

# Begin the Better Forever LIFE



**Grow in God's love,  
joy, prosperity,  
and peace.**

**VICTORY IS HERE**

## Ditch The List

Overcome thoughts and actions like these with five easy steps:

Addiction,  
Anger,  
Anxiety,  
Bitterness,  
Depression,  
Disease,  
Divorce,  
Fear, Greed,  
Hate,  
Homosexuality,  
Ignorance/denial,  
Illegal behavior,  
Ingratitude  
Intoxication,  
Laziness,  
Lust, Lying,  
Murder/abortion,  
Overeating,  
Pornography,  
Pride,  
Profanity,  
Selfishness,  
Shame, Stress,  
Sex outside of marriage,  
Suicide,  
Unforgiveness,  
Worry.

**Overcome evil with good**

## Step1: Reborn

The Bible says we're all born with a sinful nature, which is evil and offensive to God. Choose a new, perfect, born-again spirit in God's son, Jesus, to stop sinful thoughts and start building a better life. Pray out loud:

**“Jesus, today I choose to believe in my heart that God sent you to die on a cross and raised you from the dead, and that you are alive and well. And today I also choose to receive you as my Lord and Savior, to take control of my life and to lead, love and bless me by the power of the Holy Spirit. Thank you for your amazing gift.  
AMEN.”**

**Old things are passed away**

## Step2: Renew

Renew your mind with prayer to connect with God supernaturally. Read the New Testament. Join a good church for support. You'll conquer challenges with new confidence and courage and feel great. That's the power of God!

**“Thank you, Jesus, for my perfect new spirit.**

**Keep me connected today, and turn me from every thought, word, or action that dishonors you. Fill me with your perfect faith, wisdom, courage, and power. Fill me with your perfect love, joy, prosperity, and peace. I believe in your awesome goodness and gratefully receive it. In Jesus' name, AMEN.”**

**All things are made new**

## Step3: Resist

Harmful thoughts and emotions can revive past problems and make new ones. Guard your heart! Interrupt them quickly with:

**“NOPE. Get out of my thoughts. In Jesus' name”.**

With Jesus first, sin can't win. Stay connected. Talk with him. Tell him what you need, and thank him for the good he does.

## Step4: Restore

If unwanted thoughts turn into actions, stop them quickly with:

**“Lord, I confess to my mistake and I repent. Never again!”**

Repent means to turn away; to disconnect from the bad and reconnect to God. Give Jesus the guilt and shame, and let it go!

**I can do all things through Christ who strengthens me!**

## Step5: Reach Out

Call, text, or visit now to learn how to develop your new power in Christ, make new friends, feel better, and enjoy life more. There's no cost or commitment; you have everything to gain!

Jesus can lead you to miracles many never experience, yet God promises all things are possible to those who believe. *Check it out.*

**The best is yet to come.**  
**You Got This!**

