

4 STEPS TO A BETTER YOU

STEPS TO MOVE YOU TOWARD A SPIRITUAL - FILLED - LIFE!



GOD'S MANUAL

Instructions For Life

Come In We Are Open For Change



The only person you should try to be better than, is the person you were yesterday. -Unknown

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INTRODUCTION

Are you tired of being tired? Is there something missing in your life? Maybe you are feeling empty and unfulfilled? You want positive change in your life.

Welcome, come on in! If you can relate to any of the above; you are at the right place to start your journey to a brand new spiritual filled life.

The steps outlined in this booklet are based on research, lots of Bible reading and mostly on my own personal experiences.

These steps are to get you in shape for the journey. When an athlete competes, he must be fit and ready to go. The athlete must study and know the rules of the game to be successful. Ok, with that in mind:

You are the athlete who wants to make it to the championship game (being a better you). I am your coach/trainer, this booklet is the rules and plays that will take you to the Championship.

STEP 1:

Only look at the past just long enough for you to see what lesson(s) were learned from the past that you can use to move forward.

Then you will put the past where it belongs "IN THE PAST."

STEP 2:

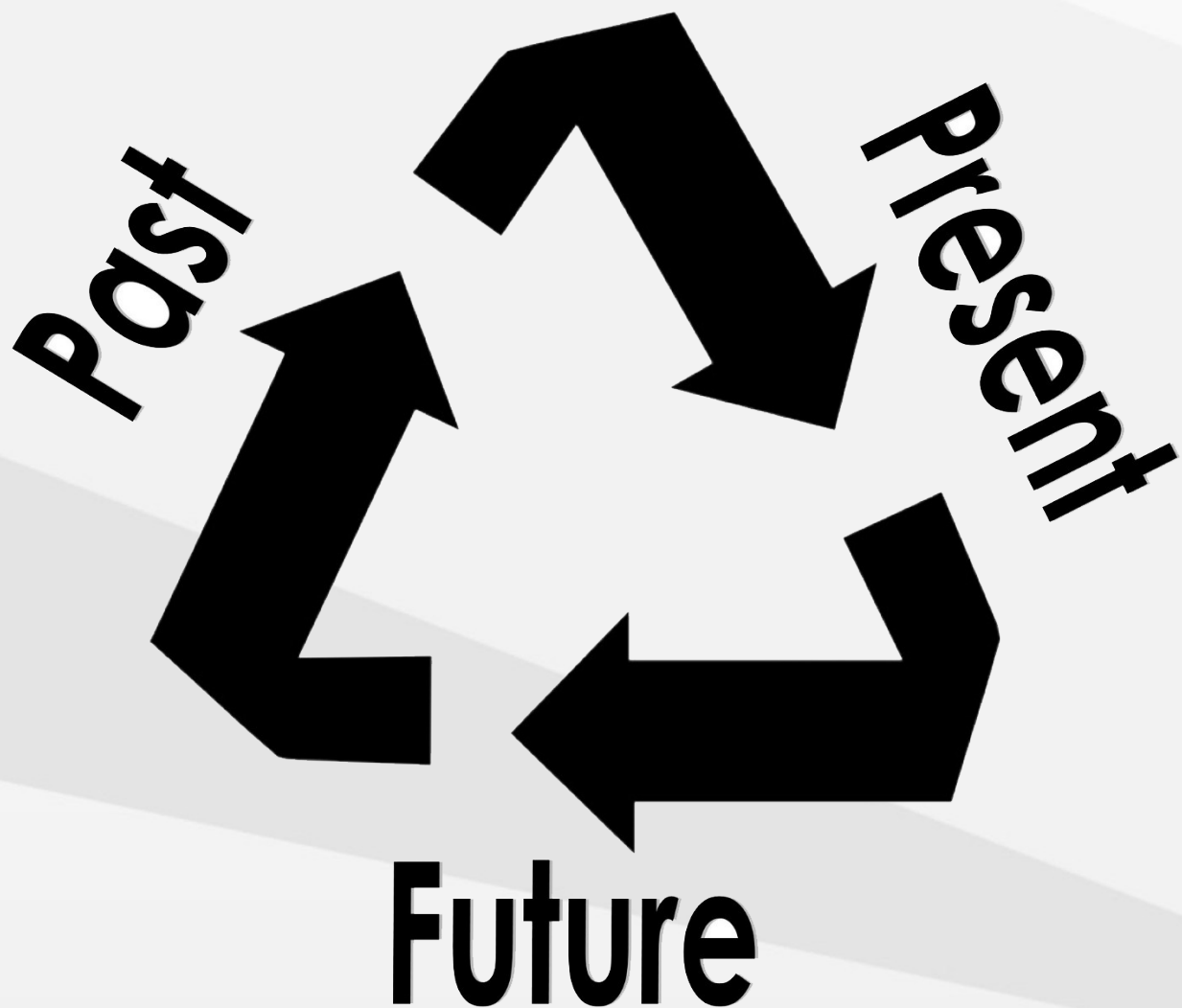
Read and study the Game's Manual (Bible) which has all the instructions for you to be a winner.

STEP 3:

Learn to trust and believe in the manual; it will become your instruction book forever!

STEP 4:

Now take action based on the Game's Manual and your faith to get you where you want to be; (a better you) the championship game!



Stop acting as if life is a rehearsal. Live this day as if it were your last. The past is over and gone.

The future is not guaranteed.

-Wayne Dyer

PAST, PRESENT AND FUTURE

PAST:

The word forgetting means "no longer caring for, neglecting, refusing to focus on.

You can't move forward by looking back. I only think of the past when there is something to learn from it. Then I move forward.

If God chooses not to remember our past sins (Hebrews 8:12), then we can choose to set them aside as well and embrace the future God promises to those who love Him (Romans 8:28; Ephesians 2:10).

You must focus forward.

PRESENT:

God's Word will never be outdated, superseded, or improved upon. Cultures change, laws change, generations come and go, but the Word of God is as relevant today as it was when it was first written.

Not all of Scripture necessarily applies explicitly to us today, but all Scriptures contain truth that we can, and should, refer to our lives today.

So, stay in God's Word every day! Daily reading helps me stay focused.

FUTURE:

God is the only One who can stand at the beginning and accurately declare the end.

Put the old stuff away and look to the future for change.

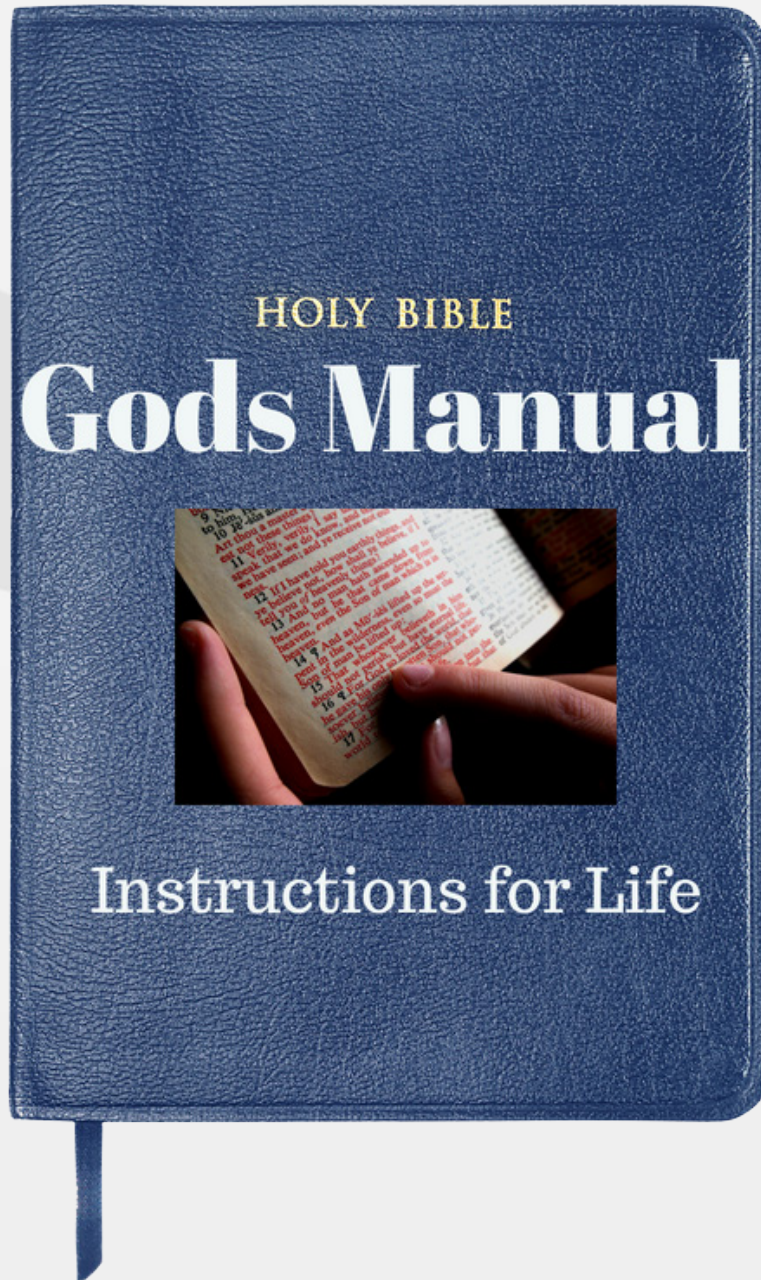
God is [omniscient](#); He knows everything actual and possible. God is also [eternal](#) ([Psalm 90:2](#)). As the eternal, omniscient God, He has lived our yesterdays, our todays, and our tomorrows, the past, present, and future.

Instead of focusing on your regrets, your pain or your missed opportunities, focus on the possibilities' still before you. What dreams and desires do you believe god has put in your heart?

1 Year Plan: Where do you want to be and what do you want to accomplish-with God's help – one year from today?

Lack of direction, not lack of time, is the problem. We all have twenty-four hour days.

– Zig Zigler



READ GOD'S WORD

God our gracious Creator tells us what will bring us lasting joy.

His revealed Word, the Bible, is so important that Jesus said of it, "Man does not live on bread alone, but by every word that comes from the mouth of God" ([Matthew 4:4](#)).

I started reading Proverbs first; it was easier to read and made more sense at the time than any of the other books.

Daily Devotions are a good starting point; they will lead you to scripture in the bible for research and clarification.

When things seem bad like family, finances, health or anything look it up in God's Manual (Bible) and see how to fix it.

The Bible keeps us from wasting years of our lives on that which does not matter and will not last ([Matthew 7:24-27](#)).

Try reading daily just a verse or two; the key is to start a habit or reading daily. Try it for 30 days and you should be well on your way.

Success is the maximum utilization of the abilities that God gave you.

-Zig Ziglar

Good things come to those who believe,
better things come to those who are patient
and the best things come to those who don't
give up. -Unknown



Faith

BELIEF AND FAITH

BELIEF: WHY SHOULD I BELIEVE IN GOD?"

Belief in God is foundational to learning more about Him. Without believing in God, it is impossible to please Him or even come to Him ([Hebrews 11:6](#)).

How can we truly learn or have faith if we don't believe?

Bluntly Put: It is foolish to disbelieve in God ([Psalm 14:1](#)).

"Do not be wise in your own eyes; fear the Lord and shun evil. This will bring health to your body and nourishment to your bones" ([Proverbs 3:7-8](#)).

(Belief + Faith) = Confidence

FAITH: WHAT IS THE DEFINITION OF FAITH?"

Thankfully, the Bible contains a clear definition of faith in [Hebrews 11:1](#): "Now faith is the assurance of things hoped for, the conviction of things not seen.

"Simply put, the biblical definition of faith is "trusting in something you cannot explicitly prove."

We learn in the book of Hebrews that without faith it is impossible to please God Hebrews 11:6, because faith is believing the Word of God and acting upon it, not responding to our perceptions.

What are some things that you need to trust God with?

If you truly trusted God with your health, family, finances and with your future, how do you think your life would change?



Practice like you've never won...perform like you've never lost...Bernard F. Asuncion

You Must Practice to get to the Championship!

TAKE ACTION

Here are a few ideals to get you started:

“Keep your heart free from hate, your mind from worry.

Live simply; expect little; give much.

Fill your heart with love; scatter sunshine.

Forget self. Think of others and do as you would be done by.

Try it for one week—you will be surprised.” I know these may not be easy but continue to practice and you will feel change! I started off with just one of ideas, then move on to more. Whatever works for you.

List some practical things you can begin doing today in order to reach a goal or desire of your heart.

What are some things you can cut out of your busy schedule in order to prioritize the things that God is calling you to do?

IN SUMMARY

Let's Recap:

- Take care of the past, enjoy today, while you prepare for the future.
- Read and Study God's word for instructions and guidance.
- Believe in God and his word to grow in faith.
- Take Action!

You don't have to go through another day of feeling tired, defeated and overwhelmed by circumstances.

Follow these steps, take your time this isn't a race it is a journey. It's your journey to a Spiritual – Filled – Life!

If you would like to continue and dive deeper into your Spiritual Transformation; sign up and become a member of our community.

[CLICK HERE NOW!](#)

You can follow us on [Twitter](#) [Facebook](#) and [Pinterest](#)

If you have any questions or comments, please contact us at:

support@GodsManual.com

I'm working on a new me. Not because the old me is bad, but because the old me can improve. - Unknown

Blessing!



Charles Appleton

Founder, Gods Manual