



FLIP The Switch!

A PRACTICAL GUIDE TO GO FROM DARKNESS TO LIGHT

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Faith in motion → Believe it!

The Lord has not left you alone. He made you. He knows you. He loves you and gave His life for you. He lives on the inside of you when you invite Him into your heart. He is not far away. He is nearer than your heart beat. Invite God into what you are going through. He gladly meets us wherever we are.

Speak it! Believe it! Do it! Live it!

- Say: I am not alone. God made me. He knows me. He loves me. He is with me. I am significant to Him.
- Memorise a Bible verse or chapter. Start with Psalm 23. The Word of God is a powerful weapon to speak light into darkness.

Leap into action → Move it!

Don't be passive! Don't sit in the darkness and wait for it to move. Purposely take a step toward the light. Do not be quiet about it. Talk to God, be honest and leave nothing unsaid. Move on from complaining. Lament if you need to – He does not mind. Spent quality time with God. When you are in His presence, darkness cannot touch you.

Pray it! Move it! Sing it! Shout it! Proclaim it!

Identify it → Name it!

Everything has a name. Call it out and command it to go away in Jesus' Name. The Lord has given us authority to pray boldly in His Name. Do not be afraid. If fear comes, tell it to leave in Christ's Name (see 2 Timothy 1: 7 – For God has not given us a spirit of fear, but of power and of love and of a sound mind). When you recognize and name it, it can no longer hide and is forced into the light.

Name it! Speak it! Keep at it!

Personalize it! → Own it!

Make God's word your own. The words in the Bible are not only meant for others. God is speaking to us collectively, but He is also speaking to you personally. Insert your name or use "ME" instead of "them" or "you". Example Psalm 91: 3-4 – Surely, He shall deliver you from the snare of the fowler and from the perilous pestilence. He shall cover you with His feathers, and under His wings you shall take refuge; His truth shall be your shield and buckler.

Rewritten it reads: Surely, He shall deliver ME from the snare of the fowler and from the perilous pestilence. 4 He shall cover ME with His feathers, and under His wings I shall take refuge; His truth shall be MY shield and buckler.

Own it! Rewrite it! Speak it!



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