



Reignite Your Spirit!

*A Jumpstart to
Anticipating God's Goodness*



Gaye Lindfors



**Ready to say Yes! to God?
Ready to get up, go, and keep going?
You're in the right place!**

If you've ever felt like life is a bit much, like you're juggling too many balls, spinning too many plates, or wandering the same aisles at the grocery store without a list, **you're not alone**. (Seriously. If I had a dollar for every time I ended up in Aisle 7 wondering why I'm holding a can of garbanzo beans, I'd have a few dollars ... and a pantry full of garbanzo beans.)

But here's the thing: **life is happening right now**. And **God's goodness? It's right here too**, showing up in those **ordinary, everyday moments**, just waiting for us to notice, receive, and respond with trust. (It's like God's been gently nudging, *Hey, I'm over here! Next to the garbanzo beans.*)

This **jumpstart guide** is a companion to my book, *Anticipate God's Goodness: Letters of Encouragement to Ignite Your Spirit*. It's a little slice of the **encouragement, hope, and humor** you'll find in those pages, woven into three key themes:

- **Say Yes! to God:** Anticipate His Goodness
- **Get Up & Go:** Live as a Courageous Encourager
- **Keep Going:** Rest With Your Sneakers On

You can use this guide for a bit of **personal reflection** or **grab a few friends** and share what you're discovering. (If you're lucky, one of them might even bring snacks. And if you're really lucky, they'll bring chocolate-covered caramels. I'm just saying. Friends who share chocolate-covered caramels are a gift.)

And a quick note before you dive in. **This guide is just the mini version**. The full *Reignite Your Spirit Companion Guide* is coming Fall 2025, packed with **more stories, insights, and reflection prompts**.

Think of this mini guide as the appetizer. Bite-sized, satisfying, and full of flavor. The full guide is the main course. **More to chew on, more to dig into, and a whole lot of spiritual nourishment**. (Yes, I realize a cooking metaphor is a bold choice for someone who'd rather avoid the kitchen. But once I get an idea in my head, it's hard to shake. It clings like a drip from a chocolate ice cream cone that found my white blouse. Unexpected, a bit messy, and impossible to ignore. So, here we are.)

And with that, here's to **anticipating God's goodness together**. A little gift from my heart to yours. A **jumpstart to reigniting your spirit, one hope-filled word of encouragement** at a time.

With love and encouragement,

Gaye

P.S. If you ever find yourself stuck or second-guessing whether you're really up for this whole "anticipating God's goodness" thing, just remember: **we're in this together**. Whether we're stumbling over our own feet or marching forward with purpose, **God's got us**. (And if you get lost, just check Aisle 7. I'll meet you there.)

*Living with anticipation isn't about
waiting for tomorrow.
It's about embracing the goodness
God has for you today.*

Say Yes! to God: Anticipate His Goodness

*"So here's what I want you to do, God helping you:
Take your everyday, ordinary life—your sleeping, eating, going-to-work,
and walking-around life—and place it before God as an offering."
(Romans 12:1 MSG)*

Life is good. Not because our circumstances are perfect, but because **God is good.**

Even in the middle of life's weeds, worries, and chaos, He invites us to experience His goodness in our everyday moments. When we say Yes! to God, we're choosing to **anticipate His goodness right where we are**, rather than waiting for life to somehow get better on its own.

And you know, sometimes “right where we are” feels a bit messy, doesn't it? Like staring at a to-do list so long it could be its own short novel, then adding “*brush your teeth*” just for the satisfaction of checking something off. Or opening the fridge and staring at the contents as if the meaning of life is hiding behind the mustard. (Just me? Hmmm... probably not.) Good grief.

Remember those brave women who showed up to the triathlon wearing mall swimsuits and riding regular bikes? They didn't wait for perfect conditions to jump into the adventure. And neither should we.

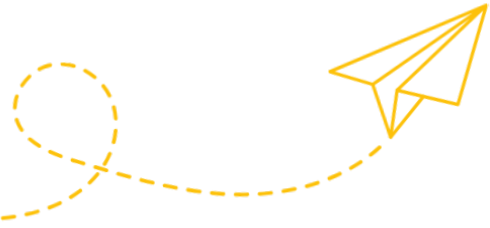
Your "yes" opens the door to fresh beginnings and sacred moments that truly change everything.

So, even if you're not quite sure where this “yes” will lead, trust that **God is already there, ready to meet you in the middle of your ordinary, walking-around life.**

Dear Friend, Your Thoughts?

1. What part of your everyday life can you offer to God this week as an act of worship?
2. Are there any “weeds” (hurts, lies, bitterness) taking root in your heart that God is inviting you to clear out?

Say Yes to God: Anticipate His Goodness (continued)



3. If God sent you a personal note today, what do you think He'd want you to remember?
4. What's your maybe-one-day dream that you can't stop thinking about? What's keeping you from giving it a try?
5. Where in your life do you find yourself waiting for perfect conditions instead of stepping out with the tools and abilities God has already given you?
6. What would it look like for you to stop waiting for life to show up and instead show up for the life God has for you this week?

*You will never, ever be settled
in your heart and mind
when you are running from God.
He's inviting you into so much goodness.
Say yes.*

Get Up & Go: Live as a Courageous Encourager

*"What shall I do, Lord?" I asked.
'Get up,' the Lord said, 'and go.'
(Acts 22:10 NIV)*

You don't need all your ducks in a row. You don't need to wait until you feel 100% ready. God often calls us to **step out in faith while we're still figuring it out.** (I know, not always easy. It's like trying to walk confidently with a pebble in your shoe.) But **He is always faithful!**

We miss out on so much when we ignore God's promptings, don't we? Deep down, we know our excuses are weak—fear, not feeling ready, worrying what others might think. But you know, when we make these excuses, we're essentially trusting our own shaky understanding more than God's rock-solid promises. (I'm preaching to myself here.)

You know what Bible verses have taken up permanent residence in my brain? Genesis 22:2-3, where God tells Abraham:

"Take your son, your only son, Isaac, whom you love, and go to the region of Moriah. Sacrifice him there as a burnt offering on one of the mountains I will tell you about.' Early the next morning Abraham got up and saddled his donkey."

Oh my. Can you imagine? No second-guessing, no negotiating with God, no *but I'm not ready!* Just trust and action. **Abraham got up and saddled his donkey.**

Let's be women who saddle our donkeys, shine our light, and go. Someone in your life needs encouragement today, and **you can be the person who brings words that soothe, heal, and offer hope.**

So, if you've been waiting for a sign, consider this it. **God is calling you to move.**

Dear Friend, Your Thoughts?

1. What's something God might be nudging you to do, even if it feels scary or uncertain?

Get Up & Go: Live as a Courageous Encourager (continued)

2. When you've found yourself in a situation where you had everything you needed to take action, but hesitated, what kept you from moving forward?
3. What truth can replace the fear, thoughts, or hesitation that's holding you back?
4. Who has been a "Courageous Encourager" in your life? How did her support impact you during a hard time?
5. What specific person might God be calling you to encourage this week? What small step could you take today? (A text, hug, prayer, groceries, note of encouragement, etc.)

*God is calling us to move.
Let's be women of faith
who leave nothing undone
that God called us to do.
Let's go.*



Keep Going: Rest with Your Sneakers On

“And so I walk in the Lord’s presence
as I live here on earth!”
(Psalm 116:9 NIV)

You're tired. Maybe more than tired. You're weary. Worn out. A deep, restful nap sounds so lovely, doesn't it? (I sometimes wish napping were an Olympic sport. I'd really work for that gold. Or at least a respectable silver.)

What you need is rest. Real rest. **You need refreshment and renewal.**

What to do, what to do, what to do. Here's an idea (and I say this as someone who has learned the hard way that **you can't run on empty forever**):

Take time to notice what's draining you. What's making you feel off-balance? What do you need to regain your energy and sense of peace? Tending to your physical health is always a wise first step. And the farm girl in me knows this to be true: if something's going to grow, its roots have to go deep.

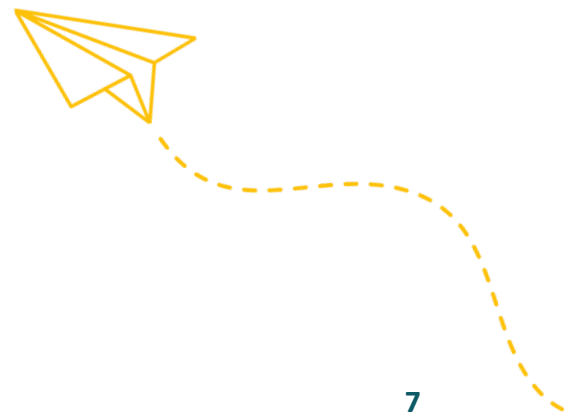
So instead of frantically trying to fix what's going on *around* you, **pay attention to what's happening inside your precious heart.**

Breathe deeply. Refill your tank.

Sometimes, you just need to pause. And that's okay. Taking a break doesn't mean you're giving up. God's kind of rest is active, renewing, and full of purpose. You can breathe deeply and take your nap—with your sneakers on—because **you want to keep going, experiencing all the good things God has for you.**

Don't quit. Don't give up.

**Your story isn't over. You've got more to give,
and God's got more in store.**



Keep Going: Rest with Your Sneakers On (continued)

Dear Friend, Your Thoughts?

1. What activities, people, or practices bring you the most energy and joy? How can you create more time for them in your daily life?
2. What "extra weight" might be slowing you down right now? What distractions or unnecessary commitments might you need to let go of?
3. If rest is not quitting but refueling, what does healthy "rest with your sneakers on" look like for you in this season?
4. What fills your spiritual "tank?" How can you infuse your life with some of that refueling?
5. How can you create small moments of soul-care in your week?
6. What's one "keep going" truth from Scripture you want to carry in your heart today?

*If you're tired, take a nap.
But keep your sneakers on.
Refreshed?
Then get up and keep going.
God has such good things planned for you!*

When Your Jumpstart Needs a Jumpstart

*Letters to revisit when you're feeling stuck, stalled,
or in need of a little extra faith-fuel.*

Anticipating God's goodness isn't a one-and-done kind of thing. (If only, right?) Some days you're all in, ready to say Yes! and take on the world. And other days? Well, you're staring at your to-do list wondering if "curl up with snacks and avoid everything" counts as obedience.

I've been there too.

That's why I pulled together this little something to help when you need a spiritual pick-me-up. **A reminder. A deep breath. A holy nudge.** Something to help you say Yes! again, take that next step, or just stay upright when what you really want is a nap and maybe a new attitude.

On the next page you'll find **a list of the letters** from *Anticipate God's Goodness: Letters of Encouragement to Ignite Your Spirit*, grouped by the three themes we've been exploring.

When you're feeling a little worn out, discouraged, or wondering if any of this goodness stuff still applies to you, **go back and re-read the letter that speaks to your right-now moment.**

Let it **refresh your spirit, rekindle your hope**, and remind you: God's still at work. He's still writing your story. And **He's still so very good.**

It's never too late to start again.

When Your Jumpstart Needs a Jumpstart (continued)

Say Yes! to God: Anticipate His Goodness

- Letter 01 – A Letter from Gaye
- Letter 03 – Plow the Field
- Letter 09 – Getting Settled
- Letter 19 – If God Sent You a Note

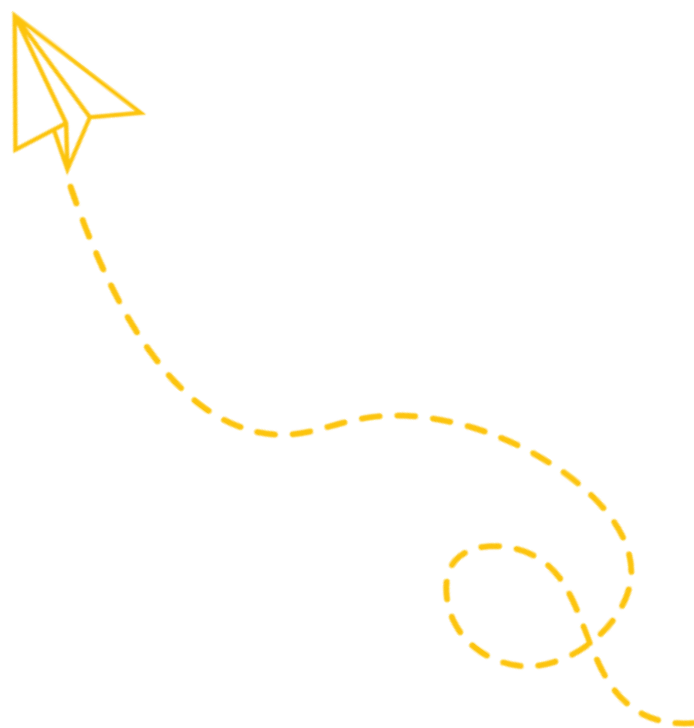
Get Up & Go: Live as a Courageous Encourager

- Letter 06 – The Sync Swimmers
- Letter 07 – You Belong Here
- Letter 10 – Happy Birthday
- Letter 14 – Keep Skipping
- Letter 15 – Start Noticing
- Letter 16 – Dental Drama
- Letter 20 – Let's Do Something
- Letter 21 – Feeling Invisible
- Letter 23 – The Waiting Room
- Letter 24 – Behind Closed Doors
- Letter 25 – Salt Makes a Difference
- Letter 27 – Let's Start a Movement

Keep Going: Rest With Your Sneakers On

- Letter 02 – Day by Day
- Letter 04 – Fill'er Up!
- Letter 05 – Pop the Bubbles
- Letter 08 – Listen for the Truth
- Letter 11 – When the Ducks Don't Cooperate
- Letter 12 – Stop Struggling
- Letter 13 – Fairy Tales Can Be Messy
- Letter 17 – Get Out of the Rut
- Letter 18 – Back to the Basics*
- Letter 22 – Once Upon a Time
- Letter 26 – Living My Encore
- Letter 28 – Courageous Encouragers

*My goodness. I have two chapter 17's in the book, and no chapter 18. Back to the Basics is the second chapter 17.



From One Courageous Encourager to Another

Was this jumpstart helpful? Feeling a little refreshed?

Saying yes takes courage. Getting up and going takes grit. And here you are! You did it.

You took the time to pause, reflect, **and invite God into your everyday, ordinary moments.**

You're saying yes to His goodness. **You're getting up and moving**, even when the road feels long and your sneakers feel a little too well-worn. (Or worse, like they still have that pebble rattling around in there. You know the one.)

You're choosing to **anticipate His goodness**, even when life feels messy and uncertain. You're **taking brave steps** toward all the good things God has for you, right in the middle of your walking-around life. And that matters. It matters more than you know.

Remember, **you don't need to have it all figured out** before you move forward. You don't need to wait for perfect conditions. God's not asking for polished or perfect. He's asking for your Yes in your messiness. **And you, my friend, are already leaning in, already choosing faith over fear, already making a difference.**

So, keep going. Keep trusting. Keep believing that God has good things in store for you.

Rest when you need to. Take a deep breath. Then, when you're ready, get back up, lace up those sneakers, and **keep moving toward all the goodness God has waiting for you.** (And if your sneakers are looking a little worse for wear, just consider it a sign that you're living your faith out loud. Scuffed-up sneakers tell the best stories, right?)

Thank you for letting me walk this journey with you.

With love and encouragement,

Gaye

Resources to Help You Keep Going

Click the links!



Free eBook

Finding a Breath of Fresh Air
and a Way to Start Again

Amazon

All my books in one place!



Anticipate God's Goodness:
Letters of Encouragement to
Ignite Your Spirit*

Getting My Ducks in a Row
and Other Stories of Faith

This is Livin'! Learning to Move
from Messy Moments to Happy Places

God, Girlfriends & Chocolate:
Encouraging Stories from the Heart*

*Also on Kindle!

Let's Stay Connected!



Gaye Lindfors ●●
Encouraging Speaker | Hope-filled Writer

<https://GayeLindfors.com/>

Gaye@GayeLindfors.com

[Facebook](#) (@GayeLindforsAuthor)

[Instagram](#) (@GayeLindfors)

[YouTube Videos](#) (@GayeLindfors)