

## THIS IS YOUR JOURNEY

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References are from the Bible at the end of each section, and you are highly encouraged to read these in your Journey.

### HOPE/LOVE

Where there is love there is hope, keep your hope and healing will come, your love is in your family so just hold onto it and the darkness will pass, and the light will shine through you are a young person with the strength of a lion inside let the people around you keep you up with love and prayers and know that you are bigger than this moment.

Isaiah 40:31; Ephesians 5:14

### ENOUGH IS WHO YOU ARE

You will always be enough, don't ever doubt that you always loved and needed in this life, you are such an important person, and you will always be enough just believe in you and your purpose so you can give yourself promise and learn to repair.

John 3:16-17

### YOUR HEART

Your heart is amazing it's the biggest part of who you are , it's the part of you that keeps your soul and body alive , it's the heart of you that makes you ,you have an amazing heart full of love and hope , you are special and amazing remember you are one part of the hearts in your family and a very important part of those around you who's hearts beat in time with yours ,your heart is your being .

### Growing / Resilience

Your body and mind may feel lost in the moment of time but remember you are a caterpillar who is finding their way into the world at a moment in time when the days are hard, and the nights are longer.

When you have had a day or a week where the time has been stood still also take the moment to remember the sun shining on your face and how amazing it feels , look into the blue sky and take in its beauty these are things to recharge your soul, your days of amazing are ahead of you and when you have found your way out of place you are in you will grow into an amazing being who will look back on these days of darkness and remember the caterpillar crawling out of his cocoon and you will realise that you were the one with the power to overcome these moments of anxiety and depression that are trying to take you down , look at the person you are and say you are going to be the best version of you that you can be because you are amazing and have faith in the caterpillar because it has strength and courage to become a strong butterfly.

Hebrews 4:14-16

### Can't Go On

When you are feeling as though it's too hard to continue remember you have a greater purpose in life to continue, you have to unlock the inner sparkle as this is the key to your happiness.

Happiness is hard to find, we all have to find it in our lives through what we can offer others and what we can do for someone else not just what we can do for ourselves.

Happiness is easy to find in the things we just do, eating our favourite food, reading our favourite book, listening to our favourite music, taking a walk at one with nature, but most importantly giving you time to forgive yourself and the past is a true way forward into finding your true happiness in the future life you have .

Once you have started to heal from the inside your sparkle will shine as you discover your happiness loving who you are is the key to your happiness journey.

Psalm 31:7-24

### Slow And Steady

Slow and steady into your future you , picture where your future you wants to be and what it looks like and keep it ahead of you and get into your boat and row yourself towards the future of happiness and self being , you are the one who truly has the strength to become bigger than the depression and the anxiety , open yourself freely to the ones who are offering you help and support let go of all the pain and hurt in your head and heart and let yourself repair from the inside so you can not cause yourself any more pain to your future self , keep the love around you in a warm place to keep you stronger.

Psalm 34:11-15

### Courage

Having the courage to be a fighter is part of your journey in life, there are days, months, weeks where you have to find the courage in yourself to be the fighter against the darkness that keeps pushing against you, your courage will defeat this moment as your courage gives you the strength to be the fighter for yourself.

Take hope and faith from family, friends and those around you and from those that are here with you and in this moment you will be able to find your strength and turn your courage into a person with belief in whom they are.

Philippians 4:13

### One-Day-one minute-one hour

When you find the day is harder than the last break it down into moments where you can take the moment of the day to forgive yourself for what is making that minute, hour too difficult. You are on the right road with love and guidance from others the harder days will become less when you open your heart and-mind to not giving into the negative thoughts and feelings, find your strength become bigger, stronger, and wiser than the negative in your mind .

Philippians 4:6-9

### Worthless/Priceless

We all have this feeling at some stage in our lives , we forget the value of our life , we are not here to live a worthless existence we are here to live a priceless life with great value to those who truly believe in who we are , realise your value in you as a person and respect the life you have to live and honour it with promise , purpose and repair so you can never forget that your life has true value for you , yourself and your family and friends have faith inside to walk towards your life's value and happiness .

John 3:16

### Tears

The tears we shed are the same as others, our tears wash the hurt we are feeling inside so we can release the pain it causes and be free of the guilt, anger and shame we feel, for us to cry means we are having forgiveness for the things that have happened in our lives.

We all shed tears of pain and then this leads to tears of freedom from ourselves and those who have caused hurt in our lives, every time we cry, we can move forward into a journey where we can see life and a new way that helps us find our happy.

Revelation 21:4

We are never destroyed; we all have cracks in our makeup of being human it's perfectly natural if we all went through life without the cracks then we would never learn how to heal ourselves in the path of life.

We get back up each day and find the way out of the cracks and stand tall against them, there is nothing we cannot overcome as a human with strength, heart, soul, and faith in who we are, we are built to stand up again and follow the light out of the darkness.

Lamentations 3:22-24

### Enemy

The enemy always wants to keep control and will always try to keep hold of you in the darkness and sadness that its controlling with a journey not faith you are showing it a spiritual path that it cannot have power over as your taking control against it .

John 10:10 (b)

F.E.A.R

Face everything and run

Face everything and rise

A powerful statement to spiritual freedom in heart, mind, body, and soul.

Romans 8:38-39, Psalm 56:3

## SENSITIVE (CARING)

Having sensitivity is a strength in your soul and in turn shows you have a heart full of love and when the time is right you will be able to share it in abundance with true happiness and beauty, you are having to take care of you first to find your happiness.

Showing your emotions is part of your healing process, forgiveness in your heart and mind will clear your soul and allow you freedom in your heart to share the love you have.

Galatians 5:22-23

## YOUR WINGS ARE READY

With each day passing your time as a caterpillar hiding in the cocoon will be overcome, your wings of life are ready to open to the world and embrace your faith, you are moving out of the darkness of the past and into a new season of hope and love from those all around you, take courage and strength from the journey you have taken and keep it within you as you open the wings and have freedom in your heart to find happiness and peace.

Isaiah 40:31; Philippians 1:6

## SELF WORTH

Self-worth is always within us, we lose it along the way in the darkness but it's always there it just needs a new path of hope to release it, a journey into faith is a wonderful way to rediscover your self-worth and release it from the darkness and back into the light of the life you have ahead of you.

With every moment you doubt yourself look at how far you have come in the journey and focus on your purpose in life, hope is important in your self-worth as with hope we face the fear and give ourselves promise.

Your rainbow is ahead of you.

Ephesians 2:10

## WALKING THROUGH THE STORM

When you get through the darkness of the storm you will have the rainbow of life and light ahead of you to show you the strength and courage inside that has broken the cycle that has held you back.

Be proud of your strength to walk through the storm and remember your heart and mind is stronger now and with this you can now keep moving forward on your journey into the light of life and its beauty.

Matthew 11:28

## STAIRS OF DISCOVERY

Climbing the stairs of hope, promise, purpose and repair is a journey of self-discovery, you may take steps forward and then back but as long as you keep your mind focused on the future of yourself and the purpose of the stairs ahead you will climb out of darkness into the rainbow of life filled with the stairs when you will get to look down and say I'm here and I made the journey and I'm ready

Philippians 1:9-11

### CHARACTER

Your character is strength, your strengths are your self-worth and self-belief when you have the courage to take them into a new chapter of a blank page your character will shine through.

Do not let the old pain return into your heart as you are travelling up the blank page to the new title of great hope and happiness when you reach the top of the new page your new chapter can begin with nothing but a future of love, purpose faith and hope.

Romans 5:3-5

### WAVES OF LIFE

Waves are to be ridden so when we take control of the biggest wave of all in the things that keep pulling us down, we can rise above the waves of self-doubt and feel the freedom of overcoming them your waves will become smaller everyday with the help of love and faith and with every one that you overcome there will be a calm peace.

Proverbs 3:5-6

### BREATHE

Just stop take a breath and look at how amazing you are as a human being you can and will continue to get the waves of strength from all around you which means you can conquer the darkest of times.

Open your mind to the journey travelled and the path you are on to take control of your mind and soul your happiness within will breathe new energy into your heart and the lion inside will roar and take steps forward into new meaning.

Psalms 16

### ARROW OF AIM

When you have the aim of your future ahead in your mind and your head your heart will follow so aim the arrow of positivity at your future and the path you are heading into and pull that arrow back towards you with the strength and courage you are showing and shoot it with the power of your soul towards the bright future not controlled by the past .

You are amazing do not forget to have faith in your journey with faith we have peace.

Philippians 2: 12-16

### BLANK PAGE

A week begins with the start of a new chapter in the book of life which also means we can move forward onto new beginnings of the book we write.

New blank pages to write a whole new story about what we can achieve this week ahead that can help us nearer to the journey we all want one of happiness and joy not one of past pain and hurt.

You are writing a new chapter in your book by overcoming the darkness in your mind so keep writing the pages and bring the rainbow of love, life and happiness into them, with promise, purpose and repair all the chapters of the book will be new beginnings of the future.

Ephesians 3:14-21

### RAIN AND HOPE

With hope we have purpose one word in our life we all hold on to is the word H.O.P.E.

This one word changes everything we are challenged with in our daily lives, no journey in life is complete without having the hope everyday that we will overcome the battles we face.

Without rain we don't have the sunshine and without the rain and the sun together we don't see the rainbow of colour that's ahead of us, holding onto hope is the sunshine in the rainbow that we all have in our hearts and souls .

H.O.P.E

Hold on pain ends

One word with power can change your hold on life.

Hebrews 16: 18-20

YOU'RE STORY ISN'T OVER ,,,,

### HOW CAN I GET HELP?

- Phone 1300MHCALL
- Contact CYMHS, via your doctor for children upto age 18 years
- Lifeline 13 11 14
- The Centre For Woman & Co. Specialist in Domestic Violence and Woman's Wellbeing Services 3050 3060
- Bayside Community Addiction and Mental Health Services 3825 6000
- Head Space Capalaba 1300 851 274
- Elevation Church Redlands for new connection or renewed connection to our Father God , next to the Salvation Store In Cleveland services 8am and 10 am Sundays
- The Salvation Army Bayside Community Church 3824 5222
- Go to a quiet and safe place and begin to talk with God. Ask Him for His help.
- Meditate on the Bible Verses throughout this HOPE Journey