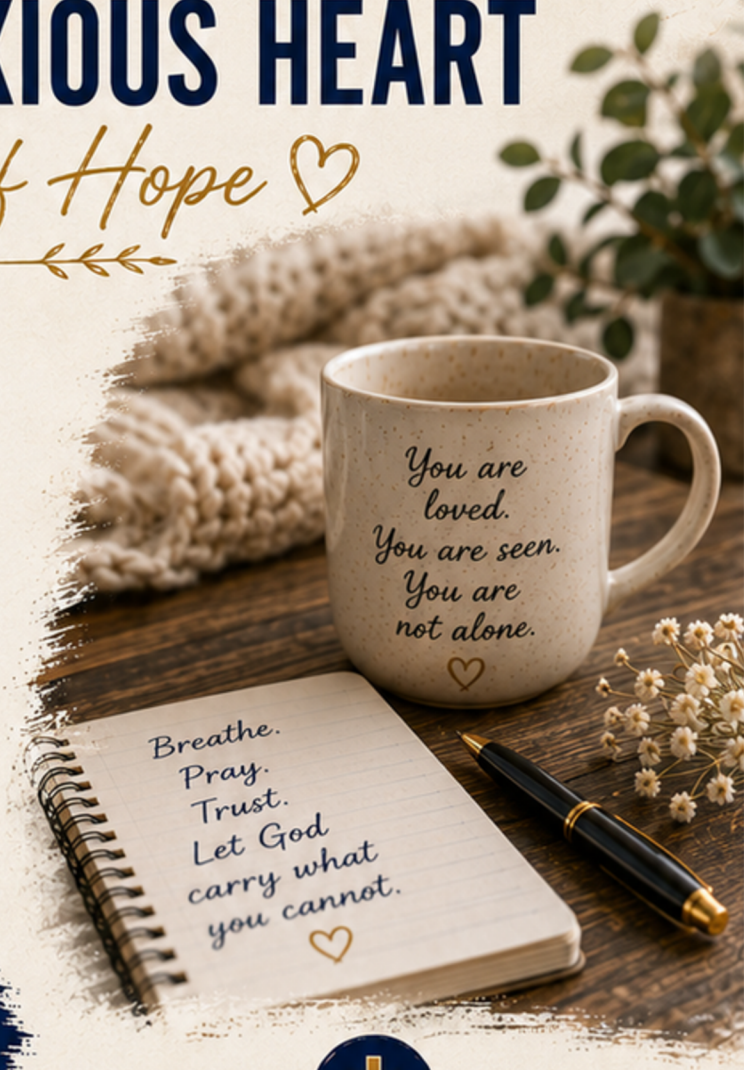
A Letter of Hope

Dear friend,

I know what it feels like to lie awake at 2 a.m. with a mind that will not be quiet. I know the heaviness in your chest when you wake up and the worry hits before you even get out of bed. I know how tired you feel — trying to hold fear down while still trying to live your life.

Please hear this: worry does not mean you do not trust God. It means you are human. Some of the strongest people in the Bible felt this same fear. Elijah sat under a tree and wanted to die. David cried out in the Psalms asking if God had forgotten him. Gideon hid and asked God for sign after sign.

And God came to every one of them. Not with a lecture. Not with disappointment. He came with food. With water. With a soft voice. With His presence.



> *"You were not designed to carry tomorrow. You were designed to walk through today — with God."*

Worry does not go away by trying harder. It goes away by leaning into God. By saying, "I trust You with the things I cannot control." That is not weakness. That is faith.

Please talk to someone — a friend, a pastor, a counsellor, or a doctor. Asking for help is brave. It is not giving up. God often uses other people to bring us the help we need.

You are not alone.
God has not forgotten your name.

Philippians 4:6–7

> *"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."*

You do not have to solve tomorrow tonight. For this moment, focus on what is in front of you. Breathe, pray, drink some water, rest if you can, and speak to someone you trust. God is not asking you to carry every possible outcome at once. He will meet you in today's needs.

If anxiety feels overwhelming or keeps affecting daily life, reaching out for professional support is a wise and courageous step.

08 BUILDING YOUR FAITH SUPPORT NETWORK

You were never meant to walk through life alone.

> *Two are better than one, because they have a good reward for their labor.*
> — Ecclesiastes 4:9



God created us for community.
He never intended for you to carry the weight of life by yourself.
A strong support network can encourage you, pray with you, speak truth over you, and walk with you through every season.

You Are Stronger Together

Encouragement shared is encouragement multiplied.
Don't walk alone.
Do life together.

WHY IT MATTERS

You need encouragement.
Life gets hard. Encouragement reminds you that you are not giving up for nothing.

You need prayer.
Others can pray for what you may be too tired or too overwhelmed to pray.

You need truth.
A godly friend will speak God's truth when lies try to take over your mind.

You need accountability.
A trusted friend can gently help you stay on the right path.

You need to be a blessing to others.
When you support others, you grow and your faith grows.

How to Build Your Network

Connect in your church.
Get involved, be present, and build real relationships.

Find a prayer partner.
Choose someone who will pray with you and check in on you.

Join a small group.
Small groups create safe spaces to grow and share.

Stay in touch.
Send a message, make a call, and show people you care.

Be the friend you need.
Encourage, listen, and love others well.
The gift you give will come back to you.

Galatians 6:2

"Carry each other's burdens, and in this way you will fulfill the law of Christ."

BE A SUPPORT THAT BUILDS

- Listen without judgment.
- Speak life, not criticism.
- Respect boundaries.
- Pray faithfully.
- Celebrate victories together.

A Gentle Reminder

Not everyone will be in your circle forever, and that's okay.
Pray for discernment, and surround yourself with people who love Jesus and love you.

God is building your circle for His purpose.

> *"Let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching."*
> — Hebrews 10:24–25

09 PRAYERS FOR WHEN YOU CAN'T FIND THE WORDS

Simple prayers for the moments when your heart feels too heavy.

> *The Spirit helps us in our weakness. For we do not know what to pray for as we should.*
> — Romans 8:26



It's OK if you don't know what to say.
God understands your heart even when you have no words.
Here are simple prayers you can pray in any moment.

1 A PRAYER FOR OVERWHELM

'Lord, I feel overwhelmed. I can't carry this alone. Please give me Your strength and peace.

♥ I cast all my anxiety on You because You care for me. — 1 Peter 5:7

2 A PRAYER FOR PEACE

God, my heart is restless. Please calm my mind and fill me with Your peace.

♥ You will keep in perfect peace those whose minds are steadfast, because they trust in You. — Isaiah 26:3

3 A PRAYER FOR STRENGTH

Father, I feel so weak. Please give me strength for today and hope for tomorrow.

♥ I can do all things through Christ who strengthens me. — Philippians 4:13

4 A PRAYER FOR GUIDANCE

Lord, I don't know what to do. Please show me the way and lead me in Your truth.

♥ Your word is a lamp for my feet, a light on my path. — Psalm 119:105

5 A PRAYER FOR HEALING

Jesus, I carry so much pain. Please heal my heart, my body, and my soul.

♥ He heals the brokenhearted and binds up their wounds. — Psalm 147:3

6 A PRAYER FOR FAITH

God, I believe, help my unbelief. Strengthen my faith when I can't see the way.

♥ If you can believe, all things are possible to him who believes. — Mark 9:23

7 A PRAYER OF THANKS

Thank You, Lord, for being with me in every moment, even when I don't understand.

♥ Give thanks in all circumstances; for this is God's will for you in Christ Jesus. — 1 Thessalonians 5:18

Remember

You don't need perfect words.
You need a real heart.
God listens to every whisper,
every cry, and every silence.
He is near.
He cares.
He is enough.

PSALM 34:17–18

"The righteous cry, and Yahweh hears, and delivers them out of all their troubles. Yahweh is near to the brokenhearted, and saves those who are crushed in spirit."

God hears you. God sees you. God loves you. You are never alone.

10. YOU ARE BECOMING

A Declaration of New Life

Before we go, we want to say this to you: the fact that you are reading these words right now — that you picked this up, that you are still here, still looking, still hoping — that is God at work in your life. Do not take that lightly.

You are not who you used to be. And you are not yet who you are going to be. You are in the middle — and that is a holy place to be. God is right there with you in it.



Say these words out loud. Let them go deep into your heart:

- I am not defined by what broke me.
- I am not disqualified by what I've been through.
- I am chosen, loved, and called by name.
- I am allowed to heal at my own pace.
- I am not walking this road alone.
- I am stronger than I know, because God is stronger than I can imagine.
- I am not my worst day, my lowest moment, or my deepest fear.
- I am being made new — even now.
- I am getting rid of my past and looking for the best to come.
- **I am NEWLIFE.**

2 Corinthians 5:17

> *"Therefore, if anyone is in Christ, the new creation has come: the old has gone, the new is here!"*

Growth is not always easy to see while it is happening. You may still notice weaknesses, questions, and unfinished places, but that does not mean God is not working. Look back and remember how far you have already come. Every time you chose faith instead of fear, forgiveness instead of bitterness, or hope instead of giving up, something was growing in you. Keep becoming the person God is shaping you to be.

> *"The Lord is close to the brokenhearted and saves those who are crushed in spirit."*
> Psalm 34:18

11. WHEN SOMEONE YOU LOVE IS NOT OK

How to Help Without Losing Yourself

When someone you love is hurting, it is one of the hardest places to be. You want to fix it. You want to take their pain away. You want to say the right thing — but you are afraid of saying the wrong thing. So sometimes you say nothing at all.

Here is what you need to hear: you cannot give from a place of empty. You cannot pull someone out of the water if you are drowning too. And you cannot carry a weight that was never yours to carry.

> *"You can be a lifeline without becoming the life raft that sinks."*



CARING WITHOUT LOSING YOURSELF

1. It is OK to have limits.
Being there for someone does not mean you must be available every single hour. You can love someone deeply and still take care of yourself. Healthy limits are not selfish — they are wise.

2. You are not their rescuer.
You can walk beside someone — but you cannot walk their road for them. Their healing belongs to them. Your job is to show up and love them, not to carry their whole journey.

3. Know when someone needs more help than you can give.
If someone is talking about hurting themselves, or if they seem to be in real danger — please help them find professional support. This is one of the most loving things you can do.

4. Look after your own heart too.
Pray. Rest. Talk to someone you trust. You cannot help others well if you are running empty. Your health matters — not just theirs.

5. Trust God with what you cannot change.
You can show up. You can speak truth with love. You can pray. But only God can change a heart. Let go of what is not in your hands — and place it in His.

Isaiah 40:29

> *"He gives strength to the weary and increases the power of the weak."*

You can care deeply without carrying everything alone. Sometimes the most loving words are, "I am here with you, and we can find help together." Give what you can with kindness, but remember to rest and receive support too. If you are worried about someone's immediate safety, seek urgent professional or emergency help. Love does not mean doing everything yourself; sometimes love means bringing the right people alongside.

Are you ok ?

SPECIAL EDITION

www.newlife4you.xyz

The Lord is close to the brokenhearted and saves those who are crushed in spirit.
Psalm 34:18

12. THE GIFT OF A NEW MORNING

Starting Over — One Day at a Time

Every morning you wake up is a gift. Today is a gift. As you wake to a new morning, remember that God is still with you and your story is still being written.

The book of Lamentations was written by someone in deep pain. Everything had fallen apart. And yet, right in the middle of all that hurt, they wrote these beautiful words:

Lamentations 3:22–23

"Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness."



New every morning. Not once a year. Not when you have cleaned yourself up. Every. Single. Morning. God's mercy does not run out. It is always there. It is always fresh. It is always new.

If yesterday was hard — really hard — this is for you: you do not have to bring yesterday into today. Every sunrise is God saying, "I am not finished. Keep going. There is still more good to come.♡

A MORNING RESET PRACTICE

Try this for seven days. Before you look at your phone, before you check the news — spend just five minutes doing these three things:

1 Breathe slowly and receive.

Take three slow, deep breaths. Then say out loud:
"This is the day the Lord has made. I will be glad in it."

2 Let go of yesterday.

Name one thing from yesterday you want to leave behind — a worry, a mistake, a hurt. Open your hands wide as a way of letting it go.

3 Choose one thing to carry today.

Ask God: *"What is one thing You want me to do well today?"* Write it down. Keep it with you.

"You don't have to be a different person to start again. You just have to take the next step."

Every morning is a new invitation. You do not have to have everything figured out. Just show up — and let God meet you right where you are. You do not need to fix your whole life before breakfast. A new morning simply gives you another chance to begin. Choose one good thing for today: one prayer, one phone call, one healthy choice, one task, or one moment of gratitude. Let today be enough for today. God's mercy meets you in ordinary moments, and small faithful **steps** can slowly lead you into a new season.

"I can do all this through Him who gives me strength. Philippians 4:13

13. WHAT DOES JOY LOOK LIKE NOW?

Rediscovering Delight After Hard Seasons

After a long, hard season — joy can feel very far away. The things that used to make you laugh now feel flat. The things that used to light you up feel dull. You wonder if you will ever really feel happy again.

That does not mean joy is gone. It means joy is growing into something deeper. And that is OK.

> *"Joy is not the absence of suffering. It is the presence of God in the middle of it."*

Happiness comes and goes depending on what is happening around you. But joy — real, God-given joy — is different. It is like an anchor. It holds you even when the waves are big.



Nehemiah 8:10

"Do not grieve, for the joy of the Lord is your strength."

REDISCOVERING YOUR JOY — A GENTLE EXERCISE

Take a quiet moment. Write your honest answers below:

- What is one small thing that made me smile this week — even just a little?
- What did I love doing before that I have stopped — could I try it again?
- When do I feel most like myself — most alive?
- What would it look like to choose joy — just for today?

Joy is not something you find when everything is fixed. It is a daily choice — a decision to look for God even in ordinary moments. Start small. Notice the sun on your face. Taste your morning drink slowly. Call the person who makes you laugh. Let yourself enjoy simple things again.

Joy may return differently than you expect. It may begin as a quiet smile, a peaceful walk, a good conversation, a song you enjoy, or a moment when your heart feels light again. Do not pressure yourself to feel happy all the time. Simply notice the good moments when they come and receive them without guilt. Little by little, joy can find its way back into your everyday life.

14 | LETTERS TO YOURSELF

Writing Your Way Through

Writing letters — especially to yourself — is one of the most healing things you can do.
When you put your feelings into words on paper, something changes inside. The things that are swirling around in your head get a place to land.

Here are four letters worth writing.
You do not have to show anyone.
These are just for you — and for God.



1 A LETTER TO YOUR YOUNGER SELF

What do you wish someone had said to you when you were young and hurting?
Write it now — to that younger version of you.
Be kind. Be gentle. Give yourself the grace you would give a child.

2 A LETTER TO THE PERSON WHO HURT YOU

You do not have to send it.
You do not have to pretend forgiveness is easy.
But write what you have never been able to say.
Get it out of you and onto the page.
Then give it to God.

3 A LETTER FROM GOD TO YOU

This one takes courage.
Sit quietly. Ask: what would God say to me right now — based on what He says in the Bible?
Then write it. Let His words become something personal and real to you.

4 A LETTER TO YOUR FUTURE SELF

Who do you want to be one year from now?
What do you hope has healed?
What do you want your life to look like?
Write to that person. Seal it.
Open it in twelve months.

Psalm 139:1-2

"You have searched me, Lord,
and you know me.
You know when I sit and when I rise;
you perceive my thoughts from afar."

God has already read every letter you have never written.
He knows every word in your heart before it reaches the page.

And still —
He loves you completely.
Still — He stays.

Be kind in the way you write to yourself.
Do not use the page to punish yourself for old mistakes.
Use it to tell the truth with grace.
Write about what hurt, what you learned, what you are thankful for, and what you are still hoping for.

When you finish, pray over those words.
Let writing become a safe place where honesty and hope can meet.

15. YOU HAVE WHAT IT TAKES

A Final Word of Encouragement

We want to end with this:

You have made it through every hard day so far. Every storm you were sure would take you under — you came out the other side. Every night that had no end — morning came. Every moment you said "I cannot do this" — you did.

That is not luck. That is God. He does not leave His children alone in the middle of their story.

> *"What is behind you is not bigger than what is ahead of you — because God goes before you."*

You were not made for a small, scared, shrinking life. You were made for something real — something full — something only God can build out of the broken pieces you have handed Him.

You do not have to be fully healed to be used by God. You do not need all the answers to take the next step. You do not need to be perfect to be deeply loved. You just need to be willing — to keep going, to keep trusting, to keep showing up.



As you close these pages, remember that you do not have to walk into tomorrow with all the answers. You only need enough courage for the next step. Keep praying. Keep reaching out. Keep choosing what is healthy and life-giving.

Joshua 1:9

> *"Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."*

There are still people to meet, prayers to pray, lessons to learn, and beautiful moments ahead. Your life has value, your presence matters, and your story is still unfolding.

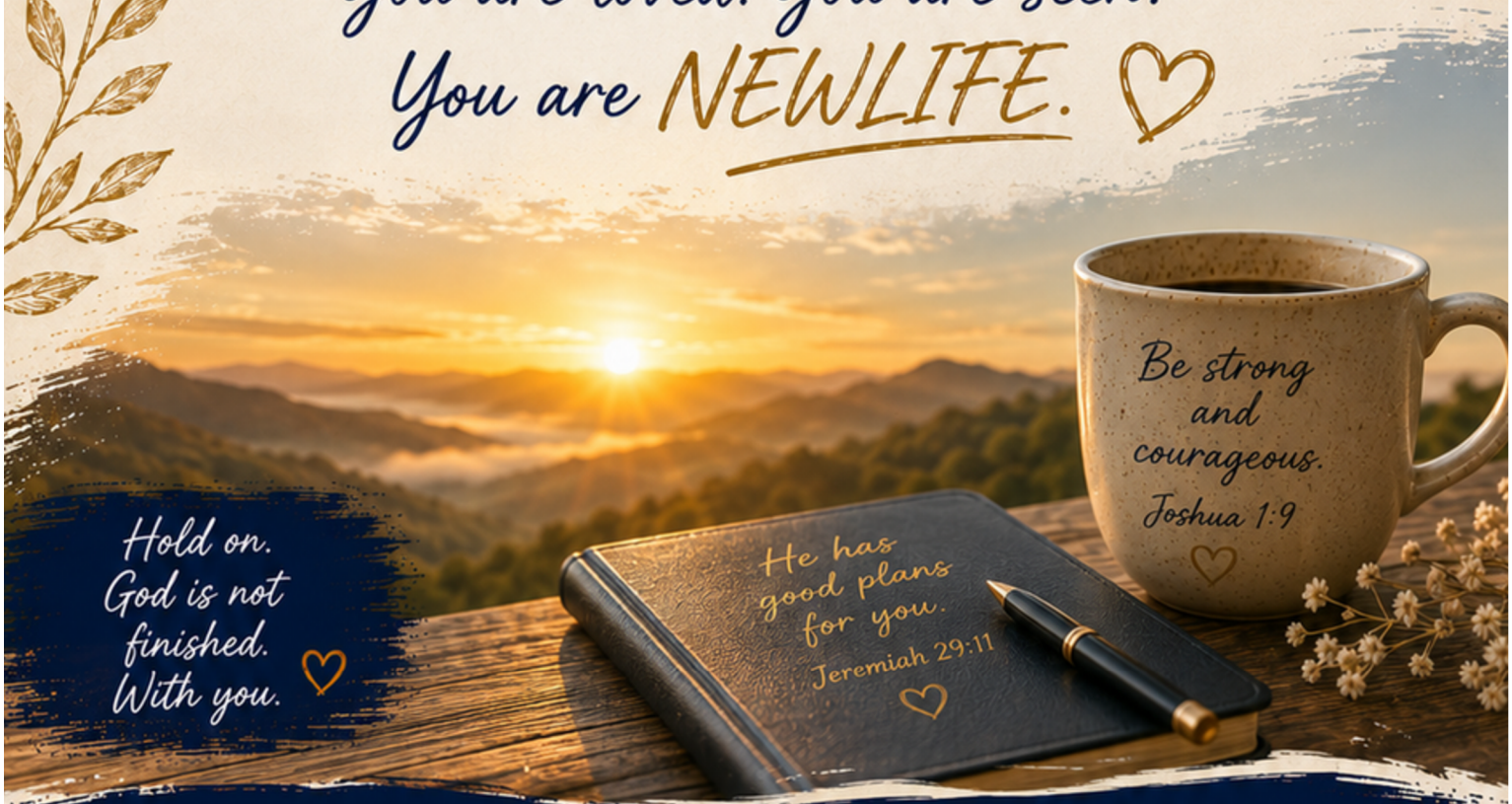
The Lord is close to the brokenhearted and saves those who are crushed in spirit.
Psalm 34:18

16.

YOUR FINAL DECLARATION

- I am still here. And that is a miracle.
- I am not defined by my worst moments.
- God's Spirit lives inside of me.
- I will not give up on myself —
  because God has never given up on me.
- I choose hope today. And every day after this.
- My story is not over. The best is still coming.

You are loved. You are seen.
You are NEWLIFE.



Are you ok ?
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The Lord is close to the brokenhearted and saves those who are crushed in spirit.
Psalm 34:18

17

IT'S OKAY TO *Set Boundaries.*

You do not have to say yes to everything to prove that you are kind.

Sometimes saying **"no"** protects the **"yes"** God has placed on your life.

Love people, forgive freely, but also use wisdom about what you allow into your heart and life.

Protect the **peace**, **strength**, **time**, and **calling** God has entrusted to you.

> *"But Jesus often withdrew to lonely places and prayed."* Luke 5:16

Even Jesus knew when to step away from the crowds, spend time with the Father, and protect His purpose.

You can love people deeply and still have **healthy boundaries**.

It's not selfish. It's stewarding
WHAT GOD HAS GIVEN YOU.

God bless you abundantly.

18

HOW TO HELP WELL

Pray.
Listen.
Encourage.
Love.
Let God carry the rest.

1 LISTEN WITHOUT JUDGMENT

Sometimes, the best thing you can do is just listen. Let them feel heard and not alone.

2 BE PRESENT

Your presence speaks louder than words. Stay, even in the uncomfortable moments.

3 ENCOURAGE AND SPEAK LIFE

Remind them of God's promises and their worth. Small words can bring big hope.

4 PRAY WITH AND FOR THEM

Prayer brings peace, strength, and reminds them (and you) that God is in control.

5 SET HEALTHY BOUNDARIES

You can't pour from an empty cup. Take breaks, rest, and protect your own mental and emotional health.

6 TRUST GOD WITH THE OUTCOME

You can love, support, and pray, but God is the One who heals, changes, and restores.



"Bear one another's burdens, and so fulfill the law of Christ."
Galatians 6:2

You Are Not Alone

- *It's okay to feel helpless sometimes.*
- *You are doing your best, and your best is enough.*
- *Keep going, keep loving, and keep trusting God.*
- Take care of yourself so you can continue to be a light for them.

The Lord is near to the brokenhearted and saves the crushed in spirit.
Psalm 34:18

19

God can bring *confirmation* without *confusion*

WHEN YOU SINCERELY SEEK HIM,
He hears your heart.

STAY CLOSE TO HIM,
His presence brings peace.

REMAIN PATIENT,
His timing is always perfect.

ALLOW HIS DIRECTION
to become clearer step by step.



Trust in the Lord with all your heart
and lean not on your own understanding;
in all your ways submit to Him,
and He will make your paths straight.
Proverbs 3:5-6

"He heals the brokenhearted"
and binds up their wounds."
Psalm 147:3

20

ARE YOU OK?

Self Check

10 THINGS TO CHECK IN WITH YOURSELF

It's okay not to be okay all the time.
Take a moment to pause, breathe, and ask yourself:
How am I really doing?

1. **MY MIND**
   Am I feeling overwhelmed, worried, or constantly stressed?
2. **MY HEART**
   Am I feeling sad, numb, lonely, or carrying emotional pain?
3. **MY BODY**
   Am I tired, experiencing pain, or neglecting my health?
4. **MY SLEEP**
   Am I getting enough rest, or struggling to sleep well?
5. **MY THOUGHTS**
   Am I thinking negatively about myself or expecting too much?
6. **MY RELATIONSHIPS**
   Do I feel supported and connected, or isolated and misunderstood?
7. **MY PURPOSE**
   Am I living in a way that feels meaningful and aligned?
8. **MY SPIRIT**
   Am I spending time with God and nurturing my spiritual life?
9. **MY BOUNDARIES**
   Am I saying yes when I want to say no, or putting others before myself?
10. **MY JOY**
    Am I making space for things that bring me joy and peace?

You are important.
Your feelings matter.
Your life has value.

You don't have to have it all together.
Just take the next right step.
You are not alone.

Take care of yourself, so you can keep showing up for life.

"Cast all your anxiety on him because he cares for you."
1 Peter 5:7

21 PROTECT YOUR PEACE, *Guard Your Heart*

Your peace is precious. The world will try to steal it in a thousand ways, but God calls you to guard it every day. Here are 10 ways to protect your peace and keep your heart close to Him.

> "Keep your heart with all diligence, for out of it spring the issues of life."
> Proverbs 4:23



1 START YOUR DAY WITH GOD
Begin each morning with prayer, worship, and His Word. Set the right foundation for your day.

2 GUARD WHAT YOU LISTEN TO
Not every voice deserves a place in your mind. Choose what builds you up, not what breaks you down.

3 FILL YOUR MIND WITH TRUTH
God's Word brings light, clarity, and strength. Let it be your daily guide.

4 SAY NO WITHOUT GUILT
You don't have to do everything. Saying no to good things can be saying yes to what God has for you.

5 SURROUND YOURSELF WISELY
Spend time with people who encourage your faith and respect your boundaries.

6 PROTECT YOUR TIME
Your time is a gift from God. Use it on what matters most.

7 LIMIT WHAT DRAINS YOU
Step back from negativity, toxic people, and endless scrolling.

8 PRAY ABOUT EVERYTHING
Bring your worries, plans, and decisions to God. He cares about every detail.

9 REST WITHOUT FEELING GUILTY
Rest is not laziness. It is obedience. God designed you to need it.

10 REMEMBER WHO YOU ARE
You are loved, chosen, forgiven, and called by God. Never forget that.

PEACE ISN'T THE ABSENCE OF PROBLEMS, BUT THE PRESENCE OF GOD.

Choose peace today, and walk in the fullness of His promise.

Protect your peace. It is worth fighting for.

God is with you, for you, and in you.

Sometimes unanswered prayers are God's way of protecting you from things you *thought you wanted.*

God sees the bigger picture.
Trust His heart, His timing,
and His perfect plan for you.

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"I know the plans I have for you," declares the Lord."
Jeremiah 29:11

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If this magazine encouraged you,
please share it
with someone who needs it.
You never know whose life
your simple act of sharing
might change.

If you or someone you know
is struggling,
please reach out
to a trusted pastor, counsellor,
or mental health professional.
You are worth fighting for.



"The Lord is near to the brokenhearted and saves the crushed in spirit."
PSALM 34:18

STAY CONNECTED

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Thank you for reading.

May God fill your heart with peace,
strengthen you for the journey ahead,
and remind you every day that
you are deeply loved. ♥

Are You OK?

YOU MATTER. GOD SEES YOU. YOU ARE NOT ALONE.

IT'S OK TO NOT BE OK.
You don't have to have it all together today. You are still loved.

GOD IS NEAR.
He is close to the brokenhearted and walks with you through every season.

YOU ARE STRONGER THAN YOU THINK.
You've made it through 100% of your hardest days so far.

THIS IS NOT THE END.
Your story is still being written. Better days can and will come.

YOU ARE NEVER ALONE.
Reach out. Talk. Pray.
Let someone walk with you.

"CAST ALL YOUR ANXIETY ON HIM BECAUSE *He cares* FOR YOU."
1 PETER 5:7

YOU ARE NOT YOUR MISTAKES. YOU ARE *not your past.*
YOU ARE LOVED BEYOND MEASURE.
YOU ARE ENOUGH.

Take a deep breath.
Give it to God.
One day at a time.
He's got you.

GOD HAS A PLAN. HOPE IS REAL. HEALING IS POSSIBLE.

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WITH SOUL CHECK-IN

Journal Prompts

REAL TALK.
For the heart you rarely show anyone.

FAITH.
For the days you need more than answers.

HEALING.
For the wounds only God can restore.

YOU BELONG.
Find hope, help, encouragement, and a new start.



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