

A young girl with long brown hair, wearing a brown leather flight helmet with goggles and a striped tank top, stands in profile in a field at sunset. She is holding a wooden biplane. The background is a warm, golden sunset sky with a small white contrail in the upper left. The title 'Dreaming' is written in a large, white, brush-stroke font across the middle, with 'WITH GOD' in a smaller, white, sans-serif font below it.

# Dreaming

WITH GOD

II: WHAT IS IN  
YOUR HANDS

Sonika Kruger

# GENERAL FEARS

1. The fear of inadequacy
2. The fear of uncertainty
3. The fear of failure
4. The fear of rejection
5. The fear of missing out



# GENERAL FEARS

- 6. The fear of change
- 7. The fear of losing control
- 8. The fear of being judged
- 9. The fear of something bad happening
- 10. The fear of getting hurt



# DREAMING WITH GOD

**Jeremiah 1:4-9 NKJV** 4Then the word of the Lord came to me, saying: 5“Before I formed you in the womb I knew you; **Before you were born I sanctified you; I ordained you a prophet to the nations.**”





# DREAMING WITH GOD

6 Then said I: “Ah, Lord God! Behold, I cannot speak, for I am a youth.” 7 But the Lord said to me: “Do not say, ‘I am a youth,’ For you shall go to all to whom I send you, and whatever I command you, you shall speak.



# DREAMING WITH GOD

**8Do not be afraid of their faces,  
For I am with you to deliver you,”  
says the Lord. 9Then the Lord put  
forth His hand and touched my  
mouth, and the Lord said to me:  
“Behold, I have put My words in  
your mouth.**



# DREAMING WITH GOD

**Do not say “I am a youth”.**

Stop voicing your  
disqualification.



# DREAMING WITH GOD

**Do not be afraid.**

He will prepare a table before  
you in the presence of your  
enemies.







# DREAMING WITH GOD

Allow the Lord  
to **touch** your **mouth**  
to **touch** your **hands**  
to **touch** your **heart**





# WHAT IS IN YOUR HANDS

## Exodus 4:2 NKJV

So the Lord said to him "what is in your hands?" He said "a rod".



# WHAT IS IN YOUR HANDS

## Matthew 14:16-18 NKJV

But Jesus said to them, “They do not need to go away. You give them something to eat.” And they said to Him, “We have here **only five loaves and two fish.**”

He said, “Bring them here to Me.”





# WHAT IS IN YOUR HANDS

We need to look away from what we don't have and take what God has put in our hands and mix it with two things:

**Faith and faithfulness.**



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You are not a mistake or a coincidence. God created you for an assignment and a destiny that only you can fulfil. Everything about you is made for a purpose; a heavenly mission to impact those around you with God's love and goodness.

This book is a thirty-day devotional to inspire women to become who God has intended them to be. It includes Sonika's personal stories, struggles and breakthroughs, which will encourage you to run this race of life with divine strength. It also includes inspirational and powerful quotes from women of God, who have devoted their lives to the cause of Christ.

Each of us has a story to share. Each of us has a destiny to fulfil. In this book you will find key principles and moving stories that will guide you on your journey to becoming the best version of yourself. You are free to be!

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Sonika is the worship pastor and assistant pastor at Shofar Christian Church in East London, South Africa. She is passionate about the local church and seeing relationships flourish. She has a heart to worship God and loves to equip women to reach their full potential. She lives in East London, South Africa, with her husband André and son Wian.



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FREE TO BE

BECOMING THE WOMAN GOD DESTINED YOU TO BE

SONIKA KRUGER

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# Free to Be

Becoming the woman God destined you to be



# WHAT IS IN YOUR HANDS

## **1 Corinthians 1:26-27 (NLT)**

Remember, dear brothers and sisters, that few of you were wise in the world's eyes or powerful or wealthy when God called you.





# WHAT IS IN YOUR HANDS

27 Instead, God chose things the world considers foolish in order to shame those who think they are wise. And he chose things that are powerless to shame those who are powerful.





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