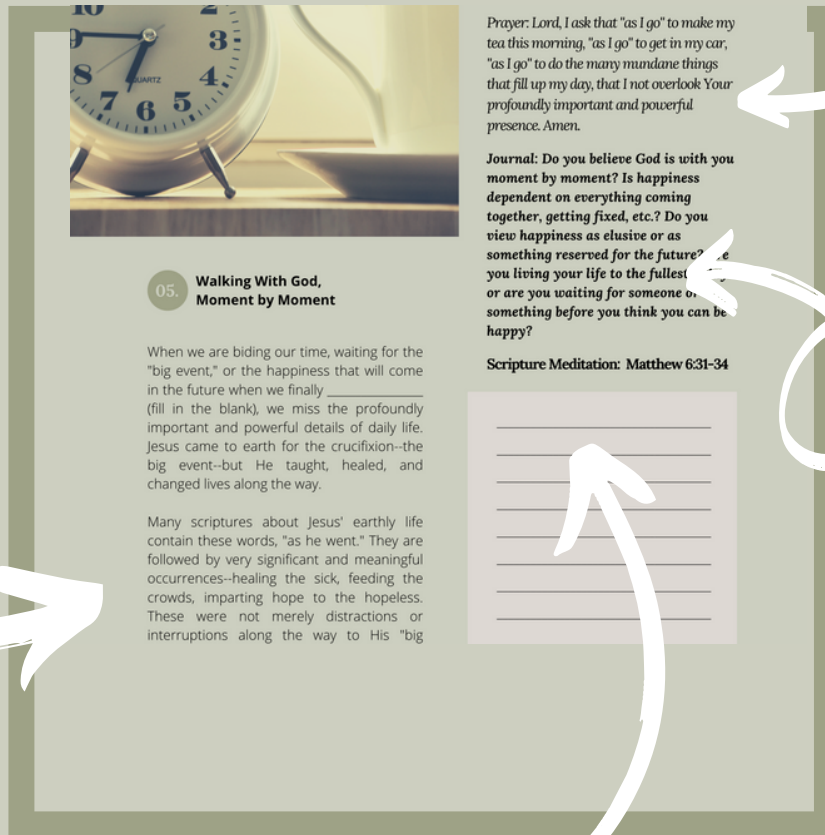


Enjoy your free download.

Make the most of this 14-day journal excerpt from the book *One Touch - The Story of an Awakened Heart*.

14 short devotionals from the heart of author Susan Lana Hafner



a simple prayer to help apply these life-changing concepts

a quick journal topic to process your thoughts while you talk to God

scriptures to meditate on - apply God's Word to each devotional for a deeper understanding

One Touch Journal

Susan Lana Hafner

One Touch - The Story of an Awakened Heart

You know how yearbooks used to list "Most Likely to Succeed"? Well, if they had held nominations for "Most Likely to Fail," I guarantee you my picture would have been there-front and center! And I'm sure the vote would have been unanimous.

Getting Past the Past

I thought when I became a Christian that all the pain from my past was strangling the life out of me on a daily basis until I finally found healing. I want to help you too. I don't believe you have to relive your past but if you have persistent issues sabotaging you, I invite you, I implore you, to recognize it's not just in your past. Those issues are real in the here and now so please let the Lord bring healing. Everyone has issues to work through or we ignore them at our own peril and keep getting tripped up by failure, shame, frustration, guilt, depression, addictions or other methods of coping.



You may have hopes and dreams simmering on the back burner about to burn up or possibly, they're already burned to ashes. Be encouraged; God promises He can give beauty for ashes. He takes the impossible and makes it possible. I'm a living example of that.

I designed this companion guide to be a tool to get you out of your *stuckness* and on with the life He has planned for you. It touches on issues from my past that I had to resolve and which, with God's help, I found victory over. He will do the same for you because He loves us each the same.

"I realized afresh how marvelous God's grace is--the miracle of His mysterious workings in our lives and His exceeding love for us."

**-Thetus Tenney
Co-Author, *How to Chase God
While Chasing Kids***

Journaling

An important part of this guide is to encourage you to journal. I love to chat with God as I write. I get a clearer understanding after baring my soul to Him. I hope journaling helps bring healing to your heart also as you share your private thoughts with Him.

God bless you on your continued journey,
and remember, One Touch from God is
greater than all the world can offer.

01. A Different Kind of Love

Love. It means many things to us human beings. Sometimes it seems so elusive.

Often we resist His love, because we equate it with man's very imperfect way of loving. We often mistakenly think that God's love for us is merely a bigger form of our kind of love. It is not! Human love is marred by requirements, judgment, and disloyalty.

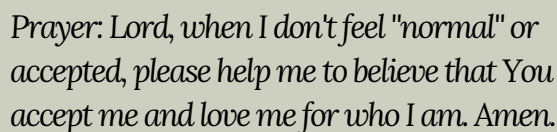
Opening our hearts to God's amazing, indefinable, limitless love can free us to love and be loved.

Prayer: Lord, I want to know in my life, my circumstances, my situations, You're unconditional, constant love for me. Amen.

Journal: Have you been limiting God's activity in your life by boxing Him in to your small human way of thinking? Have you ever felt loved and wanted because someone simply wanted something from you? How did that make you feel?

**Scripture Meditation: Isaiah 55:8-9;
Ephesians 3:17-19**

[illegible]



Journal: Have you ever felt like an outsider? In your family? Socially? How did it affect your self-esteem? Just as Jesus came to that Samaritan woman, can you accept that He always includes you?

It was a day like any other. The Samaritan woman made her way to the well. She had waited until the hottest part of the day hoping no one else would be there, hoping to avoid the judgmental stares and whispers of the other women.

"Five husbands."

"Living with another man."

"Unwanted, unloved, used."

It was a day like any other, until that moment when eternity invaded the earth. Jesus had come to Samaria, to the well. No, not to the well--He had come to the *woman*. To the one woman all the others avoided. His choice of her--before the foundation of the world--manifested that day. Nothing would ever be the same.

Scripture Meditation: John 4:7-26; Psalm 71:9

[illegible]

I thought when I became a Christian that all the pain from my past was strangling the life out of me on a daily basis until I finally found healing. I want to help you too.



03. God Chooses Me Every Time

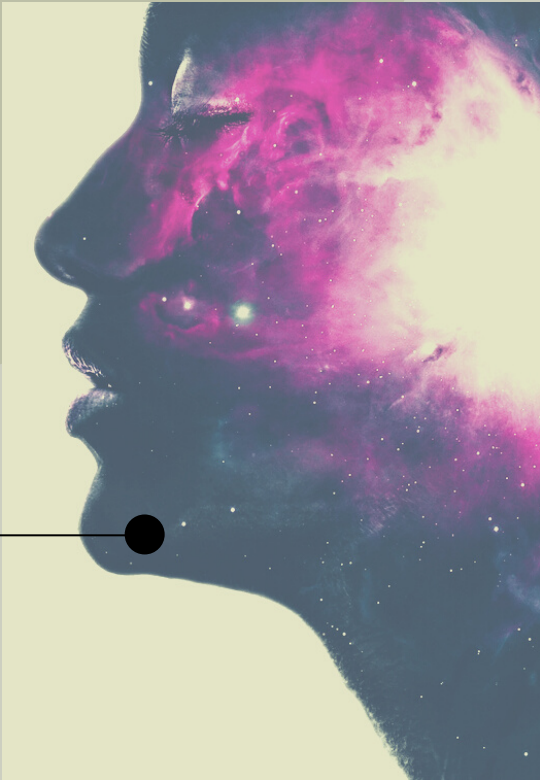
Were you ever chosen last for a sports team in grade school? Sat home the night of the prom? Passed over for the promotion? Felt alone and rejected? Few things wound us like believing we are unwanted.

I lived my life like this for years; but today, I don't have to hide in the shadows feeling less significant than others. I am chosen by the Creator of the universe!

Prayer: Lord, I thank You that You have chosen me. You don't look at my ability to hit a home run or my desirability to the opposite sex. You simply look at me with eyes of love and--with no fanfare--You choose me every time! You always will. Thank You so much. Amen.

Journal: You, too, have been chosen by the Creator of the universe--how awesome! Do you really know that He has chosen you? How does this life reflect what you believe?

Scripture Meditation: I Corinthians 1:27; Isaiah 29:14; Psalm 139



04.

Letting God Run the Universe

Wanting to control is common to mankind; relinquishing control takes an act of God. Unless we do it, we will never be at peace.

Two things I've learned well in this school called life: 1) There's a God, and 2) I'm not Him.

Today I want to simply let God be God in my life. It sure takes the pressure off me to surrender trying to run the small part of the universe where I live.

Throughout the day when I pick up the false responsibility of trying to fix everything around me, I am reminded that You have not left me alone.

I choose to surrender to Your authority and lay down my desire to control the circumstances in my life. You love. You forgive. You solve problems. You heal. You comfort. You encourage. It sure feels good to think that You are running my life. All is well.

Prayer: Lord, please teach me to give up my right to be right. Lord, help me to relinquish control of my life (and the lives of those I love) to You. Amen.

Journal: Am I assuming too much control? If so, with whom? In what areas? Can I let go and let God? Is it safe to actually trust God?

Scripture Meditation: Matthew 11:27-30; Genesis 1:1

06.

Mary went to the tomb to bring closure to her journey with Jesus. She had followed Him and watched Him do miracles. She loved Him and wanted to be where He was. Life as she knew it with Jesus was over. The tomb signaled the end, a place of hopelessness.

But God had a *better* idea--resurrection! Mary couldn't see it; it seemed she was in the middle of the greatest failure and tragedy of her life. In reality, she was standing on the brink of the greatest miracle the world had ever known, *but she didn't know it!*

Don't let your fears keep you from fulfilling your dreams. Don't look to your circumstances. Instead, open your heart to the miracle of resurrection in your own life. Hope isn't lying lifeless in the tomb--hope is alive! God is great at parting the Red Seas of our lives and restoring the broken. Dare to believe again in the miracle of resurrection--for your situation, for your life, for today.



HOPE IS ALIVE!

Prayer: Lord, I don't want to surrender to defeat when You promise victory. Though You sometimes seem slow to me, You are always right on time. Help me to wait on You with confidence. Amen.

Journal: People often give up in the twists, turns and dead ends in the struggles of daily life. How have repeated disappointments caused you to surrender to defeat? Is there anything in your life you feel is too broken for God to resurrect? Can you accept that God's providence and plans for your life are sometimes beyond your comprehension?

**Scripture Meditation: Ephesians 2:4-7;
Psalm 30:5**

[illegible]



07. When It Looks Hopeless

I'm not a fan of cold temperatures and we had some extended freezes in Southwest Louisiana this winter. When I looked out the window at my formerly gorgeous palm trees all I saw was brown. To my eyes, they looked dead. *Chance for recovery: hopeless.*

Ah...but there's the operative word: "looked." If you do any sort of yard work, you know appearances can be deceiving. Often, a simple scratch below the surface of a lifeless, brown limb yields a burst of green.

Give God a chance today to speak the truth of what He sees. First Samuel 16:7 says, "...Man looks on the outward appearance, but God looks on the heart." You may be looking at your situation through your own eyes, seeing only the lifeless, brown exterior. Does it appear hopeless to you? Good news! There are signs of life bursting just below the surface! Let's get the Lord's perspective today. He sees deeper than you do.

Matthew 19:26 says, "But Jesus looked at them and said, 'With man this is impossible, but with God all things are possible.'"

Prayer: Lord, help me to never lose hope. If things are bad, help me to always trust You to bring me through to new life on the other side. Amen.



Journal: Are the brown branches of your if only's, would've, could've and should've's holding you back? How can you let go of the lies you have mistakenly believed? How will you embrace God's truth for His possibilities in your life?

Scripture Meditation: I Peter 1:3-9; Mark 9:24

***...Man looks on the outward appearance,
but God looks on your heart.***

-I Samuel 16:7



08.

The Familiar Can Cause Us to Overlook the Precious

I owned a Christian bookstore for twenty-four years. I always had music playing and when a customer asked me who the artist was I'd have to stop and pay attention. I had no idea. This beautiful anointed music had merely become background noise because I listened to it constantly.

Anyone can fall into the dazed trap of familiarity. Inspiring hymns and phrases such as "God bless you," or "thank God" often become mere religious clichés. We repeat them mindlessly, but not from the heart. Consequently, many fall in a rut and go through the motions trying to find a sure footing in the quicksand of religious familiarity.

Watch for God's daily *wow!* moments--God revealing truth to you. Don't miss it; don't underestimate it. Embrace it. Embrace Him. It is a shared moment with your Creator. Acknowledging that it is God speaking directly to your heart will open the door for continued *aha!* moments if your "wowzer" isn't broken.

Prayer: Lord, I need Your help to avoid the daily, familiar ruts. Help me to overcome complacency. Help me find my way in life--I mean, help me find Your way in my life. Amen.

Journal: Do you feel that you have shifted into autopilot and are just drifting through life? That you have no sense of direction? That you are trying to find purpose and meaning for your life, but all the while are feeling lost and confused? If your "wowzer" is malfunctioning or totally broken how do you feel it can be restored?

Scripture Meditation: Matthew 15:8; II Corinthians 12:10



09. **One Touch From God Is Greater Than All. the World Can Offer**

One Touch, just one touch and death is transformed into life; hope displaces grief; light dispels darkness; joy replaces misery; forgiveness swallows up guilt and the vise grip of shame is broken. Yes! One Touch from God is great than all the world can offer.

When eternity invades earth, it is a change point, a divine exchange, a defining moment. One Touch from our God transforms the natural into the supernatural and nothing and no one remains the same. One shared moment with our Creator can empower us for a lifetime.

There is good news. There is hope. Our alternative to gloom and doom is awakening out of darkness. It is what our Creator designed for us to seek. It is the truth for all humanity...simple...yet profound...One Touch from God is greater than all the world can offer!

Maybe that doesn't seem like your experience. You may not be able to throw open your arms and say that you believe it totally. God's looking for you to just crack the door of your heart to His truth. If you can do this He will take the next step. He will meet you where you are. Start, one step at a time-call a friend, go to church, read a scripture or simply pray the 911 prayer: "Lord help me." If you take that one little step, He will help you open the door wider and wider. Start today, start now.



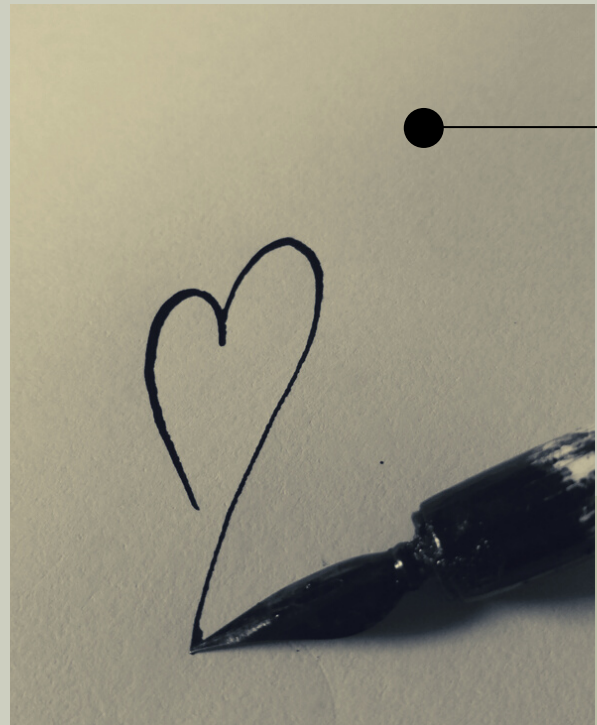
Prayer: Lord, I want to know who You are so I can walk with You each day. Help me draw close to You. Only You can awaken my mind and give me understanding that You are big enough. Only with Your One touch aha! moments can I move forward. Amen.

Journal: Our lives are filled with God's healing words and touches, but we don't always take the time to hear them or see them. Reflect on the times you've received a touch from God. How were they life-changing? In what ways does this give you hope to believe again for His One Touch moments? What do you think keeps you from believing God is big enough?

Scripture Meditation: Luke 8:42-44; Proverbs 3:5-6

10.

Journal: What is your perception of how God sees you? Do you often feel you're being judged by God or that you can't measure up? God wants to help you up when you fall down. How well do you know this side of our loving God?

[illegible]



11.

I Am Not An Afterthought In God's Creation

We are created to want God's love and acceptance but sometimes it is hard to receive it.

Our minds can be so preoccupied with other things that we squeeze God out.

The good news is that God is preoccupied with us. We take preeminence in all His creation. Even in the big scope of things, there is nothing that can squeeze out His preoccupation with us. His thoughts of us are good and not evil. Yes, God is watching us morning, noon, and night, because He loves us so much He can't keep His eyes off of us!

Prayer: Lord, everything in me wants to know that I am always in Your thoughts and that You do have a detailed plan for my life. That You are aware of me and all the details of my life. Help me to know it in my heart and not just in my mind. I need revelation that I am precious in Your sight. Amen.

Journal: Do you know that your thoughts are precious to God? Do you know that He's consumed with thoughts of you? Do you know that He is always with you and never leaves or forsakes you? Are you truly aware of that? How does that manifest in your family life?

Scripture Meditation: Jeremiah 29:11; Psalm 139:17-18



12. **Forgiveness**

Failing or refusing to forgive can be a reason for our becoming "stuck." We can get bogged down in anger and resentment. Not forgiving hurts us more than it hurts anyone else. It can even bring physical illness to our bodies.

Forgiveness does not mean we deny that we have been hurt or wronged. It merely means we choose to release the offender to God's justice.

Jesus has forgiven us much. He has forgiven us everything! His forgiveness is not only undeserved, it is lavish, extravagant, unrestrained, and abundant! Recognize how He has forgiven you everything and then your offenses and those of others will look small.

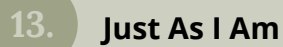
You might protest, "But they don't *deserve* forgiveness." That may be very true. But forgiveness is a provision for people who have done wrong, who have hurt you, and who do not deserve it. If they hadn't done all these things they wouldn't *need* your forgiveness. You are the only one who can grant it.

Prayer: Lord, some things still really hurt. I know they happened a long time ago, but my wound is still open and often bleeds. Please help me to become willing to forgive and then give me the strength to do it. Thank You for forgiving me of a multitude of wrongdoings! Amen.



Journal: Only God can give you the grace to forgive, really forgive. Do you believe that? Are you willing for Him to do that? What wounds still hurt? Are you willing to be healed and forgive others? Yourself?

Scripture Meditation: Romans 8:12; Colossians 3:14-19



Prayer: Lord, thank You for accepting me just as I am. Other people want me to conform to their standards but You love me now, unconditionally, just as You created me. Thank You. Knowing that makes me smile. Amen.

[illegible]



11.

I Give You Peace

The word *peace* conjures up many images--joy, lack of pain, no conflict, tranquility. But is that really what it is?

There was an art contest and the topic was peace. The judges looked at volumes of tranquil paintings before awarding the prize to the artist who painted a violent, raging storm. Hidden on a ledge in the cleft of a rock was a little bird joyfully singing.

Peace is not the absence of conflict but the presence of God. God's peace is not our concept of peace plus some. His peace is completely different, beyond our reach and our comprehension. It is supernatural because He is supernatural.

Prayer: Lord, I desire this different kind of peace that ONLY comes from You! Amen.

Journal: We find peace when we trust God. What keeps you from trusting God with the circumstances of your life? What is keeping you from releasing all into His care?

Scripture Meditation: Philippians 4:7; John 14:27
