

HOW TO MOVE FORWARD

With any Life challenge



TINA ELLIOTT BOYD



RIDE WITH ME



The Ride of Your Life



TinaEBoyd

Contact me for your next Women's Retreat,
Church Talk, Book Club.

tinaeboyd@gmail.com
www.tinaeboyd.com
703.795.9121

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THE FRONT-WHEEL CONCEPT

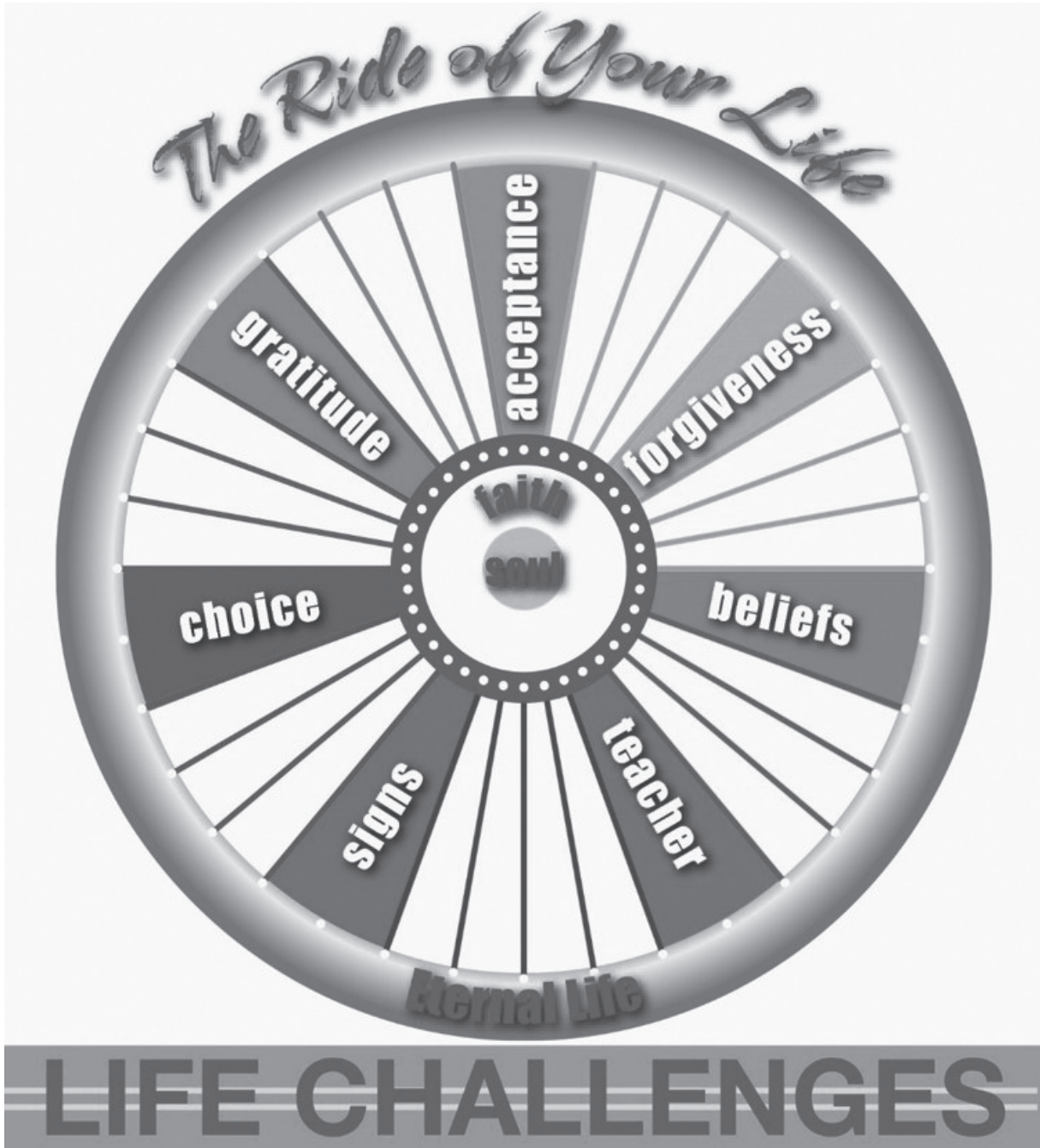


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There's going to be very painful moments in your life that will change your entire world in a matter of minutes. These moments will change YOU. Let them make you stronger, smarter, and kinder. But don't you go and become someone that you're not. Cry. Scream if you have to. Then you straighten out that crown and keep it moving.

One LIFE CHALLENGES

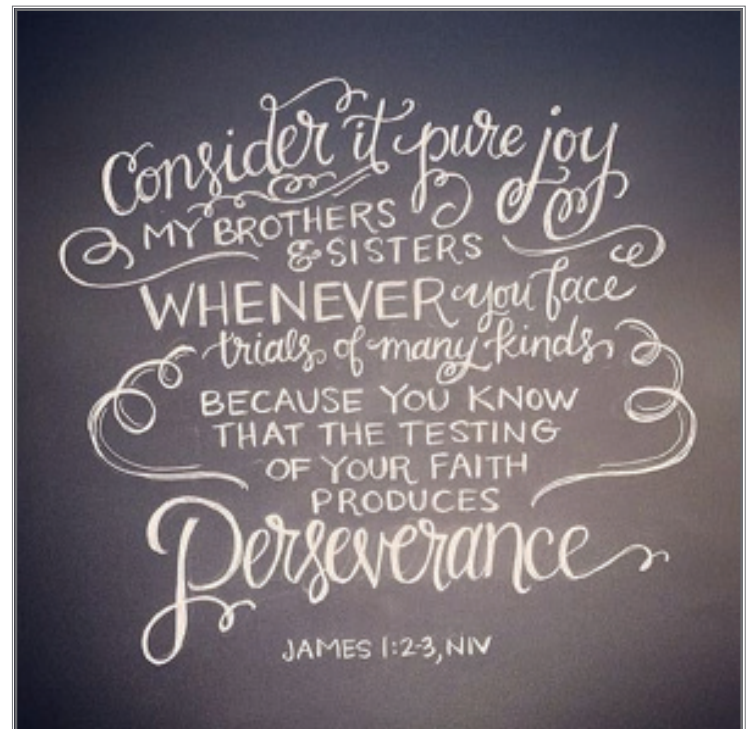
Life challenges are situations in this world that are truly universal; challenges do not discriminate. Challenges come to all of us at some point in our lives. Some challenges are bigger than others and some are very small, but all affect our hearts and souls. Some challenges shake the soul to the core. No matter what size or form it comes in, everyone needs to move forward and continue to have a beautiful ride - the true ride God intendeds for us to have.

When a life challenge comes along, we often just stop. It is difficult to continue because we start to believe in our own self talk. We tell ourselves lies that we start to believe and our ride becomes rough and unpleasant. This is not what God wants for us! Of course, just as each of us is uniquely made, our life challenges are unique too, but often the following feelings and thoughts stay the same for all.

- Am I or will I ever be good enough?
- Will this shame, blame, guilt, embarrassment or hurt ever go away?
- Will I ever be able to move on from this challenge?
- You might think, "This is my life now."

With these worksheets, you will bravely share your challenge and have an honest conversation with yourself and God. When it comes to healing and moving forward asking yourself these questions will help you pedal through the painful emotions inside of you. You will be able to move forward, and find joy and happiness on your ride again. You will move forward by digging into a current or past challenge and you will find mercy and grace from God.

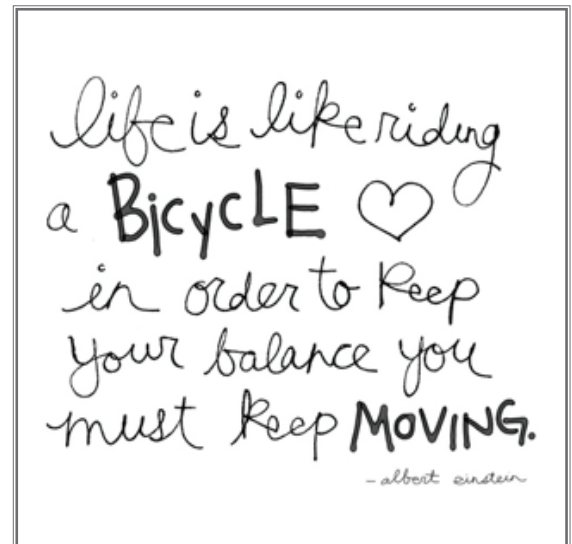
You will be guided to go through the different parts of the wheel; the spokes, the hub and the rim. In each section, you will read some Bible verses, answer some questions, then reflect and pray on it all.



Two

THE FRONT-WHEEL

The front wheel concept is symbolic. In your path toward moving forward, the rim is a continuous circle representing God's promise of eternal life and His promise of His eternal love. The spokes connect the rim to the hub of the wheel. Learning about the seven spokes will guide you to dissect your challenge and learn to move forward with joy and happiness. There is work that must be done. Understanding the challenge will help you find completeness and understanding so you will have wholeness and happiness on your ride! You will learn how to use the front wheel concept to move forward, from hurt to healing, from confusion to clarity. Each of the seven spokes represents a different yet important facet of your spiritual journey.



The hub is the most important part of the wheel; it is where your soul and faith are housed. It is the center of who you are. The hub pulls everything together. This is the Christ-centered hub that makes the wheel work cohesively with the rim and the spokes. Focusing on the hub will teach you how to become more centered on God and less centered on yourself.

WHAT CURRENT OR PAST LIFE CHALLENGE DO YOU NEED HELP WITH TO MOVE FORWARD?

When you have a life challenge you may encounter guilt or shame. These feelings or emotions are very damaging on your ride. You will move forward without them after working through the front wheel concept.

Three BELIEFS



LIFE CHALLENGES

Belief ~ is a state of mind in which we place trust in someone or something.

In every situation, you will have a belief system or statement regarding the challenge. We often need to revamp or readjust our belief statement to help us move forward.

What kind of belief system did you have from your childhood? Was it good or bad?

Define your belief system about yourself with this challenge.

Three BELIEFS

What is your belief statement about the challenge you are going through?

Is your belief system coming from who you are today or from your childhood?

What needs to change about your belief system with this challenge?

Read the following bible verses, and think about how these verses may help you change or revamp your belief system. Write a statement next to each verse about your challenge.

Proverbs 3:5-6 (NIV) 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 16:9 (NIV) In their hearts humans plan their course, but the Lord establishes their steps.

Proverbs 28:26 (NIV) Those who trust in themselves are fools, but those who walk in wisdom are kept safe.

Three BELIEFS

Isiah 40:31 (NIV) But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

Isiah 41:10 (NIV) So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

Philippians 4:13 (NIV) I can do all this through him who gives me strength.

Hebrews 11:1 (NIV) Now faith is confidence in what we hope for and assurance about what we do not see.

2 Corinthians 1:9 (TLB) We felt we were doomed to die and saw how powerless we were to help ourselves; but that was good, for then we put everything into the hands of God, who alone could save us, for he can even raise the dead.

Write a prayer about your belief system and ask God for help, to give you a clearer understanding of this life challenge.

Four SIGNS



LIFE CHALLENGES

The signs and the significance of why this challenge came your way is a big question. What are you supposed to learn? On our ride, we must often stop and ask God questions. Talk to Him about the situation. Why? What is the meaning of this? Pray about the situation and pray for the signs. If your intentions are in the right place and you are willing to learn, God will show you the way.

Read the following bible verses, and reflect on how they may help you understand the signs God is giving you. Write a statement next to each verse, how does it speak to you?

Romans 8:28 (NIV) And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

John 16:33 (NIV) "I have told you these things, so that in Me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

Four SIGNS

James 1:2-6, 12 (NIV) Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything. If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind.

James 1:12 (NIV) Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him.

Mark 11:24 (NIV) Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours.

Psalms 107:28-30 (NIV) Then they cried out to the LORD in their trouble, and he brought them out of their distress. He stilled the storm to a whisper; the waves of the sea were hushed. They were glad when it grew calm, and he guided them to their desired haven.

Are you asking yourself “Why me?” Instead, ask God, “Why not me and what do you want me to learn from this life lesson?”

God works in all things. Ask yourself: What is He working on in this situation?

Four SIGNS

How is He trying to make you more Christ-like with this life challenge?

What do you think God wants you to learn from your situation?

What do you think God is calling on you for in this situation?

What courage do you need to have right now?

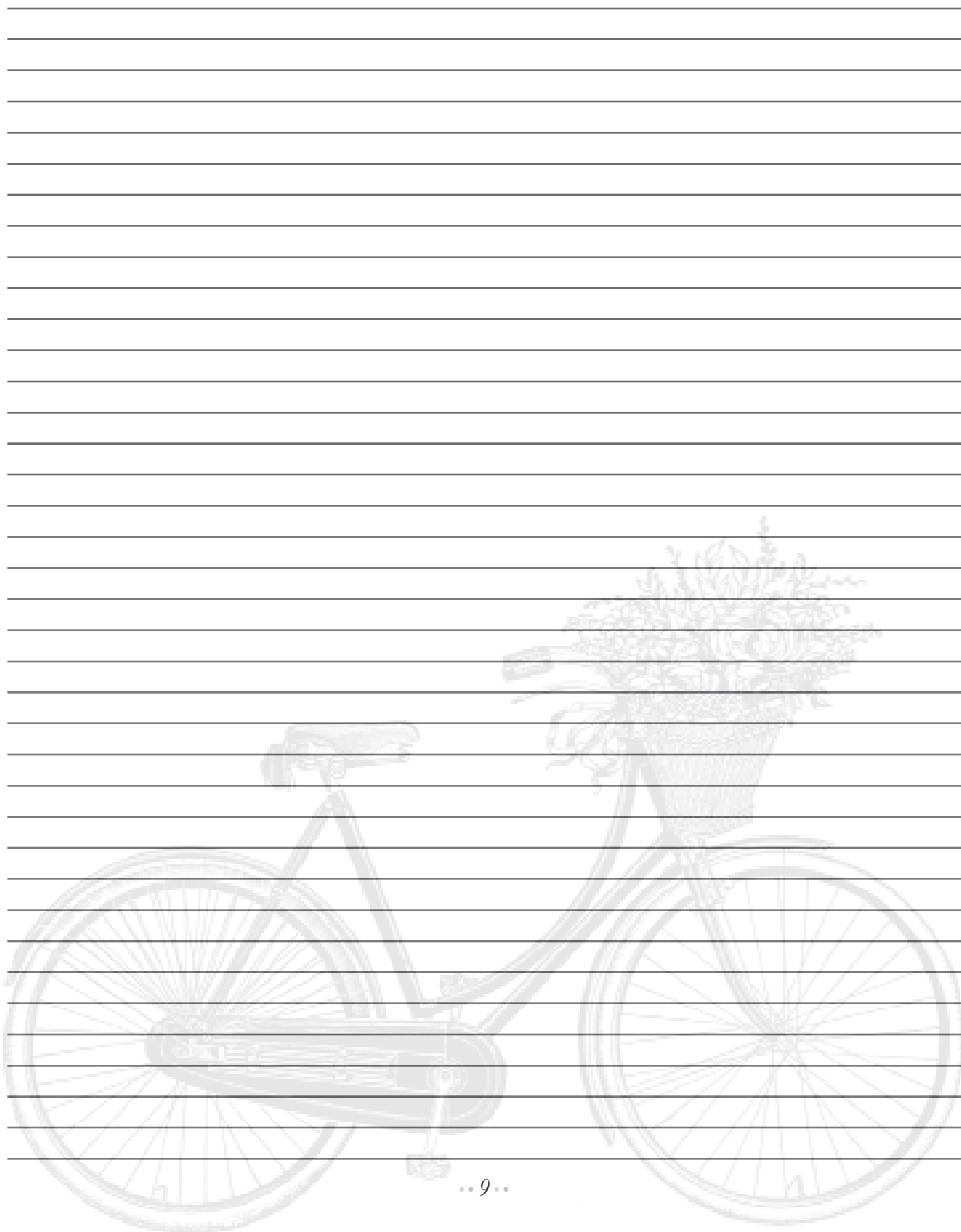
What joy did you find right away in this trial?

How do you need to persevere to move forward? List what you need to do:

What crown of life will you receive from the journey you are now on? (the positives)

Four SIGNS

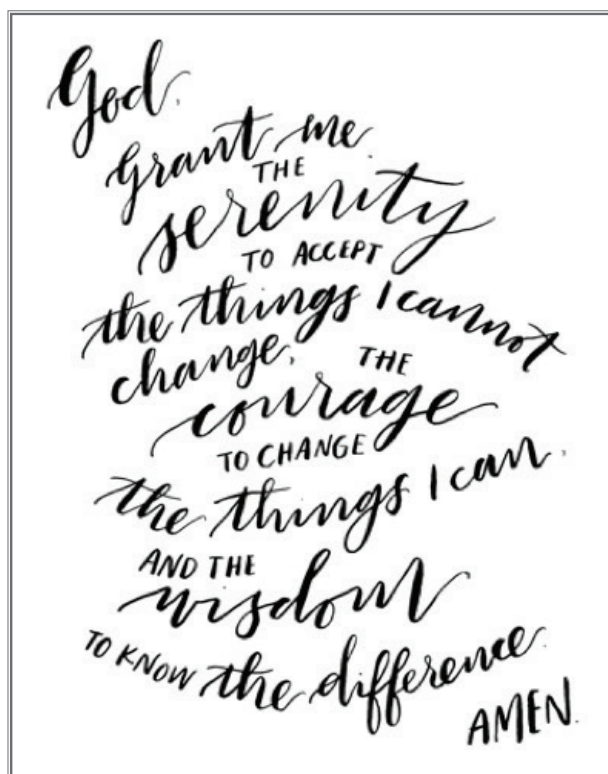
What are you praying for right now? Write your prayer out.



Five ACCEPTANCE



LIFE CHALLENGES



Five ACCEPTANCE

By understanding your belief system and revealing the signs/significance of your challenge, you can now have a better acceptance of your challenge. Acceptance has two major areas: First, being accepting of yourself and second accepting the situation/challenge you have in front of you. Think about this... Who is controlling your acceptance? Who is controlling your approval? Often, we allow others and our self-talk to be the judge of acceptance and approval. This should come from God. With acceptance, you are also called to be humble and to look at the situation with a different view.

When life challenges hit us, we often put on a mask to be accepted or approved. This mask needs to come off, and you need to walk humbly in your truth. When we accept ourselves, we heal our shame. Read the serenity prayer. Write down what you need to accept with this challenge, write down what you cannot change.

Read these verses and write a statement that helps with your challenge.

Deuteronomy 8:2-3 (NIV) Remember how the Lord your God led you all the way in the wilderness these forty years, to humble and test you in order to know what was in your heart, whether or not you would keep his commands. He humbled you, causing you to hunger and then feeding you with manna, which neither you nor your ancestors had known, to teach you that man does not live on bread alone but on every word that comes from the mouth of the Lord.

Luke 6:37 (NIV) "Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven.

Romans 8:37-39 (NIV) No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Five ACCEPTANCE

Write down what you must accept:

What mask are you wearing?

Were you humbled in this situation and, if so, how?

Reminder: *God allows for challenges to humble us and He teaches us to be submissive to His will and to be dependent on Him. This will help you learn and live a fuller richer life.*

How can you accept your challenge and move forward?

Meditate on God's love and acceptance right where you are today. What do you feel? How do you feel?

Have you accepted this detour/life lesson?

What lessons have you learned?

Five ACCEPTANCE

How has this challenge/life lesson changed your life?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Accept
Yourself...
God Does!!

Six CHOICE



We must choose to listen to our hearts. You may think choice and acceptance are very much the same, but they are not. Choice is to select freely after careful consideration. You first need to accept the situation or life challenge you have, then choose how to live with it. A lot of challenges are not by your choice; the loss of a loved one, a disruptive child, an illness, or even divorce. You have a choice of light or dark, you have a choice of fear or hope, you have a choice of anger or love. But how do we live with a challenge? We must transform our minds and understand God's words.

We must work to transform our minds, to live with a God-given, loving attitude, and to make sound choices on how to live with what we are going through.

Answer these questions:

Are you angry or stressed about the challenge?

Six CHOICE

Do you dislike your self-talk and your choices of how you are living with this challenge?

Are you confused and worried?

Make note cards of these Bible verses. Write down a statement about each verse on the card stating how this verse can change you and transform your mind. Pick a few of your favorites too. Read them for 21 days in the morning and before you go to bed.

Romans 12:2 (NIV) Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Matthew 18:3 (NIV) And he said: "Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven."

Ephesians 6:10-18 (NIV) Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God.

Pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

Six CHOICE

Proverbs 3:5-6 (NIV) 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.

James 1:5 (NIV) If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.

Colossians 3:15 (NIV) Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.

James 4:8 (TLB) And when you draw close to God, God will draw close to you. Wash your hands, you sinners, and let your hearts be filled with God alone to make them pure and true to him.

Psalms 46:10 (NIV) He says, "Be still, and know that I am God."

Write a prayer of how you want to renew your mind in this situation.

Seven FORGIVENESS



LIFE CHALLENGES

Forgiving ourselves, we are free of guilt.

The hardest and longest spoke to work on is forgiveness and mercy; really going back to forgiving others or yourself in every circumstance. Forgiving is allowing room for error or weakness. We must remind ourselves that we are human and therefore we are flawed, yet God loves us right where we are. Challenging situations can be a blessing as they give us the raw emotions to allow us to look deep into our hearts and truly repent. You must grasp the true meaning of God's sacrifice for us. He gave His only Son so we can be forgiven for all our sins and grant us mercy. We need to forgive others and ourselves. To have peace and love in your heart, you must truly forgive in all areas of your life. God knows our hearts. He can wipe away all sins. He gives us a new heart.

For you
Lord
are
Good
and ready to
FORGIVE
abundant in
Loving Kindness
to all those who
Call on You.

Psalms 86:5

Seven FORGIVENESS

Take time to read the following stories in the Bible about forgiveness.

Genesis 25, 27, 32, 33, 37-50

Luke 15

John 8

Reflect on your own story; answer the following questions:

What or whom do I need to forgive? Why?

Do you feel any guilt? Why?

Do you have anger or hate?

Read the following Bible verses on forgiveness

Acts 2:38 (NIV) "Each one of you must turn away from your sins and be baptized in the name of Jesus Christ, so that your sins will be forgiven; and you will receive God's gift, the Holy Spirit."

1 John 1:9 (NIV) But if we confess our sins to God, he will keep his promise and do what is right: he will forgive us our sins and purify us from all our wrongdoing.

Ephesians 4:31-32 (NIV) Get rid of all bitterness, passion, and anger. No more shouting or insults, no more hateful feelings of any sort. Instead, be kind and tender-hearted to one another, and forgive one another, as God has forgiven you through Christ.

Seven FORGIVENESS

Matthew 6:14-15 (NIV) If you forgive others the wrongs they have done to you, your Father in heaven will also forgive you. But if you do not forgive others, then your Father will not forgive the wrongs you have done.

Matthew 5:23-24 (NIV) So if you are about to offer your gift to God at the altar and there you remember that your brother has something against you, leave your gift there in front of the altar, go at once and make peace with your brother, and then come back and offer your gift to God.

James 5:16 (NIV) So then, confess your sins to one another and pray for one another, so that you will be healed. The prayer of a good person has a powerful effect.

Colossians 3:12-13 (NIV) You are the people of God; he loved you and chose you for his own. So then, you must clothe yourselves with compassion, kindness, humility, gentleness, and patience. Be tolerant with one another and forgive one another whenever any of you has a complaint against someone else. You must forgive one another just as the Lord has forgiven you.

Acts 3:18-20 (NIV) God announced long ago through all the prophets that his Messiah had to suffer; and he made it come true in this way. Repent, then, and turn to God, so that he will forgive your sins. If you do, times of spiritual strength will come from the Lord, and he will send Jesus, who is the Messiah he has already chosen for you.

Matthew 6:12 (NIV) Forgive us the wrongs we have done, as we forgive the wrongs that others have done to us.

Luke 23:34 (NIV) Jesus said, "Forgive them, Father! They don't know what they are doing."

Write a repentance letter for forgiveness, start with the name or names of the people you want to forgive or need to ask them for forgiveness. (include yourself)

[illegible]

Seven FORGIVENESS

Now write a prayer to God asking for the Holy Spirit to come to you and fill you with forgiveness, whether you need to forgive yourself, someone else, or you need someone else to forgive you.

[illegible]

*Praise the Lord, O my soul, and forget not
all his benefits—who forgives all your sins and
heals all your diseases, who redeems your life
from the pit and crowns you with love and
compassion, who satisfies your desires with
good things so that your youth is renewed
like the eagles.*

Psalm 103:2-5 (NIV)

Eight GRATITUDE



We must seek grace and thankfulness in both good times and bad. It may seem strange to be thankful for the difficulties and challenges in your life, but it is during these times our gratitude is most important. Take a moment to always turn to God and thank Him for the good in every situation. There is always good. Gratitude is the state of being grateful and thankful. This means we must appreciate the gifts or benefits we receive. Gratitude allows you to handle your wrong turns, bumps and blowouts with grace. I call this *gracitude*: *Having grace with an attitude of gratitude*. Grace comes from God and it is a state of sanctification. Praying for God's grace, even as simply as repeating the word "grace", will bring you closer to Him and the grace you seek. We've gone through several spokes to get to gratitude with grace. We have revamped or added to our belief systems where we needed to. We have looked closely and revealed the signs and significance of what has or is happening in our lives. We have done a lot of work and accepted our situation and ourselves. We have chosen how we are going to handle our challenges and have begun to move forward. We have sought and accepted God's forgiveness and we have forgiven ourselves and others. The next path to be taken is the beautiful attitude of gratitude with grace in our hearts.

Eight GRATITUDE

Read the following Bible verses and write a statement about each of them.

Psalms 118:24 (NIV) The LORD has done it this very day; let us rejoice today and be glad.

Colossians 3:15-17 (NIV) Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

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

Psalms 136:1 (NIV) Give thanks to the LORD, for he is good. His love endures forever.

2 Corinthians 2:14 (NIV) But thanks be to God, who always leads us as captives in Christ's triumphal procession and uses us to spread the aroma of the knowledge of him everywhere.

Lamentations 3:23 (NIV) (my "TA-DA" verse) They are new every morning; great is your faithfulness.

Eight GRATITUDE

Psalm 100:1-5 (NIV) Shout for joy to the Lord, all the earth. Worship the Lord with gladness; come before him with joyful songs. Know that the Lord is God. It is he who made us, and we are his; we are his people, the sheep of his pasture. Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. For the Lord is good and his love endures forever; his faithfulness continues through all generations.

Answer the following questions:

How do I show gratitude daily in my life?

Do I faithfully give thanks to God for His blessings?

Where do I need to improve and how can I express it more?

Write a gratitude prayer to God about all you are grateful for with the challenge you are going through right now:

Nine TEACHER



The final spoke is about teaching: Be willing to share and teach others about your life challenges and how God showed you grace and mercy. Jesus is directly called "teacher" throughout the Bible. We are to imitate Jesus and try to be like Him as much as possible, so this too is important. Share your challenges, give God all the glory about being healed, redeemed, or forgiven. Everyone does have a story and everyone has life experiences. Share your thoughts with compassion and love. Wonderful things can happen when we just go ahead and stretch ourselves to learn, share our challenges, and do more for God. He will guide us all and we are never ever alone. We grow when we get out of our comfort zones. Share your stories, when we do it for God, we explode!

Nine TEACHER

Read John 3 with Jesus and Nicodemus

Exodus 3

Titus 1:7-14

Hebrews 13:7 (NIV) Remember your leaders, who spoke the word of God to you. Consider the outcome of their way of life and imitate their faith.

Isaiah 41:10 So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

Answer these questions:

What lesson, wrong turns, or bumps in the road have happened to me that I can use to help others?

How can I put God into these lessons to help others?

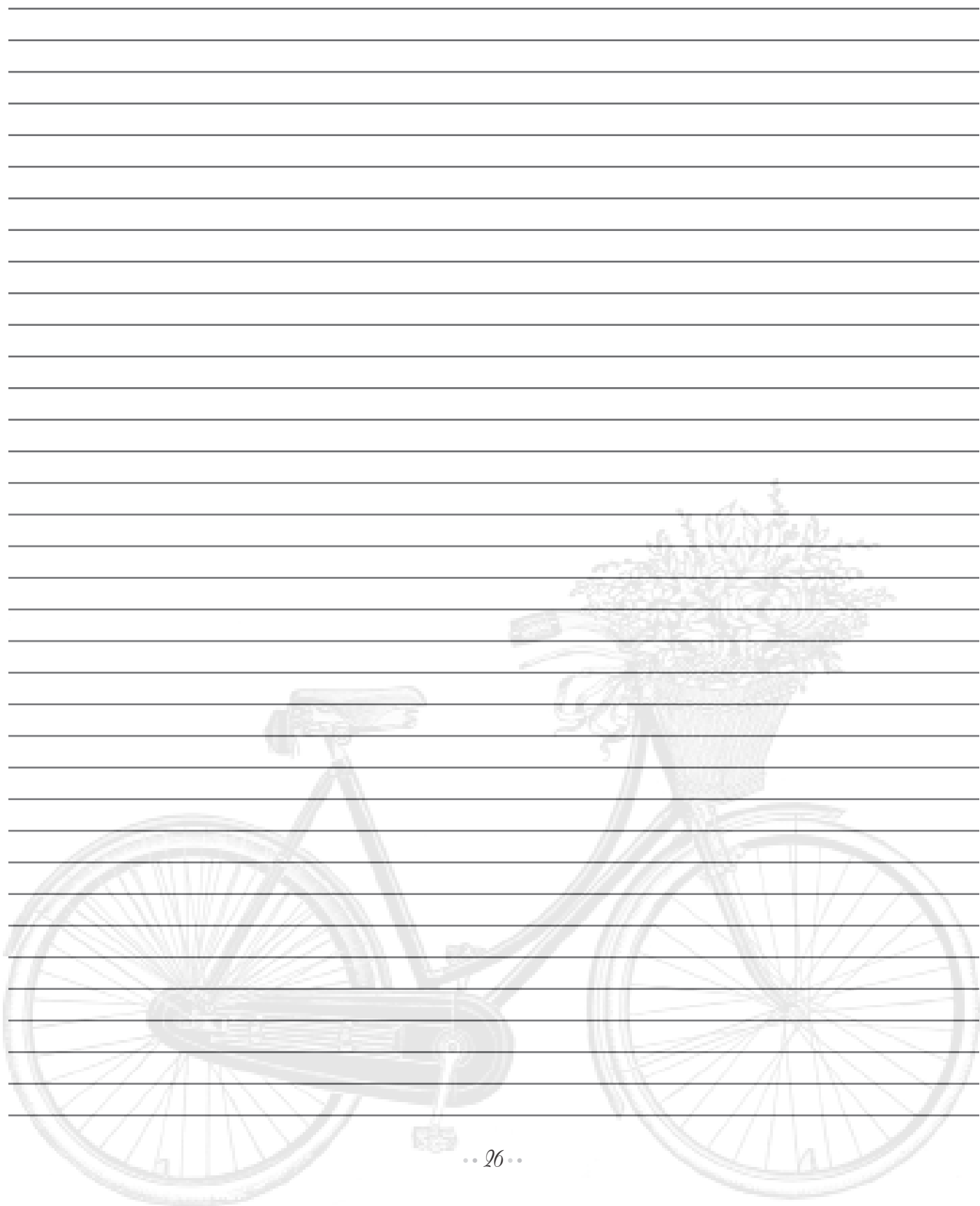
How can I become a teacher for God with my lessons? .

How will I continue to grow with my own lessons by teaching others? .

What do I need to do to continue to grow with this lesson? What has God revealed to me?

Nine TEACHER

Write a prayer to God, asking Him to reveal where and when you are to help with your life lessons.



Ten HUB & RIM



Faith

The spokes of the wheel come together in the center of the wheel, to the hub. The hub is where your faith and soul are housed. Faith is a belief in something for which we do not have proof, but in which we must have complete trust. There are many different definitions of faith, this is one of my favorites from the book, *"The Mystery of God."* "The gift of God's invitation to us to believe and trust in Him: It is also the power God gives us to respond to His invitation." Your acceptance of that invitation will enable God to send the Holy Spirit to live with you and in you. Your faith needs to be balanced continually, not just when the ride is rough.

for the word
of the LORD
is right & true;
HE IS faithful
in all he does!
psalm 33:4

During challenges, we tend to depend on our faith but we need to continue our faith, practice our faith, live our faith and continue to strengthen our faith.

Ten HUB & RIM

Faith Work

Matthew 17:20 (NIV) He replied, "Because you have so little faith. Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there,' and it will move. Nothing will be impossible for you."

Matthew 9:2 (NIV) Some men brought to him a paralyzed man, lying on a mat. When Jesus saw their faith, he said to the man, "Take heart, son; your sins are forgiven."

Hebrews 11:1 (NIV) Now faith is confidence in what we hope for and assurance about what we do not see.

1 Peter 1:21 (NIV) Through him you believe in God, who raised him from the dead and glorified him, and so your faith and hope are in God.

Titus 1:2 (NIV) In the hope of eternal life, which God, who does not lie, promised before the beginning of time...

John 14:12 (NIV) Very truly I tell you, whoever believes in me will do the works I have been doing, and they will do even greater things than these, because I am going to the Father.

Pick one of Bible verses that you just read, the one that speaks to you, write about why it has meaning to you.

Write your own definition of faith:

Ten HUB & RIM

Soul

Our soul is the spiritual part of who we are, and it never dies. It is our most inner-most being. And it bears the imprint of the image of God. (*Faith First, The Mystery of God*) The soul is the hub of who we are and who God wants us to be.

Our soul work in this lifetime is to take the life lessons that are given to us and to find the wisdom in those lessons. **Life lessons come from the work of our souls and wisdom from the soul's lesson.** We need to do our soul's work to enjoy the ride and to be all that God wants us to be. Soul suffering is different from heartbreak or even from a bodily pain. It is a deeper, sharper, lingering hurt that remains until you work through life's challenge/lesson. We learn more about God when we are suffering and we are reminded of what Jesus did for us when He suffered and died for us. Our struggles are opportunities to learn from God.

Yes, my soul, find rest in God; my hope comes from him. Psalm 62:5 (NIV)

Soul Work

What soul work do you need to do with this life lesson or challenge you are facing?

Read these verses:

Deuteronomy 4:29 (NIV) But if from there you seek the Lord your God, you will find him if you seek him with all your heart and with all your soul.

Deuteronomy 10:12 (NIV) And now, Israel, what does the Lord your God ask of you but to fear the Lord your God, to walk in obedience to him, to love him, to serve the Lord your God with all your heart and with all your soul,

1 Chronicles 22:19 (NIV) Now devote your heart and soul to seeking the Lord your God. Begin to build the sanctuary of the Lord God, so that you may bring the ark of the covenant of the Lord and the sacred articles belonging to God into the temple that will be built for the Name of the Lord."

Psalms 23:3 (NIV) He refreshes my soul. He guides me along the right paths for his name's sake.

Mark 12:30 (NIV) Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.

Hebrews 6:19 (NIV) We have this hope as an anchor for the soul, firm and secure. It enters the inner sanctuary behind the curtain...

Ten HUB & RIM

Eternal Life & Love

The rim is a continuous circle representing the eternal life God promises us. Not only does He promise our eternal life after we leave the Earthly world, He promises us His eternal love for everyone, while we are here on earth, no matter our circumstances. A circle is not broken and is continuous, just as God's promises are never broken.

If you want eternal life and want to commit your life to Christ, here is a simple Bible verse to say in your heart or out loud.

If you declare with your mouth, “Jesus is Lord,” and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved. As Scripture says, “Anyone who believes in him will never be put to shame.” For there is no difference between Jew and Gentile—the same Lord is Lord of all and richly blesses all who call on him, for, “Everyone who calls on the name of the Lord will be saved.” Romans 10:9-13

If you read this pray and believe, celebrations in Heaven are happening right now! Rejoice! Your life is going to be an amazing beautiful ride now. Your senses will be filled with vibrant vibrations of life.

Ten HUB & RIM

Eternal Life & Love

Read these following verses out loud to help you feel God's love:

John 4:16 (NIV) And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in him.

John 3:16 (NIV) For God so loved the world, that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life.

John 13:34-3 "A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another."

Romans 5:8 (NIV) But God demonstrates his own love for us in this: While we were still sinners, Christ died for us.

Galatians 2:20 (NIV) I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me.

Ephesians 2:4-5 (NIV) But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved.

1 John 4:7 (NIV) Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God.

1 John 4:9-11 (NIV) This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins. Dear friends, since God so loved us, we also ought to love one another.

1 Peter 5:6-7 (NIV) Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you.

Deuteronomy 7:9 (NIV) Know therefore that the LORD your God is God; he is the faithful God, keeping his covenant of love to a thousand generations of those who love him and keep his commandments.

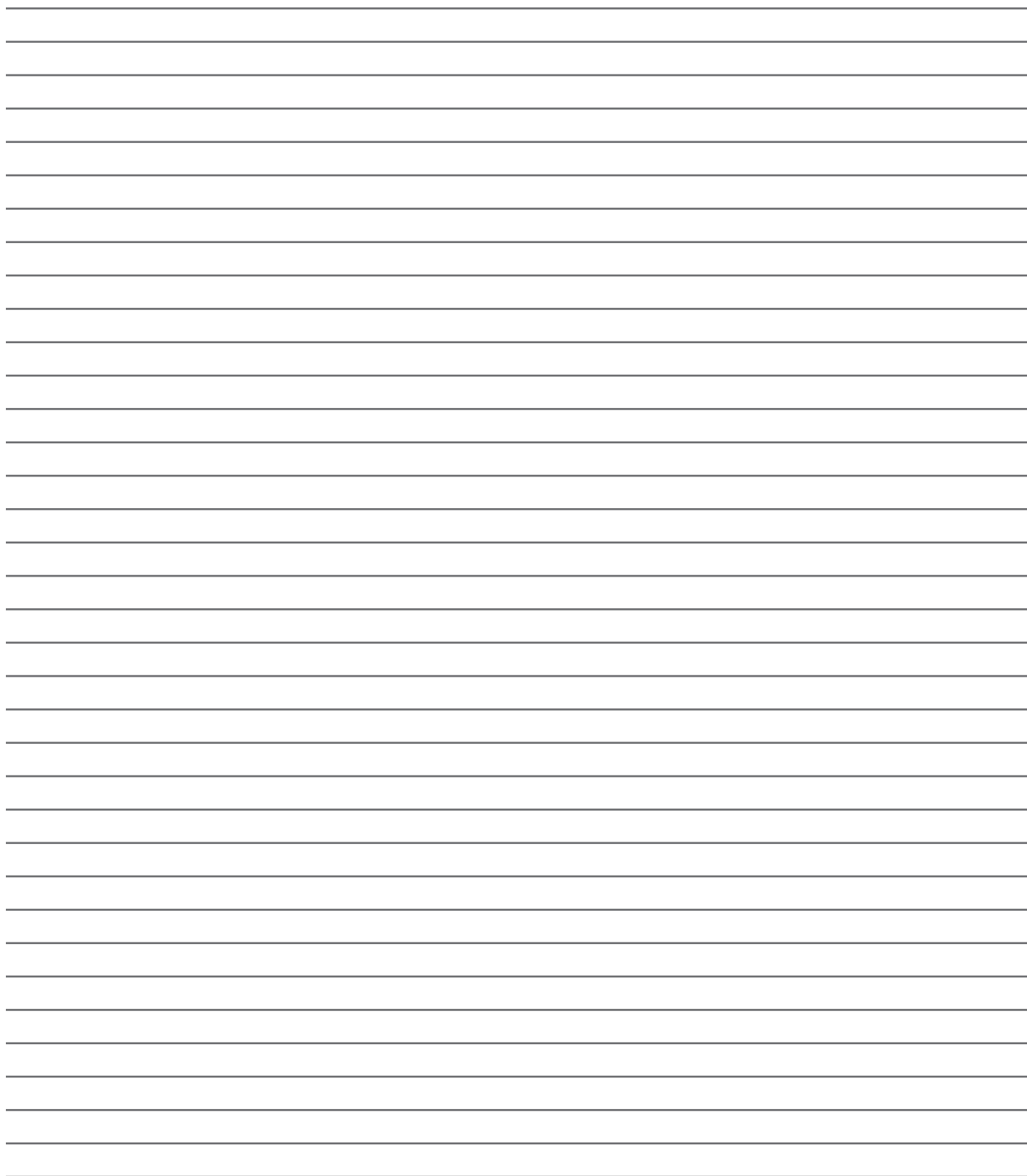
Proverbs 8:17 (NIV) I love those who love me, and those who seek me find me.

Jeremiah 29:11 (NIV) For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future.

Ten HUB & RIM

**Write a love letter from God to you. What is He telling you about this life challenge?
Think about how He would address you. . . Dear Child of mine or sweet child and sign it
by God.**







Who am I:

A God marketer; when given the chance I love to have conversations about our loving God. A wife to my college sweetheart and the love of my life, married for 33 years, Lance. A mother to three children that I am blessed to be called their mother, I love them dearly, Andrew, Brigitte and Olivia.

I love all genres of music, it feeds my soul and mostly when I am free dancing! I feel the closeness of the Lord in all places, but truly appreciate His magnificence most while watching the sun set over the Gulf of Mexico.

What I believe:

The Trinity exists in three Persons: Father, Son and Holy Spirit. These three Persons are one God, having precisely the same nature, attributes and perfection.

I believe there is only one true and living God. He is our creator and the One to who all praise and glory are given. He is perfect in all ways and in all things. Through Him, all things are possible.

The Lord Jesus Christ, His eternal existence as God; His incarnation and Virgin Birth, His death on the cross as the substitutionary atonement of sin; His literal bodily resurrection from the dead; His present ministry of intercession in heaven; and His Personal, future return to earth.

The Holy Spirit, the third Person of the Trinity, convicts' men of sin and regenerate, baptizes, indwells, seals and sets apart believers unto a holy life; keeps and empowers believers' day by day; and is the Teacher of the word of God and the guide for daily living.

Bio

Tina E. Boyd is the author of *The Ride of Your Life, Faith will Move You Forward* published by WestBow Press division of Zondervan, and launched January 2015 to rave reviews, and ended up on the WestBow Press best sellers list in weeks. An author, inspirational speaker, small business owner, Co-Founder of W+winGS (a non-profit organization that helps women and children in her community) and she was one of four TV host for Virginia Living Television "Favored Living Show, Tina shares on her own blog, tinaeboyd.com. Giving her readers motivational and inspirational thoughts to help others to move forward in life!

Tina earned her degree in Business Administration as well as her MBA in Marketing from Marymount University and has been married for 33 years to her college sweetheart, Lance. She is the mother of three children. For most of her career, Tina has been a business professional, but has always had a passion for helping people. Currently, she spends her days running a small business, CB Jewelry Faith is your best accessory, leading two Bibles studies and visiting her children; daughter in college in Florida, a daughter living and working in Maryland and her eldest son living and working in California. She loves organizing events that allow Faith to become more of a visible presence in our world.

She loves her family time, Bible study, teaching and running the W+WinGS program for her community. When she gets a moment for herself, she embraces the beauty of the outdoors. Loves being in her home in Virginia, sitting by an outdoor fireplace with her husband. She enjoys golf, tennis and working out with long walks. She loves all types of music and her soul is filled and joyful when listening or dancing to it. She feels the closeness of the Lord in all places, but truly appreciates His magnificence most while watching the sun set over the Gulf of Mexico.

THE FRONT-WHEEL CONCEPT

The hub of the wheel is the faith within your soul. It is the strength that allows the wheel to move along in harmony with the spokes and the rim. The rim is God's promise of eternal life and the knowledge that our soul will live with Him forever. The front-wheel concept, now in action, will help you to embark upon the peaceful and joyful ride that God has given you. Use the wheel to help you move forward no matter what kind of blowout, wrong turn or flat tire you get on your ride. Do your work and make the wheel strong, God knows your ride!



moving forward:
acceptance forgiveness
beliefs teacher signs
choice gratitude

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