



Reignite Your Spirit!

A COMPANION GUIDE TO
*Anticipate God's Goodness: Letters of
Encouragement to Ignite Your Spirit*



Gaye Lindfors

Hi Friend!

I'm so glad you're here!

Imagine waking up each morning, saying Yes! to God, and walking through your day *anticipating* His goodness. No more waiting, wondering, or wishing for things to be different. Just a heart that's ready to move forward, trusting that God is already at work.

It's easy to lose our sense of anticipation, isn't it? Life gets busy. Or boring. Or just too *much*. So we start putting off truly *living*. Telling ourselves we'll engage later, when things settle down. But here's the truth. **Life happens in the everyday moments.** Wouldn't it be more fulfilling (and fun!) to fully *engage* in life—living, doing, and experiencing—rather than just observing and whispering *What if I ...?*

So here's my invitation. **Say Yes to God. Anticipate His goodness. Then get up, go, and keep going!** Let's **embrace the promises** God has made, **focus on the people** He's placed in our path, and **step into the work** He's showing us each day.

Maybe some of what you read in *Anticipate God's Goodness: Letters of Encouragement to Ignite Your Spirit* wasn't brand-new. I hope this companion guide **reminds you of those truths in fresh ways**, and **encourages you to actually live what you know!**

Anticipate God's Goodness was such a fun book to write. It came straight from my heart! And now, I'm excited to share this companion guide with you.


Let's Reignite Your Spirit!

Dear Lord, bless the woman who is reading this guide. May she be strengthened by the promises from your Word and choose to continue to say yes to you. Give her courage to turn away from anything that keeps her from living the full life you've promised her. Give her the desire to know you better.

Teach her, O God, how to anticipate your goodness. Reignite her spirit as she walks with you.

Open her ears to hear your call and open her heart to respond with ...


*I am saying yes to God.
I will get up. I will go.
I will keep going.*

The background is a solid light green color. At the top and bottom, there are white, scalloped-edged lines representing clouds. In the center, there are two white paper airplane icons. Each airplane has a dashed white line trailing behind it, indicating its path. The top airplane is flying towards the right, and the bottom airplane is flying towards the left.

Letter-by-Letter Encouragement

LETTER 01

A Letter from Gaye



“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. Embracing what God does for you is the best thing you can do for him.”

Romans 12:1-2 (MSG)


Isn’t it funny how God sometimes uses the most unexpected moments to show us exactly what we need? Like that day at the triathlon, watching those brave, incredibly cool women show up in their mall swimsuits and regular bikes. What hit me in that moment wasn’t their fancy gear (because there wasn’t any). It was their courage to do something without waiting for perfect conditions. They weren’t standing on the sidelines until they had professional equipment or elite bodies. They just went for it! And I realized. That’s exactly what I needed to see.

God’s got good things planned for you right now, in your gloriously imperfect state. What if you stopped waiting for a great life to magically appear and instead showed up and said, *Let’s go!*?


Don’t miss the adventure of walking with God while anticipating his goodness! (Swimsuits not required.)





Dear Friend, Your Thoughts?

- Like the women racing in the triathlon, stepping out of your comfort zone isn’t easy. Have you done something brave, even if you weren’t ready? How did it feel?
- Think back to a time when you felt weary or stuck. What helped you get unstuck?
- What “race” in your life feels daunting right now? What fears or excuses are holding you back from taking action? What Bible verses—truths—can replace those fears?





*Don't wait for life
to show up.
Show up and
discover the life
God has for you!*





Themes of Encouragement



SESSION #1

Say Yes! to God: Anticipate His Goodness

Life is good.

I believe that with every fiber in my being.

I believe good things happen to everybody. That love, grace, and mercy are ours for the asking. That no one is hopeless. That, without exception, every person matters and has the chance to live a life of significance. I believe in do-overs and begin-again. Not just for bad hair color mishaps but for the moments that become the first words in a brand-new chapter of our stories.

Every day, hundreds of little blessings pop up on our path. And tomorrow, the sun will come up, bringing fresh promises with it. Colors, words, laughter, and moments make life exciting and extraordinary.

(And yes, I also believe that the Minnesota Vikings will one day win the Super Bowl, that sea-salt milk chocolate-covered caramels have zero calories, and arms and thighs that jiggle will one day be a fashion statement. But I might be getting carried away. So, back on message.)

The thing is, life has a way of throwing curveballs at our good moments. Cranky people get in the way. Disappointments creep in. Dreams crack. Hurtful words land where they shouldn't. Sometimes the vibrant colors of life fade to drab, and heavy clouds block the sunshine.

When those bumps start coming, I catch myself fretting and whining, murmuring, *Whoever said "life is good" needs to have their head examined.*

Good grief.

So I'm learning—still learning—how to hold on to my core belief that life is good while navigating the not-so-good and the you've-got-to-be-kidding-me moments. Some of these moments are just annoying, while others challenge the very definition of tragedy and evil.

To make sense of it all, I need to know exactly why I believe life is good. Because that's where my confidence finds its roots.



This foundational belief was born in the living room of a 2-storied, white, square house in Climax, Minnesota. It grew through simple songs like “Jesus Loves Me,” memorizing Psalm 23, and reading *Little Visits with God* before bedtime.

But it didn’t stop there. I *saw* it lived out—in real life, in real time—through my parents. Parents who experienced so much deep pain and heartache. The kind of hardship that would have made most people hang a For Sale sign on their faith and just walk away. Instead, in their hardest moments, they chose to believe and teach us, that **no matter what, God is faithful. We will say yes to God.**

That belief became my traveling companion. I tucked it into my suitcases, used it as a bookmark in my favorite books, and wrote my story around it. Sure, there were times I left it at a rest stop when life got ugly and “good” seemed like a foreign language. Those seasons forced me to really examine what I meant when I whispered *life is good*. It had to be more than a phrase, more than my parents’ beliefs. More than what I thought I *should* say.

Over the past few decades, as I’ve gotten to know God better, my heart has settled on this deeply-rooted reason I can say *life is good*: **because God is good. And he only desires good things for me.**

And so, I choose—intentionally, every day—to say yes to God.

And that brings us to my book, *Anticipate God’s Goodness: Letters of Encouragement to Ignite Your Spirit*, and this companion guide, *Reignite Your Spirit!*

In these pages, I’m inviting you to **say yes to God**. To recommit to following him. To see life fresh through the lens of his Word.

I’m offering you space to **reflect on God’s goodness** in your own life. To recognize it, hold onto it, and let it shape your days. And on the days when there isn’t a pep rally with enough pep to keep you moving, open up and re-read one of the letters in *Anticipate God’s Goodness* to help you keep going.

Think of me as a friend linking arms with you as we move between joy, despair, questions, and resolve. Our moods may swing like a pendulum, and our faith might get as flaky as a bad case of dandruff. But here’s the thing. **God is steadfast. He never leaves. Never quits. He always has good things for us, today and just around the corner.**



Session #1 Letters

Letter 01 — *A Letter from Gaye*

Letter 03 — *Plow the Field*

Letter 09 — *Getting Settled*

Letter 19 — *If God Sent You a Note*

Dear Friend, Your Thoughts?

- Like the women racing in the triathlon, have you ever done something brave, even if you weren't ready? When you knew it wouldn't be the best or perfect?
- What's your maybe-one-day dream that you can't stop thinking about? That idea you'd love to explore. The adventure you'd like to take.
 - What's keeping you from giving it a try?
 - What is one thing you could do this week to move forward on it?
- What "race" in your life feels daunting right now? What fears or excuses are holding you back from taking action? As a group, share truths—Bible verses—that can replace those fears.
- When you feel unsettled or anxious, what practical steps can you take to invite God into those moments?
- Why is it hard for us to get rid of the weeds in our hearts? To ask God to point out anything that offends him. What are we afraid of? Is that fear based on a lie, or is it based on God's promises and truth? Does that fear align with what we believe about God?
- What words or phrases in "If God Sent You a Note" (Letter 19) spoke directly to your heart? Why?
- What single message from God is ringing clearest in your heart right now? If you carried just one truth forward from everything you've read here—that whisper that feels like it was meant especially for you—what would it be?





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