



1authenticheart

LIFE TO THE

FULL

**10 steps to switching your
mindset & discovering
Jesus' abundant life
in your life TODAY!**

By

Naomi Aidoo

1authenticheart.com



Introduction

Some of my favourite words of Jesus are found in John 10:10. They say:

“The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.”

The promise Jesus makes to His children of abundant life is one that I am continually in total awe of. I've seen His abundance in my life and business first hand on many occasions. I'm sure **you have too.**

However, sometimes it can be so easy, so tempting, and so natural to see the other stuff first, can't it? The defeat we feel in light of negative circumstances. It can sometimes feel that our joy *has* indeed been stolen, killed and destroyed.

But the good news?

Jesus has the ultimate victory. Not maybe, not eventually. He does. Always.

Abundant life means more than just scraping by and living for the weekend. Abundant life literally translated (from the Greek 'perissos') suggests 'beyond measure', 'superior' and 'extraordinary'.

That's the type of life we're promised in Jesus.

This type of revelation can often leave us thinking 'but where do we find this abundant life, and how?' Even as an amazing purpose driven woman with big dreams and huge goals, if that's a question you've ever asked yourself, you're not alone.

When pondering this question myself, I was led to read the account of the resurrection documented in the four gospels. My rationale? Who better to understand the concept of 'risen life' than those who witnessed Jesus and experienced Him first hand in the days between His resurrection and ascension?

After studying some of Jesus' post-resurrection encounters, I noticed some similarities between them. Some may be aspects of our faith which are commonplace for us, others might be areas in which we'd welcome a mindset shift reminder.

This guide comprises of ten short lessons I believe we can all learn something from as we look at what it means to take a hold of the abundant life, which Jesus promised in all areas. The rest of the course offers you all you need to do the work and dive deeper, removing any mindset blocks you have as you build or scale your purpose-driven business.

Let's explore abundant life together...



1. *Seek Jesus.*

“But the angel said to the women, “Do not be afraid, for I know that you seek Jesus who was crucified.”

(Matthew 28:5)

- ♥ It sounds so simple to begin by saying that in order to hear and see Jesus in the midst of our busy lives, we need to seek Him. However, this is something which is overlooked far more often than we'd like to admit. After Jesus had been buried, Mary and the other women went to anoint his body (more on that later). **Even after what they perceived to be death had taken place, they were still seeking Jesus!** That desperation and longing is something which we can apply to our daily lives, isn't it? *In those moments where it may seem like all is lost, or perhaps things look a bit overwhelming, we have two clear options.* Run from Jesus in fear and frustration or run to Him, seeking His wisdom, guidance and love with every step you take into all He has for you.

2. *Take joy in Jesus.*

“So they departed quickly from the tomb with fear and great joy, and ran to tell his disciples.”

(Matthew 28:8)

- ♥ These women were naturally fearful in the face of the newly resurrected Christ. They still believed He was dead at this point. But that didn't stop them rejoicing. This was their *Lord!* They departed quickly and were ready to tell others the good news. **How often do we get stuck at fear, uncertainty and doubt, paralysing us from stepping into joy and purpose?** Remember, Jesus promises us abundant life - let us rejoice and be glad in it! *Practically, think about where you find the most joy in Jesus and be intentional about doing it.* Could it be reading the truths found in His Word? Using your gifts and talents to serve Him? Reflecting thankfully on the price Jesus paid on the cross? Make time to do these things- take joy in the One who delights in you and rejoices over you with singing!

3. *Don't be afraid to oppose popular culture for Jesus' sake.*

“Then Jesus said to them, “Do not be afraid; go and tell my brothers to go to Galilee, and there they will see me.”

(Matthew 28:10)

- ♥ In typical Jesus fashion, He asks the women to go and do something which completely flew in the face of the culture of the day. Women's testimonies during this time would be far less valid than men's and sometimes, would not even stand up in court. Yet it's the women who Jesus tasks with sharing the news of His rising again. **Has God ever called you to do something which you just know will look strange or not 'the done thing'?**



When I finished university, the expectation was that I would go and get a job with my shiny, new degree. But God had other plans and I ended up taking a gap year with my church! Had I had followed what was 'normal', I'd never have experienced the transformational power of Jesus, which I did during my gap year. That was truly a spring board to who I am today and what I now do as a coach. **Step out in faith and break the 'norm' if you need to. He's more than able to take care of you!**

4. Believe that He is the God of immeasurably more.

"When the Sabbath was past, Mary Magdalene, Mary the mother of James, and Salome bought spices, so that they might go and anoint him. And very early on the first day of the week, when the sun had risen, they went to the tomb. And they were saying to one another, "who will roll away the stone for us from the entrance of the tomb?"

(Mark 16:1-3)

- ♥ I mentioned earlier that the women had gone to Jesus' tomb so that they might anoint His body. Of course, things didn't turn out quite as they expected! However, what I noticed in this little encounter noted above is that **the women weren't anticipating the miraculous**. They were thinking about who would move the stone from in front of the tomb for them. A normal thought for people on their way to anoint an apparently dead body! **But normal doesn't always seem to be the norm with Jesus. The Word makes it clear that He is able to do exceedingly and abundantly more than we can ask, think or imagine.** Do we apply faith enough to believe this in our day to day lives?

5. Remember the promises He has for you. (Both those which have been spoken over you and those available to you in God's word.)

"He is not here, but has risen. Remember how he told you, while he was still in Galilee..."

(Luke 24:6)

- ♥ At this point in the story 'two men in dazzling apparel' address the women's fears. They question why they seek the living among the dead and refer to the time Jesus spoke about the way in which He would die and then be raised (Luke 9:22, Luke 18:32). **Has Jesus spoken to you about things yet to come into your life?** Perhaps through other people as they've prayed for you? As Paul directed Timothy (1 Timothy 1:6), we are to 'fan into flame' the gift of faith which is within us! Even if that isn't something you're familiar or comfortable with at this stage, **there are an abundance of promises for you to claim and take hold of, which can be found in God's word.** Remember these truths. **Don't allow the everyday to dull the significance of the miraculous plans God has for your life.**



6. *Understand that 'no' doesn't mean 'never'.*

“But their eyes were kept from recognising him.”

(Luke 24:16)

- ♥ Have you ever had one of those moments where something which you once completely overlooked, is suddenly brought to your attention? Here, Jesus is with two of his disciples and they don't recognise Him. We know of course, though, that later on, they come to see Jesus with their own eyes. **Jesus might be saying 'no' to something right now, or perhaps not even allowing you to see certain things at the moment. But that doesn't mean that those things won't ever be revealed. Stay prayerful and trust and know that God's plan is the best we can hope for!**

7. *Read and apply the word of God daily.*

“Then he opened their minds to understand the scriptures.”

(Luke 24:45)

- ♥ Jesus had appeared to His disciples and was sitting and eating with them. When he spoke the passage I've quoted above, He was speaking about what we would now refer to as the Old Testament, Jesus starts to remind them of the words spoken through Moses and through the psalms. Not only did they read, though. Jesus opened their eyes of understanding to be able to see the vastness of God through His written word. **God is the same yesterday, today and forever. It's important that we seek Him in all we do. A vital way in which we can do this is by picking up our Bible. We're all busy – family, work, business and everything in between! But getting into the Bible daily is essential- it's our spiritual food! We could always start small with a basic reading plan, a psalm each morning etc. God's Word is living and active (Hebrews 4:12). Understood and applied, it has the power to shift things! It's definitely not 'just a book' to be left on a shelf.**

8. *Be honest about where you are with the Lord.*

“And he said to them, “*why* are you troubled, and *why* do doubts arise in your hearts?”

(Luke 24:38)

- ♥ Now, let's be clear. We can do a lovely job of presenting the idea that we have it all together on the surface. A beaming smile, an encouraging word. However, something, which I've often found a bit overwhelming, is the fact that half of those things don't matter half as much as the fact that **Jesus literally knows the intentions of our hearts towards Him. This means that saying 'I'm fine' when, inside, we're broken, is only fooling ourselves.** God sees and knows all and yet loves us all



the same. **Be open enough to be vulnerable with God.** His arms are everlasting and His love, eternal. No matter what.

9. Listen to God just as much (if not more than) you speak to Him.

“Jesus said to her, “Mary.” She turned and said to him in Aramaic, “Rabboni!” (which means teacher).”

(John 20:16)

- ♥ Mary only heard her name and instantly recognised the call of Jesus. Imagine the person closest to you. If they were to say your name, even in a crowded room, it's likely that you'd still hear them. Why? Because you know their voice. The same goes for The Lord, really. **The more time we spend listening to Him, the more in tune we will be with the Holy Spirit at work in our lives.** We must get to know God. Like the women we've been speaking about did. They knew His voice when He called them and were ready to listen. **Would you recognise God's voice today if He began to speak to you about the direction of your life and business today? If not, why not start listening for Him today?**

10. Don't compare your journey in Christ with anyone else's.

“Jesus said to him, “if it is my will that he remain until I come, what is that to you? **You follow me!”**

(John 21:22)

- ♥ Shortly before Jesus ascends, He has a conversation with some of His disciples. Understandably, they're a bit flustered and unsure what to make of the whole resurrection. It must have been a shock! However, something apparently even more pressing for them was who would betray Jesus. They start asking 'what about him?' etc. Jesus doesn't have much to say to them on this, aside from **'you follow me.'** Sometimes it can be tempting to look at another's life and think 'why?' and 'how?' Perhaps they've said or done something questionable and you've found yourself wondering how that reconciles with their faith. Perhaps their words & actions even distract you from growing in your own? Maybe you're prone to comparison and jealousy? **During those moments, the most important thing to remember is that God knows what He's doing with each of us and we're all on a journey.** Some are right near the beginning, some further along. The key to remember here, though, is that we're all going in the same direction. Towards Jesus! **When you start getting overwhelmed, keep your eyes off those around you and onto Him!**



Recap

Follow these simple steps as you journey towards a healthy mindset and approach all that God has for your life and business!

1. **Seek** Jesus.
2. **Take joy** in Jesus.
3. **Don't be afraid** to oppose popular culture for Jesus' sake.
4. **Believe** that He is the God of immeasurably more.
5. **Remember** the promises He has for you. (Both those which have been spoken over you and those available to you in God's word.)
6. **Understand** that 'no' doesn't mean 'never'.
7. **Read and apply** the word of God daily.
8. **Be honest** about where you are with the Lord.
9. **Listen** to God just as much (if not more than) you speak to Him.
10. **Don't compare** your journey in Christ with anyone else's.

Enjoy living in the power of Jesus' resurrected life, today, and beyond!

I truly hope you enjoyed diving into this guide and that you're well on your way to discovering a healthier, Christ centred mindset which will propel you into living your life on purpose.

You can enjoy moving even more mindset mountains as you seek to build and scale your purpose-driven business by downloading the challenge sheets, the meditation and the 45 minute master class which accompany this guide and get you doing the work needed to ensure your mind is set for success.

Head back over to the page you downloaded this workbook from and find all you need below.

Be real with yourself and dig deep, lovely!

Love & Blessings,

Naomi

Christian Business Coach for Purpose-Driven Female Entrepreneurs at 1authenticheart.com