



LOVE YOUR LEGACY

FOUNDATIONS

A Discipleship Journey

Five little books that disciple people.

FOLLOWING JESUS · BAPTISM · PRAYER

FASTING · HELD BY HOPE

PREPARED BY

Fay

Welcome to

Foundations



These five little books began as booklets written for brand new believers, and they have grown into what we now call the Love Your Legacy Foundations: tiny books that disciple people.

They walk in order, the way a believer walks. First, Following Jesus, for the days right after you say yes to Him. Then Baptism, the beautiful next step. Then

Prayer, seven unhurried days of learning the conversation. Then Fasting, for when your heart hungers for more of Him. And Held by Hope, the companion for the grieving, to be taken up whenever grief finds you, in any season, in any order.

Every book opens with Scripture and a prayer, because that is where everything in this ministry begins. Keep a pen nearby. Write in these pages. They were made to be marked, dated, cried over, and kept.

There is a seat for you at this table, and it has your name on it. Come as you are. We will put the kettle on.

Scripture is our foundation. Love is our expression.
Legacy is what we leave behind.

With love,
Tay and the Love Your Legacy team

Love Your Legacy Foundations: A Discipleship Journey.
Compiled from the Love Your Legacy Mini Editions, Nos. 1 to 5.

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Everything from Love Your Legacy is free, and we mean to keep
it that way. If this book has blessed you and you would like to
give toward the next one, we receive it with thanks at
loveyourlegacy.ca.

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PART ONE · MINI EDITION NO. 1

Following Jesus

You Said Yes to Jesus. Now What?

“Your word is a lamp for my feet, a light on my path.”

PSALM 119:105, NIV

Chapter 1 — You Said Yes to Jesus

A WORD BEFORE WE BEGIN

You may have prayed the prayer five minutes ago, in a church pew, at a kitchen table, in a car with the engine still running. You may have prayed it through tears. However it happened, heaven noticed.

This little book walks with you from here. One chapter at a time, no rushing. Jesus is not in a hurry with you, and neither are we.

THE TEACHING

Asking Jesus into your heart means you have turned toward Him the way a traveler turns toward home. It means you believe He is the Son of God, that He died for your wrongs and rose again, and that you are trusting Him with your life from this day forward.

It does not mean you will never struggle again. It means you will never face the struggle alone.

Here is the promise the Bible gives:

"That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved. For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation." (Romans 10:9-10, KJV)

You did not need perfect words to come to Jesus. You only needed an honest heart. The prayer below is a doorway, not a formula. If you have not prayed it yet, pray it now. Say it out loud if you can. Mean it in your heart for certain.

A Simple Prayer

Dear Jesus,

I believe You are the Son of God.

I believe You died for me, and I believe You rose again.

I am sorry for the wrong I have done. I turn away from it now.

Today I ask You into my heart. Be my Saviour. Be my Lord.

Walk with me from this day forward.

In Your name, Amen.

Something real just happened, even if your feelings have not caught up yet. Feelings change like weather. What God did for you stands like a mountain.

The Bible says: "But as many as received him, to them gave he power to become the sons of God, even to them that believe on his name:" (John 1:12, KJV)

You received Him. You are now a child of God. That is not a feeling. That is a fact.

The Bible says: "Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new." (2 Corinthians 5:17, KJV)

Your past does not get the last word anymore. The old story is over. A new one has begun.

The Bible says: "There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit." (Romans 8:1, KJV)

No condemnation. None. Not for the things you did before today, not for the person you used to be. You are forgiven, fully and freely.

If doubt whispers to you later, and it will, come back to these three verses. Read them out loud. Truth is stronger than feelings.

READ HIS WORD

Read Romans 10:9-13 slowly, out loud if you can.

"If you declare with your mouth, 'Jesus is Lord,' and believe in your heart that God raised him from the dead, you will be saved. For it is with your heart that you believe and are justified, and it is with your mouth that you profess your faith and are saved. As Scripture says, 'Anyone who believes in him will never be put to shame.' For there is no difference between Jew and Gentile, the same Lord is Lord of all and richly blesses all who call on him, for, 'Everyone who calls on the name of the Lord will be saved.'" (Romans 10:9-13, NIV)

Everyone who calls. That includes you. It included you the moment you called.

SIT WITH THIS

What were you carrying when you came to Jesus? If it helps, start here: "Lord, You know I had been carrying..."

Which of the three verses in this chapter do you need most today, the child of God, the new creature, or no condemnation? Why that one?

Is there a part of you that still feels like the old story? What would you say to that part now, with the truth in front of you?

WRITE IT DOWN

Write the date you said yes to Jesus. Write where you were, and who was with you, or who you wish could have seen it. One day you will read this page back and marvel. Leave yourself the details while they are fresh.

LIVE IT

Tell one person today. It does not need to be a speech. "I gave my life to Jesus" is a whole testimony in seven words. Chapter 12 of this little book will help you tell more of your story when you are ready.

LET'S PRAY

Lord Jesus, thank You for hearing me when I called. Thank You that I am Yours, forgiven, made new, and not condemned. My feelings may run behind, but Your word stands. Teach me to walk with You one ordinary day at a time, starting with today. In Your name, Amen.

Chapter 2 — Knowing Jesus

A WORD BEFORE WE BEGIN

There is a difference between knowing about someone and knowing them. You can learn every fact about a person and never once sit across a table from them. Jesus did not come to be studied from a distance. He came close, close enough to eat with people, close enough to be known the way you know the voice of someone you love calling from the next room.

Pull up a chair. The four books ahead are where the knowing begins.

THE TEACHING

Dear friend,

If you have finished "Beginning with Jesus," welcome to your next step. If this little book found you some other way, welcome anyway. You are in the right place.

The next thing to do is meet Him in the pages He left for you. There are four books in the Bible that tell His story, and they have names you may already know: Matthew, Mark, Luke and John. They are called the Gospels, which means good news.

Here is the simplest way to think about them. Imagine four friends who sat around the same table and told you about the same person they loved, each from the chair only he could sit in. Same Jesus. Same cross. Same empty tomb. Four voices, each one letting you see something the others show you in a different light.

This booklet will walk you through all four. You will meet the King, the Servant, the Friend of the lost, and the Son of God. Four doors into the same house. Pick the first one, and begin.

READ HIS WORD

"In the beginning was the Word, and the Word was with God, and the Word was God... The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth." (John 1:1, 14, NIV)

The Word became flesh. God did not stay far away and call out instructions from a safe distance. He came and lived among us, in a body that could be hugged and hands that could be held. He wanted to be known.

SIT WITH THIS

Which of the four portraits draws you most, the King, the Servant, the Friend of the lost, or the Son of God? If it helps, start here: "Jesus, the one I most need You to be for me right now is..."

What did you believe about Jesus before you met Him? What has already begun to change?

WRITE IT DOWN

Write one thing you already know is true about Jesus. Then write one thing you long to know about Him, and bring both with you as you read. He is not troubled by your questions. He has always welcomed them at His table.

LIVE IT

Sometime today, talk to Jesus the way you would talk to someone sitting in the room with you. Out loud, in your ordinary words, about ordinary things. Knowing Him grows the way every real closeness grows, a little time at a time, with nothing polished and nothing hidden.

LET'S PRAY

Jesus, I do not want only to know about You. I want to know You. Meet me in these pages, the way You met people at tables and wells and roadsides. Show me who You really are. I am in no hurry, and I am listening. In Your name, Amen.



Chapter 3 — Reading Your Bible

A WORD BEFORE WE BEGIN

A Bible on the shelf is a house you have not walked through yet. A Bible open on the table, with a pen beside it and a cup of tea going cool because the words caught you, that is a home being made. This chapter is only a gentle map of the rooms. Wander as slowly as you like.

THE TEACHING

New believers often ask, "Where do I start?" Here is a gentle order, written for you. There is no wrong door into Scripture, and there is no deadline. Linger where your heart catches. You can always come back.

1. John: Meet Jesus and His love first. John's Gospel is the warmest place to begin, written so you may believe. 2. Mark: The story in motion, short and vivid. Sixteen chapters that move like a river. 3. Luke: The full journey, every lost one found. Take your time. Luke takes his time with you. 4. Matthew: Sit under His teaching. The Sermon on the Mount is worth your slow mornings. 5. Acts: See what the first believers did next. The story does not end with the Gospels. It continues, and you are in it. 6. Psalms: Learn to pray with God's own songbook. When you do not know what to say, the Psalms will say it for you. 7. Proverbs: Wisdom for ordinary days. One chapter a day will steady your steps. 8. Genesis: Go back to the beginning and see how it all starts. The garden, the promise, and the first whispers of the One who was coming.

Read at the pace of a life, not the pace of a deadline.

Keep a pen nearby. Underline the verses that stop you. Write the date next to the ones that make you cry. Those marks will become your map.

READ HIS WORD

"Your word is a lamp for my feet, a light on my path." (Psalm 119:105, NIV)

Not a floodlight for the whole road. A lamp, the kind you carry close, that lights the next step and the one after. You never needed to see the whole journey at once. You only ever needed enough light for where your foot lands next.

SIT WITH THIS

Which book in the order above is your heart drawn to first, and why? If it helps, start here: "Lord, my heart keeps catching on..."

Is there a part of the Bible you have quietly been a little afraid of? What would it be like to tell Him so, honestly, instead of steering around those pages?

WRITE IT DOWN

Write today's date, and the first verse you underline in your own Bible. Years from now you may open to that page and tear up a little. These small marks become the story of how you found your way home.

LIVE IT

When the day settles tonight, read the first chapter of John. Slowly, out loud if you can. You do not need to understand all of it. You only need to meet Someone in it, and let Him keep the conversation going tomorrow.

LET'S PRAY

Lord, thank You for Your word, and for not leaving me to guess who You are. Open my eyes as I read, and let the verses that stop me be the very ones You set there for me. In Jesus' name, Amen.



Chapter 4 — Learning to Pray

A WORD BEFORE WE BEGIN

Almost every new believer carries the same quiet worry into prayer: what if I am doing it wrong? Set that worry down here, at the door. The disciples once came to Jesus and asked Him, teach us to pray. The men who watched Him pray every day still needed teaching. You are in the dearest company needing it too.

There is a whole little book coming in this series, No. 3, Prayer, that will take seven unhurried days over this. For now, this chapter is enough to begin.

THE TEACHING

Prayer is talking to God, and it is simpler than you think. These are Tay's own words from the ministry, and they are the best place to start:

"Come as you are. No fancy words needed. Talk to Him like a Father who loves you, and tell Him what is really going on, not the polished version. Listen too. Prayer is a conversation, not a speech. When you are done, just say Amen. That is it. You are praying."

Start today. Find a quiet spot, a chair or a corner, and tell Him what is on your heart. "Jesus slipped away to quiet places, and so can you."

READ HIS WORD

When Jesus taught His friends to pray, this is the prayer He gave them:

"Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one." (Matthew 6:9-13, NIV)

Notice how short it is, and how much it holds. Pray it slowly, one line at a time, the way you would let a cup of tea steep. Pause wherever your heart catches. He is in no hurry, and the words will wait for you.

SIT WITH THIS

Which line of His prayer feels hardest to pray honestly right now? If it helps, start here: "Father, the line I stumble over is..."

When did you last sit quietly and simply listen, instead of only speaking? What might He say into a quiet you actually gave Him?

WRITE IT DOWN

Write a prayer to God in your own words, unpolished, the real version, the one you would say at the kitchen table at midnight. Nobody will grade it. This page is between you and your Father, and He already loves the sound of your voice.

LIVE IT

Give God five quiet minutes today. Set a timer if the silence feels long at first. Speak a little, listen a little, and notice, as the day goes on, how five honest minutes with Him can steady everything that follows.

LET'S PRAY

Father, teach me to pray the way Jesus taught His friends. Keep my words honest and my ears open. Thank You that You bend down to listen to me, every single time. In Jesus' name, Amen.

Chapter 5 — Grace

A WORD BEFORE WE BEGIN

Sooner or later, nearly every new believer tries to pay God back. We promise to be better, to read more, to fail less, as if heaven kept a ledger and we might one day balance it. This chapter exists so you can set the ledger down. Grace was never wages to be earned. Grace is a gift, wrapped and waiting, with your name on it.

THE TEACHING

Grace is the kindest word in the whole Bible, and some days the hardest one to believe. Grace means God gives you what you could never earn, simply because He loves you. Not because you had a good week. Not because you finally got your life in order. Because He is gracious, and because you are His.

Think of it this way. A wage is handed over because it is owed. A gift is handed over because the giver delights to give it. Everything Jesus did for you at the cross was a gift being prepared long before you knew to ask for it. Your part was never to pay for it. Your part is to receive it, the way you receive anything precious, with open hands and a grateful heart, and then to go on living like someone who has been given everything.

This is why the Christian life is not a ladder. You do not begin at the bottom, loved only a little, climbing toward being loved more. You begin fully loved, fully forgiven, fully His, and you spend the rest of your life learning to live from that beloved place instead of striving toward it.

Grace will change how you treat other people too, slowly and surely, the way light changes a room across a morning. Those who know

they have been forgiven much find it harder to hold grudges and easier to set a wider table. Let it do its gentle work in you. It will.

READ HIS WORD

"For it is by grace you have been saved, through faith, and this is not from yourselves, it is the gift of God, not by works, so that no one can boast." (Ephesians 2:8-9, NIV)

Not from yourselves. The gift of God. Read it once more, slowly, and let it be as simple and as kind as it sounds.

SIT WITH THIS

Where have you caught yourself trying to earn God's love since you came to Him? If it helps, start here: "Lord, I notice I keep trying to pay You back by..."

What might this week feel like if you truly believed you are already, today, fully loved?

WRITE IT DOWN

Write down three things you used to believe you had to do to make God love you. Then, beside each one, in your own hand, write the words: a gift, not a wage.

LIVE IT

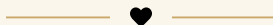
Today, receive one good thing without apologising for it or hurrying to repay it. A compliment, a kindness, an answered prayer arriving quietly. Just say thank You, out loud, to the One who gave it.

Receiving well is something grace teaches us, a little at a time.

LET'S PRAY

Father, thank You for grace. I could never have earned it, and You never once asked me to. Teach me to live from being loved instead

of striving to be. Make me gentle with others, the way You have been so gentle with me. In Jesus' name, Amen.



Chapter 6 — Repentance and Forgiveness

A WORD BEFORE WE BEGIN

You will still get things wrong. Not because your salvation failed, and not because God is disappointed in you, but because you are a person being made new, and being made new takes a lifetime. This chapter is about the first few minutes after you fail, because those few minutes, handled with Him, can turn a stumble into a homecoming.

THE TEACHING

Repentance sounds like a heavy word, but at its heart it is a homing word. To repent is to turn. You were walking one way, away from God, and you turn around and walk toward Him instead. It is the same turning you made the day you came to Jesus, and you will make smaller versions of it all your life long. That is not failure. That is the Christian life, one honest turn at a time, on a road that always leads back to a Father watching for you.

Here is the pattern of grace when a believer stumbles. You do not run from God. You run to Him. You tell Him the truth about what you did, in plain words, without dressing it up, the polished version left outside the door. You receive the forgiveness He promises as a fact, even before your feelings settle, because feelings are weather and His word is a mountain. Then, where someone else was hurt, you take the step that is yours to take. An apology. A repayment. A hard conversation held gently, with trembling hands if necessary. His forgiveness is instant. Repair with people can take longer, and both matter.

Notice what repentance is not. It is not beating yourself up until you feel you have suffered enough. There is no amount of your own sorrow that adds one drop to what Jesus carried. He took the punishment part, all of it. Yours is the turning part, and the receiving.

READ HIS WORD

"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness." (1 John 1:9, NIV)

Faithful and just. He forgives because that is who He is and what He promised, not because you confessed beautifully. Your plain honesty opens the door. His faithfulness does everything else.

SIT WITH THIS

Is there something you have been carrying quietly since you came to Jesus, a little afraid to bring it into the light? If it helps, start here: "Father, I have been afraid to tell You about..."

After you confess something, do you tend to keep punishing yourself for it? What might it mean, this week, to accept that He has already carried it, and carried it gladly?

WRITE IT DOWN

Write one thing you want to bring to God today, honestly and in plain words. Then write 1 John 1:9 beneath it, in your own handwriting, as His answer to you. Let your own hand be the one that records His mercy.

LIVE IT

Pray 1 John 1:9 out loud today about one specific thing. Then take one small step of repair that is yours to take, and leave the results,

gently, with God. You are responsible for the turning. He is responsible for what grows from it.

LET'S PRAY

Father, I turn toward You. I confess what You already know, and I receive the forgiveness You promised, because You are faithful. Wash me clean, and set my feet on the home road again. In Jesus' name, Amen.



Chapter 7 — When It Gets Hard

A WORD BEFORE WE BEGIN

Nobody may have warned you about this chapter, so let this little book do it with love. Hard days still come to people God loves. Some seasons, the long nights seem to find your house again and again. Dog-ear this chapter. Mark it. Come back to it on the days when nothing makes sense and the kettle feels far away. It will be here, and so will He.

THE TEACHING

Becoming a Christian does not mean the hard days stop coming. It means you never face them alone again.

Tay, the woman behind this ministry, walked through suffering, pain, hardship, abuse, and a broken family. She will tell you plainly that Jesus found her in the darkest place and never let go. He is the Shepherd who leaves the ninety-nine to find the one. He will do the same for you.

On the hard days, hide under this promise: "He shall cover thee with his feathers, and under his wings shalt thou trust: his truth shall be thy shield and buckler." (Psalm 91:4, KJV)

You are under His wings now. Nothing reaches you there without passing through His hands first.

Hold this one close: "Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness." (Isaiah 41:10, KJV)

When you do not know what to pray, pray this: Jesus, hold me. He will. He always does.

READ HIS WORD

"Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me." (Psalm 23:4, NIV)

David did not say if. He said though, and he called it the darkest valley, and he was still not afraid. Not because the valley was small. Because the Shepherd was near, rod and staff in hand, walking the same ground at the same pace.

SIT WITH THIS

What is the hardest part of your life right now, said plainly? If it helps, start here: "Lord, if I am honest, the thing that hurts most is..."

Which promise in this chapter do you want to hide under this week, the feathers, the valley, or fear thou not? Why that one?

WRITE IT DOWN

Write the promise you chose, word for word, with today's date beside it. On some worse day than this one, and there may be one, this page will preach to you when you have no preaching left in you.

LIVE IT

Tell one trusted person that it is a hard season, and let them pray for you. Asking for prayer is not weakness, and it is not a burden to place on someone. It is one of the ways the Shepherd sends His help walking toward you on two feet, with a kind face.

LET'S PRAY

Jesus, hold me. I am not asking You to explain the valley. I am asking You to be in it with me, and You already are. Cover me with Your

feathers, tuck me close, and walk me through at whatever pace I can manage. In Your name, Amen.

Chapter 8 — Finding a Church

A WORD BEFORE WE BEGIN

A coal alone on the hearth cools by morning. The same coal, resting in the middle of the fire, stays lit all night. God made His people to keep one another's faith warm, the way a family keeps a house warm just by living in it together. This chapter is about finding your fire, and the people who will help you tend it.

THE TEACHING

Do not try to do this alone. Jesus promised, "For where two or three are gathered together in my name, there am I in the midst of them." (Matthew 18:20, KJV)

Find a church that teaches the Bible plainly and loves people genuinely. Go more than once. Sit near the front if you are brave, near the back if you are not. Introduce yourself to one person. Let them know you are new in the faith. You will be surprised how many people have been waiting to welcome someone exactly like you.

READ HIS WORD

"And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another, and all the more as you see the Day approaching." (Hebrews 10:24-25, NIV)

Not giving up meeting together. Somewhere in that room is a person who was sent to encourage you, and somewhere beside them sits a person who needs the very encouragement you carry. You were never meant to be a guest in God's house forever. In time, you become part of the welcome.

SIT WITH THIS

What has kept you from church until now, if anything? If it helps, start here: "Lord, if I am honest about church, I feel..."

What would you quietly hope to find there? A teacher you can trust, a friend who understands, a place where your gifts are needed? Name it plainly. He already knows.

WRITE IT DOWN

Write the names of two churches you could visit, and put a date beside each one. A hope with a date on it stops being a wish and becomes a plan, and plans have a way of walking us through doors.

LIVE IT

Go this Sunday. Not when you feel readier, not when life settles, because life seldom settles first. This Sunday. Sit where you are comfortable, stay for the whole service, and before you leave, shake one hand, and let one person learn your name.

LET'S PRAY

Lord, lead me to the people You have for me. Give me courage to walk through a church door as a beginner, and give that church a heart already glad to welcome me. In Jesus' name, Amen.



Chapter 9 — Worship

A WORD BEFORE WE BEGIN

Worship is wider than the singing part of a service, though the singing is a beautiful doorway into it. Worship is what happens when a heart that knows it has been rescued turns toward the Rescuer. Sometimes that sounds like a song rising in a full room. Sometimes it sounds like a quiet thank You over a sink of warm dishes, and heaven leans just as close to both.

THE TEACHING

Here is a freeing truth to carry with you. Worship is a response, never a performance. You do not worship to win God's attention. You already have it, all of it, and you had it before you sang a note. You worship because you have seen who He is and what He has done for you, and something in you simply has to answer.

That means worship can wear many true faces. It is the song sung at full voice among God's people. It is also the gratitude whispered at a red light. It is obedience when obedience costs you something you wanted to keep. It is ordinary work, cooking, mending, building, creating, done deliberately for Him instead of merely done. The apostle Paul called even our everyday lives a living sacrifice, and he meant it in the most practical way. Nothing is too small to lay before God, and nothing laid before Him is ever wasted.

New believers sometimes worry that their worship is too small beside the lifelong believers around them. Hear this, and let it settle. God does not measure worship by volume or polish or years. The whispered thank You of a newly rescued heart is received in heaven

as treasure. Bring what you have, exactly as it is. He will receive it the way He receives everything you bring Him in love, gladly.

READ HIS WORD

"Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God, this is your true and proper worship." (Romans 12:1, NIV)

In view of God's mercy. Worship begins by looking, really looking, at what He has done, and then handing Him everything we are in return. When mercy is the view, the offering makes itself.

SIT WITH THIS

When have you felt your heart truly answer God, in a song, in a quiet place, at a table, out under the sky? If it helps, start here: "Lord, the time I felt closest to You was..."

What ordinary part of your day could quietly become an offering, if you began doing it for Him on purpose?

WRITE IT DOWN

Write three thanksgivings, and make them specific. Not a general thank You for everything, but names, moments, mercies with dates attached. Gratitude grows stronger the more specifically it is spoken, like a letter that finally says the real things.

LIVE IT

Sing one worship song out loud today, at home, like you mean it, because you do. Then choose one ordinary task, a meal made, a kindness done, a small thing mended, and do it slowly, deliberately, as an offering laid in His hands.

LET'S PRAY

Father, You rescued me, and my heart wants to answer. Teach me to worship You with songs and with ordinary days alike, with the polished moments and the plain ones. Everything I am is Yours, and I lay it gladly before You. In Jesus' name, Amen.



Chapter 10 — Communion

A WORD BEFORE WE BEGIN

One day soon, in the church you find, the bread will be passed along the row and the cup will come to you, and you may find yourself wondering what exactly you are holding. This chapter is here so that moment meets you ready, and glad, instead of nervous.

THE TEACHING

On the night before the cross, Jesus gathered His friends around a table, as He so often did, and He gave them a meal to remember Him by. He took bread, gave thanks, broke it, and said it was His body, given for them. He took the cup and said it was His blood, poured out for the forgiveness of sins. Then He told them to go on doing it, together, in remembrance of Him, until He comes again.

That is communion, also called the Lord's Supper, or the Lord's Table. It is a family meal with a meaning carried in every bite. The bread says His body was broken for you. The cup says His blood was shed for you. Receiving them says, with your whole heart, I belong to Him, and I belong to these people beside me who belong to Him too.

Churches keep this meal a little differently from one another. Some share it every week, some less often. Some pass the bread and cup along the rows, and some invite you to come forward. The differences are only in the serving. The heart of it never changes. If you are ever unsure what your church believes or how the meal is shared there, ask the pastor. That simple question has welcomed more new believers into the life of a church than almost any other.

Before you receive it, there is a gentle pause built into the meal. It is a moment for honesty, a quiet settling of the heart with God and,

where it is needed, with people. Do not let that pause frighten you away from the table. It is not a locked door. It is a kind Host wanting His guests to sit down with soft hearts and nothing hidden. Chapter 6 of this little book will walk you through that settling, any time, in five honest minutes.

READ HIS WORD

"For I received from the Lord what I also passed on to you: The Lord Jesus, on the night he was betrayed, took bread, and when he had given thanks, he broke it and said, 'This is my body, which is for you; do this in remembrance of me.' In the same way, after supper he took the cup, saying, 'This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me.' For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes." (1 Corinthians 11:23-26, NIV)

Whenever you eat this bread and drink this cup, you proclaim. Even in silence, even with trembling hands, sitting at that table is a sermon, and the sermon is the best news there is.

SIT WITH THIS

What do you most want to remember Jesus for, the next time the bread reaches your hands? If it helps, start here: "Lord, when I take the bread, I want to remember..."

Is there anything you would like to settle with God, or with a person, before you come to the table? Name it gently here. He is not rushing you.

WRITE IT DOWN

Write the words "do this in remembrance of me," and beneath them, the one moment of His kindness to you that you never, ever want to forget.

LIVE IT

At your next communion, come expectant instead of nervous. Hold the bread a moment before you eat, and thank Him quietly, by name, for the body that was broken for you. Some moments deserve to be received slowly, and this is one of them.

LET'S PRAY

Jesus, thank You for the table You set and the price You paid to set it. When I take the bread and the cup, help me remember You truly, and belong, gladly and completely, to Your family. In Your name, Amen.

Chapter II — Baptism, Your Next Step

A WORD BEFORE WE BEGIN

If Chapter 1 was the day you came home, baptism is the day you stand on the porch and tell the whole street, with a glad heart, whose house it is now. It is the beautiful next step Jesus Himself laid out for those who believe. This chapter only opens the gate. A whole little book in this series, No. 2, Baptism, will walk the path with you slowly when you are ready.

THE TEACHING

Baptism is a picture you step into. When you are baptized, you are lowered under the water and lifted back up, and the whole thing tells the story of what Jesus did for you. Going under the water pictures His death and your old life being buried. Coming up out of the water pictures His resurrection and your new life beginning.

Baptism does not save you. The water cannot wash a heart. Only Jesus does that, and He already did it. Baptism is the outside picture of the inside change.

Why be baptized, then? Because Jesus asked for it. Because the first Christians did it. Because some moments deserve to be marked. One day you will look back at your baptism and remember it the way you remember a wedding day. It was the day you said it out loud, in front of everyone, that you were His.

READ HIS WORD

"Peter replied, 'Repent and be baptized, every one of you, in the name of Jesus Christ for the forgiveness of your sins. And you will receive the gift of the Holy Spirit. The promise is for you and your children

and for all who are far off, for all whom the Lord our God will call." (Acts 2:38-39, NIV)

The promise is for you and your children, and for all who are far off. Far off is where you were, and where so many you love still are. When the first believers asked what to do next, baptism was the answer that came first, and it still is.

SIT WITH THIS

How do you honestly feel about being baptized, eager, nervous, full of questions? If it helps, start here: "Lord, when I think about baptism, I feel..."

Who would you want standing nearby when you come up out of the water? Name them, and let the naming warm you a little.

WRITE IT DOWN

Write your questions about baptism here, all of them, even the small practical ones about water and clothes and who will be watching. No. 2 in this series takes them up one by one, gently, including the ones you think are too small to ask.

LIVE IT

This week, if you are ready, ask your pastor or one trusted believer at your church a simple question: "What would baptism look like for me here?" Then just listen. There is no pressure at the water's edge. There never has been. There is only an invitation, and a Saviour who went into the water first.

LET'S PRAY

Lord, thank You for marking the way so clearly, and for going into the water ahead of me. When my time comes, give me the courage

to step in and say out loud what You have already done inside me. In Jesus' name, Amen.



Chapter 12 — Telling Your Story

A WORD BEFORE WE BEGIN

Somewhere, someone you love is standing exactly where you used to stand. Your story, told simply and without polish, may become the very bridge they one day cross. You do not need to be a preacher to tell it. You only need to be the person it happened to. In this ministry we gather stories like yours, because stories are how the rescued find each other.

THE TEACHING

Heaven knows what happened to you today. Tell one person on earth. It does not need to be polished. "I asked Jesus into my heart" is a complete testimony. Your story is a bridge. Someone you love may cross it one day.

When you want to say a little more, your story has a simple shape, three parts, like three stones across a stream. Where you were before Jesus. How you met Him, whether it was a single moment or a whole season of Him drawing near. What has changed since. Keep it short, keep it honest, and leave room for their questions. You are not arguing anyone into heaven. You are a witness, telling what you saw with your own eyes and what you know in your own heart.

READ HIS WORD

"Come and hear, all you who fear God; let me tell you what he has done for me." (Psalm 66:16, NIV)

Let me tell you what he has done for me. That is the whole assignment, and it belongs to the newest believer in the room as surely as to anyone. Your story does not need to be old to be powerful. It only needs to be true.

SIT WITH THIS

Who is the first person you hope will one day hear your story? If it helps, start here: "Lord, the one on my heart is..."

Is there a part of your story you are tempted to hide? What does the no condemnation you read in Chapter 1 say, tenderly, to that hidden part?

WRITE IT DOWN

Write your story in three short pieces. Before, two or three sentences. The meeting, what happened. Since, what is different. A single page is plenty. You are drafting a bridge here, and somebody, someday, will thank God that you did.

LIVE IT

Tell your story to one person this week, out loud, using what you wrote. Then keep adding to it in your journal as you grow, because your testimony gets longer and richer as your life with Him does.

LET'S PRAY

Lord, thank You for the story You are writing with my life, even the chapters I would not have chosen. Put the right person in front of me, give me simple and honest words, and let my story point always to You, and never to me. In Jesus' name, Amen.



Chapter 13 — Hearing God's Direction

A WORD BEFORE WE BEGIN

Sooner than you expect, you will face a decision that has no verse with your name written beside it. Which job. Which city. Which door, and whether to knock. This last chapter of our first little book is here so you can walk toward those choices without fear of missing Him. His children have been guided by Him for thousands of years, through deserts and oceans and ordinary Tuesdays, and He has not lost one of them yet.

THE TEACHING

God guides, first and fullest, through His word. The Bible will never lead you anywhere its own pages forbid, and it quietly lights far more of the road than we usually stop to read. When a choice sits in front of you, the first question is always the simplest one. What has God already said about this?

He also guides by His Spirit, that quiet inner knowing believers learn to recognise over time, an ease that settles, or an unease that will not leave you alone. He guides through wise people, those who know Him well and know you truly, and many a believer has been kept out of a ditch by the counsel of a friend who loved them enough to be honest. He guides through circumstances, doors opening and closing, though a door is only ever one sign among many, and never the whole message. Through it all runs His peace, settling in the heart like a hand laid gently on a shoulder. Where His peace is altogether absent, walk slowly, and wait with Him a while.

Here is what to do with an impression you believe may be from God. Test it against Scripture, always, for He never contradicts Himself. Sleep on it when you can, because morning has a clarity

that midnight does not. Say it out loud to a wise believer, and notice whether it stands in the daylight. Then take the next step you already know is right, however small it seems, and trust Him for the one after that. God seldom hands over the whole map at the beginning of a journey. He hands over a lamp, and a next step, and His own company on the road. It has always, always been enough.

READ HIS WORD

"I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you." (Psalm 32:8, NIV)

With my loving eye on you. You are not picking your way alone under a silent sky. You are being watched over, tenderly, by Someone who delights to guide His children home.

SIT WITH THIS

What decision are you carrying right now that you wish God would simply settle for you? If it helps, start here: "Lord, the choice in front of me is..."

Of the ways He guides, His word, His Spirit, wise people, circumstances, His peace, which one have you been quietly neglecting?

WRITE IT DOWN

Write the decision down, and beneath it, everything you already know God has said that touches it. Most believers find the answer was never as missing as it felt. It was scattered, and now, on this page, it is gathered.

LIVE IT

Take the one step you already know is right, today or tomorrow, and leave the rest of the road in His hands. Guidance so often comes to

people who are already walking, lamp in hand, at a pace He can walk beside.

LET'S PRAY

Father, instruct me and teach me the way I should go. Thank You that Your eye rests on me with love. Give me ears for Your word, courage for the next step, and Your peace for the road I cannot yet see. In Jesus' name, Amen.



Closing Pages

MY DECISION

Write it down in ink. One day you will look back at this page and remember where the road began.

My name: _____

The day I asked Jesus into my heart:

The day I was baptized:

The place I was baptized:

The person who baptized me:

The verse I am holding onto:

A PRAYER FOR THE ROAD AHEAD

End where you began, still and close to Him. This prayer comes from the ministry, word for word, and it is our gift for your first days:

"Dear Heavenly Father,

Before I say anything else, I just want to be still with You.

No requests yet. No list. Just me, coming near, because You promised that if I come near to You, You will come near to me.

Quiet my heart. Settle the noise in my head. Let this be a safe place, where I do not need perfect words or polished prayers. You already know what I was going to say.

I am here, Lord. I am Yours. That is enough to begin.

In Jesus' Name, Amen."

Everything from Love Your Legacy is free, and we mean to keep it that way. You were welcomed here before you ever gave a thing, and that will not change.

If this little book has blessed you and you would like to give toward the next one, we receive it with thanks. Your gift helps keep these pages free for the next person who needs them.

Scripture is our foundation. Love is our expression. Legacy is what we leave behind.

STAY CONNECTED

You do not walk this road alone. If you prayed the prayer in this book, or if you need someone to pray with you, we would love to hear from you. Write to us any time at taygodslamb@gmail.com.

With love, The Love Your Legacy ministry



PART TWO · MINI EDITION NO. 2

Baptism

Buried and Raised With Him

“We were therefore buried with him through baptism into death in order that, just as Christ was raised from the dead through the glory of the Father, we too may live a new life.”

ROMANS 6:4, NIV

"We were therefore buried with him through baptism into death in order that, just as Christ was raised from the dead through the glory of the Father, we too may live a new life." (Romans 6:4, NIV)

An opening prayer

Father, thank You for the water, and for the One who went into it ahead of me. As I read these pages, make me ready, in heart and in understanding, to say out loud what You have already done inside me. In Jesus' name, Amen.



1. Before the Water

A WORD BEFORE WE BEGIN

You have said yes to Jesus. Now He invites you to say it in the water, in front of the people who will walk beside you. Do not let the word baptism feel big or strange. It is a picture, a promise, and a celebration, all poured into one brief, beautiful moment. This little book walks toward it slowly, one section at a time.

THE TEACHING

Baptism is a picture you step into. When you are baptized, you are lowered under the water and lifted back up, and the whole thing tells the story of what Jesus did for you. Going under the water pictures His death and your old life being buried. Coming up out of the water pictures His resurrection and your new life beginning.

"Know ye not, that so many of us as were baptized into Jesus Christ were baptized into his death? Therefore we are buried with him by baptism into death: that like as Christ was raised up from the dead by the glory of the Father, even so we also should walk in newness of life." (Romans 6:3-4, KJV)

Baptism is also a public declaration. It is you standing before witnesses and saying, I belong to Jesus now. Jesus Himself asked for it: "Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost:" (Matthew 28:19, KJV)

The first Christians did it as soon as they believed. When Peter preached and the people asked what to do, he told them: "Then Peter said unto them, Repent, and be baptized every one of you in

the name of Jesus Christ for the remission of sins, and ye shall receive the gift of the Holy Ghost." (Acts 2:38, KJV)

Baptism does not save you. The water cannot wash a heart. Only Jesus does that, and He already did it. Baptism is the outside picture of the inside change.

It is not a membership card, and it is not the finish line. It is the starting line, marked in water.

Because Jesus asked for it. Because the first Christians did it. Because some moments deserve to be marked. One day you will look back at your baptism and remember it the way you remember a wedding day. It was the day you said it out loud, in front of everyone, that you were His.

SIT WITH THIS

When you picture your baptism day, what do you feel first? If it helps, start here: "Lord, when I picture the water, I feel..."

Is there anything about baptism that still feels unclear or a little frightening? Name it here. Every question you carry into the next sections is a good one.



2. Buried & Raised — a devotional

Read Romans 6:4 slowly.

"We were therefore buried with him through baptism into death in order that, just as Christ was raised from the dead through the glory of the Father, we too may live a new life." (Romans 6:4, NIV)

Buried with Him. Raised with Him. Paul is not describing a ceremony. He is describing a funeral and a birthday sharing the same water.

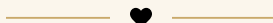
Picture an old coat, worn through, heavy with the weather of the life you used to live. The shame in its pockets. The old name stitched inside it. In baptism, God does not ask you to patch that coat one more time. He buries it. Down it goes under the water, out of sight, done. What comes up is not the coat cleaned up. What comes up is you, new, breathing, blinking in the light like someone who has just been born and cannot stop smiling about it.

That is why believers come up out of the water laughing and crying at the same time. Something true has been told in public, in the oldest language there is. I died. I live. He did both.

Sit with the two halves of the verse before you move on. Buried: what, exactly, is going under? Raised: who, exactly, is coming up?

WRITE IT DOWN

Name one thing from the old life that you are burying, in plain words. Then name one thing about the new life that you are rising to. Leave space between the two. The water goes there.



3. Open Your Bible

Three stories, read slowly, over a few days if you like. Keep a pen in hand. There is no test at the end, only a clearer picture of the water waiting for you.

JESUS IN THE WATER — MATTHEW 3:13-17

Before Jesus preached a sermon or healed anyone, He walked into the Jordan River and asked His cousin John to baptize Him. John protested. Jesus answered that it was right, to fulfil all righteousness. Read the whole passage, and linger here:

"As soon as Jesus was baptized, he went up out of the water. At that moment heaven was opened, and he saw the Spirit of God descending like a dove and alighting on him. And a voice from heaven said, 'This is my Son, whom I love; with him I am well pleased.'" (Matthew 3:16-17, NIV)

Reflect: Why do you think Jesus, who had no sin to bury, went into the water anyway? What does the Father's voice tell you about how heaven feels at a baptism? When you come up out of the water, whose voice will you be listening for?

THE MAN WHO COULD NOT WAIT — ACTS 8:26-39

An Ethiopian official is travelling home, reading Isaiah in his chariot, not understanding a word of it. Philip runs alongside, explains the good news about Jesus, and the man looks at the roadside and asks one of the most eager questions in the Bible: "Look, here is water. What can stand in the way of my being baptized?" (Acts 8:36, NIV)

Reflect: What can stand in the way? Make an honest list of your own answers. Then ask which of them are real, and which are only nerves

wearing a costume. Notice, too, that the man went on his way rejoicing. That is what the other side of the water feels like.

BURIED AND RAISED — ROMANS 6:1-11

Paul's full teaching, the one this little book is built on. Read all eleven verses slowly. Here is the verse to underline:

"In the same way, count yourselves dead to sin but alive to God in Christ Jesus." (Romans 6:11, NIV)

Reflect: Count yourselves. It is an accounting word, a settle-the-books word. What accounts from the old life does this verse invite you to close for good? What does alive to God look like on an ordinary Tuesday?



4. Pause & Reflect

Three questions, the heart of this book. Take them slowly, with tea, over more than one sitting if you need to.

What has Jesus rescued me from? Start small and honest if the big answer feels far away. "Lord, You rescued me from..." and let the sentence finish itself.

What does following Him mean to me now? Not forever, not in theory. Now, in this season, with this life. Start here if it helps: "Following You now looks like..."

Why do I want to be baptized? Write your real reason, not the reason you think you should have. He already knows it, and He is not grading it. Start here: "I want to be baptized because..."



5. My Story

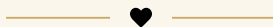
Before the water, there is a story. Yours. Churches often invite the person being baptized to say a few words, and even if yours does not, this page is worth writing. In No. 1 of this series you learned the shape of it: where you were, how you met Him, what has changed.

Write yours here, in pencil if you like. Keep it short enough to say out loud in two minutes, and honest enough that the people who know you best would nod along.

Where I was before Jesus:

How I met Him:

What has changed since:



6. Preparing My Heart

In the days before your baptism, keep things simple and close. Read section 3 again. Pray the opening prayer of this book each morning. Tell the people you love when and where, and let them come and witness it. Practical peace helps a heart stay soft, so here, word for word from this ministry's first booklet, is what to expect on the day:

Every church does it a little differently, but the heart of it is always the same. Here is what usually happens.

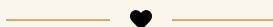
You will wear something simple and comfortable, clothes that can get wet. Bring a towel and a change of clothes. You will step into the water, a baptistry or a pool or a lake or even the ocean. The person baptizing you will ask you about your faith, something simple like whether you believe Jesus is Lord.

Then you will lean back, and they will lower you under the water and lift you right back up. It is quick. It is beautiful. People will cheer. Some will cry happy tears.

If you are nervous about the water, tell the person baptizing you. That is ordinary. They have helped many nervous people before you, and they will take good care of you.

LET'S PRAY

Lord, here is my heart, a few days or a few hours from the water. Quiet every fear that does not come from You. Let me walk into that water the way Jesus walked into the Jordan, trusting His Father completely. In Jesus' name, Amen.



7. My Baptism Day

Fill this page in while the day is still fresh, and keep this little book somewhere safe. Years from now, this may be the most precious page you own. Leave a space on the facing page for a photograph, the wetter and happier, the better.

The day I was baptized:

The place:

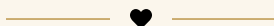
The person who baptized me:

The Scripture spoken over me:

Who was there to witness it:

What I remember most:

What I want to never forget about how God met me:



8. After the Water

You will come home from your baptism with wet hair, a full heart, and, in the days that follow, an entirely ordinary life still waiting for you. The dishes will still be in the sink. This is normal, and it is not a letdown. The new life was never meant to feel like a permanent mountaintop. It is a road, walked daily, in the company of the One who raised you.

Three small things for the first week. Tell your story to one person who was not there, while it is fresh. Go back to church the next Sunday and let your people see you, because your baptism encouraged them more than you know. When the old life knocks, and it will knock, answer it with Romans 6:11 in your own voice: I am dead to that. I am alive to God.

From here, this series walks on with you. No. 3, Prayer, takes seven unhurried days to teach you the conversation that will carry the rest of your life. The water was the doorway. Now comes the walking.

LET'S PRAY

Father, thank You for the water, and for everything it said about me that I could never have said myself. I am buried with Christ. I am raised with Christ. Teach me to live like it, one ordinary, beloved day at a time. In Jesus' name, Amen.

Scripture is our foundation. Love is our expression. Legacy is what we leave behind.

With love, Tay and the Love Your Legacy team



PART THREE · MINI EDITION NO. 3

Prayer

Seven Days of Learning to Talk With God

"The Lord is near to all who call on him, to all who call on him in truth."

PSALM 145:18, NIV

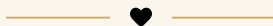
"The Lord is near to all who call on him, to all who call on him in truth." (Psalm 145:18, NIV)

An opening prayer

Father, teach me to pray. Not to perform, not to impress, not to find prettier words. Just to come to You, the way a child comes to a father who is already listening. Walk with me through these seven days. In Jesus' name, Amen.

A word before the seven days

Seven days, taken slowly, one each day if you can. There is no catching up and no falling behind. If a day takes you three days, it was still Day One done well. Keep a pen near. Let the pages get messy. Prayer is not a subject to master. It is a conversation to live in, and conversations are learned by having them.



Day One — Come As You Are

READ HIS WORD

"Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need." (Hebrews 4:16, NIV)

With confidence. Not with your best behaviour, not with your words rehearsed. With confidence, the way a child climbs into a lap that has never once been closed to her.

THE DEVOTIONAL

Prayer is talking to God, and it is simpler than you think. These are Tay's own words from the ministry, and they are the best place to start:

"Come as you are. No fancy words needed. Talk to Him like a Father who loves you, and tell Him what is really going on, not the polished version. Listen too. Prayer is a conversation, not a speech. When you are done, just say Amen. That is it. You are praying."

Start today. Find a quiet spot, a chair or a corner, and tell Him what is on your heart. "Jesus slipped away to quiet places, and so can you."

Most people delay prayer until they feel presentable. God invites you before that. The throne is a throne of grace, and grace is for the unpresentable, the unfinished, the ones who arrived in their kitchen clothes with tears still wet. Come as you are today. He has never once wanted the polished version of you. He wants you.

OPEN YOUR BIBLE

Read Psalm 62:8. "Trust in him at all times, you people; pour out your hearts to him, for God is our refuge." Pour out, the way you tip a full pitcher and let it all go. What would change about your praying if you poured instead of presented?

SIT WITH THIS

What is the unpolished version of what is on your heart today? If it helps, start here: "Father, the real thing going on with me is..."

WRITE IT DOWN

Write today's prayer to Him in plain words, exactly as it comes. Leave the crossed-out words in. They are part of the honesty.

LET'S PRAY

Father, here I am, as I am. I receive Your mercy, and I find Your grace, and I thank You that the door was never locked. In Jesus' name, Amen.



Day Two — Our Father

READ HIS WORD

"Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors.

And lead us not into temptation, but deliver us from the evil one." (Matthew 6:9-13, NIV)

Jesus did not give us a script to recite at speed. He gave us a shape, like a hand to hold while we learn to walk.

THE DEVOTIONAL

Walk the prayer slowly, one line resting in your hands at a time. Our Father: you are not approaching a stranger or a judge first. You are approaching a Father, and not yours alone, ours, which means this prayer makes a family of everyone praying it. Hallowed be your name: before any asking, there is honouring, a settling of the heart in who He is. Your kingdom come, your will be done: prayer bends our will toward His, and discovers, bending, that His will was kinder than ours all along. Give us today our daily bread: today, bread, enough. God teaches His children to live one day at a time in His hands. Forgive us our debts, as we forgive: receiving and releasing, tied together in one breath. Lead us not into temptation, but deliver us: a child asking a Father to steer the road away from the cliff edge.

Pray it today one line at a time, and after each line, say the line's meaning back to Him in your own words. That pause is where the prayer becomes yours.

OPEN YOUR BIBLE

Read Matthew 6:5-8, the words just before the prayer. Jesus warns against praying to be seen, and against babbling on as if God needed convincing. Then He says the gentlest sentence in the chapter: "for your Father knows what you need before you ask him." Reflect: If He already knows, why ask at all? What does asking do in you that receiving without asking never could?

SIT WITH THIS

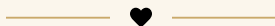
Which line of the prayer do you rush past? If it helps, start here: "Father, the line I always hurry over is..." Stay with that one today.

WRITE IT DOWN

Write the Lord's Prayer out in your own words, line by line, as you would say it at your own table. Keep your version. It is allowed to grow as you do.

LET'S PRAY

Our Father in heaven, hallowed be Your name. Let Your kingdom come in my small world today, and let Your will be done in me the way it is in heaven, gladly. In Jesus' name, Amen.



Day Three — When You Don't Know What to Say

READ HIS WORD

"In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for God's people in accordance with the will of God." (Romans 8:26-27, NIV)

We do not know what we ought to pray for. Paul wrote that about all of us, and heaven treats it not as a failure but as the very place the Spirit steps in.

THE DEVOTIONAL

There will be days the words will not come. A hospital corridor. A phone call. A kitchen at 2 AM with the kettle cold beside you. On those days you may sit in front of God with nothing but tears, and feel you have failed at prayer entirely.

Hear this from Scripture's own mouth. Wordless is not prayerless. The Spirit of God Himself takes your groaning, your silence, your one-word help, and He carries it to the Father translated into exactly what you meant. You are never praying alone, and you are never praying badly when all you can bring is your presence and your pain.

Some prayers in the Bible are long and beautiful. One of the holiest is two syllables long. Jesus, hold me, prayed at the bottom of the valley, is heard in heaven as clearly as any cathedral choir. Bring Him the small true thing. He knows what to do with it.

OPEN YOUR BIBLE

Read 1 Samuel 1, the story of Hannah. She prayed in such silent anguish that Eli the priest thought she was drunk. Her answer is one of the bravest lines in Scripture: "I was pouring out my soul to the Lord." Reflect: What have you been holding in because it felt too raw to say? What would pouring it out look like for you, today, honestly?

SIT WITH THIS

Is there a prayer you have stopped praying because the words ran out? If it helps, start here: "Lord, about this, I have nothing left to say except..."

WRITE IT DOWN

Write the prayer you cannot say. If sentences will not come, write single words, names, dates. God reads fragments the way a mother reads a child's face, completely.

LET'S PRAY

Holy Spirit, pray in me what I cannot say. Take the groaning and the silence and carry them home to the Father. I trust You with the words I do not have. In Jesus' name, Amen.



Day Four — Praying God's Word

READ HIS WORD

"Your word is a lamp for my feet, a light on my path." (Psalm 119:105, NIV)

THE DEVOTIONAL

One of the surest ways to pray is to borrow God's own words and pray them back to Him. Not because He needs reminding. Because we do. When you pray Scripture, you are agreeing with heaven out loud, and your heart learns to want what He wants by saying what He said.

Here is a simple way, four small movements. Read a verse slowly. Thank God for what it shows about Him. Confess where your life has not matched it, without shame, the way you would straighten a picture in His house. Ask Him for what the verse holds, for yourself and for the people on your heart. That is all. A single verse, prayed this way, can carry a whole morning.

Start with Psalm 23 if you do not know where to begin. The Lord is my shepherd: thank You that You lead me. I lack nothing: forgive me for the hours I lived as if I were abandoned. Walk through it line by line and watch it turn into the most personal prayer you have prayed in weeks.

OPEN YOUR BIBLE

Read Daniel 9:1-19. Daniel is reading Jeremiah's prophecy when prayer breaks out of him. The word of God he had just read becomes the prayer he prays, confession, mercy, and God's own promises carried back to God's own ears. Reflect: Which promise of God have you read but never actually prayed? What changes when

you bring His own words back to Him, respectfully, like a child reminding a father of a promise the father is delighted to keep?

SIT WITH THIS

Choose one verse you love. Read it again as a prayer in waiting. Where does it ask to be thanked for, confessed, or claimed? Start here: "Lord, Your word says... and so I am asking..."

WRITE IT DOWN

Write out your chosen verse, and beneath it, your prayer built from it, in your own words. Keep this page. You will pray it again.

LET'S PRAY

Father, thank You for giving me words when mine run thin. Teach me to pray Your word back to You, until it sounds like my own heart speaking. In Jesus' name, Amen.



Day Five — Listening & Waiting

READ HIS WORD

"Be still, and know that I am God." (Psalm 46:10, NIV)

"The Lord is good to those whose hope is in him, to the one who seeks him; it is good to wait quietly for the salvation of the Lord." (Lamentations 3:25-26, NIV)

THE DEVOTIONAL

Prayer is a conversation, and conversations have two directions. Most of us were taught to bring God our words. Fewer of us were taught to bring Him our quiet, and to expect Him, in His own time and way, to speak into it.

Listening in prayer is not emptying your mind into a void. It is settling, the way tea settles as it steeps, and letting what He has already said rise to the top. He speaks clearest through His word, which is why listening usually begins with an open Bible and an unhurried heart. He speaks through a verse that will not leave you, through a godly friend's offhand sentence, through a deep settling of peace. He is rarely in a hurry, and His silence is never His absence. A father can be in the room, fully present, saying nothing, because nothing needs saying yet.

Waiting is the part nobody volunteers for, and the part where the deepest roots grow. If you are waiting on God about something today, you are not behind in your faith. You are in one of its holiest rooms.

OPEN YOUR BIBLE

Read 1 Samuel 3. A boy hears his name in the night and learns, from an old priest, the five words that open a lifetime of listening:

"Speak, Lord, for your servant is listening." Reflect: When did you last give God silence long enough to finish a sentence? What might He have been saying lately, through His word or His people, that you have been too hurried to hear?

SIT WITH THIS

What are you waiting on God for, right now, said plainly? If it helps, start here: "Lord, the thing I am waiting for is..." Then practise the hardest line in this book: and I will wait with You, not apart from You.

WRITE IT DOWN

After five minutes of quiet today, write anything that surfaced, a verse, a name, a settling, a single word. Write also what the silence felt like. Honest records of waiting become precious later.

LET'S PRAY

Lord, speak, for Your servant is listening. Quiet me enough to hear You, and give me the grace to wait well, close to You, for as long as the waiting lasts. In Jesus' name, Amen.



Day Six — Praying for Others

READ HIS WORD

"For this reason, since the day we heard about you, we have not stopped praying for you. We continually ask God to fill you with the knowledge of his will through all the wisdom and understanding that the Spirit gives." (Colossians 1:9, NIV)

Paul prayed, without stopping, for people he had never met. Love prays at a distance, and heaven does not charge for the miles.

THE DEVOTIONAL

Intercession is a long word for a simple, tender act: standing between God and someone you love, and saying their name in His presence. You will do some of your holiest work this way, unseen, in kitchens and cars and hospital parking lots, for people who may never know it was you.

Pray for others the way Paul did, specifically. Not a vague bless them, though God receives even that kindly. Name their need. Name His promise over it. Pray for their courage, their marriage, their prodigal, their diagnosis, their sleep. Specific prayers build a specific kind of love, because you cannot carry a person's name to God daily and stay indifferent to them. Prayer is how God softens us toward the very people we pray for.

Keep a small list. Names fade from memory faster than they fade from God's heart, so write them down, and let this little book's page be the first list you keep.

OPEN YOUR BIBLE

Read Ephesians 6:18. "And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and

always keep on praying for all the Lord's people." All occasions, all kinds, all the Lord's people. Reflect: Who taught you, by their example, what it means to keep on praying for someone? Whose name has God quietly placed on your heart this week?

SIT WITH THIS

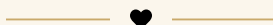
Who needs your prayers most right now, and what exactly will you ask for them? Start here: "Father, for her, for him, I am asking You for..."

WRITE IT DOWN

Begin your prayer list on this page. Names, and beside each, one line, the need, and today's date. Leave room. Answered prayers deserve to be recorded beside the asking.

LET'S PRAY

Father, I bring You the people I love, by name. You know what each one needs before I say it, and still You let me say it, because You are kind. Meet them where I cannot reach. In Jesus' name, Amen.



Day Seven — A Life of Prayer

READ HIS WORD

"Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus." (1 Thessalonians 5:16-18, NIV)

Pray continually. Not pray anxiously, not pray formally, all day long. Pray the way you breathe, because you have discovered that the God you were visiting in the morning has been walking with you all along.

THE DEVOTIONAL

Seven days ago, prayer may have felt like a place you had to go and behave in. Look where you are now. You have come as you are. You have prayed your Father's own prayer. You have prayed wordless, and prayed His word back to Him. You have listened, and waited, and carried other people's names into His presence. There is one gift left in this little book, and it is the largest: a life of prayer.

A life of prayer is not a life spent on your knees. It is a life spent aware. The kettle goes on, and gratitude rises with the steam. The hard email arrives, and help is asked before panic sets in. Someone's face crosses your mind at the grocery store, and instead of dismissing it, you learn to say their name to God right there between the aisles. Prayer stops being an event on your schedule and becomes the air your day breathes.

Daniel prayed three times a day with his windows open, in ordinary faithfulness, long before the lions. That is why, when the crisis came, he knew exactly where to kneel. Build your small rhythms now,

morning, mealtimes, the drive, the last waking minute, and they will hold you on the days when nothing else feels like it can.

This little book ends here, but the conversation does not. He is near to all who call on Him. Call on Him for the rest of your life.

OPEN YOUR BIBLE

Read Daniel 6:10. "Now when Daniel learned that the decree had been published, he went home to his upstairs room where the windows opened toward Jerusalem. Three times a day he got down on his knees and prayed, giving thanks to his God, just as he had done before." Just as he had done before. Reflect: What small rhythm of prayer could you keep, just as you have done these seven days, so that it is already standing when you need it most?

SIT WITH THIS

What has changed in how you think about prayer since Day One? If it helps, start here: "Lord, I used to think prayer was... and now I am learning it is..."

WRITE IT DOWN

Write your rhythm here. The times and places you will meet Him daily, small enough to keep, real enough to matter. Then write the date. A year from now, this page will make you smile.

LET'S PRAY

Father, thank You for these seven days, and for every day of prayer still ahead of me. Keep me near. Teach me to live aware of You, grateful in all circumstances, and quick to call Your name. This is the life I want. In Jesus' name, Amen.

Scripture is our foundation. Love is our expression. Legacy is what we leave behind.

With love, Tay and the Love Your Legacy team

Next in this series: No. 4, Fasting — preparing the heart and body to seek God.



PART FOUR · MINI EDITION NO. 4

Fasting

Hungry for More of Him

“Return to me with all your heart, with fasting... for he is gracious and compassionate, slow to anger and abounding in love.”

JOEL 2:12-13, NIV

“Even now,’ declares the Lord, ‘return to me with all your heart, with fasting and weeping and mourning.’ Rend your heart and not your

garments. Return to the Lord your God, for he is gracious and compassionate, slow to anger and abounding in love." (Joel 2:12-13, NIV)

An opening prayer

Father, I did not come to this little book to impress You. I came because I am hungry for more of You than my ordinary days have held. Teach me to fast the way Your people always have, with a soft heart and my eyes on You. In Jesus' name, Amen.



I. What Fasting Is

A WORD BEFORE WE BEGIN

Somewhere along the way, most believers hear the word fasting and feel one of two things: guilt, because they never do it, or fear, because it sounds extreme. Set both down here. Fasting in the Bible is neither a punishment nor a performance. It is a hunger, deliberately chosen, that says with the body what the heart has been saying all along: Lord, I need You more than I need bread.

THE TEACHING

To fast is to set aside food, or something else your body and day lean on, for a set time, so that your hunger has somewhere to go: toward God. Every pang becomes a prayer reminder. Every mealtime you would have sat down to becomes a chair you sit in with Him instead.

Hear what fasting is not. It is not a way to twist God's arm. It does not earn answers, and it does not make you more loved. You are loved at the full measure already; No. 1 of this series will not let you forget it. Fasting does not change God's heart toward you. It changes your heart's attention. It clears the table of the noise so the one voice you most need can be heard without competition.

Fasting comes in more than one shape. There is the simple fast, water only, for a day or a few days, the kind Jesus assumed His followers would practise. There is the partial fast, Daniel's way, setting aside rich foods and eating simply for a season. There is fasting from things beyond food, media, sweet things, comforts, noise, for those whose bodies cannot fast from meals. Every one of them, offered honestly, is received. The kind matters far less than the heart.

READ HIS WORD

"When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you." (Matthew 6:16-18, NIV)

When you fast, Jesus said. Not if. He spoke of fasting the way He spoke of giving and praying, as an ordinary rhythm of a life that belongs to God. And He placed it where it belongs: between you and your Father, in secret, where the truest things grow.

SIT WITH THIS

What is your honest first feeling about fasting, and where did it come from? If it helps, start here: "Lord, when I hear the word fasting, I feel..."

What are you actually hungry for? Say it plainly, underneath all the acceptable answers.



2. People Who Fasted

Open your Bible slowly across these five. Each one fasted at a different doorway of life. One of them is probably yours.

Esther, before the impossible ask (Esther 4). A young queen about to risk her life by approaching a king uninvited. Her instruction to her people: "Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day." Reflect: Esther did not fast alone. Who could you ask to fast with you, or for you, at your doorway?

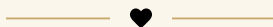
Daniel, for understanding (Daniel 9 and 10). An old man in exile, reading God's promises, mourning over what he cannot fix. In chapter 10 he eats no rich food for three weeks, and heaven sends him this word: "Since the first day that you set your mind to gain understanding and to humble yourself before your God, your words were heard." Reflect: The answer began travelling on day one. What might already be moving in heaven because you set your heart to seek Him?

Anna, for a lifetime (Luke 2:36-38). A widow in her eighties who "never left the temple but worshiped night and day, fasting and praying," and who was standing right there, at exactly the right hour, when the baby Jesus was carried in. Reflect: Anna's fast was not an event. It was an address. She lived at the place of prayer. What does her steadiness say to your hurry?

Jesus, before the battle (Matthew 4:1-11). Forty days in the wilderness, hungry, and tempted at the point of His hunger. His answer to the tempter is the sentence this whole book stands on: "Man shall not live on bread alone, but on every word that comes from the mouth of God." Reflect: The fast did not weaken Jesus for

the battle. It readied Him. What battle are you actually preparing for?

The church, before the sending (Acts 13:1-3). Leaders in Antioch, worshipping and fasting, when the Holy Spirit spoke the names of the first missionaries. They fasted, prayed, laid hands, and sent them off. Reflect: Some guidance only seems to come at the empty table. What decision in your life might be waiting on the far side of a fast?



3. The Heart of the Matter

READ HIS WORD

Read Isaiah 58 slowly, all of it, and linger on the question God asks His people, who were fasting faithfully and wondering why heaven felt silent: "Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Is it not to share your food with the hungry and to provide the poor wanderer with shelter, when you see the naked, to clothe them?" (Isaiah 58:6-7, NIV)

THE TEACHING

Isaiah 58 is the mirror every faster must eventually stand in front of. God's people were fasting, and fasting correctly, and nothing was moving, because their hearts were pointed at themselves the whole time. They fasted to be seen by God while exploiting the people God loved. Heaven's answer is one of the most beautiful passages in the Bible. The fast God chooses always ends at a table with room for someone else. It loosens chains. It shares bread, which is a rich joke from heaven, since the faster has set bread aside precisely in order to have more of it to give.

So before you fast, let this chapter do its gentle work. Check the motive without fear. Are you fasting to seek Him, or to be seen seeking Him? To hear His voice, or to hand Him yours? There is no shame in finding mixed motives. There is only honesty, and He receives honesty the way He receives everything true. Bring the mixture to Him and let the fast itself purify it as you go.

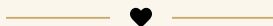
SIT WITH THIS

Where is your heart's motive mixed, said tenderly and plainly? If it helps, start here: "Father, part of me wants this fast because..."

Who might God want at your table, fed and freed, as part of this fast? Ask Him, and write the first name that comes.

WRITE IT DOWN

Write your Isaiah 58 sentence here: "On the far side of this fast, Lord, let there be..." and finish it with a person, a freedom, a table widened.



4. Preparing to Fast

A few days of gentle preparation will carry you further than a sudden, heroic leap. Decide the kind of fast and its length before you begin, and write them down. Beginnings that are decided in advance do not have to be renegotiated at every pang of hunger.

Decide the purpose. Section 5 of this book is a page made for it. A fast with a named matter before God is a different experience from a fast that is only an empty stomach looking for meaning.

Tell one trusted person. Not the world; Jesus was clear about that. One person, who will pray for you and check on you, and who can hand you a glass of juice and a wise word if you become unwell.

Prepare the body gently. In the day or two before, eat simply, drink water generously, and step down from caffeine so the fast is not fought on two fronts. During the fast, rest more than you think you need to. Hunger is not the only voice the body raises. Listen to all of them with respect.

A word of care, and it matters. If you are pregnant, nursing, taking medication, living with diabetes or any condition that food affects, or if you have ever walked through an eating disorder, please talk with your doctor and a trusted pastor before fasting from food.

There is no failure in that conversation, and there are other fasts, from media, from noise, from sweet comforts, that God receives just as gladly from a careful heart. He is not honoured by our harming the body He made. He is honoured by our seeking Him with all the wisdom He gave us.

SIT WITH THIS

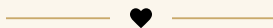
What kind of fast fits your body, your season, and your matter before God, honestly? Write your decision below, and let simplicity

win over impressiveness. A one-day fast kept in love outweighs a seven-day fast kept in pride.

My fast will be: _____ For how long:
_____ Beginning: _____

LET'S PRAY

Lord, I set this fast before You as I prepare it. Guard my motives, guard my body, and let the hunger I am about to feel become a doorway and not a distraction. I am seeking You. In Jesus' name, Amen.



5. What I Am Praying About

This page is the centre of the book. Fill it in before the fast begins, and return to it at every hunger pang. When the stomach speaks, let this page answer.

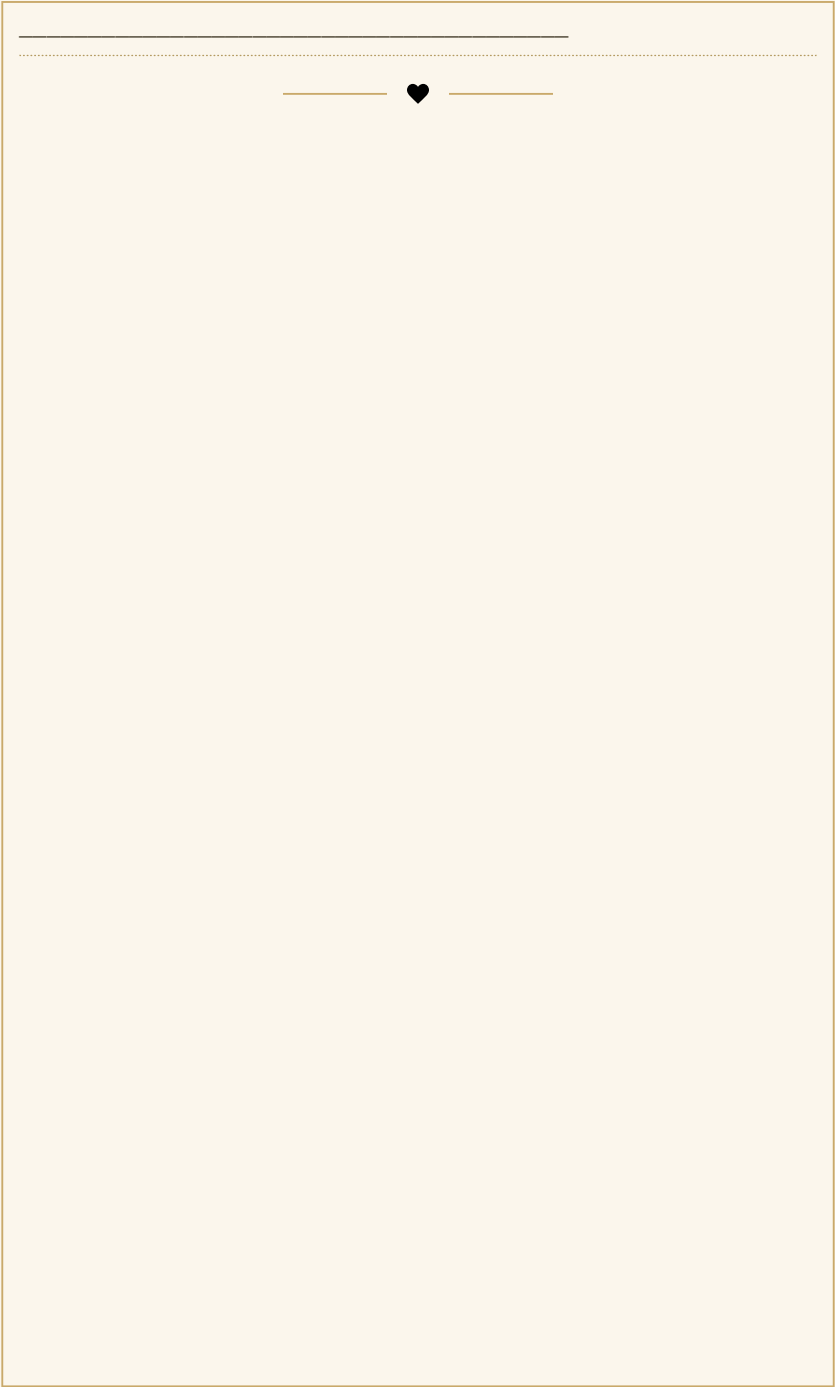
The matter I am bringing to God in this fast:

The Scriptures I am standing on (write the references, and keep them open nearby):

What I believe God has already said about this matter:

What I am asking Him for, in plain words:

For whom else am I fasting, and what am I asking for them:



6. Scriptures for the Fast

Keep this page open beside you. When hunger rises, read one aloud. Let God's word be the food that answers the body's complaint.

When you are hungry for God Himself: "As the deer pants for streams of water, so my soul pants for you, my God. My soul thirsts for God, for the living God. When can I go and meet with God?" (Psalm 42:1-2, NIV)

When you need strength to continue: "but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint." (Isaiah 40:31, NIV)

When you need guidance: "and if you spend yourselves in behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in the darkness... The Lord will guide you always; he will satisfy your needs in a sun-scorched land." (Isaiah 58:10-11, NIV)

When you need to remember His nearness: "The Lord is near to all who call on him, to all who call on him in truth." (Psalm 145:18, NIV)

When the matter is heavy and old: "if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land." (2 Chronicles 7:14, NIV)



7. During the Fast

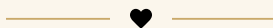
Keep the days simple. At the hours you would have eaten, sit with Him instead. Read one of the Scriptures from section 6. Pray the matter on your page in section 5, out loud where you can. Keep water near and drink it without apology. Hunger will come in waves, and waves, every faster learns, also go.

Write a line or two each day. Not a report. A record. God often speaks in things too small to remember and too precious to lose.

Day by day, what I noticed, heard, and carried:

LET'S PRAY

Father, here in the middle of the hunger, I am still Yours and You are still near. Let every pang turn my face toward You. Speak, Lord. Your servant is listening, and a little emptier than usual, on purpose. In Jesus' name, Amen.



8. After the Fast

Break your fast gently, with simple food, in small amounts, and with thanksgiving said out loud. Your body has been a servant in this. Treat it kindly on its way back to the table. Then, before the days blur, sit with this page while the fast is still fresh in you, and answer slowly.

What did God teach me about Himself?

What did He teach me about my own heart?

How did He answer the matter I brought Him, or how is He answering it still?

What did Isaiah 58 leave in me? Who is at my table now who was not before?

What will I carry forward, one rhythm, one conviction, one kindness?

Some answers arrive like Daniel's, with a delay the angels could explain and we cannot. If your matter is not resolved, your fast was not wasted. Heaven heard from the first day. Write the date you began, and leave a blank line beneath it in faith. There are lines in

our lives that God fills in later, in His own handwriting, and they are usually the most beautiful ones on the page.

LET'S PRAY

Father, thank You for the empty table and everything You set on it. You fed me in ways bread never could. Whatever You have begun in me in these days, finish it, gently, in Your time. I remain Yours, hungry for You above all. In Jesus' name, Amen.

Scripture is our foundation. Love is our expression. Legacy is what we leave behind.

With love, Tay and the Love Your Legacy team

Next in this series: No. 5, Held by Hope — for the grieving heart.



PART FIVE · MINI EDITION NO. 5

Held by Hope

For the Grieving Heart

"The Lord is close to the brokenhearted and saves those who are crushed in spirit."

PSALM 34:18, NIV

For the one who is grieving.

"The Lord is close to the brokenhearted and saves those who are crushed in spirit." (Psalm 34:18, NIV)

An opening prayer

Lord, I do not have strength for long prayers right now. Be close.
That is my whole prayer. Be close. Amen.



A Word at the Door

Come in slowly. There is no schedule in this little book, and nothing in it will ask you to hurry, or to be finished, or to feel better by a certain page.

Read it in any order. Skip what you cannot bear today and come back to it in a year; it will keep. Put it down for a month if you need to. Grief is not a course to complete. It is a country to live in for a while, and this book is only a small lamp and a chair by the road.

One thing before you begin, because it matters more than anything else in these pages: God is not standing at a distance from your grief, waiting for you to compose yourself. He is close to the brokenhearted. Close is the word Scripture chose. Nearer than the people who do not know what to say. Nearer, some days, than your own next breath feels.

A gentle word, and then we will go on together: if the darkness ever stops feeling like grief and starts feeling like danger, if you ever think you might harm yourself, reach for a person before a page. Call or text 988, any hour, in Canada and the United States, and let a living voice stay with you. Reaching for help is not a failure of faith. It is one of the ways God sends His help walking toward us on two feet.



I. Close to the Brokenhearted

READ HIS WORD

"The Lord is close to the brokenhearted and saves those who are crushed in spirit." (Psalm 34:18, NIV)

"Jesus wept." (John 11:35, NIV)

SIT WITH THIS

Jesus stood at the grave of His friend Lazarus, knowing, absolutely knowing, that in a few minutes He would call the man out of the tomb alive. And He wept first.

Let that settle over you like a blanket. The Son of God did not skip the tears on His way to the miracle. He did not tell the grieving sisters to calm down because a resurrection was scheduled. He stood in the graveyard with them, and His face was wet, and heaven did not consider it a lack of faith. It was love, arriving in the form grief recognizes.

Your tears, then, are not the opposite of your faith. On the hardest days, they may be the truest form it takes. The One who wept at a grave He was about to empty will not be embarrassed by yours. He will be close. It is the promise He made, and He keeps His promises in graveyards especially.

A SMALL PRAYER

Jesus, You wept. Sit with me in this and do not rush me. Amen.



2. Permission to Lament

READ HIS WORD

"How long, Lord? Will you forget me forever? How long will you hide your face from me? How long must I wrestle with my thoughts and day after day have sorrow in my heart?" (Psalm 13:1-2, NIV)

"But I trust in your unfailing love; my heart rejoices in your salvation. I will sing the Lord's praise, for he has been good to me." (Psalm 13:5-6, NIV)

SIT WITH THIS

Did you notice where those verses live? The same psalm. The same man. David begins with how long, Lord, will you forget me forever, and he ends, six short verses later, singing. Nothing in David's circumstances changed between verse 1 and verse 6. What changed is that he said all of it, out loud, to God, and stayed in the room until the room felt different.

Roughly a third of the Psalms are laments, prayers that argue, ache, and ask why. God did not edit them out of His book. He preserved them, canonized them, and handed them to His grieving children as our own prayer language. Lament is not faith failing. Lament is faith refusing to let go of God in the dark. It says: You are the one I am angry with, and You are the only one I am running to.

So you have heaven's permission to say it plainly here. How long. Why. Where were You. God can hold your hardest questions the way He held David's, by staying.

WRITE IT DOWN

Write your lament here, unedited. Start with how long, if that is where you are, and write until you run out. He will still be in the room when you finish.



3. Under His Wings

READ HIS WORD

"He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart." (Psalm 91:4, NIV)

SIT WITH THIS

Somewhere in this season you may discover that you do not need answers nearly as much as you need shelter. Answers can wait for another year. What the grieving heart asks for, most days, is a place to be small and held, out of the weather, where nothing is required.

That is the picture Scripture gives you. Not a lecture hall. A wing. A mother bird settling over her young in the storm, her own body the wall between them and the wind. Under His wings you do not have to be brave, or productive, or an inspiration to anyone. You only have to be tucked. His faithfulness is the shield. Your only work is to stay where the feathers are.

On the days you cannot pray, picture that, and let the picture be the prayer. He understands pictures. He made this one.

OPEN YOUR BIBLE

Read Ruth, chapter 1. Naomi buried her husband and both her sons in a foreign country, and she said the most honest sentence a grieving woman ever said in Scripture: "Call me Mara, because the Almighty has made my life very bitter." Heaven did not rebuke her for it. Heaven answered her with Ruth, a daughter-in-law who refused to leave, and then, slowly, with a field, a kinsman, a baby on her lap in her old age, and a place in the family line of Jesus Himself.

Reflect: God let Naomi rename herself Bitter, and then He spent the rest of the book quietly proving her story was not finished. Where might He be answering you, already, in a form you have not recognized yet?



4. What I Miss About You

A remembrance page. Take it slowly. There is no length this is supposed to be, and tears on the page are allowed. This is not homework. This is a chair pulled up to a memory, for as long as you want to sit in it.

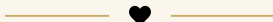
I miss the sound of:

I miss the way you:

I miss what we used to:

An ordinary day with you that I would live over again:

What I wish I could tell you today:



5. What I Never Want to Forget

Grief plays a frightening trick sometimes: it makes us fear the details will fade. The laugh. The sayings. The way they took their tea. Write them down here, while they are close, where time cannot take them. Forgetting a small detail someday is not betraying them. Love is not measured in recall. But what you set down here will be here, and that is a comfort worth having.

Their laugh sounded like:

Things they always said:

Their hands:

What they taught me without ever calling it teaching:

How they loved people:

How they would want to be remembered:



6. Prayers When Words Are Difficult

Borrow these. They are yours now. Pray them as they stand, or let one line carry you and leave the rest.

For the empty chair

Lord, the chair is empty and I feel it in every room. Sit with me in the missing. Let the love remain even though the presence is gone, and teach me how to carry both. Amen.

For the night

Lord, the nights are the longest part. Stay awake with me in this one. Cover me with Your feathers, quiet my heart the way You quieted storms, and let me sleep inside Your nearness. Amen.

For the anniversary, and the days that ambush

Lord, this date will always hurt. I am not asking You to take the hurt away. I am asking You to be in it with me, as close as You were on the day itself. Hold what I cannot hold today. Amen.

For when everyone else has moved on

Lord, the world has gone back to its pace and my heart has not. Thank You that Yours has not either. You are not finished grieving with me, and You are not in a hurry. Stay. Amen.

One-line prayers, for when even a paragraph is too much

Jesus, hold me. Lord, be close. I trust You, and it hurts. Stay with me tonight.



7. Where I Am Finding God Today

This page is not gratitude practice, and it will not ask you to be thankful for the loss. Never for the loss. It is a page for sightings: the small ways God has been turning up in the middle of the sorrow, so quiet you might have missed them if grief had not slowed you down enough to see.

A kindness that found you:

A moment you felt held:

Something that made you breathe again, briefly:

A sign, if that is not too strong a word, that heaven is nearer than it feels:

Write them as they come, over weeks, over months. A page like this fills slowly, and that slowness is its own kind of honesty.



8. Held by Hope

READ HIS WORD

"Brothers and sisters, we do not want you to be uninformed about those who sleep in death, so that you do not grieve like the rest of mankind, who have no hope." (1 Thessalonians 4:13, NIV)

"He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain." (Revelation 21:4, NIV)

SIT WITH THIS

Read the apostle's sentence carefully. He does not say believers do not grieve. He says we do not grieve like those who have no hope. The grief is real on both sides of that line. On this side, it simply is not the whole story, because death is not the end of the story. For the one who died in Christ, and for you who remain in Him, this separation has an expiry date written on it by heaven itself.

Hope, for the grieving, is rarely a feeling. Most days it is a handhold. You will not always feel held by it, so let it hold you the way a railing holds a climber on a dark stair, whether or not she can see the steps. One day, and no one can tell you which day, you will laugh at something and feel surprised by your own laughter, and that will not be betrayal. That will be life, returning the way spring returns, without asking winter's permission.

Until then: you are close to the heart of a God who wept at a grave, who shelters the crushed under His wings, and who has promised, in writing, to wipe the tears away Himself. Held is the truest word for you. Held in the grief. Held through it. Held by hope, all the way home.

LET'S PRAY

Father, I do not understand this season, and some days I can barely stand in it. Hold me anyway. Be close on the days I feel You and close on the days I do not. Keep my loved one in Your keeping, and keep me in Your wings, until the morning when every tear is wiped away by Your own hand. In Jesus' name, Amen.

Scripture is our foundation. Love is our expression. Legacy is what we leave behind.

With love, Tay and the Love Your Legacy team

If this little book found you in a hard season, the Prayers page at loveyourlegacy.ca is always open, and someone will pray with you by name.