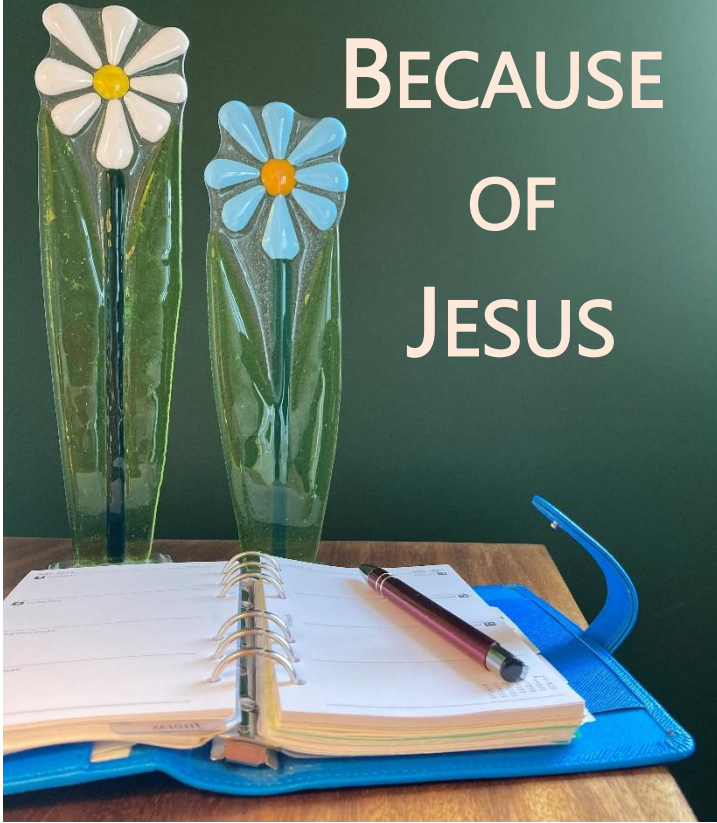


I CAN TODAY BECAUSE OF JESUS



Katherine Hilditch

LifeinJesus.net

'I Can Today Because of Jesus'

by

Katherine Hilditch

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All Scripture quotations are taken from
The World English Bible British Edition (WEBBE)

Cover photo by Katherine Hilditch

*A focus for each day of the week
to help you turn your thoughts
away from your problems and onto Jesus
and all you can do because of Him.*

I CAN TODAY BECAUSE OF JESUS

by
Katherine Hilditch

When life is difficult it's so easy to spend your time thinking
about yourself and your problems.
But it doesn't help - it actually makes you feel worse.

Jesus wants to help you to turn your thoughts away from
yourself and onto Him instead. He knows this is the only way
you will find real joy and peace.
And He has made it possible for you to do it.

Jesus said –

“I came that they may have life,
and may have it abundantly.”
(John 10:10)

In this booklet there is a different focus for each day of the
week. Keep thinking of it through the day.
Start to train yourself to stop thinking about yourself and your
situation, and instead to think about all you can do because of
Jesus. It takes effort but it is so worth it.
If you fail, don't worry – just turn back to Jesus and start again.
He's not judging you - He loves you.
Ask Him to help you and He will.

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I Can Today Because of Jesus

Sunday

**Thank you Lord that because of Jesus
I can have peace to day**

Jesus said to His disciples –

“Peace I leave with you. My peace I give to you; not as the world gives, I give to you. Don’t let your heart be troubled, neither let it be fearful.”

(John 14:27)

As Jesus’s follower today you have His peace inside you.

It’s not just about nothing stressful happening –
it’s peace you can experience in the middle of difficulties.
Believe it and determine to let it flow through you.

Every time you make a decision
make sure it’s one that will give you peace.

If you start thinking thoughts that are not peaceful – stop.

Turn your thoughts to Jesus.
Praise and thank Him for His special peace.

I Can Today Because of Jesus

Monday

**Thank you Lord that because of Jesus
I can live today
without thinking negative thoughts
about myself**

God looks on you as His beloved child.
Decide to think of yourself that way today.

If you start to think negatively about yourself – stop.
Jesus has forgiven you all your sins
and He loves you just the way you are.

There is therefore now no condemnation
to those who are in Christ Jesus.
(Romans 8:1)

Turn your thoughts to Jesus.
Thank Him for His forgiveness
and bask in His unconditional love.

I Can Today Because of Jesus

Tuesday

**Thank you Lord that because of Jesus
I can do everything You want me to do today**

God loves you so much.
With Him everything is possible –
nothing is impossible

I can do all things through Christ, who strengthens me.
(Philippians 4:13)

Decide to believe Jesus and take Him at His Word.
Choose to do things today that you know please Him.
Just go ahead and do them.

If you start to worry that you can't – stop.
Turn your thoughts to Jesus.
Thank Him that you can do them all
with His strength.

I Can Today Because of Jesus

Wednesday

**Thank you Lord that because of Jesus
I can resist the devil today and he will flee**

God wants you to be free
from all the negative stuff the devil would throw at you.
And Jesus has made it possible.
Because He defeated the devil on the Cross
you have the authority
to tell him to go in the name of Jesus.

Be subject therefore to God.
Resist the devil, and he will flee from you.
(James 4:7)

As you seek to live to please God
you have His promise that the devil will go.

If you start thinking negative things – stop.
Turn your thoughts to Jesus.
Command the devil to go in His name.

I Can Today Because of Jesus

Thursday

**Thank you Lord that because of Jesus
I can forgive the people who hurt me today**

It's so hard when you've been badly hurt by people,
but when you focus on it
it affects you negatively.

Jesus said the answer is to forgive.

Forgive even if you don't feel like it – just decide to do it.

Even as Christ forgave you, so you also do.

(Colossians 3:13)

Jesus has forgiven you everything you've ever
done wrong, are doing wrong and will do wrong.
And He's made it possible for you to forgive others.

If you start thinking about your hurts – stop.

Forgive again.

Turn your thoughts to Jesus.

Thank God that He has forgiven you.

I Can Today Because of Jesus

Friday

**Thank you Lord that because of Jesus
I can live today without struggling**

Jesus said that you will face trouble in this world.
But He has defeated its power on the Cross
and He will lead you through it in victory
if you will let Him.

Thanks be to God, who gives us the victory
through our Lord Jesus Christ.
(1 Corinthians 15:57)

If you start to worry or panic – stop.
Turn your thoughts to Jesus.
Thank Him that He is with you
and will guide you every step of the way to victory.

I Can Today Because of Jesus

Saturday

**Thank you Lord that because of Jesus
I can forget about me and focus on You**

Jesus has made it possible
for you to take your focus off yourself and put it on Him.
As you do so He promises that He will meet your needs.
Decide to focus on Him today.

Jesus said –

Seek first God's Kingdom, and his righteousness;
and all these things will be given to you as well.

(Matthew 6:33)

If you start to think about yourself – stop.
Turn your thoughts to Jesus.
Thank Him that He is looking after you
and that He loves you so much He died for you.

Life in Jesus

To read more about Jesus
and all He has done and won for us
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Katherine Hilditch has been teaching in local churches for many years. In 2013 she wrote her first booklet and since then has written many more. She created her website to make all the booklets freely available to everyone. They can be read online or printed out. Katherine’s threefold purpose is to help people understand more about Jesus and all He has done and won for them, to encourage them to go deeper in their relationship with God and to provide material to help them share their faith with others. To read her story and find all the booklets go to –

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