

Born to  
**Bloom**

*You Are No Ordinary Flower*

*Written by Pat Layton*

*Designed by Katie Murray*





Oh Lord, you have searched \_\_\_\_\_  
and know her. She is fearfully and wonderfully made and  
every day, every 24 HOURS, was written in Your Book  
for her before it came to be. Use the 24 hours planned in  
this little book Lord, to equip \_\_\_\_\_  
to BLOOM even more beautifully for you!

- Psalm 139:1-24



*24 Hours to the Life  
You Were Born to Live!*

*Psalm 139:1-24*





Born to Bloom is a 24 hour journey through the timeless and life changing beauty of Psalm 139.

When you truly see yourself as God sees you, you will believe about yourself what God believes about you! Use this little book to guide you as you commit to spend **ONE HOUR EACH DAY** for 24 days reading through Psalm 139.

Begin your time by reading the entire 24 verses, Psalm 139:1-24 all the way through. Next spend a few minutes answering the questions provided for you for the **ONE** verse of the day. Allow God to work His Word out in your heart. Be prepared for Him to **RESTORE** your roots; **REVIVE** your heart; **REVEAL** your **BLOOM!**



## Your 24 Hour Steps



1. Set aside **ONE HOUR** each day for 24 days. The hour can be divided into a half hour in the morning and a half hour at night. Take the book to your carpool line or your lunch break. Just do it! If you miss a day or a time slot, just stay on the path and do the session for your next set apart time.
2. Write the one verse of each day on a 3X5 card. Read it and say it all day. Memorize one verse each day, repeating the day before. At the end of 24 days you will have memorized and **ENTIRE** Chapter of the Bible. **A LIFE CHANGING** Chapter!
3. Be sure you do some journaling every day regarding the verse of the day. This will help you track your journey and see what God has done.



What are some things on your mind today?

What are three things you often think about yourself?

Journal your thoughts and prayers from today's verse.

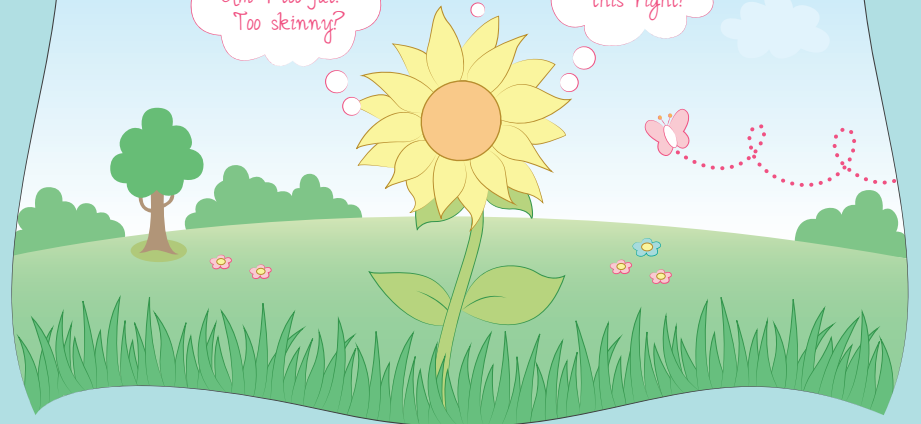
You know when I sit and when I rise,  
you perceive my thoughts from afar

Psalm 139:2

Does anyone  
love me?

Am I too fat?  
Too skinny?

Will I ever get  
this right?



What are three words you would use to describe yourself?

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What three would you like to add?

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Thank God today in your journal, for who you are. Don't be shy!

You discern my going out and my lying down,  
you are familiar with all of my ways

Psalm 139:3



Do you have common sayings? Things that you hear yourself repeat often?

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What does God say about you?

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Write out a prayer today asking God to help YOU hear your words like HE hears them.

Before a word is on my tongue  
you know it completely, O Lord

Psalm 139:4



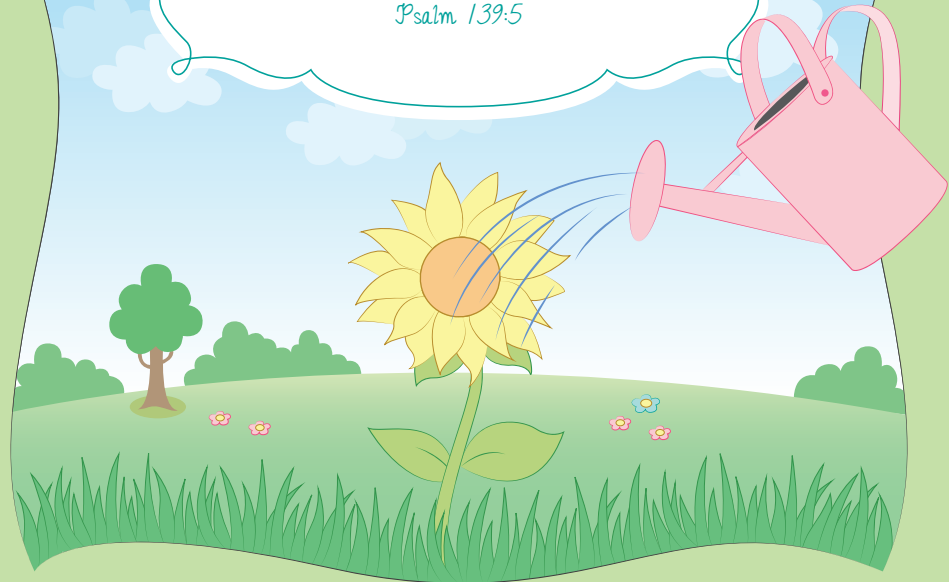
What are some times in your past when you know that God was right there with you-HEMMING you in and protecting or covering you?

Can you see God right now in your present situation?

Ask the Holy Spirit to show you how God is surrounding you right now-TODAY and spend some time thanking Him for what He is doing in your life.

You hem me in-behind and before;  
you have laid your hand upon me

Psalm 139:5





Have you ever tried to run away or hide from God? Have you ever felt God was hiding from you? \_\_\_\_\_

What "masks" do you feel you have had to wear in your life that you know in your heart God sees right through? \_\_\_\_\_

Spend sometime today taking off your mask and talking to God about surrendering anything fake in your life and allowing Him to reveal how HE SEES YOU!



What kind of things from your past do you need to surrender to God today? What are you holding onto that keeps you from BLOOMING?

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Go to your Bible and look for more scriptures about God's grace and His redeeming love for you. Write a few on 3X5 cards or in this little book and read them all day.

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**Hint!**

Here are a few ideas:

Ephesians 1:4, Matthew 11:28 and 2 Corinthians 5:17

If I go up to the heavens, you are there,  
if I make my bed in the depths, you are there

Psalm 139:8



What is going on in your life today that you need God to help you with? Do you need Peace? Wisdom? Provision? Direction? Ask God for what you need today then wait and trust Him to answer.

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Where is your favorite place to enjoy God's presence? The ocean? The mountains? Your front porch swing? Talk to God about some of the places you love to FIND HIM.

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If I rise on the wings of the dawn  
if I settle at the far side of the sea

Psalm 139:9



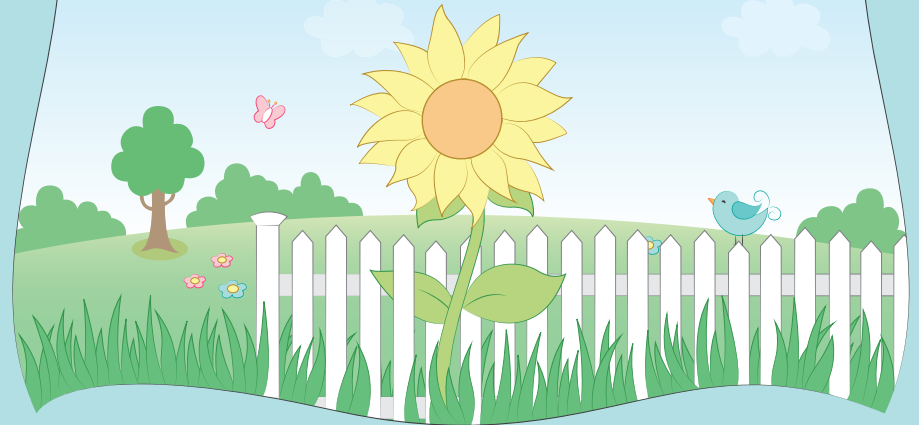
Do you believe that God really cares about your every day life? These words tell you that God wants to **GUIDE** you and **HOLD** you.

Spend some time telling God how grateful you are for His care and personal love.

Look up these verses and journal what these promises mean to you.  
Psalm 34:8, Psalm 73:23-24 and Philippians 4:6-7, 19:

Even there your hand will guide me,  
Your right hand will hold me fast

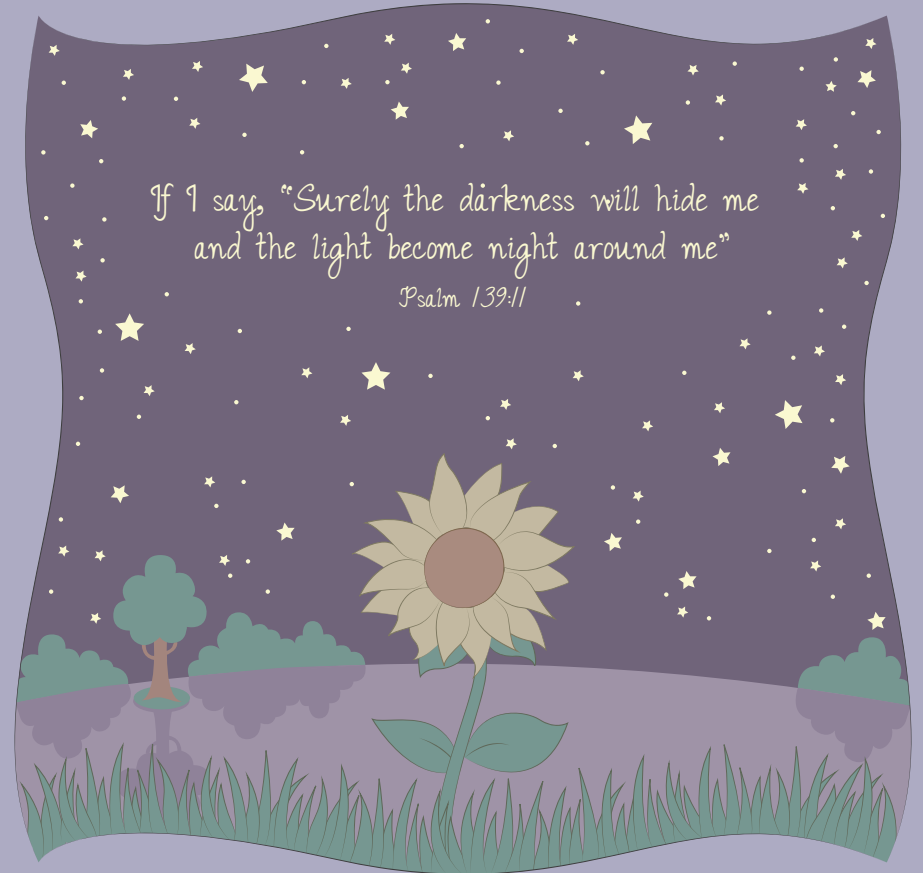
Psalm 139:10



Were you ever afraid of the dark as a child? What did you do to help? Maybe turn on a light to assure yourself there were no monsters in the room? \_\_\_\_\_

God wants you to rest in His protection and to enjoy COMPLETE PEACE. Ask God to shine His light on any places of darkness; confusion or lies from Satan about who you are in Christ and His complete love for you. \_\_\_\_\_

Search His Word for TRUTH about His LIGHT.



If I say, "Surely the darkness will hide me  
and the light become night around me"

Psalm 139:11

Spend some time tonight before bed, sitting outside and enjoying the night sky. Consider the stars and the moon and realize that God created you and took far more time and tenderness in your design than any other. Amazing huh?

Sing a song of praise to God into the evening sky. Listen to some worship music and tell Him how much you love Him. He **LOVES** that ☺



Praise God for His marvelous creation of YOU today! Write down the date of your birth then go back 9 months and consider the season when God began to knit you together. What special events were going on the day of your birth?

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Spend some time thinking about how much you matter to God and how special you are to Him. What special gifts did He design in you?

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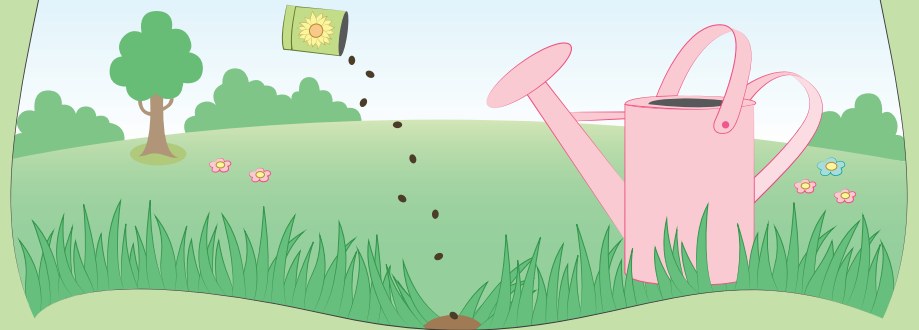
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**Hint!**

If you don't know them, take this day to ask a few of your close friends and relatives to tell you what special traits they see in you.

For you created my inmost being;  
you knit me together in my mother's womb

Psalm 139:13





## Family Tree

Birthday: \_\_\_\_\_

Place of birth: \_\_\_\_\_

Parents: \_\_\_\_\_

Siblings: \_\_\_\_\_

Three things I love: \_\_\_\_\_  
\_\_\_\_\_

Three things I hate: \_\_\_\_\_  
\_\_\_\_\_

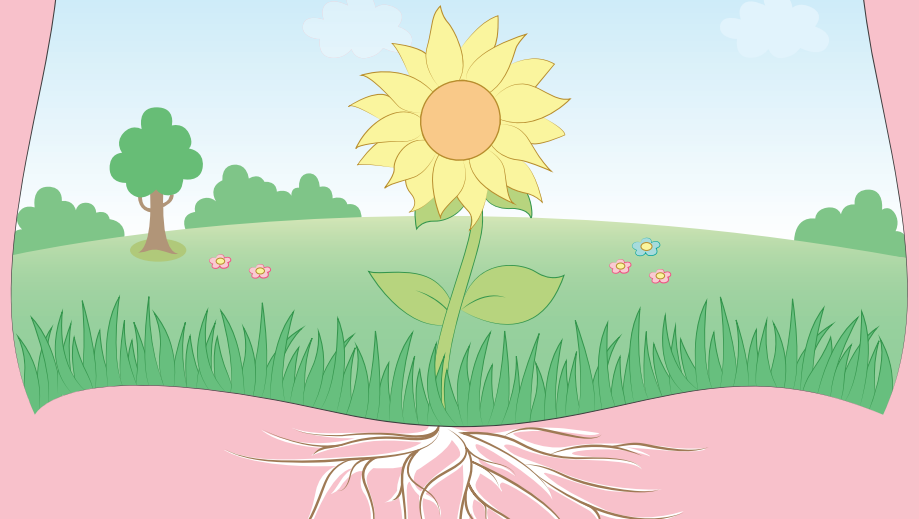
My favorite foods: \_\_\_\_\_

Three things I do for fun: \_\_\_\_\_  
\_\_\_\_\_

Three things that I dread doing: \_\_\_\_\_  
\_\_\_\_\_

My frame was not hidden from you  
when I was made in the secret place.  
When I was woven together  
in the depths of the earth

Psalm 139:15



The most important thing going on in your life today: \_\_\_\_\_

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Three of your greatest accomplishments: \_\_\_\_\_

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Three dreams that you have: \_\_\_\_\_

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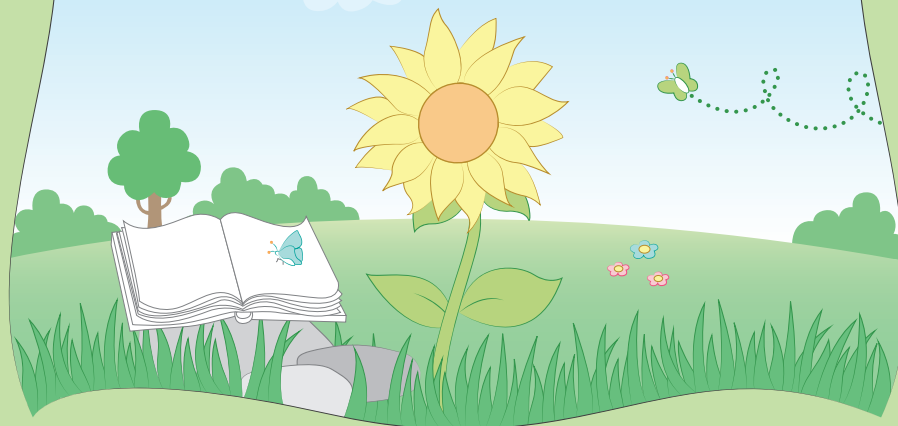
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How precious to me are your thoughts, O God!  
How vast is the sum of them!

*Psalm 139:17*



Are you a morning person or a night person? \_\_\_\_\_

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What is your morning routine? \_\_\_\_\_

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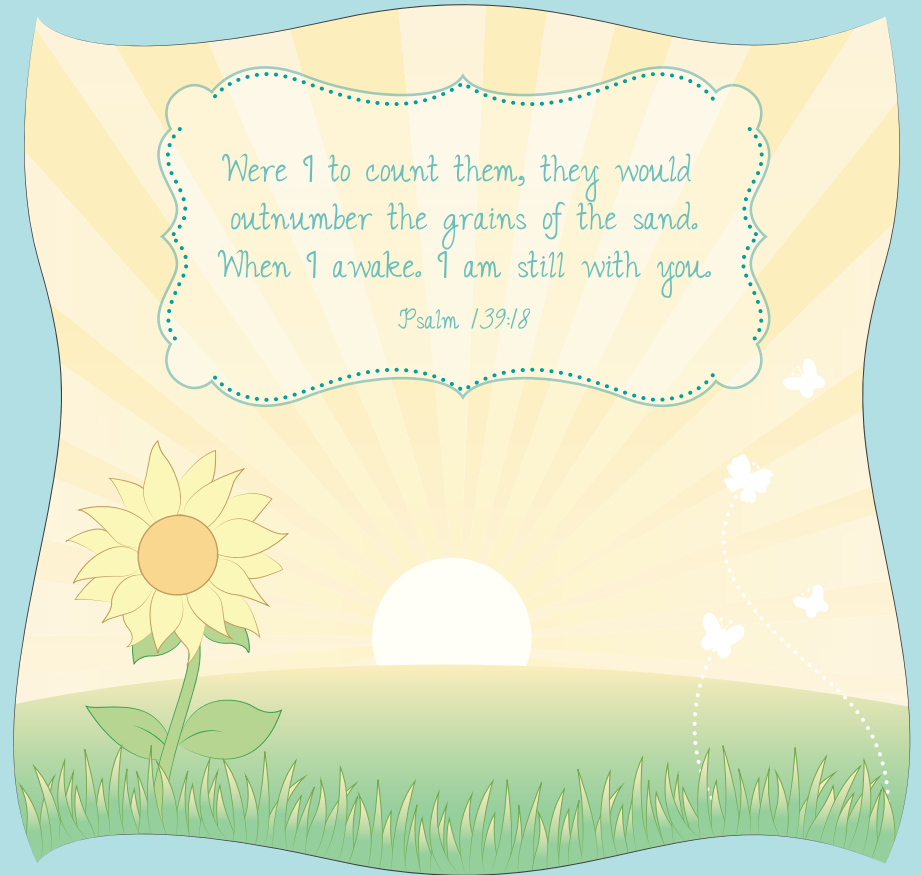
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If you don't already, would you consider spending your first or last fifteen minutes with God for 30 days? \_\_\_\_\_

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Were I to count them, they would  
outnumber the grains of the sand.  
When I awake, I am still with you.

*Psalm 139:18*

Do you feel that you have any "enemies"? \_\_\_\_\_

Read Ephesians 6:12 and think about what God means by these words. What are the REAL enemies you battle? \_\_\_\_\_

How does God tell us in Colossians 3 that we are to do to overcome those things that come against our FREEDOM in Christ? \_\_\_\_\_

What are some other verses that guide you when dealing with the "enemies" of your faith? \_\_\_\_\_

If only you would slay the wicked, O God!  
away from me you bloodthirsty men!

Psalm 139:19



Read Ephesians 4:29. How do your WORDS matter to God?

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Have you ever struggled with "speaking" death over a situation verses life?

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What are some things going on in your life today that need a WORD OF FAITH?

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Is there someone around you who needs your words of Grace? Forgiveness? Hope? Plan today to send them a note or drop a BLOOMING FLOWER by their home!



They speak of you with evil intent,  
your adversaries misuse your name

Psalm 139:20



Today's verse is another reminder of how important it is for us to remember WHO our enemy really is. Read 1 Peter 5:8 Where have you seen THE ENEMY showing up in your life recently?

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How is he trying to "DEVOUR" what God wants to do IN you and FOR you?

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What are you going to do about it?

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Hint! Peter 5:6-7, 9-11

Do I not hate those who hate you, O Lord,  
and abhor those who rise up against you?

Psalm 139:21



Continuing from yesterday, remember God is FOR YOU. NOTHING and NOBODY can stand in His way if you will surrender your heart and life to Him. Remind yourself again to today who your REAL enemy is-it is NOT flesh and blood and you can not fight your real enemy through works of the flesh. You have to take up the ARMOUR God has provided.

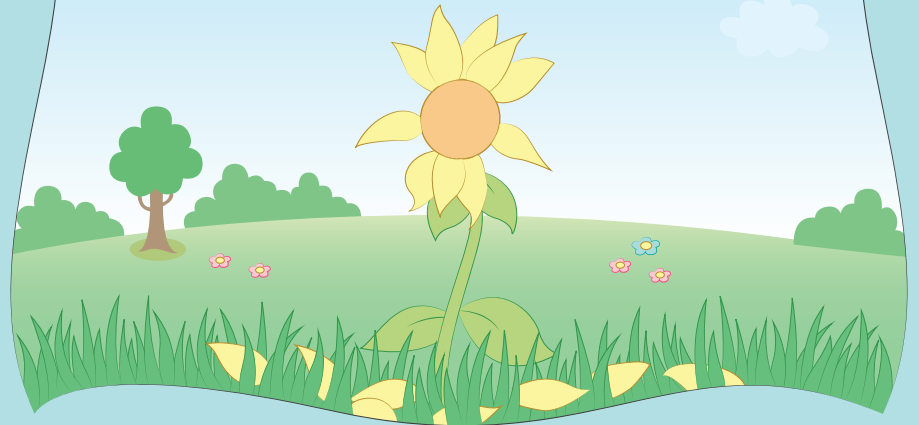
Read Ephesians 6:10-20. Write out Ephesians 6:14-18 and list the 6 WEAPONS you have to use against the enemy today.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

How do you need each one of those weapons today?

I have nothing but hatred for them;  
I count them my enemies

Psalm 139:22



Ask God to search your heart today and to show you:

Any areas where you need to ask forgiveness: \_\_\_\_\_

\_\_\_\_\_

or forgive someone else: \_\_\_\_\_

\_\_\_\_\_

Any areas you need to obey something He has asked you to do:

\_\_\_\_\_

Any areas where you have not been thankful for His provision:

\_\_\_\_\_

Any areas where He is asking you to take a **BOLD** step of faith:

\_\_\_\_\_

Any people he wants you to reach out to today and **LOVE** on

His behalf: \_\_\_\_\_

\_\_\_\_\_

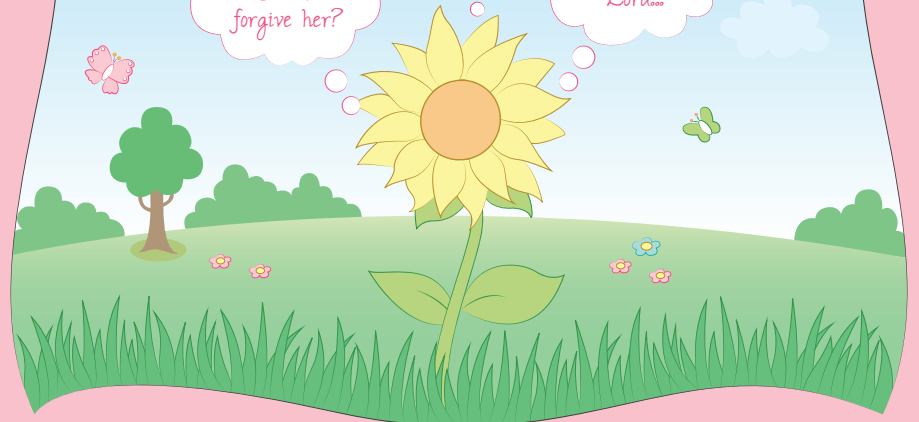
Search me, O God, and know my heart,  
test me and know my anxious thoughts

Psalm 139:23

Will he  
forgive me?

Can I  
forgive her?

I'm sorry,  
Lord...



Confess to God some struggles that you are having that you need His help cleaning up:

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Write a prayer of love to God and thank Him for who He created you to be:

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Sweet Reader,

I started my journey with God's Word on June 9, 1984. Having grown up with just the basics of the Christian faith, I lived a life far different than the one God designed for me until I was well into adulthood and had made many heartbreaking, life altering choices. When I finally **SURRENDERED** my life to Christ, He captured me completely and I was never the same again. He was finally able to use my life as he had planned all along and in spite of my having taken so many wrong paths, He has used my story of failure and loss to serve in ministry for over 25 years. He wants to use your story also. I am so very honored that God has placed this little book in your hands and I fully believe that He has used His Word to **BLESS** the **BLOOM** of your life.

I would love to hear how God used this Born to Bloom book to speak to you! You could use the closing template on the following page as your tool.

Please email me today at [patlaytonborntobloom@gmail.com](mailto:patlaytonborntobloom@gmail.com) and tell me about your journey and I will send you some **REAL SEEDS!**

My love and prayers!

Bloom on sister!

Pat Layton





These Words from scripture have helped me: \_\_\_\_\_

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God designed me to: \_\_\_\_\_

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The life place I feel He has called me to dig deeper into next is:

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Would you like to go *DEEPER*?

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Check out our Blog and Weekly *S.E.E.D.S.* Devotion at:

[www.imaginemesetfree.com](http://www.imaginemesetfree.com)

*S.E.E.D.S*

Plant God's Word in Your Heart and *BLOOM*! Something New is Springing UP here on the Imagine Me..Set Free Website called *S.E.E.D.S.*

Every *SUNDAY* I will post a verse of scripture on my website that we will allow our hearts to *BLOOM* in God's Word all week.



For more information or to become a *S.E.E.D.S* sister visit,

[www.imaginemesetfree.com/praise](http://www.imaginemesetfree.com/praise)



# Imagine...

Embracing PEACE WITH YOUR PAST that allows you to move freely into all that God has for your life. Experiencing PURPOSE IN YOUR PRESENT circumstances, relationships, challenges, and life celebrations. Expressing PASSION FOR THE FUTURE that God has promised and planned specifically for you.



## After attending an Imagine Me... Set Free Weekend you will:

- SEE and BELIEVE that God CREATED YOU to be YOU and He has a very SPECIFIC plan for your life.
- Discover how God wants to use your PAST life experience to change the world.
- Understand God's PRESENT purpose for your life.
- Walk away with the tools you need for taking specific steps towards God's plan for your FUTURE!

For information about an upcoming Freedom Weekend or to bring Imagine Me...Set Free to your church, please visit:

[WWW.IMAGINEMESETFREE.COM](http://WWW.IMAGINEMESETFREE.COM) OR [WWW.PATLAYTON.NET](http://WWW.PATLAYTON.NET)



## Collection Coming!

Born to Bloom  
"Peace with the Past"

Born to Bloom  
"Purpose in the Present"

Born to Bloom  
"Passion for the Future"

## About the Author

Pat is a passionate and popular national speaker and trainer for several organizations and ministries including Lifeway, Heartbeat, and The National Council for Adoption and CareNet. Pat's personal story has been captured in numerous books, magazines, blogs and websites. She has produced a two-minute inspirational program called "A Word for Women". Pat has been published by Focus on the Family, Baker Books, Lifeway, Proverbs 31 Ministries, and is featured in a variety of women's ministry materials and products. She is the Author of a bible study, *Surrendering the Secret*, published by Lifeway Christian Resources in 2008 and has recently released a new book, *A Surrendered Life*, available at: [www.patlaryton.net](http://www.patlaryton.net) or [www.surrenderingthesecret.com](http://www.surrenderingthesecret.com)

Pat is funny, transparent and inspirational as she inspires the hearts of women around the nation. She is available to speak at women's conferences and events and hosts her own national woman's conference called "Imagine Me...Set Free." You can find registration information at [www.imaginemesetfree.com](http://www.imaginemesetfree.com).





*Born to Bloom*  
*You are No Ordinary Flower*  
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*For More Information contact:*  
*Living Free Ministries*  
*[www.patlayton.net](http://www.patlayton.net)*



Born to Bloom 

You are No ordinary Flower

24 Hours to God's Grand Plan for Your Life Today

Life has a way to sweeping us up and carrying us along until we find ourselves wondering... "Is this all I am meant to be...do...see...accomplish?"

The Born to Bloom little book series is designed to take the life you are living now, drop it into God's Word and find God's Heart for your **RIGHT NOW NEEDS!**

You Are No Ordinary Flower will take you on a journey through Psalms 139 and unfold God's intimate, specific and unique plan for **YOUR LIFE!**

If You Could See Yourself As God Sees You...  
You Would Believe About Yourself What God  
Believes About YOU