

LIVE YOUR BEST LIFE

13 SECRETS TO A
HEALTHIER YOU



From the latest superfoods to the perfect workout, juice cleanses to gym classes - everyone has an opinion.

Being healthy doesn't have to be so hard. In this free series on health, you'll receive expert advice to give you an overview of the essentials of good health.

Get practical tips to help you feel good right now and set up positive habits **your future self will thank you for!**

Visit hopeoffer.com/health to begin this **free series** online, or return this card by mail to receive your first booklet.

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LIVING WELL



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A close-up photograph of a man and a woman laughing heartily. The man, on the left, has a beard and is wearing a dark sweater. The woman, on the right, has long dark hair and is wearing a green cardigan over a floral top. They are both looking towards each other, and their laughter is captured in a candid, joyful moment. The background is a soft-focus outdoor setting with greenery.

CREATE A *LOVE STORY* THAT LASTS

Getting advice on how to improve your relationship doesn't mean your relationship isn't working.

It means you care enough that you want to make sure your love continues to grow and develop, today and long into the future.

Learn practical tips to communicate effectively and manage conflict, helping your relationship flourish in happiness and tough times alike.

Visit hopeoffer.com/relationships to begin this **free series** online, or return this card by mail to receive your first booklet.

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RELATIONSHIPS



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RAISING **CONFIDENT** KIDS

Every parent wants what's best for their child. Give your child the best of yourself, too.

As a parent, you are one of the **most important influences** on your child's life.

In this **free series on parenting**, you'll get tips for communicating with your child, setting boundaries and creating an environment for your child to thrive!

Visit hopeoffer.com/parenting to begin this **free series online**, or return this card by mail to receive your first booklet.

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PARENTING



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A woman with long, wavy brown hair is looking out a window with a white frame. She is wearing a blue long-sleeved top. The background is a bright, slightly blurred view of the outdoors. The text "MAKE YOUR LIFE MORE MEANINGFUL" is overlaid in a black serif font. There is also a faint, light blue cursive watermark that reads "life over work" across the image.

MAKE YOUR LIFE
MORE MEANINGFUL

Ever seen something you thought would make your life complete...

...and then when you finally get it, you still don't feel satisfied?

How would you like the kind of happiness that lasts?

Knowing Jesus has brought meaning to the lives of millions of people around the world. We're **inviting you** to find out if it can do the same for you.

Explore the life of Jesus and find out the **difference it can make in your life today**. Return this card by mail to receive your first booklet in this **free series**.

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TRY JESUS



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TEACHING
LESSONS
FOR *life*

Help your child learn important values like kindness, caring and courage, in this free course designed especially for kids!

Stories from the Bible are brought to life, along with fun puzzles and activities. It's a great way to **discover the Bible together as a family**.

Start your child's journey today. Return this card by mail to receive your first booklet in this **free series**.

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AGE : ☐ 5-8 ☐ 9-12

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VALUES FOR CHILDREN



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HOW DO YOU
START A

CONVERSATION

WITH GOD?

Conversations are important. They're how we share what's on our mind and connect with those we care about.

Prayer is a key element in knowing God better - yet for a lot of us, it can be hard to know where to begin. **How do you have a conversation with someone you can't see?**

Explore what the Bible says about prayer and learn **what it really means to have a conversation with God.**

Visit hopeoffer.com/prayer to begin this **free series online**, or return this card by mail to receive your first booklet.

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*Living the **life***
you want to live.



We all dream of what we want our life to be.

Find out what it takes to turn those dreams into something real. If you're tired of recycling the same resolutions every year, it's time to take charge and **live life with purpose**.

We invite you to reflect on your goals, and learn practical ways to bring you closer to **achieving all that you want out of life**.

Take your first step towards the life you want to live. Return this card by mail to receive your first booklet in this **free series**.

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TAKE CHARGE OF
YOUR LIFE



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FINDING HOPE IN TROUBLED TIMES

finding hope

A person stands in the center of a field, arms raised in a gesture of triumph or hope. They are positioned in front of a large, shallow puddle that perfectly reflects their silhouette. The background is a dramatic sunset or sunrise sky, with soft, warm light filtering through dark, heavy clouds. The horizon is visible in the distance, and the overall mood is one of resilience and optimism.

Natural disasters, political turmoil, violence and injustice...

We are confronted by reports of these in every news bulletin. We invite you to take a practical look at what the Bible says about **how to find hope in the midst of an uncertain world**.

Would you like to find **hope, peace and meaning** - for today and for the future?

Visit hopeoffer.com/beyond to begin this **free series** online, or return this card by mail to receive your first booklet.

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BEYOND



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A man wearing a headset and holding a video game controller is sitting in a chair. Behind him is a large, glowing lamp. The background is a composite image of a war-torn city at night, featuring a tank, a parachute, and a biplane. The text "WHO IS IN CONTROL?" is overlaid in the center.

WHO IS IN CONTROL?

Can knowing the past help you understand the future?

We know that the future can sometimes be a scary thing. That's why we would like to invite you to discover the **words that predicted 2,500 years of history**.

Could these words still impact your life today? Decide for yourself.

Visit hopeoffer.com/future to begin this **free series** online, or return this card by mail to receive your first booklet.

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A close-up photograph of a person's hand writing in a notebook. The hand is holding a pen with a dark, patterned barrel and a gold-colored clip. The person is wearing several rings on their fingers. The notebook is open, and the page shows some handwritten text. The background is blurred, showing another person's hand and some foliage. The overall tone is warm and artistic.

WORDS TO LIVE BY

"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life." *(John 3:16, NIV)*

What does the life of Jesus mean for your life today?

Find out more about Jesus and **discover his message for you.**

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JESUS LIGHT OF
THE WORLD



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