

## MOVING FORWARD

### Practical Steps To Help Move Forward With Our Lives

Unless otherwise indicated, all Scripture quotations are taken from the King James Version of the Bible. Jesus' Words are in red.

Cover was illustrated by Carter J. Gaston and gifted to me in May 2015 by my late nephew, Shaun Anthony Flanagan (6/5/1984 – 9/5/2015). I am forever grateful for this gift from him.

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*By Kathy R. Kidd*

## Chapter 1

### GET MOVING

***“Nay, in all these things we are more than conquerors through Him that loved us.” Romans 8:37***

Most of us have heard or we have said to someone, “move on;” “get over it;” or something similar. We say these things, many times flippantly, but how do we move forward?

The first and most important step to moving forward is acknowledging that we have been stuck. The Word of God states “*And you shall know the TRUTH, and the TRUTH shall make you free,*” John 8:32, NKJV. We must be honest with ourselves. Honest about where we are and where we have been. Sometimes, we can be in a situation for so long that we become the situation; or we hide behind a mask for so long, we forget what we looked like. We forget who we are. We need to first be transparent with ourselves so that we can be free, and then we can be transparent with others.

Once we have told ourselves the truth, we need to get clear on what it is we are moving towards. What is it that we want? What is our heart’s desire? Jesus said in *Mark 11:24*, “*Therefore I say unto you, What things soever you desire, when you pray, believe that you receive them, and you shall have them.*” We need to be clear on what we want as well as what we do not want in our lives. Try writing a heartfelt letter to God stating your hopes, dreams, and desires for your life. “*And the Lord answered me, and said, Write the vision, and make it plain upon tables, that he may run that reads it,*” *Habakkuk 2:2*. We write our vision down for our lives, so that every time we read it, we will run towards that vision. Remember, it is “*whatever things you desire.*”

Now that we are clear on what it is that we want and do not want in our lives, we need to make sure that we do not sabotage our

journey going forward. Sabotage is defined as to undermine, counteract, weaken, destroy or hinder normal operations. We are going to look at a few common ways that we sabotage our journey and hinder ourselves from moving forward. Notice, I said **WE**.

Moving forward is about taking full responsibility for our lives regardless of who, what, where or when. Taking responsibility for our lives simply means that we are going to be the decision makers in our lives. We decide how situations will affect us. We decide whether we are going to give time or energy to anything or anyone. We decide to be free and not let anything or anyone hinder us. When we take full responsibility for our lives, we no longer are living from a place of defeat or from a victim mindset.

**“You are one decision away from where you want to be.”**  
**Dr. Cindy Trimm**

## Chapter 2

### DEAR GOD

***“Therefore I say unto you, What things soever you desire, when you pray, believe that you receive them, and you shall have them.” Mark 11:24.***

In Chapter One, Get Moving, we discussed needing to get clear on what it is we were moving towards; get clear on what it is we want; what is our heart's desire? So, to get clarity in what we wanted as well as what we did not want in our lives, we were going to write a heartfelt letter to God stating our hopes, dreams, and desires for our lives. Since we also spoke about being transparent, I decided to share my letter to God with you. Here it is.

Father, I thank you for being so kind and gracious toward me. Thank you for loving me unconditionally. Thank you for being faithful to me even when I'm not faithful. Thank you for always holding me up. Thank you for victory through Jesus in every area of my life. Thank you for being my God, my Lord, my Savior, my Redeemer, my Friend, and my Father.

Lord, I am writing this, not as a petition, but to pour out my heart to you and express my sincerest desires for my life. However, none of this means anything, if it is not your purpose and plan for my life. Your will for my life usurps every desire I have.

My greatest heart desire is to show forth your love and goodness through whatever avenue you open unto me. I also have a strong desire to demonstrate your power to heal, deliver and set people free from sickness, disease and bondage. It is my desire that signs and wonders follow the Word that I speak or write.

I desire to bless your people. It is my desire to provide your people with resources that will encourage and strengthen them both spiritually and naturally.

Father, I desire to see my family loving you. I desire to see your purpose and plan come forth in the lives of my family, my extended family, and my dear friends.

**“God will not mismanage your life.”**  
**Author unknown**

## Chapter 3

### SABOTEUR'S COMMON TACTICS

*“For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.” Romans 8:38-39*

Chapter One's discussion was on how we begin to move forward. We started by acknowledging the truth of where we are and deciding where it is we want to be. *John 8:32, “And you shall know the truth, and the truth shall make you free.”* We also took responsibility for our lives, because we learned that we are the decision makers in our lives. Regardless of what was done, what was said, who did it, who said it; we alone decide the effect it has on us. We decide whether we are going to continue to give power to the negativity.

Chapter Three's discussion is about common ways we sabotage our journey. Sabotage is to undermine, counteract, weaken, destroy or hinder normal operations. When we think of sabotage, we often think of outside forces plotting against us. Of course, we would not think of weakening or hindering our own progress; however, more often than not, we are the saboteur.

This thinking of looking for someone to “blame,” is one of the ways we sabotage our journey. We would or could but the “haters.” Are you weary of the “hater” clichés? Truly, I am. Haters should not be our motivators. Living the good life God, through His son Jesus Christ, intends for us should be our only motivation. The hater clichés allow us to give too much time and energy to someone or something other than moving forward. Blaming and complaining about others cause us to take our eyes off of the prize. *Philippians 3:14, “I press on toward the goal for the prize of the upward call of God in Christ Jesus.”*

Another common way we sabotage moving forward is through language - what we say; our words. We continue to say the same thing, repeat the same story, and repeat the same facts. I know, we say, “well it's the truth.” Sure, it is the truth, maybe with a little embellishment to evoke more sympathy. However, now that we are moving forward and we have told ourselves the truth and everyone else that will listen, there is no need to continue telling the story.

At this stage, we have to learn to state and declare what it is we want in our lives. Remember *Mark 11:24* - declaring what it is we ask and believe for will move us forward. These are the things we want created with our words. *Proverbs 18:21, NIV, “The tongue has the power of life and death, and those who love it will eat its fruit.”* We do not want to continue creating the things that have us stuck. *Proverbs 6:2, NIV, “You have been trapped by what you said, ensnared by the words of your mouth.”* Learn from the experience but only speak and declare what will move you forward.

**“A regimen for change: Change your words from what's going wrong to what you want and need to see happen, and see how it will change your outlook.”**

**Pebbles**

## Chapter 4

## MOVING IN BOLDNESS

*“Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me upward in Christ.” Philippians 3:12-13 (NIV)*

A brief recap of the previous chapters: we started by acknowledging the truth of where we were and deciding where we want to go (*John 8:32*). We also took responsibility for our lives, because we discovered that we are the decision makers in our lives. We decide whether we are going to continue to give life to negativity. Additionally, we discussed some common ways we sabotage our journey. We defined sabotage as to undermine, counteract, weaken, destroy or hinder normal operations, and we realized that most times we were the saboteur. We discussed how blaming and complaining about others cause us to take our eyes off the prize (*Philippians 3:14*). Additionally, we discussed sabotage through language - what we say; our words (*Proverbs 6:2*).

We are already moving forward! And, as we continue to push forward, we must do it with boldness. Boldness is defined as showing fearlessness. To move forward fearlessly, we must have a clear image of who we are in Christ Jesus, and what has been given to us through His grace. *“For God has not given us the spirit of fear; but of power, and of love, and a sound mind,” 2 Timothy 1:7.* We have been given *“perfect love”* that casts out fear. *“There is no fear in love; but perfect love cast out fear: because fear has torment. He that fears is not made perfect in love,” 1 John 4:18.* We know that *“God is love,” 1 John 4:16.* He is that perfect love. When we trust (rely on, depend on) His love, we can move past fear.

We have a protector whose eyes are always on us and He is ready and willing to help us. *“He will not let your foot slip - He who watches over you will neither slumber or sleep,” Psalm 121:3.* *“The Lord will keep you from all harm – He will watch over your life; the Lord will watch over your coming and going both now and forevermore,” Psalm 121:7-8.* The Lord has promised us that, *“I will not in any way fail you nor give you up nor leave you without support. I will not in any degree leave you helpless nor forsake nor let you down or relax My hold on you,” Hebrews 13:5.* Believe Him. Trust Him. Move forward with the confidence of knowing that we *“can do all things through Christ who strengthens”* us, *Philippians 4:13.*

Boldness is synonymous with confidence. Confidence comes from trusting God. Trusting God comes from having faith in Him. Faith comes from hearing/believing the Word of God. Word up and keep moving forward!

**We must decide for ourselves what we want for ourselves.**  
**Iyanla Vanzant**