

A PDF COMPANION TO THE AUDIOBOOK

ZONDERVAN

Every Word Matters

© 2021 by Caitlin Crosby Benward

Requests for information should be addressed to: Zondervan, 3900 Sparks Dr. SE, Grand Rapids, Michigan 49546

ISBN 978-0-310-45463-2 (hardcover) ISBN 978-0-310-45469-4 (eBook) ISBN 978-0-310-45858-6 (audio)

Scripture quotations marked NIV are from the Holy Bible, New International Version®, NIV®. Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.® Used by permission of Zondervan. All rights reserved worldwide. www.zondervan.com. The "NIV" and "New International Version" are trademarks registered in the United States Patent and Trademark Office by Biblica, Inc.®

Any Internet addresses (websites, blogs, etc.) and telephone numbers in this book are offered as a resource. They are not intended in any way to be or imply an endorsement by Zondervan, nor does Zondervan vouch for the content of these sites and numbers for the life of this book.

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—electronic, mechanical, photocopy, recording, or any other—except for brief quotations in printed reviews, without the prior permission of the publisher.

The author is represented by Creative Arts Agency, 405 Lexington Avenue, 196 Floor, New York, NY 10174.

Photos © Emma Feil Photography and Mini Magazine: pages 83, 101

Photos © Moriah Smallbone: page 119

Photos © Virginia Kramer and Baby Henry Kramer: page 156

Cover Design: Tiffany Forrester Cover Image: Tiffany Forrester Interior Layout: Mallory Collins

Printed in India

Now cross out the pre-existing negative belief, and replace it with a new, stronger belief.		One small, negative belief I have is: No one cares what I have to say.
and replace it with a new, stronger belief.	No	ow cross out the pre-existing negative belief,
		and replace it with a new, stronger belief.

I want to leave you with questions to journal about, discuss with a trusted friend, or reflect on. These are the same questions I ask myself when I start a new focus on *believe*. Let these help you get started!

What is something about yourself that you are really unhappy with? What does it make you believe about yourself?

What is the opposite of that belief? How can you write that out as an affirmation to tell	
yourself daily and begin to act out?	
What are you most grateful for in your life?	

I want to leave you with questions to journal about, discuss with a trusted friend, or reflect on. These are the same questions I ask myself when I am thirsty for love.

What does the word love mean to you?
When do you feel the most loved? Why?

	How can you make someone else
	feel loved in the same way?
	1
in what	ways can you open up more love in your life?

THREE dream



I want to leave you with questions to journal about, discuss with a trusted friend, or reflect on. These are the same questions I ask myself when I start to dream.

What makes you come alive with passion?		

What ideas keep popping in your head over and over and
create a bubbling energy inside your mind and heart?
What inspires you to live a life full of love
for your neighbors and yourself?

I want to leave you with questions to journal about, discuss with a trusted friend, or reflect on. These are the same questions I ask myself when I aim to deepen my faith.

Who and what do you have faith in? Write it out in	detail.

i	What aspects of your faith do you have questions or doubts about? Write out those questions. Make a list of people and sources that may be able to help you tackle those questions.
	you feel that you have faith in yourself? If not, what exactly iolding you back? How can you grow greater faith in yourself?
-	

I want to leave you with questions to journal about, discuss with a trusted friend, or reflect on. These are the same questions I ask myself when I need to be fearless.

What do you most regret not doing? Why didn't you do it?

What is holding you back from going all in on it now?

Which of your responsibilities could you let go of or outsource to give yourself more time for your top priorities?

What is the	e thing you couldn't forgive yourself for if you didn'
accompl	ish or fight for it? Why is this so important to you?
What is h	olding you back from going all in on it now? What
steps ca	an you take to ensure you keep moving forward?
I	How will you fearlessly pursue that thing?

I want to leave you with questions to journal about, discuss with a trusted friend, or reflect on. These are the same questions I ask myself when I am desperate for hope.

When I feel hopeful, how does it affect my daily actions?

What have I felt most hopeful about lately?

	What have I felt the least hopeful about lately? How
	can I alter how I feel about these circumstances?
	What can I do to boost hope in every situation?
_	
_	

I want to leave you with questions to journal about, discuss with a trusted friend, or reflect on. These are the same questions I ask myself when I want to inspire.

When, in the past, have you felt the most inspired? Why do you think that was?

What were you doing then that you might not be doing now?

Name every person in your life who inspires you and why.

	Which of these people do you think would
	inspire one another the most?
	How can you bring them together to
	build an Inspiration Squad?
Wha	t else can you do to add inspiration to your life?



I want to leave you with questions to journal about, discuss with a trusted friend, or reflect on. These are the same questions I ask myself when I lean in to create.

What makes your heart come alive? What is the one thing	g
you love doing, thinking about, or learning about the mos	t?

What are you usually doing when you get your best ideas? Are you on your morning run? Right in the middle of a hot shower?

A café? Staring at an ocean or mountains? Or are you sitting
at your desk with a pen in hand ready to jot down ideas?
Is there something you've always wanted to do but haven't? You
know the thing I'm talking about: the thing you always promise
yourself you'll start on as soon as your schedule isn't quite so
busy or as soon as you finally get that promotion at work. Write
it down here, and make a commitment to make time for it.

I want to leave you with questions to journal about, discuss with a trusted friend, or reflect on. These are the same questions I ask myself when I embrace being brave.

What is your biggest emotional fear?

Why is that so frightening to you?
What would be a simple step you could
take to start facing that fear?

I want to leave you with questions to journal about, discuss with a trusted friend, or reflect on. These are the same questions I ask myself when I need to remind myself of my strength.

Wh	ien have you fe	It the stronge	est? Why?	

How could you rephrase those as strengths?

I want to leave you with questions to journal about, discuss with a trusted friend, or reflect on as you work to pay it forward.

What are the things in our world that break your heart?

These can be injustices, issues, or even a group of people.

What about those situations specifically gets to you?

Is there something from your past that makes you more empathetic to those issues than to others?

How can you combine the things you love to
do with the issues that break your heart?

I want to leave you with questions to journal about, discuss with a trusted friend, or reflect on as you step boldly into what's next.

Is there a quality that you feel like you need? Are you feeling anxious and in need of some bravery? Are you feeling weak and in need of strength? Are you feeling grumpy and closed off and in need of love?

	nere something you feel is missing in your life? ething you've been craving more of? Your next word may have something to do with that.
Write dov	wn every word that pops into your head. Come bac
to the list	t after a good night's sleep, and circle the ones that t to you. Take another break and come back. Is one ose words jumping out to you? That's your word!