

Heaven's "Yes!"



Mini-Course Materials

Your "Heaven's Yes!" Mini-Training Videos can be accessed at:

<https://www.annebeancreative.com/heavens-yes-bonus-training.html>

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Congratulations on starting your "Heaven's Yes!" journey!

My "Heaven's Yes!" journey started about ten years ago when I was asked to speak at a women's Bible study where they were studying the topic of rest. God showed me that saying "Yes!" to the right things in life are an important aspect of rest.

The Bible tells us that He has already set up good paths for us to walk in (Ephesians 2). Saying "Yes!" to the right things in life will help us automatically say "No!" to the wrong things and thus help keep us on the path of life. As we imitate God as dearly loved children (Ephesians 5) we cease striving, mix our faith with His promises and enter into rest.

It is only natural that as a follower of Jesus, we would want to say "Yes!" to the things He says "Yes!" to. In this "Heaven's Yes!" training, we'll explore 5 different things we can start saying "Yes!" to, to align ourselves with God's "Yes!"

Let's start the journey. shall we?

Your "Heaven's Yes!" Training Includes:

"Yes!" Declarations Card: This card lists five "Yes!" declarations we need to make in our lives! *Print a copy of this card - it's what we'll use to create our "Yes!" Card (mini vision board) on.*

"Heaven's Yes!" Videos: Once you have printed out a copy of the "Yes!" card *(and declared them out loud of course!),* watch each of the videos for further insights on "Heaven's Yes!"

Video Journaling Page: Journal your insights from the "Heaven's Yes!" videos on this page.

"Yes! Card Craft: Here's where you get to make your own "Yes!" Card (mini vision board).

"Heaven's Yes!" Video Topic Guide:

Video 1: How "Yes & No" are like bowling alley bumpers!

Video 2: The macro & micro purposes of God!

Video 3: Your divine design - different colors, same cloth!

Video 4: Throw off the old because you are NEW!

Video 5: What's in your hands? Multiply it!

Video 6: Let's climb into the Father's lap and rest!

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"Yes! Card: Here's where you get to make your own "Yes!" Card (mini vision board). A "Yes!" card is like a vision board but instead of dreaming about the future at large, you ask God, "What do I need to say "Yes!" to in my life **right now?**" (ie the next 30 days)

"Yes!" Card Directions

1. Print out a copy of the "Yes!" Declarations Card. You will create your "Yes!" card on the back of this card. That way you will have God's Word on one side of the card and a visual representation of what He's speaking to your heart on the other side!
2. Take a quiet moment to ask God what you currently need to say "Yes!" to in your life.
3. Listen to God's answer - notice colors, symbols, pictures, places, words, numbers & special projects that He places on your heart.
4. Pick out pretty pictures, colors and words from magazines that represent what God placed on your heart. If magazines are not available to you, you can use junk mail or use pens, markers, crayons or stickers to write out or draw the message.
5. Glue the pictures, colors and words to the "Yes!" card.
6. Pray & ask God for His help to focus on the items represented on the "Yes!" card.
7. Pray over & review the "Yes!" card often. Create a new "Yes!" card when you sense God is leading you into a new project or season.
8. Take action on any of the goals, assignments or projects listed on the "Yes!" card.

*Here's one of my
favorite "Yes!" cards
I created!
It still hangs on
the inside
of my medicine cabinet.*



"Yes!"

I say "Yes!" to God's purposes.

"Therefore go and make disciples of all nations..."

Matthew 28:19

I say "Yes!" to my divine design.

"I praise you for I am fearfully & wonderfully made..."

Psalms 139:14a

I say "Yes!" to my identity in Christ.

"...to those who believed in His name, He gave the right to become children of God..." John 1:12b

I say "Yes!" to my

God-given talents & gifts.

"We have different gifts, according to the grace given us." Romans 12:6a

I say "Yes!" to God's rest.

"Now we who have believed enter that rest..."

Hebrews 4:3a

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Print out this size for your "Yes!" Card
(mini vision board) project

It's best to print it out on cardstock or heavy duty paper



Remember:

-Your "Yes!" card is like a mini vision board but instead of thinking long-term, ask God what He wants you to say "Yes!" to in your life right now.

-The smaller size is recommended for your "Yes!" card so that it can be done fairly quickly. The smaller size fits great in wallets & Bibles (for reviewing often!)

-Insider tip: Take a picture of your completed "Yes!" card so you can review it often!

Have fun! Don't overthink it and go with whatever God places on your heart.

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Video Journaling Page

Journal your insights from each video below.

Video 1: Introduction to "Heaven's Yes!"

Video 2: I say "Yes!" to God's purposes

Video 3: I say "Yes!" to my divine design

Video 4: I say "Yes!" to my identity in Christ

*Video 5: I say "Yes!" to my
God-given talents & gifts*

Video 6: I say "Yes!" to God's rest