

FILLING UP *your faith cup*



YOUR SIMPLE WORKBOOK
FOR GODLY ENCOURAGEMENT



A LITTLE ABOUT MYSELF

HEY, I'M CRYSTAL

I explore the intricate nuances of the wellness/weight loss industry, uncovering insights, ideas and research that is proven to work for 100% of the people 100% of the time because it is evidence-based.

As a natural-born introvert, I've always been a bit shy But that didn't stop me from discovering my passion in life, helping others like you achieve your wellness and weight loss goals with the best resources and the best supplements on the market!

You may have received a beautiful handmade card with love from Teri, one of our most valuable community members, that brought you to this exclusive gift!

This free printable gift was created just for you in honor of Teri! We pray your cup of faith may be filled and you stay connected with us! We'd love to hear from you! We love you so much!



xoxo, Coach Crystal M.Ed

WWW.FAITHANDWELLNESSHAVEN.COM

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SCRIPTURES FOR HOPE AND ENCOURAGEMENT



How blessed are we to have the gift of God's Word which provides us with encouraging scriptures of hope. I've included some of my favorite Bible Verses on the next page which I hope offer you comfort, strength and encouragement for whatever you may be facing in this season of life.

*this one is
my favorite*



ISAIAH 41:13

For I am the LORD your God
who takes hold of your right
hand and says to you, do not
fear; I will help you.



bible verses to give you encouragement

ISAIAH 41:13

For I am the LORD your God who takes hold of your right hand and says to you, do not fear; I will help you.

MARK 11:24

Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.

NAHUM 1:7

The LORD is good, a refuge in times of trouble. He cares for those who trust in him.

1 JOHN 5:14

This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us.

PHILIPPIANS 4:7

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

JEREMIAH 17:7

But blessed is the one who trusts in the Lord, whose confidence is in him.

ROMANS 8:28

And we know that for those who love God all things work together for good, for those who are called according to His purpose.

PROVERBS 3:6

In all your ways acknowledge Him, and He will make straight your paths.

JOHN 16:33

In the world you will have tribulation. But take heart; I have overcome the world.

DEUTERONOMY 20:4

For the Lord your God is he who goes with you to fight for you against your enemies, to give you the victory.



*write in your five
favorite verses here*

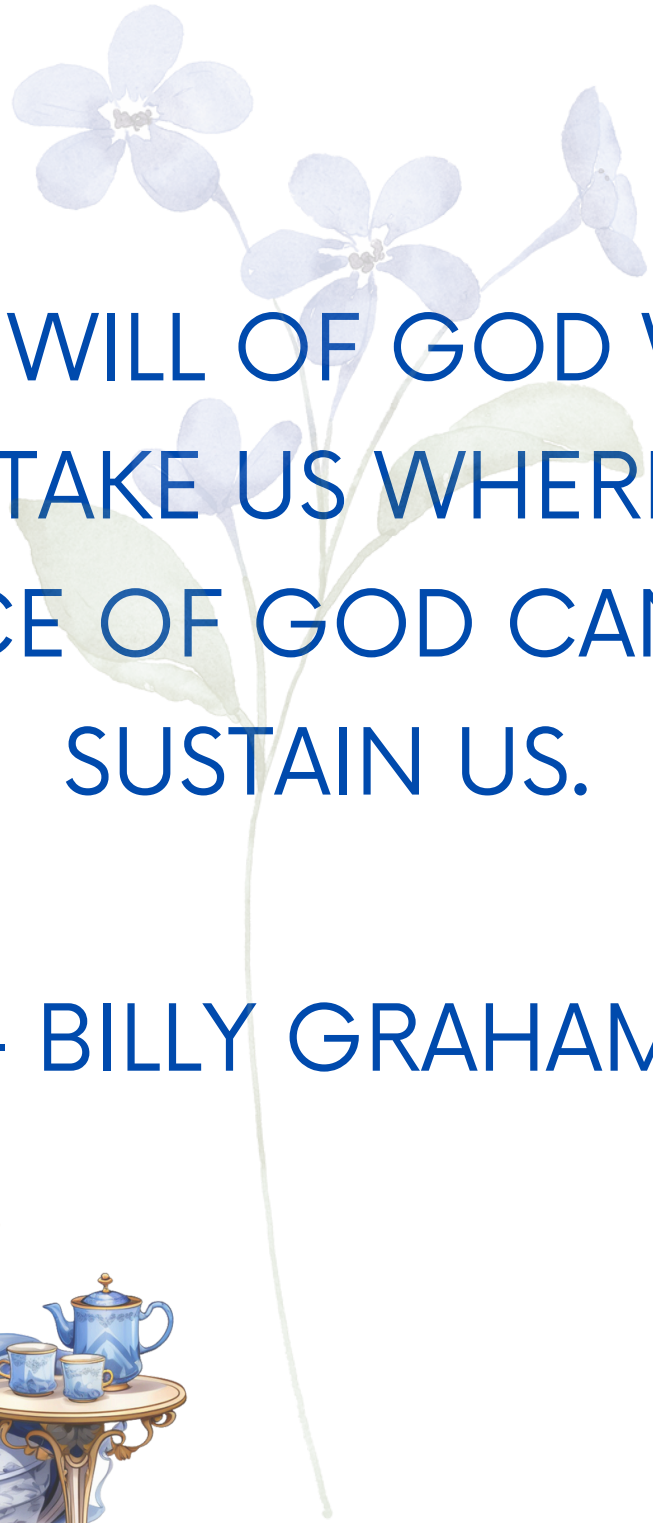
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THE WILL OF GOD WILL
NOT TAKE US WHERE THE
GRACE OF GOD CANNOT
SUSTAIN US.

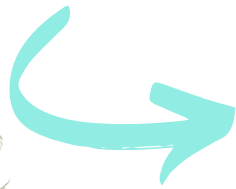
– BILLY GRAHAM



BIBLICAL AFFIRMATIONS FOR YOUR LIFE

Regular worldly affirmations tend to lean on you... what if instead we meditate on affirmations that are rooted in God's Word? They'd be pretty powerful right? Depending on yourself is necessary, but depending on God is life-changing. Biblical affirmations are realizing God is the source of our strength.

*this one is
my favorite*



3 JOHN 1:2

God wants me
to prosper in
all things.

affirmations to meditate on



God wants me to prosper in all things

3 JOHN 1:2



I will trust in God's perfect timing.

ECCLESIASTES 3:1



I am complete in God.

COLOSSIANS 2:10



God heals all my wounds.

PSALM 147:3



God answers my prayers.

MARK 11:24



My past does not define me.

ISAIAH 48:18-19



God's mercy won't abandon me.

ISAIAH 54:10



God has a plan for my life.

JEREMIAH 29:11



He will take care of all my needs.

PHILIPPIANS 4:19



Nothing is impossible for me.

MATTHEW 17:20



I am strong and courageous.

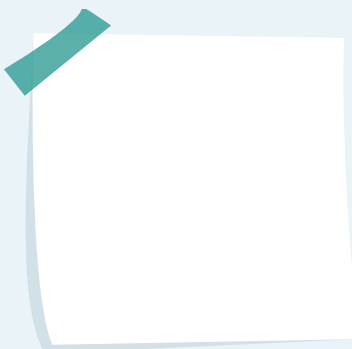
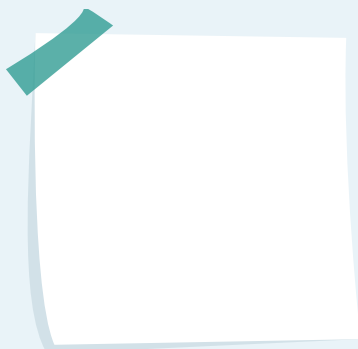
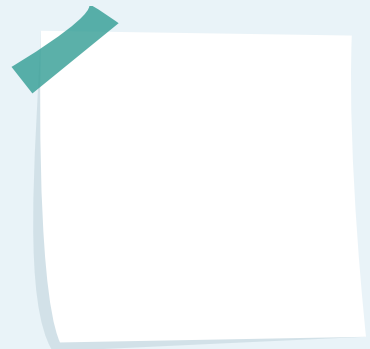
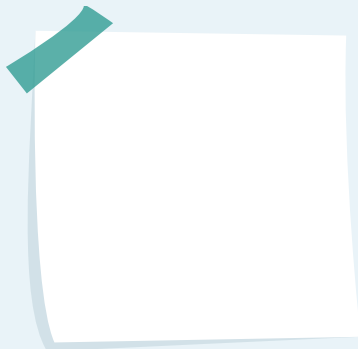
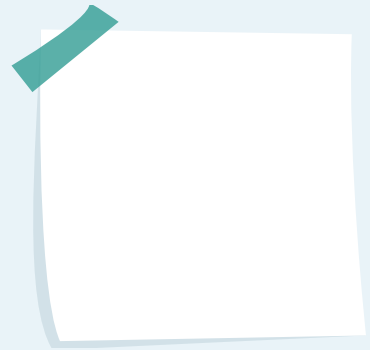
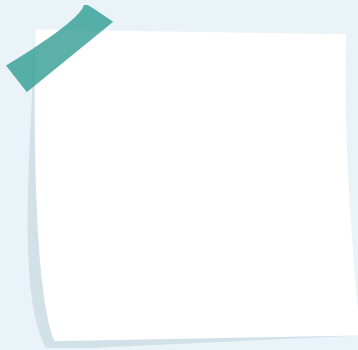
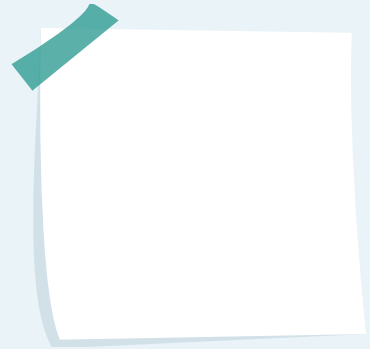
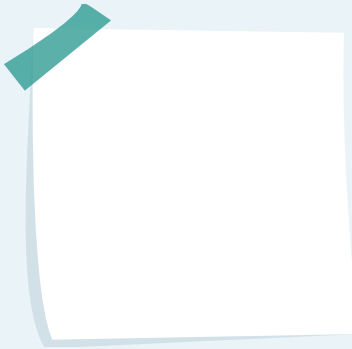
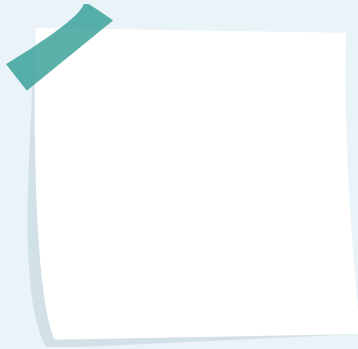
PROVERBS 8:35



God comforts my anxiety.

PSALM 94:19

create your own affirmations



THE GREATER YOUR
KNOWLEDGE OF THE
GOODNESS AND GRACE OF
GOD ON YOUR LIFE, THE
MORE LIKELY YOU ARE TO
PRAISE HIM IN THE STORM.

– MATT CHANDLER



SCRIPTURES FOR PRAISE AND THANKSGIVING

Being thankful and giving gratitude has priceless mental and emotional benefits! There's no doubt that meditating on all the ways God has blessed you will fill up your faith cup and let it overflow. Read these verses and say give God thanks out loud and praise His name for all the goodness that surrounds you.

*this one is
my favorite*



1 CHRONICLES 16:34

Oh give thanks to the
LORD, for He is good;
for His steadfast love
endures forever!



bible verses for praise and thanksgiving

1 THESSALONIANS 5:16-18

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.

COLOSSIANS 3:15

Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.

1 CHRONICLES 16:34

Oh give thanks to the LORD, for He is good; for His steadfast love endures forever!

JAMES 1:17

Every good and perfect gift is from above, coming down from the Father of the heavenly lights who does not change

PSALM 7:17

I will give to the Lord the thanks due to his righteousness, and I will sing praise to the name of the Lord, the Most High.

PSALM 118:24

This is the day that the LORD has made; let us rejoice and be glad in it.

HEBREWS 13:15

Through Jesus, therefore, let us continually offer to God a sacrifice of praise – the fruit of lips that openly profess His name.

PSALM 28:7

The Lord is my strength and my shield; in him my heart trusts, and I am helped; my heart exults, and with my song I give thanks to him.

COLOSSIANS 4:2

Devote yourselves to prayer, being watchful and thankful.

PHILIPPIANS 4:6

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.



daily gratitude

GIVING THANKS BIBLE VERSE

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TODAY I'M FEELING

--

--

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TODAY I'M GRATEFUL FOR

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

MY FAVORITE MOMENT THE DAY

TOMORROW I LOOK FORWARD TO





GOD WILL MEET YOU
WHERE YOU ARE IN ORDER
TO TAKE YOU WHERE HE
WANTS YOU TO GO.

- TONY EVANS



LEARNING LESSONS FROM BIBLE STORIES



The Bible is full of amazing stories, from Genesis to Revelation. Some stories are of good triumphing over evil, while others are stories that tell of death and destruction. I know our almighty God has purpose in every story and a lesson that we can learn from and apply to our lives today.

*this one is
my favorite*



DANIEL 3

God delivering
Shadrach, Meshach and
Abed-Nego from death
in the fiery hot furnace.



four stories & their lessons

1 SAMUEL 17

The story of David and Goliath



God used a young boy and won the battle all because he trusted God when others wouldn't and relied on God's strength rather than his own. God can use you too!

DANIEL 3

The story of the Fiery Furnace



God will bring you through challenges and obstacles when you stay true to honoring Him and stand up for your faith no matter the consequences.

JONAH 1-4

The story of Jonah and the Whale



Even if you don't like the situation at hand and are running from the Lord, try to remember God is using you and He knows what is best! Listen and trust Him.

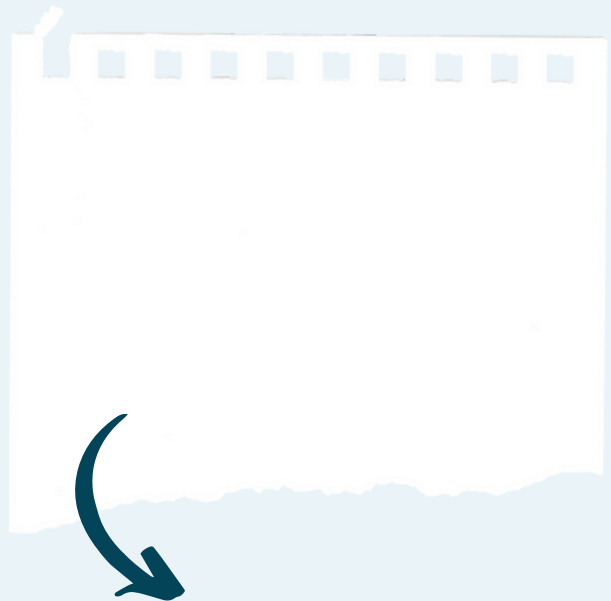
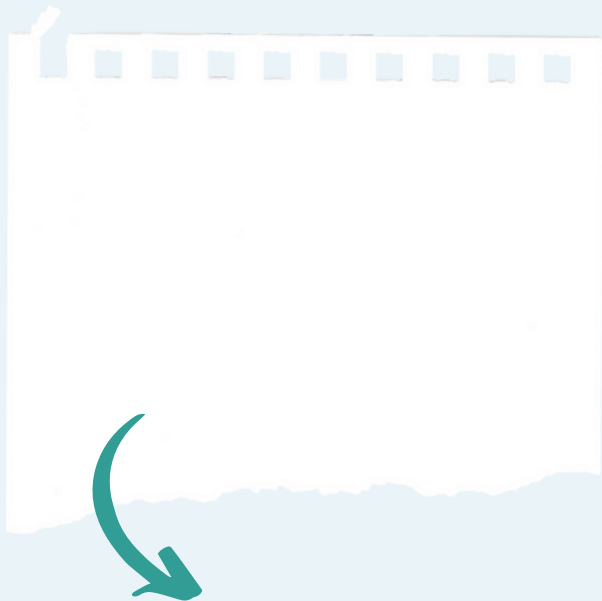
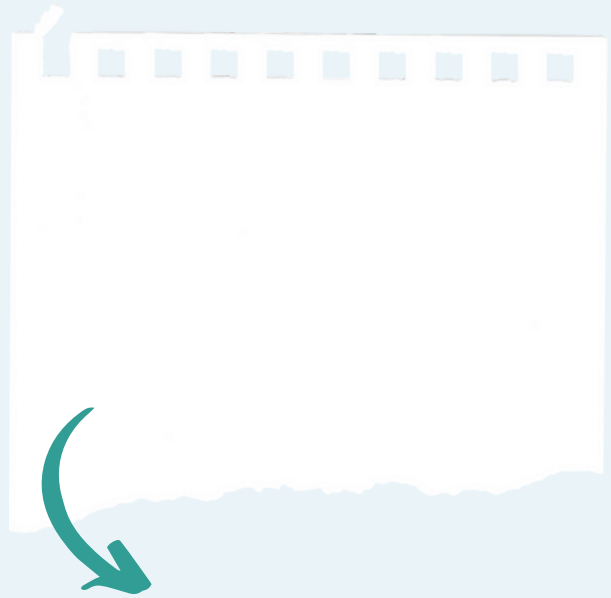
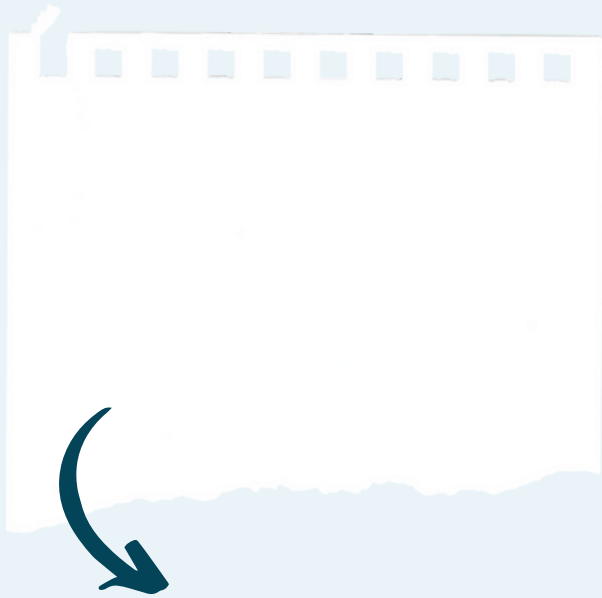
MATTHEW 14:13-21

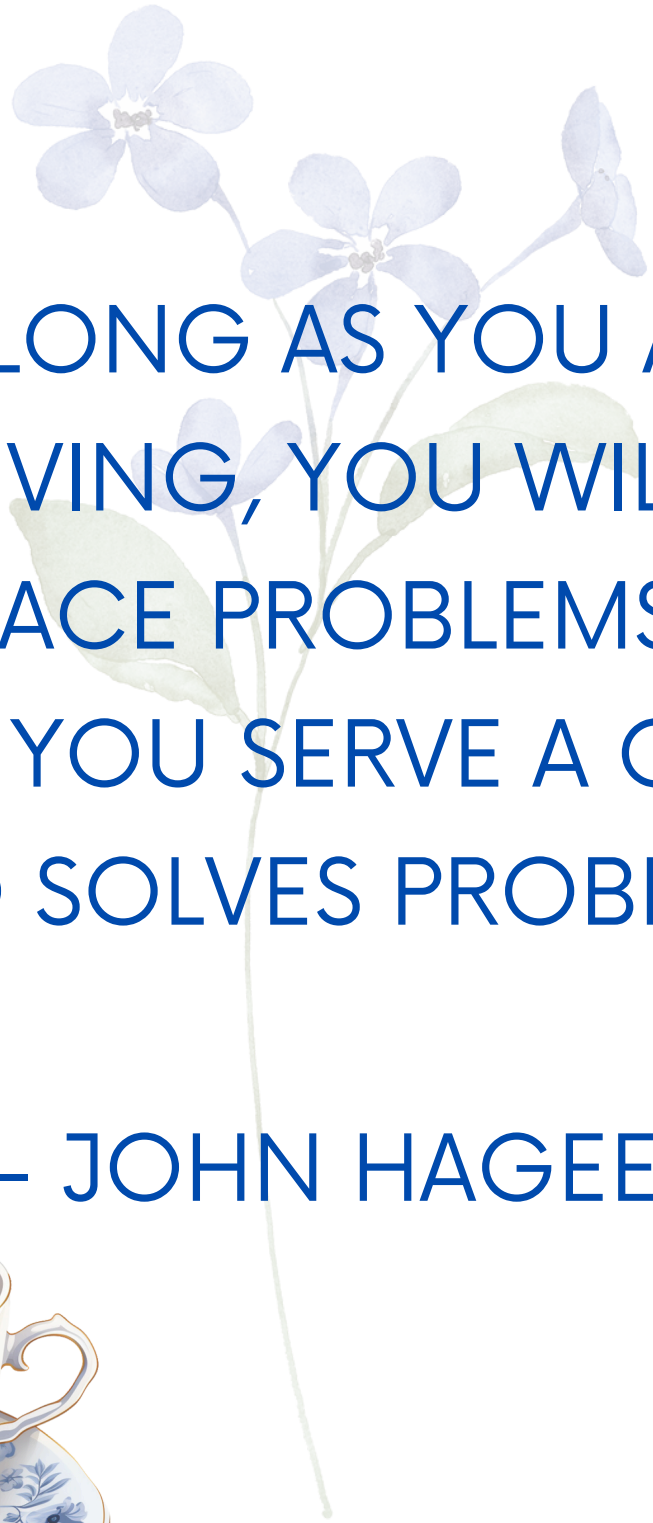
The story of Jesus feeds 5000



God can use the unexpected to open our eyes to His incredible power. He can take small ordinary things and transform them into big miracles.

write in your favorite
stories and lessons





AS LONG AS YOU ARE
LIVING, YOU WILL
FACE PROBLEMS.
BUT YOU SERVE A GOD
WHO SOLVES PROBLEMS.

– JOHN HAGEE



WRITING DOWN LOVE LETTERS TO THE LORD

If it's been a long day, a long week, long month or year...
you know what one of the best things to do is?

Sit in the quiet presence of your Father and pour your burdens out at His feet. Empty your heart and write all that weighs you down to the one who cares so deeply for you. This could feel like a chore at first, I get it and I've been there. Simply start. Write a short prayer each day and over time I promise it will become a more intimate practice that you'll long for. Do you do this?

benefits of journaling prayers:

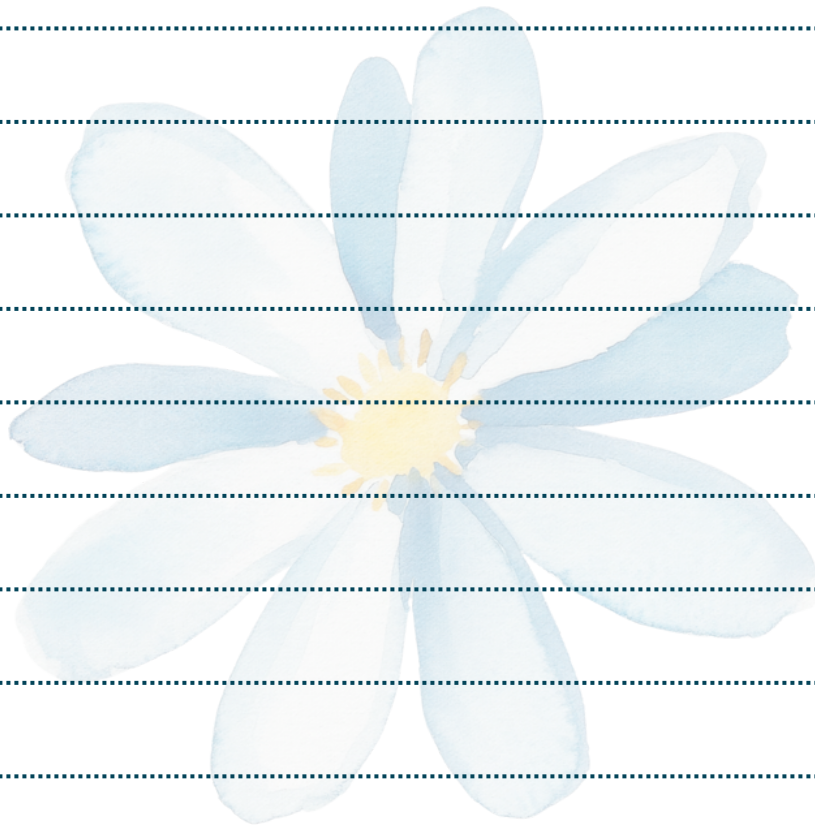
Can help keep you focused
and less distracted

You can see how He
answers your prayers

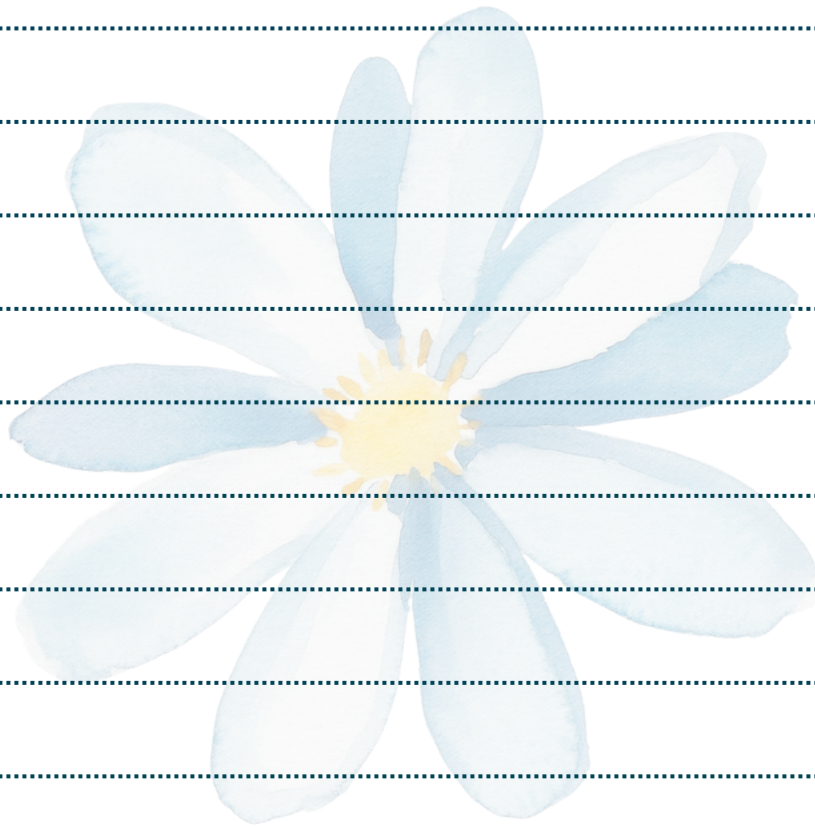
Helps to better reflect on
what's in God's Word


You'll be more open and
honest with Him

my daily prayer



my daily prayer





Did this faith
guide help to fill
up your cup?

I hope you found it inspiring and comforting for whatever you may be facing in life. We thank God that we were giving an opportunity to have had a sweet encounter with you and we pray that God blesses you and draws you to Him! Let us know what you loved best and how you saw God working in your life as you went through each section.

Want to continue being encouraged? We invite you to join our email list!

Reach out about joining my upcoming wellness group!

