

Naomi Aidoo - 1authenticheart.com



Multivitamins

Volume One
30 Daily Doses of God's Word



As Heard on...

Premier.
ChristianRadio

Premier.
Praise!
light up your life

Premier.
Gospel
Music for life

Multivitamins – (Volume One) 30 Daily Doses of God’s Word

By Naomi Aidoo

www.1authenticheart.com

Copyright © 2016 Naomi Aidoo

All rights reserved. No portion of this book may be reproduced in any form without permission from the publisher, except as permitted by UK copyright law.

For permissions contact:

naomi@1authenticheart.com

First published October 2016

Introduction

It's so important to take God's truth into our day, every day. But sometimes, it can be so difficult to carve out the time we should, can't it?

Having even just a few minutes with God before starting your day can make all the difference to the rest of it, and that's why I created Multivitamins. I wrote it for those days where you've barely had the time to have a shower, let alone anything else.

You'll be surprised at what centring yourself in God's Word will do.

Multivitamins is a collection of Biblical reflections designed to help you start your day right. Each devotion contains at least one Bible verse for you to ponder as well as an action step for you to live out.

Give God your day and allow Him to equip you for it in His Word.

♥ Go on, take a multivitamin!



1authenticheart.com





Daily Dose One

Recently, I had one of those moments where I thought... Wow, without God, I would LITERALLY be hopeless and helpless. I questioned what that meant about me, to be utterly dependant on God for my *everything*.

We're consistently told to be 'independent' and to 'stand on our own two feet'. But sometimes if we're honest, we're only **just about crawling**. Sometimes it's only then when we look up. Praise be to GOD, though, whose power is perfected in our weakness. (*2 Corinthians 12:9*) Praise be to GOD, who tells us to lay our burdens at His feet (*Matthew 11:28*) and praise be to GOD who will never ever leave or forsake us. (*Deuteronomy 31:8*) **Meditate on these Truths today and cast your care onto Him for He cares for you.** Thank you, Lord.

Daily Dose Two

Are you waiting for God to be loud in your life? Are you waiting for Him to shout from the roof tops over the loudness of life and mark out what's next for you, football coach style?

"After the earthquake came a fire, but the Lord was not in the fire. And after the fire came a gentle whisper. "(1 Kings 19:12)

As powerful and as Almighty as He is, God is not always loud. As we see in this example from Elijah's life, sometimes God just wants us to listen.

Today, let's ask ourselves this... Are our lives too chaotic, too jam-packed and noisy with distractions? Would we hear God if He whispered gently to us? **Make space to hear God's voice today. He longs to speak to you.**

Daily Dose Three

When I was on my gap year, I was once asked to line up single grains of rice along the floor from one wall to the one on the opposite side. With each grain of rice put down, I was asked to give God thanks for something in my heart. With the size of these tiny rice grains in comparison to the size of the room, I doubted that my line would be that long, however, it really was surprising to see how many things I had to be thankful for.

With all that's going on in the world, it can be so easy to forget the goodness of God. We can spend hours pouring over the news in despair. Sometimes, we can even find that despair a little closer to home. It's during times like these where we *must* remember that even if we don't understand what's going on, God does. He is still on the throne. **Today, try to worship and thank God for something, big or small.** Chances are there's more to say thanks for than you first realised.



*“Enter his gates with thanksgiving
and his courts with praise;
give thanks to him and praise his name.”*

(Psalm 100:4)

Daily Dose Four

“Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go.”

(Joshua 1:9)

The command given to Joshua here translates so well into our own lives today. Let's look at it in a couple of parts...

‘Have I not commanded you?’ Think of a tough situation you are facing in your life right now - one which you just know you don't really want to face... and now think about how you got there. **Often, God will call us to things and sometimes a difficult spot is just part of the process.** But difficult doesn't mean it's time to throw in the towel; it's actually a great time to remember who's in charge.

The next part of the verse is reinforcement of what's come before it. **We are to be strong in the face of fear. Not because fear isn't present, but because God's power on the inside of us is stronger.** Know this precious truth today.

Daily Dose Five

I was doing my laundry earlier and had one of those instances where a routine event became a Holy Spirit moment... When you put washing in the machine it's always a lot lighter than when you take it out. This, of course, sounds obvious, but bear with me here... When taking the water out of the machine, it is waterlogged and therefore, loads heavier. This simple illustration got me thinking about our spiritual weight.

In order to be the spiritual ‘heavyweights’ we need to be in today's crazy world. We, like my laundry, need to be waterlogged.

“but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life.” (John 4:14)

The Word of God is the living water we so desperately need to be filled with. **Don't walk around with just a light sprinkling today. Soak in God's Word - get waterlogged!**



Daily Dose Six

Who or what are the people you spend your time with encouraging you to gather around?

Everyone gathers around something, their lives point to something or someone. As believers, it's so important to ensure that those around us are pointing to Jesus with theirs.

"Do not be misled: "Bad company corrupts good character." (1 Corinthians 15:33)

Now this, of course doesn't mean that we only ever make friends with Christians - that would defeat the whole point of us being here. But it IS important, however, to have a core group of brothers and sisters who will speak truth into your life when you want to believe lies, hope when you despair and comfort in your trials. Jesus offers us all of these things. **May the people we surround ourselves with point us to Him as we endeavour to be those people ourselves.**

Daily Dose Seven

As we prepare to go into this new day, let's ask ourselves a quick question. **Are we fascinated by God?** Are we so excited by Him that thoughts and words of worship are the norm?

When we've truly encountered Jesus, nothing stays the same.

"Come, see a man who told me all that I ever did. Can this be the Christ?" (John 4:29)

Many of us, by God's grace, will have encountered God in some way, shape or form recently. When the Samaritan woman (often referred to as 'The Woman at the Well') encountered Jesus, she couldn't help but go and tell the rest of her neighbourhood! May she be our example! **May we share the good news to those who desperately need to hear it.** Let's not make our faith a boring routine, let's live it out infectiously!

Daily Dose Eight

"My prayer is not for them alone. I pray also for those who will believe in me through their message..."

(John 17:20)



The Lord of lords and King of kings prays for you. Not years ago, yesterday or 'in theory'. Jesus literally prays for you now. The verse above explains that Jesus not only prayed for the disciples who were with Him during His time on earth, but also for those to come. That means you!

When you feel alone, trust that Jesus, seated at the right hand of His Father, is interceding for YOU right now. **Pray in His name and know His powerful presence through the Holy Spirit today.**

Daily Dose Nine

The fact that each of us are designed by God in such a unique and intricate way is really something to behold! **The vast array of gifts and talents each of us possess truly boasts of the greatness of our God.**

"And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but have not love, I am nothing." (1 Corinthians 13:2)

Our gifts, talents and passions are indeed, wonderful and certainly reflect the vastness our Lord. However, if we are not loving those around us, our gifts don't stand for much. God IS Love and we are made in His image. **May we reflect Him today as we seek to love those around us.**

Daily Dose Ten

Have you ever had that 'good tired' feeling? That feeling you get when you've been working hard on something which you just know will be worthwhile in the end, but right now, it's exhausting? Well, you're in good company.

"And Gideon came to the Jordan and crossed over, he and the 300 men who were with him, exhausted yet pursuing." (Judges 8:4)

When reading those words recently, I really felt as though I could relate. 'Exhausted yet pursuing.' What wonderful truth for the believer! **Yes, we might be tired, 'good tired'. But like Gideon and his men did, we will continue to pursue.** Take some time to remind yourself that what you sow for God today will have eternal benefits. Even when it's challenging, draining and perhaps even costly, it pays to pursue. **Go today in His strength!**



Daily Dose Eleven

Do you live as if you know that the full and abundant life Jesus promised you is available to you today? As believers, we are taught that this earth is not our home and that is, of course, true. A glorious heavenly dwelling awaits us on the other side of this lifetime. But what good would it be for us to sit curled up in a box, waiting for the rapture until then?!

"The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly." (John 10:10)

The verse above is one of my favourites. It reminds me that God is truly working for my good. In spite of the fact there is so much in this life which the enemy would love us to get worked up and stressed out over, so much he wants to steal our joy from. BUT GOD! God is stronger and God is victorious. **He wants to counteract those lies and bless you with life, abundant life!**

Walk in it today.

Daily Dose Twelve

There are some real stories I could tell about Psalm 139. Not least the time when one of my (non-Christian) students who had been tasked to read it by one of my friends, literally stopped in her tracks when she read the words.

"Even before a word is on my tongue, behold, O LORD, you know it altogether. You hem me in, behind and before, and lay your hand upon me."

(Psalm 139:4-5)

I'm not sure I can pinpoint which of the twenty-four verses of this Psalm struck her most, but I do know that something had an impact. A few days later she'd written out the whole Psalm, tea stained it and burned the edges. I put that precious piece of paper in a frame which now sits on my desk to remind me that God's Word speaks, even to those who haven't met Him yet.

Why not take some time to dwell on Psalm 139 today? Remind yourself that you were intricately and intimately designed by an ever-present and almighty God. **Perhaps you could even pass those words onto someone who needs to hear them today.**

Daily Dose Thirteen

"Then he said to me, "This is the word of the LORD to Zerubbabel: Not by might, nor by power, but by my Spirit, says the LORD of hosts." (Zechariah 4:6)

Try to give yourself permission to pause today. We can so often strive and push ourselves. 'Do better', 'achieve more'. Hard work is a good thing of course, but it should in no way rule and master us.

The passage of scripture (above) from Zechariah serves as a welcome reminder that, in the face of all life throws at us, we



definitely shouldn't be over-exerting ourselves and then being no good to anyone, but rather, we should be solely dependent on the One who is doing the leading and guiding.

God has no doubt given you a passion, a heart, or drive for something. Don't be intimidated by your dream. Go in the power of the Holy Spirit by praying, opening the Word and worshipping, and then live it out to the glory of God!

Daily Dose Fourteen

Does what you know about the goodness of God end with you? The Bible makes it clear, time and time again that we must be sharing the truth we live by with those coming up behind us.

"And all that generation also were gathered to their fathers. And there arose another generation after them who did not know the LORD or the work that he had done for Israel." (Judges 2:10)

Mentioned shortly after the death of Joshua, the verse above must be one of the saddest in the Bible. Imagine a generation fervently serving and worshipping the Lord. Then imagine that generation slowly passing and leaving behind a new generation who had totally different ideals, morals and truths. That's exactly what happened here.

The truth of the matter, though, is that this could be said of any generation. Scary thought, right? Scary, maybe. But it makes the call more urgent. We must be discipling others. Teaching them about the goodness of God! It might not even be a matter of teaching people for the first time. Maybe there are a few people in your life who simply need a reminder of all that God's done for them. We all need that encouragement sometimes.

Let's not allow history to repeat itself. Try to have one intentional 'pass it on' type conversation today.

Daily Dose Fifteen

"But now in Christ Jesus you who once were far off have been brought near by the blood of Christ." (Ephesians 2:13)

When there's a 'but' in the Bible it's a great thing to read around the verse and have a look at why it's there. The verse preceding the one above makes these precious words even more significant.



In verse twelve, we as believers are described as 'having no hope' and 'without God in the world' before coming into relationship with God. For those of us who have been Christians for a while, we can forget that before Him, we literally were of those who had no hope. Our God is one of abundant grace!

The verse I started this thought with is such a wonderful one. We once were far off and distant from God, but because of Christ's sacrifice, we are now adopted as sons and daughters. **Take a few moments today to remind yourself of what God has done for you and thank and praise Him for it!**

Daily Dose Sixteen

It's no secret that God will often call His children to do difficult things. Things which, in and of ourselves might seem almost impossible. This is of course nothing new, as we see here...

*Then I said, "Ah, Lord God! Behold,
I do not know how to speak,
for I am only a youth."
But the Lord said to me,
"Do not say, 'I am only a youth';
for to all to whom I send you, you shall go,
and whatever I command you, you shall speak.
Do not be afraid of them,
for I am with you to deliver you,
declares the Lord."
(Jeremiah 1:6-8)*

Jeremiah was called to prophesy to a nation whom he already knew were not going to listen. God's word wasn't about to change just because the people did and so He required someone to speak it, even if it would fall on 'deaf ears'. Can you imagine being called to such a task? No wonder Jeremiah is often referred to as the weeping prophet.

There's certainly something we can learn from Jeremiah's life, though. When a call seems hard, may we remind ourselves of the words God spoke to Jeremiah - '...for I am with you to deliver you.' No matter how tough things get, He'll never leave nor forsake you. **Whatever your 'hard place' is today, give it to God and trust that even when we don't, He knows what He's doing.**



Daily Dose Seventeen

One of my favourite Psalms is Psalm sixteen. There are so many wonderful truths to hold onto in its verses, but here are a couple of my favourites...

"The Lord is my chosen portion and my cup; you hold my lot. The lines have fallen for me in pleasant places; indeed, I have a beautiful inheritance." (Psalm 16:5-6)

I love these words because they talk so deeply about the security we have in Christ. **The comfort of knowing that God 'holds our lot' is truly something we should be thankful for.** Words like this should enable us to refrain from comparing our circumstances to other people's because whatever our 'lot' is, God holds it.

Verse six gives us an opportunity to praise God for that fact as we declare that the 'lines have fallen for us in pleasant places'. **Whatever your lot looks like today, give God thanks that He holds it and indeed has a beautiful inheritance for you!**

Daily Dose Eighteen

Have you ever allowed a sentence or even a word to come out of your mouth and then instantly regretted it? I know I have. Or how about those moments when you feel certain of something and tell everyone about it only for that something to not quite materialise the way you first thought it would? I'm certainly guilty of that one too.

"Know this, my beloved brothers: let every person be quick to hear, slow to speak..." (James 1:19a)

The Bible makes it pretty clear that there's real wisdom to be found in listening. Sometimes we should simply listen without feeling as though we have to say anything at all - a challenge I know!

Listening is more important than speaking a lot of the time. Listening to a person share of their pain, their joy, their loss etc. More importantly than that though - listening to the voice of God. So often in our prayer life we can make our voice the loudest can't we? Our wants, needs, hopes and dreams make the prayer list, but we don't quite get around to waiting for the reply. **God's voice on the matter is more important than ours, so why not make some time today to listen out for it?**

Daily Dose Nineteen

How easy do you find it to focus on the positive things in life as opposed to the negative? **Do you recognise that there is always something positive we can dwell on, even when things seem bleak?**



Philippians 4:8 says - "Finally, brothers, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things."

Negative things definitely happen. In the midst of those trials though, this verse encourages us to think about what *is* good. Maybe you don't like your job right now and find yourself complaining about it. Perhaps you could try and replace that with thanksgiving for the fact that you *have* a job? Are your kids keeping you up at night? Give God praise for the beautiful family he's blessed you with anyway.

There is always something honourable, pure, lovely, commendable, excellent or praise worthy to give God thanks for. Try it today!

Daily Dose Twenty

Have you ever got to the point where you've just said 'enough, I can't do this anymore'? I'm sure there are a few of us who can remember breaking points like those. Some words I've recalled during moments like these are found in Hebrews 4:15.

"For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin."

Our great high priest is Jesus Christ. Just before He took it upon Himself to bear our punishment, guilt and shame, He pleaded with His Father. Jesus sweated drops of blood as He cried out for this punishment to be taken away from Him. Because of Christ's unending love for us, He endured the cross and paid our debt. For that we cry a humble hallelujah. As we've just read though, it wasn't without cost.

Jesus knows pain because He's suffered it more than any of us ever will. Today, if you find yourself reaching one of those 'breaking points', cry out to God who not only hears you, but understands too.

Daily Dose Twenty-One

Most of us will be able to recall the story of the feeding of the 5,000. But it's not just a classic for Sunday school! There are so many lessons we can learn from this powerful story. I want to focus on just one today.

"They said to him, "We have only five loaves here and two fish." (Matthew 14:17)

Now, over 5,000 people had come out to hear Jesus speak and they were getting hungry. The problem? They had nowhere near enough food to go around. Or so they thought...



"And they all ate and were satisfied. And they took up twelve baskets full of the broken pieces left over." (Matthew 14:20)

So how did these people go from being hungry, to full up?

Jesus blessed the loaves and fish offering. Jesus can mightily bless the smallest things. We just have to be willing to offer what we have up to Him. In our story, what was once a little boys lunch, became a feast for thousands! **Don't ever underestimate the size of what you have to offer God. Offer it up today and watch God do the rest!**

Daily Dose Twenty-Two

Have you ever been laughed at, or even persecuted for your faith? Have you ever found those around you suggesting that you're over the top in your devotional life and that your prayers are ineffective?

A man in the Bible named Bartimaeus can certainly relate to this struggle. Upon realising that Jesus was walking by him, he cried out and asked that He would have mercy on him. The Word tells us that most of the people around Bartimaeus told him to be quiet. Interestingly though, this just made him cry out all the more.

"And Jesus said to him, "What do you want me to do for you?" And the blind man said to him, "Rabbi, let me recover my sight." And Jesus said to him, "Go your way; your faith has made you well." And immediately he recovered his sight and followed him on the way." (Mark 10:51-52)

Jesus healed the man who others had told to give up crying out. Bartimaeus was desperate enough for the touch of Jesus that he didn't care what others thought. **Even if those around you have suggested it's time to throw in the towel, don't stop crying out to your ever-present, almighty God, today.**

Daily Dose Twenty-Three

"Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groanings too deep for words."

(Romans 8:26)

I've often had those moments where I just know that I need to pray and cry out to God, but am stuck as to what to say. Those moments where I feel a sense of struggle and difficulty within me but can't quite put it into words. Can you relate? Can you recall moments in your life where prayer would have made the most sense at a crucial moment... if only you had the words?



You are not alone in this of course. In fact, the writer of Romans explains in the verse above exactly what goes on during those moments. The Holy Spirit intercedes for us. When we position our hearts to align themselves in prayer and worship unto God, we don't necessarily have to have the right words. Our Heavenly Father hears our heart's cry as the Holy Spirit intercedes on our behalf. **So, whether you have the words or not, come before God today. He sees, hears and knows you deeply.**

Daily Dose Twenty-Four

In the book of Ruth, we witness the importance and value of community and family in some of the most difficult times.

Naomi was a widow in the midst of a famine grieving the deaths of her two sons. It would be an understatement to say that things looked bleak for her. She hears that the famine in Judah (where she was originally from) is over and decides to make her way back to her homeland. She encourages her two daughter's-in-law to stay in Moab rather than journey with her. Moab was where these two ladies were from and opportunity for them to find husbands would have been greater there. But listen to the response of Ruth -

"But Ruth said, "Do not urge me to leave you or to return from following you. For where you go I will go, and where you lodge I will lodge. Your people shall be my people, and your God my God." (Ruth 1:16)

This verse hits right to the heart of what family is about, doesn't it? Here Ruth is saying that she is willing to sacrifice even her own chance at marrying someone if it means staying with her mother in law who has already lost so much, and supporting her. If you get a chance, read the whole book of Ruth today. It's only four chapters and you will witness how this wonderful story of faithfulness unravels and how Ruth and Naomi are mightily blessed. **Be thankful for those who have stuck by you, remember them in your prayers today.**

Daily Dose Twenty-Five

It can be so easy to stress and worry about everything life has to throw at us, can't it? Work, finances, family, relationships. There can often be many things whirring around our minds at any one time. The Bible has quite a bit to say about worry. One of my favourite examples is found in Matthew, chapter six.

"Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing?" (Matthew 6:25)



This verse, unsupported by the surrounding text could still leave us feeling a little unsure about what we can do instead of worrying. Thankfully one of the final verses of the chapter gives us a clue.

"But seek first the kingdom of God and his righteousness, and all these things will be added to you." (Matthew 6:33)

When we feel prone to worrying about a situation or stressing out over something, let's first go to God and His glorious throne of grace. May we cast all of our care and worry onto Him because He truly cares for us. Let's seek God's opinion and God's thoughts on what's bothering us before we react badly. **Go to God today with all that might be weighing you down. Trust that He is able to carry it as you seek Him.**

Daily Dose Twenty-Six

Today, will you dare to believe that God is working all things together for your good? Will you allow yourself to trust that, even if things don't look exactly as you'd hoped they would by now, that God is still good?

"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." (Romans 8:28)

The Bible makes it clear that as a follower, worshipper and lover of Jesus Christ, God is working things for your good. **Just because things don't look good right now, that doesn't mean they won't be eventually.**

You have been called by God -the Maker of the heavens and the earth. This divine creator can still a storm with a whisper. **Don't doubt that He will also come through for you in your storm today and work it for good.**

Daily Dose Twenty-Seven

Sometimes we can face moments in our lives where the things we want to do directly go against what God would want us to do. Temptation is something which won't escape anyone. It didn't even escape Jesus! The important issue here, is how we combat it.

"No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it." (1 Corinthians 10:13)

Don't be ashamed or fearful of the temptation you're facing today. Push back with faith. As this verse in 1 Corinthians reminds us, God is faithful and will provide a way out for Him if you diligently seek Him and ask for it.



If you are tempted to step outside of God's will today, cry out to God who is faithful to help you steer your thoughts, words and actions elsewhere.

Daily Dose Twenty-Eight

"At this they tried to seize him, but no one laid a hand on him, because his hour had not yet come." (John 7:30)

When Jesus walked this earth, there was nothing which happened to Him which was not already known to His Father.

As followers of Jesus, we are told in Galatians 3:26 that we are also children of God as we put out faith in Him. I believe that this means that, just like He did with Jesus, Father God knows all that has and will happen to us.

Looking at the verse I begun with in John 7 and seeing that people actually tried to arrest Jesus but couldn't because it was n't the right time, should be something which encourages us.

Today, if there is something which you are fearful of, trust that nothing will be able to come against you which God doesn't already know about. If what has come against you *is* difficult, cry out to God today for His support and comfort.

Daily Dose Twenty-Nine

Have you ever been prone to judge someone based on the actions they have chosen to take? I know I have. Sometimes, we can look at a person's lifestyle, their choices, their words and actions and find ourselves making a judgement.

This is of course not the wisest thing to do. We find in scripture that Jesus had some stern words to say to those who found themselves judging a woman who had made some bad choices...

"And as they continued to ask him, he stood up and said to them, "Let him who is without sin among you be the first to throw a stone at her." (John 8:7)

Those of you who have read this story before will know that, of course, no one was able to throw a stone at the woman because no one was without sin themselves.

Each of us can be guilty of not doing right by God from time to time and it is therefore not really our place to judge somebody else's sin as worse than our own! As you pray today, why not take some time to apologise to God for the judgements you've made towards others?



Daily Dose Thirty

Today's message is a simple one... ABIDE.

"Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing." (John 15:4 & 5)

How true I have found these verses to be in my journey with the Lord thus far. When we cling to God and seek His face, He gives us the opportunity to bear fruit for His glory. Without the abiding part, though, our vain pursuits are simply that - vain pursuits.

It can be tempting to try and 'go it alone' sometimes, but don't allow yourself to go there. God knows you better than you know yourself and has such magnificent and wonderful plans for your life. **Wait for His timing and watch them unfold today and beyond. Be blessed!**