LIVING FAITH

How the Impossible Becomes Possible With God

Dr AMANDA NICKSON

First published by Ultimate World Publishing 2020 Copyright © 2020 Amanda Nickson

ISBN

Paperback: 978-1-922497-64-2 Ebook: 978-1-922497-65-9

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Cover design: Ultimate World Publishing

Layout and typesetting: Ultimate World Publishing

Editor: Isabelle Russell

Cover photo: Amanda Nickson, The Camino Way, Spain



Ultimate World Publishing Diamond Creek, Victoria Australia 3089 www.writeabook.com.au

Testimonials



"I have known Amanda Nickson since we were schoolgirls together. Amanda has the same qualities now that radiated from her then: a gentle spirit, a love for others, unwavering integrity and a comfort in her own skin. Amanda was a person I could rely on no matter what, and I still can. Living by Faith will captivate you because of the truth of its words. May Amanda's vulnerability help you in your faith journey or come to know Jesus, the Risen Lord, for yourself."

Penny Mulvey, grateful friend, BA, MDS, GAICD, and Chief Communications Officer, Bible Society Australia

"Most people, when they think about their preferred future, think in terms of positive outcomes and success in all aspects of life. This is good, but often the reality is that life can be somewhat brutal and unpredictable, and it takes a special kind of person to thrive rather than just survive. Amanda Nickson is that kind of person. As a long-term friend, I have observed her consistent faith carry her through crises of personal and family health, and general life challenges, while focusing on assisting others in crisis and completing

her PHD in Social Work. She has displayed an uncommon resilience, enabled by her deep and abiding faith in God."

Rev. Peter Patterson, Pastor and Missionary

"In the many years I've known Amanda, her faith has remained unshaken regardless of what has transpired along her journey. As a cheery and authentic woman, she has always remained focused, purpose-driven, passionate, and unstoppable in her pursuit of God and his plans for her life, resulting in much influence on those that come in contact with her. It's this insight that she shares in her book, which I know will have profound depth, meaning and impact on those who read it."

Nic Henry Jones, Director & Senior Digital Marketing Strategist, Market Me Marketing

"I see Amanda's faith in everything she does. It guides her every interaction and decision and consequently, she is a woman of integrity with a very clear moral compass. Amanda's professional vocation provides a perfect opportunity for her to show her service to others in action. I enjoy working with Amanda and value her commitment to her own self development and reflection.

Jennifer Blackshaw, Director Organisational Services, Catholic Education Townsville

"Gotta love a good story... but Amanda Nickson's is a great story! A story of pure inspiration that certainly has gone the distance through challenges and strong faith. It is good that Amanda has been able to publish and retell rich events that we have keenly watched. But, by then inserting lessons learnt, this book invites others to join the journey and has moved from good to great!

Amanda is an amazing person and it is a joy to walk some of the way beside her. Our lives are truly enriched. Thank you, Amanda, for your determination to grow and develop which is consistently displayed. You shine because you have learned lessons of life well beyond shallow facades. Thank you for allowing us the opportunity to watch, learn and emulate.

Peter Aspin, Pastor and Chaplain, and Jenny Aspin, Senior Teacher and author

"Over the last 10 years, Mandy has been a prayer partner. We have prayed over each other's work issues, family issues and life in general. Through the steadfastness of our faith and the power of committing to prayer together, I've seen God move in astonishing and miraculous ways through our circumstances. Life isn't easy, but the journey is if you connect with someone like Mandy who will stand in the gap for you and with you and pray the prayer you are praying. Her own story of faith when staring down death, helping a young adult daughter through mental illness and navigating a reluctant teenager through school and into fulfilling adulthood, will inspire you to pray deeper, seek an earnest prayer partner and trust that your life is indeed in God's care."

Bronwyn Cartledge, supply teacher

"Have you wondered what it means to live by faith? Living by Faith is one of the most inspiring real-life stories of an ordinary woman who dared to live by faith and in doing so, achieved extraordinary things in her life. Her story could well be yours if you dare to live by faith!"

Camillus De Almeida, Transformational Coach & Founder ViGEO Life and Leadership Development

"I have had the privilege of a long friendship with Amanda Nickson for over 40 years. Amanda has a strong Christian faith that has been the moral compass for her life. As a young adult, she looked to the Bible when making significant decisions about relationships. In more recent times she was an inspiration to me and to others, as she gave thanks to God for His protection when she incurred a significant injury which could have paralysed her, and then had to endure an arduous recovery program. Throughout her life she has faithfully endeavoured to grow in her understanding of God's majesty as He has revealed Himself through creation and through the Bible, and in faith she has endeavoured to be open to the Holy Spirit's transforming work in her life. Amanda continues to bring all areas of her life, personal, professional and academic, to God in prayer, dependent on a sure faith in Jesus as her Lord and Saviour."

Phill Keefe, retired Managing Director

"It has been encouraging to see how Amanda's faith has given her strength and warmth in the way she engages with others, tasks and challenges. She has been unfaltering in her faith when adversity struck and her relationship with God is a shining example for others. Her book will provide valuable insights about walking with the triune God and being blessed by his love."

Dr Ines Zuchowski, Senior Lecturer, Social Work and Human Services, James Cook University

"Faith has substance (Heb. 11) and it requires commitment and faithfulness. Amanda Nickson is like faith personified. Her faith in the Lord Jesus has seen her overcome obstacles, stretch her personal development, encourage others tremendously beyond themselves, blessing others with her wisdom and promoting God's

kingdom on earth. To know Amanda is to see faith and love at work and in action. I have been a witness to this for over 30 years and her book will share this faith with you."

Sheryl Place, former Chaplain, Sarina State High School

"Social worker, academic and local church leader, Amanda Nickson explores themes such as prayer, compassion, servanthood, gratitude, transformation and hope in this inspiring book. As a long-term friend and colleague, I have watched Amanda face the nitty gritty of life's daily challenges with courage and determination, drawing on her deep well of faith. Throughout this book, Amanda shares personal stories of God's faithfulness from her own life's journey. If you want to develop the kind of faith that permeates all aspects of life, I can highly recommend this book."

Dina Fyffe, Mentor, Coach, Community Mentoring Program, Bridgeman Community Church

Dedication



To readers wanting to grow in their faith, and to be able to say: "I have fought the good fight, I have finished the race, I have kept the faith" (2 Timothy 4:7, New International Version).

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Introduction



Welcome to *Living by Faith*. This book is for anyone who is going through some struggles, challenges, or fears, and is wanting to find out how living by faith can make a difference. I certainly have had more than a few of these in my life.

It is also a book for Christians who want to be encouraged in their faith journey and anyone questioning whether God is real and relevant today. I decided to write the book because I wanted to share my experiences of knowing God and his miracles that are happening today to encourage others in their Christian faith and to share wisdom on the life of faith. Each chapter shares a principle of living by faith.

This book will provide inspiration, encouragement, and the keys to living a life of faith. Based on biblical principles, I was inspired to write this book after my miraculous survival of having a broken neck on a bushwalking trip and so many people telling me I was lucky. I don't believe in luck. I know it was God who protected me. Being able to share this story in this book will encourage others that God is here, and He is for us, not against us. This is the story I share in the first chapter which is looking

at speaking aloud the Word of God and its power as a principle of faith. It demonstrates how the impossible can become possible with God.

After my broken neck, a few people said to me, "You should write a book". Then I thought about how much God has done for me in my life that I could share to encourage others in their faith. There have been many situations where I have witnessed God's hand over my life, even aside from the story of my broken neck. I was inspired to think about the keys behind many of the situations in my life where my faith has been stretched and then I have grown in faith. The following principles of faith unfolded across the chapters you're about to read:

- Chapter 1 speaking aloud the Word of God and my miracle on Hinchinbrook Island
- Chapter 2 hearing from God by telling the story of my interstate move from Sydney to Dysart, and how to get confirmation of what you have heard from God.
- Chapter 3 prayer and what to do if you are prompted to pray for someone at a specific time.
- Chapter 4 using your talents and provides background stories with musical events that unfolded.
- Chapter 5 trusting God with some difficult and personal examples from my life.
- Chapter 6 encouragement and how significant receiving encouragement can be in making it through challenging times.
- Chapter 7 sharing your burdens and how powerful that is
- Chapter 8 the idea of self-compassion and how important looking after yourself is, including some of my experiences walking the Camino Way in Spain.

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- Chapter 9 showing compassion and helping others and what that does in you.
- Chapter 10 re-inventing yourself or changing your story so that you can become who you want to be and follow your passions and dreams in life.
- Chapter 11 gratitude and how being thankful can change your focus and thinking.
- Chapter 12 asking God what your next step of faith is.

Throughout this book, I hope you are encouraged in your faith and come to believe that, with God, the impossible becomes possible.

Chapter 1

Miracle on Hinchinbrook

Knowing and speaking aloud the Word of God



The Bible has been important to me ever since I decided that putting God first in my life and following Jesus was the only way to live a fulfilling life. God was the only sure thing and constant I could rely on in my life. As a child and teenager, I attended my local church and youth group and could see how different the youth leaders were to me, as they had a sense of joy, peace, and purpose. I wanted what they had. I sought out more information and made a very conscious decision to make Jesus the Lord of my life.

A couple of years later, when I was at university studying in my first year of a Bachelor of Social Work, I could choose an elective and I

chose to study a subject on comparative religion. This helped me be more certain than ever that Christianity is definitely the one way to find and get close to God. I had confidence in undeniable, historical records, backing the miracles and claims of Christ. I wanted to be sure I was basing my life on truth. At this time, it became apparent to me how powerful the Word of God, the Bible, is.

Many different verses I have heard and read, and some I have memorised, amazingly spring into my mind at just the right moment in different situations in my life. God has a way of bringing to my remembrance the very words of life I need to know. Knowing and declaring (speaking aloud) the Word of God over my circumstances has been a key to successful living through all sorts of challenges and circumstances. In various situations, this key of knowing and speaking aloud a verse or verses from the Bible has paved the way to success and victory in the many challenges I have faced and has been life changing. Spending time reading and studying the Bible has been vital to my life in each and every day. This is how I can live by and walk by faith.

Knowing and speaking aloud the Word of God (the Bible)

Firstly, why is it important to declare (speak aloud) the Word of God? The Word of God changes things, and we need to know the Word of God to do that. The Word of God is powerful, a living and active thing. "For the Word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart" (Hebrews 4:12, New International Version).

Don't underestimate the power of the Word of God!

Secondly, miracles can happen just as they did in Bible times. Miracles do happen. Later in this chapter I will explain the miracle of protection that I experienced on a bushwalk on Hinchinbrook Island. It is my firsthand account of a miracle. The fact that I spoke aloud the Word of God at that time is, I believe, part of the miracle.

Thirdly, when we believe and speak the Word of God, it changes things. With God on your side, nothing is impossible, which we are reminded of when we read: "Jesus looked at them and said, 'With man this is impossible, but with God all things are possible" (Matthew 19:26, New International Version). There is a saying that "you and God are a majority".

Fourthly, there is power in the Word of God. You have the authority. You can speak to circumstances and they change. I am reminded of the story of the faith of the centurion in Matthew 8. This was a centurion whose servant was at home paralysed and in suffering. He asked Jesus to simply say the word for him to be healed, as he had a keen understanding of authority, and knew that Jesus simply needed to speak, not to come personally to his home. Jesus commended his faith (Matthew 8:5-10). Later, when talking to the disciples, Jesus said, "Because you have so little faith. Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there,' and it will move. Nothing will be impossible for you" (Matthew 17:20, New International Version). So whatever mountain you are facing, it can be moved by faith! You can say to the mountain "move" and it will go. You will grow in your faith knowing this truth. Without faith, I am overcome by my problems. However, with faith and the Word of God as my guide, it makes all the difference.

One of my favourite verses that springs to mind often in times of difficulty in my life, is Philippians 4:13: "I can do all things through Christ who strengthens me" (New International Version).

Why "declare" the Word of God? The word declare means "speaking out with conviction and belief". The principle behind declaring the Word of God comes from the Bible itself. Think of the story of Jesus being tempted in the wilderness, where each time He answered, "It is written...", and He refuted the temptations of the Devil by speaking the scriptures (Matthew 4:1-11, New International Version). This is the example I draw on that shows me that there is great power and authority in the Word of God.

My miracle experience on Hinchinbrook Island

What has been my experience of knowing and declaring the Word of God and seeing what it can do in my life? The Word of God has made a few huge differences in my life which I will illustrate with the following story – a true story of my real-life miracle on Hinchinbrook Island.

I will start with the unusual phone call I received on my mobile phone from my doctor in June 2010. His words kept going through my head. He said to me, "Where are you?" I answered, "Outside the X-ray place." He said, "Go straight to Emergency. You have an unstable neck fracture. Do not look down, do not look sideways, go straight there." I said "Okay". I kept thinking, "He must be wrong. I couldn't possibly have a fracture, could I? This sounds serious, very serious. How could this be right?"

It all started with a bushwalking trip a week earlier. It had been with great anticipation, after months of planning, the long-anticipated trip

to Hinchinbrook Island had begun. With my husband Daryl, and friends Wendy, David, Lyn and Phil, we hopped into the minibus and headed from Townsville in North Queensland to Lucinda, where a boat was waiting to take us across the Hinchinbrook Channel to the southern end of Hinchinbrook Island. The 32-kilometre walk of the famous Thorsborne trail awaited. We had decided to do the track from South to North over five days.



The start of the walk, Hinchinbrook Island, Queensland, 2010

The trip had taken shape about a year before as a way for three couples to have a fun camping and hiking holiday together whilst seeing a truly magnificent wilderness area. It also acted as motivation to work towards getting fit with this hike as a goal. We had coordinated holidays, flights, buses, and boats. We had carefully planned and weighed all the gear in our backpacks, including meals with dehydrated foods and walking poles purchased to help with the expected steep sections of the hike. The trail along Hinchinbrook's east coast is recommended for fit and experienced bushwalkers only. It is not a graded or hardened walking track and often, it is rough and difficult to traverse. We were all experienced bush walkers.

On arriving at George Point, that afternoon we had a short 7.5-kilometre walk along the beach, across creeks and through scrubland to our camping spot for the night at Mulligan Falls. We set up camp and had a dip in the stream to cool off. It was clear water and very refreshing. The adventure had begun.

On day two we made an early start. We had climbed up a rocky section of track that was very steep that had a chain attached to the rocks so that you could pull yourself up or hold on going down. The track followed a creek. Meandering up and down, following the track, we came to a section where I looked down and thought, wow- this is steep, where can I put my feet here? Before I had time to think any more, I was tumbling down the steep section of track, head over heels. My backpack had changed my centre of gravity, and I felt like I was almost being pushed down the track when I looked down. I landed on my back about three or four metres down the track with my right arm jammed against some rocks. Daryl and the others rushed down to see if I was alright and somehow, helped me walk a few more metres down to the creek where I lay down on some large rocks to recover while my friends assessed whether or not I could keep going. I was rather shaken.

My legs were fine. My right arm seemed limp and I had two numb fingers (pins and needles) on my right hand. My neck seemed a little numb and tingly but alright. I thought I must have done something to my arm or elbow that was affecting my hand. Phil kindly boiled a billy so that I could have a cup of tea – my friends knew me well! After resting for quite a while, I finally thought I was okay to go on. I didn't seem to have anything broken or life threatening. Daryl took my pack for the rest of the day. We kept going to Zoe Falls where we set up camp in a beautiful, designated spot, just off the beach, tucked in behind some trees. I was trying not to use my right arm. It was weak and kept giving way if I attempted to rely on it for balance, so I put on a sling to remind myself not to.

The next day we had planned a rest day, and I was very glad for it. My neck was sore, and I was finding it hard to bend my head down. I started using one hand placed under my chin to prop up my head—my own portable neck brace!

Day four was the longest day of the hike. It was the 12.5-kilometre section from Zoe Falls to Nina Bay, passing Little Ramsay Bay. The guidebook suggested eight hours was needed to walk this distance, as it had a number of creek crossings and rock hopping sections. I was concerned. I would have to carry my own 14-kilogram pack for the day. We made our way through a swamp where it was difficult to find the track. We searched for and followed the markers. That day was a challenge! My neck was very sore. I walked with Daryl, crying, and said, "I can't do this". He said, "Yes, you can", and he prayed for me. The others had gone ahead of us as I was even slower than usual.

Later the track followed a creek bed, which was dry in parts and not in others. It was a rock-hopping nightmare, with rocks large and small everywhere. Some rocks you would hop onto and they



Walking with the sling with my limp arm and with an unstable neck fracture

would move. This happened several times and at one point I ended up overbalancing and landed on my bottom. I sat there crying, thinking, I can't do this. I sat there for quite a while, thinking what it meant if I really couldn't do this. A rescue team would have to walk in for days to reach me. There was no phone reception. This was a remote area on a remote island. It sounded too dramatic. Then I remembered a verse from the Bible: "I can do all things through

Christ who strengthens me" (Philippians 4:13, New International Version). I started saying this aloud and declared this over my situation. I asked God to help me. I got up and continued walking from rock to rock. I stated out loud, "I can do all things through Christ who strengthens me", and would take one step. I repeated the words and took another step. I acted brave and bold, even though I wasn't feeling much of either. Some 10 hours later, I finally made it to camp with Daryl just before dusk.

I was totally exhausted. I waited while Daryl put up the tent and then immediately lay down in it. My friends took my turn for cooking dinner. I was so grateful. I would have skipped dinner and stayed resting in the tent all night, but I remembered it was Daryl's birthday. I got up to retrieve the section of fruitcake I had carefully baked and packed in my billycan as the surprise birthday cake for dessert that night.

My neck did not like it when I looked down. I had used up all the Panadol available in my first aid kit and my neck was complaining. With a stroke of brilliance, I asked the others, "Does anyone have some spare Panadol?" Everyone pooled their first aid supplies of Panadol so I was able to take them continuously every four hours. I was extremely grateful that everyone had packed some just in case!

The spectacular scenery and pristine beaches were in the background. The next day, all of us walked the four kilometres to Ramsay Bay. Dave and Wendy were staying another night on the island. Lyn, Phil, Daryl, and I met the boat to leave the island and travel to Cardwell. Lyn mentioned to the crew on the boat that I had a sore neck, and they produced a hot pack which I applied - what bliss!

We settled into the accommodation we had booked that night in Cardwell. We had only been able to book a return minibus to

Townsville for the next day. I enjoyed a hot shower after camping for five days. I decided to walk to an ambulance station I had seen earlier up the road. I explained to the ambulance officer that I had fallen while bushwalking on Hinchinbrook Island and had a sore neck and was worried about the minibus trip home to Townsville the next day. I asked if there might be a neck brace I could have to use on the trip. The ambulance officer said they did not have any. He suggested I use hot and cold packs and that I could use a towel wrapped around my neck or a folded newspaper to make a brace for the trip. He also suggested that I could go to Ingham Hospital for an X-ray if I wanted. Not having a vehicle and not knowing how I could travel to Ingham from Cardwell and back in time for our bus trip back, I thought I would wait until I got home to Townsville and see my local doctor the next day. I rang and booked an appointment for the following afternoon with my GP.

Not having hot or cold packs handy, as I had been bushwalking on an island, I went to the local supermarket. The closest thing I could find was a hot water bottle and some esky bricks. I bought those. I used the hot water bottle straight away and put the esky bricks in the freezer.

The next day I used my towel as a neck brace and the hot water bottle as a shock absorber as we travelled home by minibus, the bumpy and often pot-holed Bruce Highway. Soon after getting home, it was time for the doctor's appointment. I was in a lot of pain and thought I might have slipped a disc or pulled some muscles. Phil drove me to the doctor as I did not want drive as I did not want to turn my head which I would need to do if I drove. The doctor referred me for an X-ray, and Phil dropped me off. Before I got back to the doctor's surgery, my mobile phone rang. I remember very distinctly what the doctor said to me. He said, "Amanda, where are you? Go straight to Emergency. You have an unstable neck fracture.

Do not look down, do not look sideways – go straight there. They will stabilise it for you."

I thought, that can't be right! I have been walking for days, tripping and slipping. They must be going to give me a neck brace or something and then I'll go home. My friends took me to the hospital. Arriving in Emergency five days after my fall on Hinchinbrook Island seemed surreal. How could this be an emergency? I expected that I would soon be phoning my friends to come and pick me up. I was wrong. I was fitted with a hard neck brace (collar) which had



X-ray. Neck fracture at C6 and C7.

metal sections to stop any movement in my neck. I was cut out of my t-shirt as the staff did not want to move my neck at all. I was required to have scans, MRIs, and then discussions about possible surgery, possible traction or a halo brace were suggested.

I had fractured my C6 vertebrae and I had badly damaged a disc between my C6 and C7. The disc was totally squashed. My neck was also dislocated and the vertebrae at C6 and C7 seemed to be sitting at a strange angle to each other. Upon being assessed by neurosurgeons, I was advised that this was a serious spinal injury.



X-ray, titanium plate, screws and spacer after surgery

I remember wondering how it was that I was alive and walking if I had suffered such a serious spinal injury.

I had surgery two days later, a week after my fall. The disc between C6 and C7 was removed and replaced by a spacer. I had a titanium plate screwed to these two vertebrae to hold my neck straight. A halo brace was also put on, which I would wear for the next thirteen and a half weeks! This is a contraption that has four screws that are screwed into your skull, two at the front into your forehead, and two at the back. These were tightened each week, so a weekly trip to the hospital clinic was needed.

So many people made comments about how "lucky" I was not to be paralysed, and that I was not a paraplegic or quadriplegic! Doctors, nurses, and friends were amazed that I had kept going on the hike, for another four days. I don't believe in luck. I knew God had looked after me on Hinchinbrook. What a miracle that any of the innumerable trips and stumbles I had walking those twenty odd kilometres after my fall with an unstable neck fracture had not caused my spinal cord to break!!The miracle was that I was walking and made it off the island - not seriously and permanently disabled. I hadn't died! Many people die from broken necks.

Would you consider allowing a person with an unstable neck fracture to hike a difficult bush track in a remote wilderness area, carrying a 14-kilogram pack, over rocks and boulders, crossing creeks and swamps, for four days and the fracture not move or worsen? It is hard to comprehend. I have thought God must have had angels working overtime holding my head up and supporting me. He must have more for me to do! My time is not up on this earth!

Recovery with the halo brace was challenging. I couldn't drive for three and half months, and bathing was a challenge. I have made



Amanda in the halo brace

a full recovery. I still have two fingers with pins and needles, but I am able to use the computer and play piano. I think of the pins and needles as my daily reminder that I am a walking miracle. I give all glory to God for protecting me for His purposes. I am forever grateful.

What ifs

You might be thinking that it's all very well to use the Word of God if you know it well, but what if you don't know the Bible? You can look up relevant verses by topic, you can start reading and studying the Bible. God can bring to your remembrance verses when needed. There are many resources available to assist you in studying the Bible. Some further resources are at the end of this chapter and at the end of this book.

What if I don't have enough faith? All you need is faith the size of a mustard seed. Have you seen mustard seeds? They are tiny!

What if this saying aloud and declaring the Word of God doesn't work? I say, what if it does? You don't know unless you try. What have you got to lose? Give it a go.

Three actions you can take as a result of reading this chapter

- 1. Decide to read the Word, the Bible. Study it become familiar with key verses.
- 2. Decide to declare the word, and then declare the Word of God over your circumstances.
- 3. Expect there to be changes. Expect those mountains to move. Pray with faith!

Additional information and resources

To search for verses by topic or reference, see: https://www.biblegateway.com/

Also, https://www.youversion.com/ has a Bible App with a huge number of reading plans on different topics

To view a video of my story about my miracle on Hinchinbrook Island, you can view me telling the story at https://www.youtube.com/watch?v=vclla-Q9Z9E

A copy of this chapter is available as a pdf for free from my website: http://www.amandanickson.com.au/ if you would like to pass this good news on to others who may be interested.

More offers can be found at the end of the book.