

## REJUVENATE

21 DAYS OF PRAYER & FASTING **DEVOTIONAL** 





I want to personally welcome you to **Rejuvenate**, our 21 days of spiritual renewal and breakthroughs. I believe it will be a remarkable time as we seek to deepen our walk with God and witness diverse breakthroughs in every area of our lives.

For us in Harvesters, the period of **Rejuvenation** is that time of the year when we separate ourselves unto God and build up our faith to move mountains and experience breakthroughs like never before. Jesus' words in Matthew 17:20-21 come to mind when the disciples asked him why they couldn't heal a boy who was possessed. He 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. But this kind does not go out except by prayer and fasting."

In this season, I strongly believe that in these 21 days, chains will fall off as though paper is being torn to pieces. There will be diverse testimonies and miracles in every area of your life as we wait on the Lord through fasting and praying with thanksgiving. All you need to do is commit yourself faithfully to the processes and instructions during this Resurge.

This devotional is designed to be easily comprehensible, ensuring that everyone can connect with the messages and find them practicable for daily application. Throughout its pages, you will find inspiration and encouragement that will strengthen your faith and draw you closer to God. We have carefully curated powerful prayer points and confessions for each day, specifically tailored to address any areas of need that apply to you.

As we embark on this journey together, we encourage you to fully participate by signing up for breakthrough groups. These groups will be a source of support, fellowship, and accountability as we navigate this path of spiritual renewal and breakthrough. Also, commit to a lifestyle of prayer and dedicated Bible study during this period, and watch as your answers break forth speedily.



### **A HEART SET ABLAZE FOR GOD**

"Not lagging in diligence, fervent in spirit, serving the Lord" -Romans 12:11

There is something deeply powerful about a heart that burns with passion for God. It's not just about emotional highs but about a steady, unwavering desire to please Him in all things. To be "fervent in spirit" is to be spiritually alive, vibrant, and unrelenting in your pursuit of God and His purposes.

A heart set ablaze is marked by devotion, obedience, and intimacy with God. This kind of heart doesn't waver when challenges arise, because its fire isn't fueled by circumstances—it is fueled by the Holy Spirit. Think of the two disciples on the road to Emmaus (Luke 24:32) who said. "Did not our hearts burn within us while He talked with us on the road...?" The presence of Jesus kindles passion.

But the truth is, we don't always feel that fire. Life can be distracting, disappointing, or just plain busy. So how do we stay spiritually fervent? By staying connected to the Source. Through daily prayer, consistent study of the Word, and worship, we allow the flame to be fanned. We become like lamps that never run dry because we're filled with the oil of God's presence.

Don't let your fire grow cold. Ask God to rekindle your love for Him. Be intentional about removing things that dim your passion. This is your season to burn bright—not just for your own sake, but to light the way for others.

### SAY TO YOUR KIDS

Do you know what it means to be on fire for God? It means loving Him so much that you want to talk to Him every day, obey what He says, and tell your friends about Him. Just like you get excited about your favorite game or cartoon, God wants you to be excited about Him too!

When you read your Bible, pray, or sing songs to Jesus, it's like adding wood to a fire—it keeps it burning. If you ever feel bored or far from God, just ask Him, "Lord, help me love You more!" He always answers that prayer.

### HOW CAN YOU APPLY YOUR FAITH

- Start your day with a short prayer asking God to fill your heart with passion for Him.
- Set aside time this week to study a Bible passage and journal what you learn.
- Remove one distraction from your daily routine that steals your time from God (like excessive phone time, TV, or social media).

### PRAYER

Lord, I don't want to serve You with a lukewarm heart. Set my spirit ablaze with love, obedience, and passion for Your presence. Let everything I do reflect my deep devotion to You. Rekindle any part of me that's grown cold. In Jesus' Name, Amen.

- Set aside time this week to study a Bible passage and journal what you learn.
- Remove one distraction from your daily routine that steals your time from God (like excessive phone time, TV, or social media).











### **THE POWER OF PERSISTENT PRAYER**

"Then Jesus told his disciples a parable to show them that they should always pray and not give up."-Luke 18:1 (NIV)

Prayer is one of the most powerful tools God has given us, yet it's often one of the most underused. Many people give up praying when they don't see immediate results. But Jesus emphasized persistent prayer-a kind of prayer that doesn't give up, even when it feels like nothing is changing.

In Luke 18, Jesus tells the parable of the persistent widow who kept bringing her request to an unjust judge. Though the judge didn't fear God or respect people, he eventually granted her justice simply because she wouldn't stop asking. Jesus uses this story to remind us that if even an unjust man can respond to persistence, how much more will our loving Heavenly Father respond when His children keep coming to Him?

Persistent prayer isn't about nagging God-it's about showing Him that we trust Him enough to keep askina, seekina, and knockina. It builds spiritual endurance and deepens relationship with the Father. It helps alian our desires with His will, and it invites heaven's influence into our earthly circumstances.

Don't stop praying. Even if you've been asking for a breakthrough for months or years, your persistence is not in vain. Every whispered prayer is heard. Heaven is moved by the prayers of the faithful. Keep pressing in. Keep showing up. Keep believing. God honors persistence.

### SAY TO YOUR KIDS

Have you ever asked your parents for something more than once? Maybe a snack, a toy, or permission to go out? That's what it means to be persistent. God wants you to pray like that every day, not just once. Even when it seems like He's quiet, He hears you. He's listening, and He loves it when you talk to Him often.

So, if you're praying for something, maybe for a friend, healing, or help with school, keep praying. Don't give up! God is working behind the scenes, and He always answers at the right

### HOW CAN YOU APPLY YOUR FAITH

- Set a reminder to pray for something specific every day this week.
- Don't stop if you don't see an answer righ away-keep askina God with faith.
- Join hands with a friend or family member. and agree in prayer together.

### PRAYER

Lord, teach me to be persistent in prayer. Help me not to give up, even when I feel tired or discouraged. I believe that You hear me and that You are working things out for my good. Strengthen my faith and keep my heart connected to Yours as I pray. In Jesus' Name, Amen.

- What is that one thing vou've been praying about and are tempted to give up on?
- How can you grow in faith as you wait on God's timing?











### SPIRITUAL MOMENT

"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."-Galatians 6:9

Starting strong is easy; staying strong is where the challenge lies. Many believers experience spiritual highs-after a retreat, a breakthrough. or an encounter with God-only to find themselves later in a valley, struggling to keep that fire alive.

Spiritual momentum is built by consistent daily habits. Just like physical fitness requires daily exercise, spiritual strength comes from reading the Word, praying, worshiping, and staying connected to other believers. Momentum doesn't mean vou feel "on fire" all the time, but it means you're choosing consistency over complacency.

Don't let routine become a rut. Let it be a runway. When you feel tired or uninspired, remember that God's strength is made perfect in your weakness. Keep showing up. Keep pressing in. The harvest is on the way.

### SAY TO YOUR KIDS

Just like riding a bike gets easier when we keep pedaling, loving Jesus gets easier when we keep praying, reading our Bibles, and doing what's right. Don't stop! God sees every good thing you do and He's cheering you on.

### HOW CAN YOU APPLY YOUR FAITH

- Track Your Walk: Create a simple tracker or checklist to monitor your spiritual activities daily. Seeing your progress will encourage you to stay on track.
- Find an Accountability Partner: Share you goal with a trusted friend or mentor who can check in and pray with you throughout the week.
- Celebrate Small Wins: At the end of the week, reflect on what God has done in your heart, no matter how small. Thank Him for every step forward.

### PRAYER

Lord, help me to not grow weary in doing good. Teach me to build momentum through daily obedience and trust in Your promises. Give me strength to keep moving forward.

### REFLECTION QUESTIONS

- What helps you stay consistent in your walk with God?
- What spiritual habits do you need to rebuild?
- How can you encourage someone else to keep going?









### UNMASKING THE HINDRANGES **TO YOUR DESTINY**

"Let us strip off every weight that slows us down, especially the sin that so easily trips us up."-Hebrews 12:1 (NLT)

God created you with purpose and destiny, but there are often obstacles—some obvious, some hidden-that can hinder your progress. These hindrances may come in the form of sin, fear, doubt, toxic relationships, laziness, or even distractions that seem harmless.

The writer of Hebrews compares life to a race. If you were running in a marathon, you wouldn't wear heavy clothing or carry extra baggage. Spiritually, the same is true. We must examine our lives for anything that slows us down. Ask vourself: Is this relationship helping or hindering me? Is my time with God increasing or decreasing? Is there unconfessed sin I've been ignoring?

Unmasking hindrances means being honest before God and asking the Holy Spirit to reveal what

you can't see on your own. It may be uncomfortable, but it's necessary. God desires that nothing blocks you from becoming who He designed you to be.

As you lay aside those weights, you'll begin to run lighter, freer, and with greater joy. Your destiny is worth protecting. Fight for it. Run your race with intentionality and grace.

### SAY TO YOUR KIDS

Sometimes we carry things in our hearts that God doesn't want us to hold onto. It could be fear, anger, or bad habits. God wants to help us drop those things so we can follow Him better. Ask Him to help you see anything that might be slowing you down, and then ask Him to help you let it go.

### HOW CAN YOU APPLY YOUR FAITH

- Spend time in prayer asking God to reveal anything that is hindering your walk with Him.
- Write them down and surrender them one b one in prayer.
- Share with a trusted mentor or accountability partner who can pray with you.

### PRAYER

Father, show me the things in my life that are slowing me down or pulling me away from Your best for me. Help me to lay them aside so I can run freely toward my destiny. Give me strength and clarity as I move forward. In Jesus' Name, Amen.

- What things do you sense are hindering your walk with God?
- What step can you take today to begin removing those hindrances?

## THE WEIGHT OF UNFORGIVENESS: HOW TO BREAK FREE FROM BITTERNESS

"Get rid of all bitterness, rage and anger... Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you." -Ephesians 4:31-32 (NIV)

Unforgiveness is a heavy burden. It festers in the heart, hardens our spirit, and clouds our ability to hear from God. Bitterness, resentment, and unresolved anger slowly poison our spiritual lives and relationships.

God calls us to forgive—not because the other person always deserves it, but because we have been forgiven. When we choose to forgive, we're not excusing wrong behavior. We're releasing ourselves from the prison of pain. Jesus paid the ultimate price to forgive our sins; surely, we can extend forgiveness to others.

Forgiveness may take time, but it begins with a choice. Speak it out loud: "I forgive [name]. I release them and surrender this pain to God." Then invite the Holy Spirit to heal your wounds. Freedom follows forgiveness. Bitterness turns to peace, and pain gives way to healing.

Don't let unforgiveness rob you of joy or block your prayers. God has more for you. Walk in the freedom of a heart made whole.

### SAY TO YOUR KIDS

When someone hurts you, it's okay to feel sad or angry. But holding onto that hurt can make your heart heavy. God wants to help you forgive so your heart can feel light again. Tell God how you feel and ask Him to help you forgive, just like Jesus forgave us.

### HOW CAN YOU APPLY YOUR FAITH

- Identify someone you may be holding unforgiveness toward.
- Pray a blessing over them and release them to God.
- Journal your feelings and invite God into the process.

### PRAYFR

Lord, I give You every wound, every offense, and every person who has hurt me. Help me forgive as You have forgiven me. Heal my heart and cleanse me from all bitterness. Let love and peace rule in me. In Jesus' Name, Amen.

- Is there anyone you need to forgive today?
- What's holding you back from letting go?





### **BARRIERS TO HEARIN** THE VOICE OF GOD

"My sheep hear My voice, and I know them, and they follow Me." - John 10:27 (NKJV)

God is always speaking, but we're not always listening-or able to hear Him clearly. Just like static can interfere with a radio signal, certain barriers can block or distort God's voice in our lives.

Some common barriers include unconfessed sin. spiritual busyness, emotional clutter (like fear or anger), and even distractions from our environment or devices. When we allow our lives to be filled with noise and chaos, it becomes harder to hear the gentle whisper of the Holv Spirit.

To tune in to God's voice, we must prioritize time in His presence. Quiet your heart. Read the Word. Pray not only to speak, but to listen. God speaks in many ways: through Scripture, impressions in your spirit, godly counsel, dreams, and sometimes through divine interruptions. But you must be sensitive and still enough to discern His voice.

Clear the clutter. Break the barrier, God wants to speak to you even more than you want to hear Him.

### SAY TO YOUR KIDS

God speaks to us in different ways-through the Bible, through peace in our hearts, or through people He sends to help us. But we need quiet time with Him to hear His voice. Find a quiet spot, close your eyes, and talk to God. Then sit still and listen with your heart.

### HOW CAN YOU APPLY YOUR FAITH

- Set aside daily guiet time with God—no phone, no distractions.
- Ask Him to show you anything that may be blocking His voice in your life.
- Practice listening by journaling what you fee He may be saying.

### PRAYER

Lord, I want to hear You clearly. Help me remove any barrier-sin, fear, distractions-that keep me from hearing Your voice. Teach me to be still, to wait on You, and to recognize Your leading. In Jesus' Name, Amen.

- What are the thinas hindering you from hearing God?
- What practical step can you take to make space for His voice?





### HE POWER OF **FASTING IN PRAYER**

"But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father... and your Father, who sees what is done in secret, will reward you." - Matthew 6:17-18 (NIV)

Fasting is a powerful spiritual discipline that aligns us with God's heart and clears spiritual stagnation. It isn't about punishing yourself or impressing God-it's about creating space for areater intimacy with Him.

Throughout Scripture. God's people fasted for breakthrough, wisdom, repentance, and revival. When combined with prayer, fasting becomes a weapon of spiritual warfare and a tool for transformation. It breaks strongholds, softens our hearts, and sharpens our spiritual sensitivity.

Fasting doesn't always mean abstaining from food. You might fast from social media. entertainment, or anything that's become a distraction. The key is to replace that time with prayer, Scripture, and seeking God.

If you need clarity, healing, or breakthrough—fast and pray. It positions you to receive what God is already ready to give.

### SAY TO YOUR KIDS

Sometimes we give up something we enjoy for a little while so we can spend more time with God. That's called fasting. It helps us hear Him better and shows Him we love Him more than anything else.

### HOW CAN YOU APPLY YOUR FAITH

- Choose something to fast from this week.
- Use that time to pray and read Scripture.
- Write down what God reveals to you during the fast.

### PRAYER

Lord, give me the grace to fast with the right heart and purpose. Remove distractions and draw me closer to You. As I seek You, open my ears and my heart to receive. In Jesus' Name, Amen.

### **REFLECTION QUESTIONS**

- What can you fast from this week?
- What are you seeking God for during your time of fasting?









### **FEEDING YOUR FAITH TO** STARVE DOUBT AND DISTRACTION

"So then faith comes by hearing, and hearing by the word of God."-Romans 10:17 (NKJV)

Faith and doubt cannot grow in the same soil. One will choke the other. The more you feed your faith, the weaker your doubts and distractions become. And the best food for faith is the Word of God.

Every day, we're consuming something-news, social media, entertainment, conversations, But are we feeding our spirits with truth? When fear rises, faith reminds us who God is. When life feels uncertain, faith keeps us anchored. But that kind of faith doesn't grow by accident-it grows by intentional feeding.

Build a habit of reading Scripture daily. Speak God's promises over your life. Surround yourself with godly voices and testimonies. Refuse to dwell on thoughts that contradict what God says. Faith isn't denial of reality; it's choosing to trust God over what we see.

### SAY TO YOUR KIDS

Just like your body needs food to grow strong, your spirit needs God's Word to grow in faith. The more you read your Bible and pray, the stronger your faith becomes—and the smaller vour fears feel.

### HOW CAN YOU APPLY YOUR FAITH

- Memorize a verse that reminds you of God's power and faithfulness.
- Replace fearful or doubtful thoughts with scripture.
- Listen to worship music and faith-filled sermons.

### PRAYER

God, increase my faith. Help me hunger for Your Word and fill my heart with truth. I choose to trust You over fear, doubt, and distraction. Strengthen me to believe even when I don't see the answer yet. In Jesus' Name, Amen.

- What are you feeding more: your faith or your doubt?
- What's one faith-building habit you can start today?

### **SPIRIT-LED LIFESTYLE**

"For those who are led by the Spirit of God are the children of God."-Romans 8:14 (NKJV)

Living a Spirit-led life means allowing the Holy Spirit to guide your thoughts, actions, and decisions. It's not about perfection, but about surrender. When the Spirit leads, you experience peace, wisdom, and fruitfulness-even in uncertainty.

The Holy Spirit speaks, nudges, convicts, and comforts. But we must learn to listen and follow. This means staying in step with Him, not rushing ahead or lagging behind. Sometimes He leads us into bold action, other times into quiet rest.

To cultivate this lifestyle, stay connected to God through prayer, scripture, and obedience. When you feel a gentle prompting to encourage someone, pause and pray, or resist a temptation—that's often the Spirit guiding you. Obey quickly. Over time, you'll become more sensitive and confident in His leading.

### SAY TO YOUR KIDS

The Holy Spirit is like a helper and guide who lives inside us. He helps us know what's right and what to do. Ask Him to help you every day. and He will lead you in ways that please God.

### HOW CAN YOU APPLY YOUR FAITH

- Begin your day by asking the Holy Spirit to lead you.
- Pay attention to gentle nudges or checks in your spirit.
- Obey what He shows you, even if it's small.

### PRAYER

Holy Spirit, I invite You to lead me today. Help me hear Your voice clearly and follow You with boldness and peace. Make me sensitive to Your direction. In Jesus' Name, Amen.

- When was the last time you sensed the Holy Spirit leading you?
- What can you do to become more Spirit-led in your everyday life?











### INDING FREED **PURPOSE (COMMUNIT)**

"Two people are better off than one, for they can help each other succeed.. If one person falls, the other can reach out and help." - Ecclesiastes 4:9-10 (NLT)

God never meant for us to walk alone. Community is where we find strength. accountability, encouragement, and growth. In the right community, we are sharpened, refined, and reminded of who we are in Christ.

Too many believers suffer in silence, strugaling with temptation, shame, or confusion because they lack safe and godly relationships. But true freedom often comes when we bring things into the light-confessing our struggles, receiving prayer, and walking alongside others who are pursuing Jesus.

Your purpose is often connected to people. In community, we serve, love, challenge, and build one another. If you've been isolating, take a step back into connection. Join a small group. Serve in church. Open up to trusted friends. You weren't made to do life alone.

### SAY TO YOUR KIDS

God gives us friends and family in church to help us grow. When we play together, pray together, and help each other, we are showing God's love. Don't be afraid to ask for help or to be a helper too!

### HOW CAN YOU APPLY YOUR FAITH

- Connect with a small group or church fellowship this week.
- Reach out to someone who might feel alone.
- Share one prayer request with a trusted believer.

Lord, thank You for the gift of community. Help me to build strong, godly relationships and not walk through life alone. Show me where I can serve and be a blessing. In Jesus' Name, Amen.

- Who are your spiritual companions in this season of life?
- What steps can you take to build deeper community?





### ING THE W HROUGH SOUL W

"He said to them, 'Go into all the world and preach the gospel to all creation." - Mark 16:15 (NIV)

Every believer is called to be a soul winner. Sharing the gospel isn't just for pastors, missionaries, or evangelists—it's for all who carry the name of Christ. When Jesus gave the Great Commission. He meant it for each of us.

The world is full of people longing for truth, peace, and hope. We have the answer: Jesus. Soul winning doesn't always mean standing on a stage or preaching with a microphone. It can look like showing kindness, sharing your testimony, offering to pray for someone, or simply living your life in a way that reflects God's love.

Sometimes, we fear rejection or feel unqualified. But remember, the Holy Spirit empowers you. He gives the words, opens hearts, and brings the increase. Your job is to be available and obedient.

Don't hide your light. Let it shine in classrooms. offices, online spaces, and homes.

### SAY TO YOUR KIDS

Telling someone about Jesus is the most important thing we can do. You don't have to be loud or preachy—just show love, be kind, and tell people how much Jesus loves them.

### HOW CAN YOU APPLY YOUR FAITH

- Ask God to show you one person you can share His love with today.
- Learn how to briefly share your testimony.
- Carry gospel tracts, invite people to church, or simply start a conversation.

### PRAYER

Lord, give me a heart for the lost. Make me bold and full of love. Help me share Your good news wherever I go, and use my life to bring people to You. In Jesus' Name, Amen.

### REFLECTION QUESTIONS

- When was the last time you shared your faith with someone?
- What keeps you from soul winning, and how can you overcome it?











### FROM USE-LESS TO USE-FUL:

"Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things." - Matthew 25:21 (NIV)

Stewardship is about managing what God has entrusted to you-your time, talents, treasures,

and influence. Many think they're too "small" to be useful to God. But God doesn't look for the most aifted: He looks for the most faithful.

In the parable of the talents, the master entrusted his servants with resources and expected them to multiply what they had been given. When you steward well, you move from being "use-less" in the kingdom to "use-ful."

What has God placed in your hands? A voice? A skill? Resources? Time? Even if it feels little, when surrendered to God, it can impact nations. Be faithful in the small. Manage your money wisely. Use your voice to bless others. Serve with excellence.

God is not looking for perfection—He's looking for faithfulness.

### SAY TO YOUR KIDS

God gives us gifts-like our time, toys, talents, and even money. When we use them to help others and honor Him. we're being good stewards. And when we do that, God is proud of us!

### HOW CAN YOU APPLY YOUR FAITH

- Evaluate how you're using your time, money, and talents.
- Ask God to help you manage them better.
- Find a way to serve consistently in your church or community.

### PRAYER

Lord, help me be a faithful steward of all You've given me. Teach me to use my time and talents to honor You. I offer everything back to You—use me for Your glory. Amen.

### REFLECTION QUESTIONS

- What has God entrusted to you that you could manage better?
- In what area can you grow in stewardship this week?









### THE CHARACTER OF A CHRISTIAN -EXPLORING THE FRUIT OF THE SPIRIT

"But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control."-Galatians 5:22-23 (NIV)

Your gifts may get you noticed, but your character will keep you standing. The Fruit of the Spirit

is not just a list of nice traits—it's the character of Jesus formed in us by the Holy Spirit.

Love is more than emotion: it's action. Jov remains even when circumstances are hard. Peace quiets the storm inside us. Patience waits well. Kindness and goodness serve others selflessly. Faithfulness stands firm. Gentleness responds with humility. Self-control keeps desires in check.

We grow these fruits not by striving, but by staying connected to Jesus. A tree doesn't struggle to bear fruit; it simply stays rooted and nourished.

When we walk in the Spirit, our lives begin to reflect His character. And that witness may speak louder than any words.

### SAY TO YOUR KIDS

God wants us to act like Jesus. That means being loving, kind, patient, and gentle. Ask the Holy Spirit to help you show these fruits every day.

### HOW CAN YOU APPLY YOUR FAITH

- · Pick one fruit of the Spirit to focus on each day this week.
- When tempted to act out of flesh, pause and pray.
- Ask someone close to you how they see the fruit in your life.

### PRAYER

Holy Spirit, produce Your fruit in me. Help me grow in love, joy, peace, and all the other fruits that show I belong to You. Make me more like Jesus. Amen.

- Which fruit of the Spirit do you need to grow in right now?
- How can you stay more rooted in Christ each day?









### III DING RFSII IFNGF THROUGH PRAYER

"Don't worry about anything; instead, pray about everything... Then you will experience God's peace, which exceeds anything we can understand." -Philippians 4:6-7 (NLT)

Resilience is the ability to bounce back, to keep going when life hits hard. And prayer is one of the greatest tools God has given us to build that inner strenath.

When you pray, you're not just speaking into the air-vou're connecting with the Source of strength. Prayer aligns your heart with God's. It lifts burdens, strengthens resolve, and renews hope.

Jesus Himself withdrew often to pray, especially before major decisions or after exhausting days. If He needed it, so do we.

When trials come, don't panic-pray. When you feel drained, pray. When everything is going well, still pray. Let prayer become your first response, not your last resort. And as you do, you'll find that storms no longer shake you the same way.

### SAY TO YOUR KIDS

When you feel sad, scared, or tired, you can talk to God. Prayer helps us feel stronger because we remember that God is with us. He listens and helps every time.

### HOW CAN YOU APPLY YOUR FAITH

- Make prayer a daily habit, not just in emergencies.
- Keep a journal of your prayers and how God answers.
- Pray for strength before your day begins.

### PRAYER

Father, when I feel weak or overwhelmed, help me to run to You in prayer. Fill me with Your peace and strength. Teach me to trust You and keep standing, no matter what comes. In Jesus' Name, Amen.

### REFLECTION QUESTIONS

- What situation in your life needs the strenath that prayer provides?
- How can you deepen your prayer life this week?















### RUSTING GOD THE FACE OF ADVERSITY

"Trust in the Lord with all your heart, and lean not on your own understanding..." - Proverbs 3:5-6 (NKJV)

Adversity is a part of life, but it doesn't have to define your life. Trusting God doesn't mean you understand everything—it means you believe He is faithful even when life doesn't make sense.

Joseph was betrayed, falsely accused, and imprisoned—but he trusted God and was eventually elevated. Job lost everything but clung to his faith. Jesus Himself endured the cross, trusting in the Father's plan.

You may not see the full picture now, but God does. He is writing a story of redemption even in your darkest chapters. He uses trials to refine us. draw us closer, and prepare us for greater purpose.

Don't lean	on your	own	unders	tanding.	Lean	on
the everla	sting arr	ns of	the One	who nev	er fail	s.

### SAY TO YOUR KIDS

Sometimes life is hard, and we don't always understand why. But God sees everything and promises to help us. We can trust Him even when things don't go our way.

### HOW CAN YOU APPLY YOUR FAITH

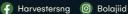
- Write down a situation where you need to trust God more.
- Meditate on scriptures about His faithfulness.
- Declare trust over fear and worry each morning.

### PRAYER

Lord, I choose to trust You, even when life is hard. Help me not to rely on what I see or feel but to rest in Your promises. You are good, and Your plan for me is perfect. In Jesus' Name, Amen.

### REFLECTION QUESTIONS

- What area of your life is God asking you to trust Him in?
- How has adversity in the past strengthened your











### **SOUL CARE – HOW TO PREVENT BURNOU** AND MAINTAIN YOUR SPIRITUAL HEALTH

"Come to me, all you who are weary and burdened, and I will give you rest..." - Matthew 11:28-29 (NIV)

In the busyness of life and ministry, it's easy to pour out without being refilled. Even Jesus took time away from the crowds to rest and pray. Soul care is not selfish—it's spiritual. Without it, burnout is inevitable.

Signs of burnout include emotional exhaustion. spiritual dryness, and a loss of joy. When we neglect our own soul, we can't fully serve others or hear God clearly. That's why prioritizing rest, reflection, and renewal is vital.

Soul care looks like spending quiet time with God, getting enough sleep, seeking wise counsel, and even enjoying moments of laughter and creativity. It's letting God refill what's been poured out.

Remember: You're not a machine. You're a child of God-one He longs to refresh.

### SAY TO YOUR KIDS

t's okay to take breaks and rest. Even God rested! When you feel tired or overwhelmed, take some time to be quiet, breathe, and talk to Jesus.

### HOW CAN YOU APPLY YOUR FAITH

- Schedule intentional quiet time daily with God.
- Set healthy boundaries in service and rest.
- Journal your feelings and ask God to help you process them.

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Lord, I lay down every weight I've carried alone. Teach me to rest in You, to care for my soul, and to receive Your peace and strength daily. Amen.

### **REFLECTION QUESTIONS**

- What activities restore your soul?
- Are you making space to rest in God's presence?











### **CASTING YOUR CARES ON HIN**

"Cast all your anxiety on him because he cares for you." - 1 Peter 5:7 (NIV

Life comes with burdens. Whether it's financial stress, relational tension, or fear of the future these weights can be overwhelming. But the Word invites us to cast, not carry.

To cast means to throw off intentionally. You're not called to be a burden-bearer but a burdencaster. Why? Because God cares. He's not distant; He's deeply involved and compassionate.

Let go in prayer. Speak your worries out loud to God. Don't hold onto what He's already offered to take. When you surrender control, you make room for peace.

You weren't designed to live stressed—you were designed to live surrendered.

### SAY TO YOUR KIDS

When you feel worried, talk to God about it. Imagine giving Him your fears like handing over a heavy backpack. He'll take it and carry it for

### HOW CAN YOU APPLY YOUR FAITH

- Write down your top 3 worries and give them to God in prayer.
- Replace anxious thoughts with scriptures of trust.
- Practice deep breathing and repeating. "God is in control."

### PRAYER

Father, I cast every worry, fear, and burden at Your feet. I believe You care for me. Fill my heart with peace and remind me I'm never alone. In Jesus' Name, Amen.

- What have you been carrying that God is asking you to cast?
- How can you practice daily surrender?









### IN THE STILLNESS-HOW TO EXPERIE **GOD'S PRESENCE INSOLITUDE**

"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up."-Galatians 6:9

We live in a noisy world—constant notifications, endless conversations, and busy schedules. But often, God whispers. And to hear Him, we must be still.

Solitude isn't loneliness-it's sacred. It's where distractions fade and His voice grows clear. Jesus modeled this, often slipping away to quiet places to be with the Father.

Stillness is more than silence; it's surrender. It's saving, "Lord, I'm here—not to perform, but to be present." In the quiet, He speaks peace, direction, and healing.

### SAY TO YOUR KIDS

Sometimes, being quiet helps us hear God better. Find a peaceful place and talk to Jesus or just listen. He loves to spend quiet time with vou.

### HOW CAN YOU APPLY YOUR FAITH

- Set a daily 5-10 minute "still time" with no phone or noise.
- Read a psalm slowly and ask God to speak to your heart.
- Reflect on His presence without rushing.

### PRAYER

Lord, teach me to be still. In the quiet, let me hear You, know You, and trust You deeper. Strip away distractions and help me rest in Your nearness. Amen.

### **REFLECTION QUESTIONS**

- What keeps you from stillness?
- When was the last time you sat silently with God?









### THE PURPOSE OF PAUSE -IVERING THE LESSON OF DELA

"For the revelation awaits an appointed time... Though it linger, wait for it; it will certainly come and will not delay." -Habakkuk 2:3 (NIV)

Delays often feel like denial, but they can be divine. In God's kingdom, pauses are purposeful. They test our trust, shape our character, and align our hearts with His timing.

Abraham waited for Isaac, Joseph waited in prison. David waited to be king. Jesus waited 30 years before starting ministry. Delay doesn't mean God has forgotten-it means He's preparing.

While we wait. God is working. He's building endurance, refining motives, and deepening faith. Don't waste your wait—worship in it. Learn in it. Grow through it.

The waiting room of life can be uncomfortable, but it's where spiritual maturity is born.

### SAY TO YOUR KIDS

Sometimes we have to wait for good things, like birthdays or answers to prayers. God's timing is always perfect, and He uses the wait to help us arow.

### HOW CAN YOU APPLY YOUR FAITH

- Journal what God may be teaching you in a current delay.
- Resist the urge to force doors open.
- Encourage others who are also waiting.

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God, I trust Your timing. Even when I don't understand the pause, I know You have a plan. Help me to wait with patience and faith. In Jesus' Name, Amen.

### **REFLECTION QUESTIONS**

- What lesson has God tauaht you during a waiting season?
- How can you shift your attitude toward delays?













### **GIFT THAT KEEPS ON GIV** THE TRUE ACT OF GENEROSI

"For God loves a person who gives cheerfully."-2 Corinthians 9:7 (NLT)

Generosity is more than giving money—it's giving from the heart. Time, kindness, service, encouragement, hospitality-all are forms of giving. And when done cheerfully, they reflect the heart of God.

Giving breaks the grip of greed and makes room for God's abundance. It shows that our trust is not in things, but in the Giver.

Jesus gave His life for us. Every act of generosity echoes that love. Whether helping someone in need or offering your time, each gift becomes a seed that bears fruit.

You don't need	l to have a	lot to give.	You just	need
a willing heart.				

### SAY TO YOUR KIDS

Giving can be sharing your snack, helping someone, or saying kind words. When we give, we show God's love—and that makes Him smile!

### HOW CAN YOU APPLY YOUR FAITH

- Give something today—time, resources, or a word of encouragement.
- Look for regular opportunities to serve or give.
- Make generosity part of your lifestyle, not a one-time event.

### PRAYER

Lord, make me generous like You. Help me give cheerfully and freely, trusting that You are my source. Use my giving to bless others and glorify You. Amen.

- How can you grow in generosity this week?
- What are non-financial ways you can give today?

### A GIFT THAT KEEPS ON GIV THE TRUE ACT OF GENEROSIT

"Give thanks in all circumstances; for this is God's will for you in Christ Jesus." - 1 Thessalonians 5:18 (NIV)

Gratitude isn't just a feeling—it's a posture of the heart. When we choose to thank God, even in hard times, our perspective changes.

Gratitude shifts our focus from what we lack to what we have. It silences complaint and opens the door to joy. It's not about pretending everything is perfect, but recognizing God's presence in all things.

Jesus gave thanks before feeding the 5,000, before raising Lazarus, and even before going to the cross. Gratitude in advance is a sign of deep faith.

Cultivate thankfulness daily. Keep a gratitude journal. Speak out loud what you're thankful for. Gratitude draws us closer to the Giver.

### SAY TO YOUR KIDS

Every day, thank God for something—even the little things. A thankful heart makes you happy and reminds you that God is always taking care of vou.

### HOW CAN YOU APPLY YOUR FAITH

- List 3 things you're grateful for each morning.
- Turn complaints into thanks.
- Tell someone today why you're thankful for them.

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Thank You, Lord, for every blessing-seen and unseen. Teach me to live with a thankful heart, no matter what. May gratitude be my song every day. Amen.

### **REFLECTION QUESTIONS**

- What are you most thankful for right now?
- How can you make gratitude part of your daily routine?









# PRAYERS FOR FINANCIAL PROVISION AND RESOURCES

- "My Father My Father, lead my steps into profitable investments, just as Your Word assures in Psalm 23:1–2, where You promise to provide for all our needs. Guide me towards financial success and bless the work of my hands abundantly."
- "My Father, My Father, I declare that You will make me a lender to nations and not a borrower, as Your Word proclaims in Deuteronomy 28:12. Empower me to be a channel of blessings to others, overflowing with abundance so that I can generously give."
- "Lord, I receive promotions, recognition, and open doors that bring about significant financial increase, as You promise in Proverbs 18:16 that a man's gift makes room for him and brings him before great men."
- "MY Father My Father, I decree that every form of loss in my life is turning into maximum profit in the Name of Jesus. Just as Joseph experienced in Genesis 50:20, what was meant for evil, You will turn for my good."
- "My Father My Father, in this season, I declare that every setback is turning into a divine setup for greater blessings. Your Word in Romans 8:28 assures me that all things work together for good to those who love You."
- "Loving Father, during these 21 days, I decree and declare that every lost and due fortune is restored to me a hundredfold, as You promised in Mark 10:29–30. I trust in Your faithfulness to multiply my blessings."
- "My Father My Father, I declare that this is the season of transitioning from 'just enough' to an overflow, as Your Word in Psalm 23:5-6 assures that my cup will overflow with blessings and goodness."
- "I decree that I receive supernatural supply that wipes out every form of debt, just as Your Word promises in Philippians 4:19 that You will supply all my needs according to Your riches in glory."

# PRAYERS FOR BUSINESS GROWTH & CAREER ADVANCEMENT

- "My Father My Father, in this season, I declare that I will shine brightly in my place of work, as Your Word in Matthew 5:16 encourages me to let my light shine before others, that they may see my good deeds and glorify You."
- "My Father My Father, I decree that my CV and everything that represents me
  will attract the attention of influential individuals who will advocate for the
  uplifting of my business and career. Just as in Proverbs 22:29, I believe that
  my skills will bring me before kings."
- My Father My Father, by the force of Heaven, I reclaim every hijacked contract that rightfully belongs to me, just as You restored what the enemy stole from Job in Job 42:10."
- My Father My Father, I decree that the biggest deals, contracts, payments, and opportunities in my industry will come to me now, for You are able to do exceedingly abundantly above all that I ask or think, according to Ephesians 3:20."
- My Father My Father, when men are looking for someone to appoint and promote, I will be preferred because the fragrance of Your blessings is upon my life, as 2 Corinthians 2:15 assures me that I am the aroma of Christ to God."
- "My Father My Father, I bring an end to every form of business and career losses in the name of Jesus. Your Word in Jeremiah 29:11 promises that You have plans to prosper me and not to harm me."
- "My Father My Father, I decree that every effort made to bring me down will
  only push me ten steps forward in greatness and relevance, just as Your Word
  in Romans 8:28 declares that all things work together for good to those who
  love You."
- "Gracious Father, I declare that the same letter and plans that were prepared to use against me will be turned around to exalt me, just as You did for Mordecai in Esther 6:10–11."

**Declaration of Confidence:** With utmost confidence in Your unfailing promises, I lift up these heartfelt prayers, knowing that You are faithful to bring them to pass. I trust in Your divine intervention to elevate my career and business, attracting favor and success beyond measure. In Your loving care, I find hope and assurance that every setback will be turned into a stepping stone to greatness. Thank You, Lord, for the victory that is already mine. In Jesus' name, amen.

# PRAYERS FOR TROUBLED MARRIAGES

- 1. Prayer for Unity and Restoration: "Heavenly Father, I ask that you mend the brokenness in our marriage and bring us back together as one flesh, just as You intended in Genesis 2:24. Rekindle the love and bond we once shared, allowing forgiveness and understanding to flow between us."
- 2. Prayer for Communication and Understanding: "Lord, grant us the gift of open and honest communication, as Ephesians 4:29 reminds us to speak only what is helpful and edifying. Help us to truly understand each other's feelings and needs, fostering empathy and compassion in our hearts."
- 3. Prayer for Healing from Past Hurts: "God, heal the wounds of the past that have caused pain and bitterness within our marriage. In Psalm 147:3, You promise to bind up the brokenhearted; please heal our hearts and help us let go of past hurts, allowing Your love to prevail."
- 4. Prayer for Patience and Selflessness: "My Father My Father, teach us to be patient with one another and to practice selflessness, as Your Word instructs in Philippians 2:3-4. May we put each other's needs above our own, fostering a deeper connection and understanding."
- 5. Prayer for Wisdom and Guidance: "Lord, grant us wisdom and discernment to make the right decisions for our marriage, according to James 1:5. Lead us on the path of righteousness and guide us through difficult times, knowing that You are with us always."
- 6. Prayer for Renewed Intimacy: "God, restore the intimacy and passion in our marriage, as described in Song of Solomon 4:9. Ignite the flames of love and desire between us, strengthening the bond that only You can create."
- 7. Prayer for Overcoming Challenges: "Heavenly Father, help us to face challenges together as a united front, remembering that nothing is impossible with You by our side, as Matthew 19:26 assures us. Give us the courage to persevere and overcome every obstacle in our path."
- 8. Prayer for a Christ-Centered Marriage: "Lord, make our marriage a reflection of Your love and grace, as described in 1 Corinthians 13:4-8. Help us to be patient, kind, and always ready to forgive, with love as the foundation of our relationship."

# PRAYERS FOR RELOGATION, APPROVAL, AND IMMIGRATION ISSUES

- "My Father My Father, I boldly declare that any force trying to delay my approval and promotion is utterly cancelled, for Your Word in Psalm 30:5 assures me that weeping may endure for a night, but joy comes in the morning."
- "My Father My Father, where my voice cannot reach, let Your mercy speak on my behalf, just as Your Word in Lamentations 3:22-23 reminds me that Your mercies are new every morning."
- "Merciful Father, I decree and declare that You order my steps to the right place, at the right time, for the right projects, contracts, and appointments to take off. Your Word in Psalm 37:23 assures me that the steps of a good man are ordered by You."
- "My Father My Father, I pray that every worry I have about my project, approval, application, and migration becomes a testimony of Your faithfulness, for Your Word in Philippians 4:6-7 encourages me not to be anxious but to bring my requests to You with thanksgiving."
- "My Father My Father, I decree and declare that every disturbance on my project is silenced, just as Jesus rebuked the storm in Mark 4:39, and there was a great calm."
- "My Father My Father, I declare that every delay, rejection, and failure in my life has turned around for good and is now announcing Your power and glory in my life, just as in Romans 8:28, You promise to work all things together for my good."
- "Merciful Father, everywhere I have been disadvantaged, whether in my papers, proposals, CVs, or any area of my life, I declare that the disadvantage becomes my advantage, for Your Word in Isaiah 61:7 proclaims double portions of blessings in exchange for shame."
- "Gracious Father, where I have complained of slow progress before, I now testify about the speed and approvals that You are bringing into my life, for You are a God of sudden breakthroughs."
- "Heavenly Father, I decree and declare that every source of delay concerning my approval is dried up, for Your Word in Isaiah 43:19 promises that You will make a way in the wilderness and rivers in the desert."

## PRAYERS FOR FRUIT OF THE WOMB

- "My Father My Father, I pour out my heart to You, longing for the precious gift of a child. Just as Hannah cried out to You in 1 Samuel 1:10, I too come before Your presence, seeking Your mercy and grace in this journey."
- "My Father My Father, I declare that my womb is blessed and fruitful, just as You promised in Genesis 1:28 to be fruitful and multiply. I trust in Your perfect timing for the fulfillment of this desire in my life."
- "Merciful God, I break every form of barrenness and infertility that has been a barrier in my life. Your Word in Isaiah 54:1 reassures me not to be barren, and I claim this promise over my life today."
- "My Father My Father, I pray for emotional healing during this season of waiting. Your Word in Psalm 34:18 reminds me that You are near to the brokenhearted, and I seek comfort and strength in Your presence."
- "Heavenly Father, I decree and declare that I am fearfully and wonderfully made, according to Psalm 139:14. I trust in Your perfect design and purpose for my body and my future as a parent."
- "Loving Father, I lift up my spouse and myself, praying for unity and strength in our desire for a child. Just as Abraham and Sarah persevered in faith in Genesis 21:1–2, I too hold on to the hope of a miracle in our lives."
- "My Father My Father, I declare that every negative report or diagnosis about my reproductive health is nullified by the power of Your Word. Your Word in Isaiah 53:5 assures me that by Your stripes, I am healed."
- "Gracious Father, I surrender my desire for a child into Your loving hands. Your Word in Psalm 37:4 promises that when I delight in You, You will grant the desires of my heart. I place my trust in You and Your perfect plan."

## PRAYERS FOR FAMILY, HEALTH, AND CHILDREN

- My Father My Father, I come before You with a heart filled with hope and expectation for my family. Just as You declared in Isaiah 8:18, I ask that You mark us for signs and wonders, displaying Your mighty works in our lives."
- "My Father My Father, I pray for divine protection and good health for each member of my family. Your Word in Psalm 91:10 assures us that no harm will befall us, and I trust in Your promise to be our refuge and fortress."
- "My Father My Father, I declare that my children are a heritage from You, as stated in Psalm 127:3. I commit them into Your hands, asking for Your guidance and wisdom to raise them in Your ways."
- "MY Father My Father, I pray for emotional healing and reconciliation within my family, if there are any strained relationships. Your Word in Colossians 3:13 encourages us to forgive as You have forgiven us."
- "Loving Father, I pray for unity and understanding among my family members, as Your Word in Ephesians 4:2–3 reminds us to bear with one another in love and to make every effort to keep the unity of the Spirit."
- I declare that my family will walk in obedience to Your commandments, as Your Word in Deuteronomy 5:29 encourages us to fear You and keep Your commandments for our good always."
- "Gracious Father, I surrender my family, health, and children into Your loving care. Your Word in Psalm 103:2–3 assures us that You forgive all our sins and heal all our diseases. I trust in Your goodness and grace."

# 21-DAY CONFESSIONS FOR HEALTH & HEALING

### Day 1:

Confession: "I believe that God is the Lord who heals me. By His stripes, I am healed, and I declare that His healing power is flowing through my body."

Exodus 15:26 (NKJV) - "If you diligently heed the voice of the Lord your God and do what is right in His sight, give ear to His commandments and keep all His statutes, I will put none of the diseases on you which I have brought on the Egyptians. For I am the Lord who heals vou."

### Day 2:

Confession: "I trust in the Lord with all my heart, and I lean not on my understanding. He is my strength and my healer in times of weakness."

Proverbs 3:5-6 (NLT) - "Trust in the Lord with all your heart; do not depend on your own understanding. Seek His will in all you do, and He will show you which path to take."

### Day 3:

Confession: "I declare that I am fearfully and wonderfully made. God's healing power is at work in every part of my body."

Psalm 139:14 (NKJV) - "I will praise You, for I am fearfully and wonderfully made; marvelous are Your works, and that my soul knows very well."

### Day 4:

Confession: "I believe in the power of God's Word to bring healing to my body. His promises are my anchor in times of sickness."

Psalm 107:20 (NKJV) - "He sent His word and healed them, and delivered them from their destructions."

### Day 5:

Confession: "I declare that I am covered by the blood of Jesus, and no sickness can prevail against me. His blood brings healing and protection."

Revelation 12:11 (NKJV) - "And they overcame him by the blood of the Lamb and by the word of their testimony, and they did not love their lives to the death."

### Day 6:

Confession: "I choose to walk in God's ways, for obedience to His commands brings health and healing to my body."

Proverbs 3:7-8 (NLT) - "Don't be impressed with your own wisdom. Instead, fear the Lord and turn away from evil. Then you will have healing for your body and strength for your bones."

### Day 7:

Confession: "I am confident that God will perfect that which concerns me. He is my healer and sustainer."

Psalm 138:8 (NKJV) - "The Lord will perfect that which concerns me; Your mercy, O Lord, endures forever; do not forsake the works of Your hands."

### Day 8:

Confession: "I trust in the Lord's timing, for He makes all things beautiful in His time. And because I know that God is interested in Healing me. I believe I receive my healing Now!"

Ecclesiastes 3:11 (NKJV) - "He has made everything beautiful in its time."

### Day 9:

Confession: "I am strong in the Lord and the power of His might. His strength sustains me in times of illness, therefore, I am whole in my body and every fibre of my being"

Ephesians 6:10 (NKJV) - "Finally, my brethren, be strong in the Lord and in the power of His might."

### Day 10:

Confession: "I declare that no weapon formed against me shall prosper. Every tongue that rises against me in judgment, I shall condemn. God's protection and healing surround me, therefore, this sickness rising against me is defeated now and forever, in Jesus name!"

Isaiah 54:17 (NKJV) - "No weapon formed against you shall prosper, and every tongue which rises against you in judgment you shall condemn. This is the heritage of the servants of the Lord, and their righteousness is from Me," says the Lord.

### Day 11:

Confession: "I am an overcomer because greater is He who is in me than he who is in the world. Through Christ, I have victory over this sickness and disease."

1 John 4:4 (NKJV) - "You are of God, little children, and have overcome them because He who is in you is greater than he who is in the world."

### Day 12:

Confession: "I choose to forgive others as Christ has forgiven me. Forgiveness releases healing and restoration in my life."

Colossians 3:13 (NLT) - "Make allowance for each other's faults, and forgive anyone who offends you. Remember, the Lord forgave you, so you must forgive others."

### Day 13:

Confession: "I cast all my cares upon the Lord because He cares for me. In His love and care, I find comfort and healing."

1 Peter 5:7 (NLT) - "Give all your worries and cares to God, for He cares about you."

### Day 14:

Confession: "I declare that I am blessed and highly favored by God. His favor brings healing and breakthroughs into my life."

Psalm 5:12 (NKJV) - "For You, O Lord, will bless the righteous; with favor, You will surround him as with a shield."

### Day 15:

Confession: "I put my hope in the Lord, and He renews my strength. As I wait on Him, I will mount up with wings like eagles and experience healing."

Isaiah 40:31 (NKJV) - "But those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint."

### Day 16:

Confession: "I declare that I have been set free by Christ. I am no longer a slave to fear or any form of bondage. Through Christ, I experience healing and liberty."

Galatians 5:1 (NKJV) - "Stand fast, therefore, in the liberty by which Christ has made us free, and do not be entangled again with a yoke of bondage."

### Day 17:

Confession: "I believe that all things work together for my good because I love God and am called according to His purpose. Even in challenging times, I experience healing."

Romans 8:28 (NKJV) - "And we know that all things work together for good to those who love God, to those who are the called according to His purpose."

### Day 18:

Confession: "I choose to fix my eyes on Jesus, the author, and finisher of my faith. In Him, I find the strength to persevere and experience healing."

Hebrews 12:2 (NKJV) - "Looking unto Jesus, the author, and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God."

### Day 19:

Confession: "I declare that I am the head and not the tail, above and not beneath. In Christ, I walk in health and healing."

Deuteronomy 28:13 (NKJV) - "And the Lord will make you the head and not the tail; you shall be above only, and not be beneath, if you heed the commandments of the Lord your God, which I command you today, and are careful to observe them."

### Day 20:

Confession: "I am an heir of God and a joint heir with Christ, I inherit all the promises of God, including healing, through my union with Him."

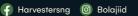
Romans 8:17 (NKJV) - "and if children, then heirs—heirs of God and joint heirs with Christ, if indeed we suffer with Him, that we may also be glorified together."

### Day 21:

Confession: "I thank God for His faithfulness and His goodness in my life. I believe that His plans for me are for good and not for evil. I walk in health and healing every day."

Psalm 100:5 (NKJV) - "For the Lord is good; His mercy is everlasting, and His truth endures to all generations."









# CONFESSIONS FOR BUSINESS, CAREER AND BREAKTHROUGH

### Day 1:

Confession: "I believe that God is my provider, and He gives me the power to create wealth. I declare breakthrough in my business, career, and finances."

Deuteronomy 8:18 (NKJV) – "And you shall remember the Lord your God, for it is He who gives you power to get wealth, that He may establish His covenant which He swore to your fathers, as it is this day."

### Day 2:

Confession: "I trust in the Lord with all my heart, and I lean not on my understanding. In all my ways, I acknowledge Him, and He directs my path to success."

Proverbs 3:5-6 (NLT) - "Trust in the Lord with all your heart; do not depend on your own understanding. Seek His will in all you do, and He will show you which path to take."

### Day 3:

Confession: "I am diligent in my work, and I sow seeds of excellence. The favor of God goes before me, and doors of opportunities open for my business and career."

Proverbs 22:29 (NKJV) - "Do you see a man who excels in his work? He will stand before kings; he will not stand before unknown men."

### Day 4:

Confession: "I declare that I am blessed to be a blessing. As I sow into the lives of others, I reap bountifully in my business, career, and finances."

2 Corinthians 9:6 (NKJV) – "But this I say: He who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully."

### Day 5:

Confession: "I am a wise steward of the resources God has entrusted to me. Through wisdom and discernment, I make sound financial decisions."

Proverbs 3:9 (NKJV) – "Honor the Lord with your possessions, and with the firstfruits of all your increase."

### Day 6:

Confession: "I cast all my cares upon the Lord because He cares for me and my business. I find wisdom and strength in Him to overcome challenges and obstacles."

1 Peter 5:7 (NLT) - "Give all your worries and cares to God, for He cares about you."

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### Day 7:

Confession: "I am a person of integrity and honesty in my business and career. The Lord establishes the work of my hands and causes it to prosper."

Psalm 90:17 (NKJV) - "And let the beauty of the Lord our God be upon us, and establish the work of our hands for us; yes, establish the work of our hands."

### Day 8:

Confession: "I declare that God's plans for me are plans for good and not for evil, to give me a future and a hope. My breakthrough is part of His good plans for my life."

Jeremiah 29:11 (NKJV) - "For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope."

### Day 9:

Confession: "I choose to be diligent and consistent in my efforts. I reap the rewards of my hard work and experience breakthroughs in my business and career."

Proverbs 21:5 (NKJV) - "The plans of the diligent lead surely to plenty, but those of everyone who is hasty, surely to poverty."

### Day 10:

Confession: "I am led by the Holy Spirit in my business and career decisions. His guidance leads me to success and prosperity."

Galatians 5:25 (NLT) - "Since we are living by the Spirit, let us follow the Spirit's leading in every part of our lives."

### Day 11:

Confession: "I declare that I have the mind of Christ. With wisdom and understanding, I navigate through challenges and find solutions for my business and career."

1 Corinthians 2:16 (NKJV) - "For 'who has known the mind of the Lord that he may instruct Him?' But we have the mind of Christ."

### Day 12:

Confession: "I am not moved by fear or doubt. I have faith in God's promises, and I boldly step into my business and career breakthroughs."

Hebrews 11:6 (NKJV) - "But without faith, it is impossible to please Him, for he who comes to God must believe that He is and that He is a rewarder of those who diligently seek Him."

### Day 13:

Confession: "I declare that wealth and riches are in my house because I fear the Lord and walk in His ways."

Psalm 112:1-3 (NKJV) - "Praise the Lord! Blessed is the man who fears the Lord, who delights greatly in His commandments. His descendants will be mighty on earth; the generation of the upright will be blessed. Wealth and riches will be in his house, and his righteousness endures forever."

### Day 14:

Confession: "I declare that I have the ability to produce wealth and create opportunities for others through God's empowerment."

Deuteronomy 8:18 (NIV) - "But remember the Lord your God, for it is He who gives you the ability to produce wealth, and so confirms His covenant, which He swore to your ancestors, as it is today."

### Day 15:

Confession: "I declare that my business and career flourish like a well-watered garden. I bring forth fruit in season, and my endeavors prosper."

Isaiah 58:11 (NIV) - "The Lord will guide you always; He will satisfy your needs in a sunscorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail."

### Day 16:

Confession: "I declare that I have a spirit of excellence in all that I do. As I offer excellent services, doors of opportunity and favor open for me."

Daniel 6:3 (NKJV) - "Then this Daniel distinguished himself above the governors and satraps because an excellent spirit was in him, and the king gave thought to setting him over the whole realm."

### Day 17:

Confession: "I am generous and a cheerful giver. I sow seeds of blessing, and God multiplies my harvest for His glory."

2 Corinthians 9:7 (NKJV) - "So let each one give as he purposes in his heart, not grudgingly or of necessity; for God loves a cheerful giver."

### Day 18:

Confession: "I declare that I am like a tree planted by the rivers of water. My business and career thrive, and I bear fruit abundantly."

Psalm 1:3 (NKJV) - "He shall be like a tree planted by the rivers of water, that brings forth its fruit in its season, whose leaf also shall not wither, and whatever he does shall prosper."

### Day 19:

Confession: "I declare that God's grace is sufficient for me. In times of challenges, His grace strengthens me and leads me to breakthroughs."

2 Corinthians 12:9 (NKJV) - "And He said to me, 'My grace is sufficient for you, for My strength is made perfect in weakness.' Therefore, most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me."

### Day 20:

Confession: "I declare that I am blessed to be a blessing. As I bless others with my skills and talents, God's blessings flow back to me abundantly."

Proverbs 11:25 (NKJV) - "The generous soul will be made rich, and he who waters will also be watered himself."

### Day 21:

Confession: "I am an overcomer by the blood of the Lamb and the word of my testimony. My testimony is one of breakthrough in my business, career, and finances."

Revelation 12:11 (NKJV) - "And they overcame him by the blood of the Lamb and by the word of their testimony, and they did not love their lives to the death."









# CONFESSIONS FOR DELAYED SINGLES ON MARITAL SETTLEMENT

### Day 1:

Confession: "I believe that God is my ultimate matchmaker, and He is orchestrating my marital settlement. I trust in His perfect timing and plan for my life; I declare that God's timing is always perfect, and He is working all things together for my good. I surrender my desire for marriage into His hands."

Psalm 27:14 (NKJV) - "Wait on the Lord; be of good courage, and He shall strengthen your heart: wait, I say, on the Lord!"

### Day 2:

Confession: "I believe that God is my loving Father, and He knows the desires of my heart. I trust Him for my marital settlement, and I know He will bring the right person into my life at the perfect time."

Psalm 37:4 (NKJV) - "Delight yourself also in the Lord, and He shall give you the desires of vour heart."

### Day 3:

Confession: "I declare that God's timing is perfect, and I will wait patiently for His best in my life. I surrender my desires and plans to Him, knowing that His ways are higher."

Isaiah 40:31 (NKJV) - "But those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint."

### Day 4:

Confession: "I believe that God is faithful, and His promises never fail. I trust Him to fulfill His plan for my life, including my marital settlement."

Hebrews 10:23 (NKJV) - "Let us hold fast the confession of our hope without wavering, for He who promised is faithful."

### Day 5:

Confession: "I declare that God's love for me is unchanging and unconditional. His love sustains me and fills my heart with hope for the future."

Jeremiah 31:3 (NKJV) - "The Lord has appeared of old to me, saying: 'Yes, I have loved you with an everlasting love; therefore, with lovingkindness I have drawn you."

### Day 6:

Confession: "I believe that God is working all things together for my good, even in times of waiting. His plan for my life is perfect, and I will trust in Him."

Romans 8:28 (NKJV) - "And we know that all things work together for good to those who love God, to those who are the called according to His purpose."

### Day 7:

Confession: "I declare that I will not be anxious about my marital settlement. I will cast all my cares upon the Lord, knowing that He cares for me."

Philippians 4:6-7 (NKJV) - "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus."

### Day 8:

Confession: "I believe that God is preparing me for a loving and Godly marriage. I will use this season of waiting to grow in character and deepen my relationship with Him."

Proverbs 19:14 (NKJV) - "Houses and riches are an inheritance from fathers, but a prudent wife is from the Lord."

### Day 9:

Confession: "I declare that God's love and grace are more than enough for me. I will find contentment and fulfillment in Him while I wait for my marital settlement."

2 Corinthians 12:9 (NKJV) - "And He said to me, 'My grace is sufficient for you, for My strength is made perfect in weakness.' Therefore, most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me."

### Day 10:

Confession: "I believe that God is in control of every aspect of my life, including my marital settlement. I will surrender my desires and plans to Him and trust in His leading."

Proverbs 3:5-6 (NKJV) - "Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths."

### Day 11:

Confession: "I declare that I am fearfully and wonderfully made by God. I am complete in Him, and my identity is rooted in His love for me."

Psalm 139:14 (NKJV) - "I will praise You, for I am fearfully and wonderfully made; marvelous are Your works, and that my soul knows very well."

### Day 12:

Confession: "I believe that God's plan for my life is good and full of hope. I will not be discouraged by the delay, but I will remain hopeful and trust in His faithfulness."

Jeremiah 29:11 (NKJV) - "For I know the thoughts that I think toward you, says the Lord,

### Day 13:

Confession: "I declare that God's Word is a lamp to my feet and a light to my path. I will trust in His Word and follow His guidance in my life."

Psalm 119:105 (NKJV) - "Your word is a lamp to my feet and a light to my path."

### Day 14:

Confession: "I believe that God's love never fails, and He is always with me. His presence comforts and strengthens me, especially during times of waiting."

Joshua 1:9 (NKJV) - "Have I not commanded you? Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go."

### Day 15:

Confession: "I believe that God is working all things together for my good, even in the delay. I will not be discouraged, but I will remain steadfast in faith."

Romans 8:28 (NLT) - "And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them."

### Day 16:

Confession: "I declare that my trust is in the Lord, not in my circumstances or the opinions of others. I trust that God's plans for my life are higher than any human expectation."

Proverbs 3:5-6 (NLT) - "Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take."

### Day 17:

Confession: "I believe that God is the perfect matchmaker, and He knows the desires of my heart. I commit my desires to Him and trust that He will fulfill them in His way and time "

Psalm 37:4 (NLT) - "Take delight in the Lord, and he will give you your heart's desires."

### Day 18:

Confession: "I declare that God's grace is sufficient for me, even in the waiting season. I will find strength and hope in His unfailing love."

2 Corinthians 12:9 (NLT) - "Each time he said, 'My grace is all you need. My power works best in weakness.' So now I am glad to boast about my weaknesses, so that the power of Christ can work through me."

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### Day 19:

Confession: "I believe that God is preparing me and my future spouse for a successful and fulfilling marriage. I will embrace the lessons and growth opportunities in this season of preparation."

1 Peter 5:10 (NLT) - "In his kindness, God called you to share in his eternal glory by means of Christ Jesus. So after you have suffered a little while, he will restore, support, and strengthen you, and he will place you on a firm foundation."

### Day 20:

Confession: "I declare that God's love for me is unchanging and unwavering. His love sustains me in every season of life, including the waiting season."

Romans 8:39 (NLT) - "No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord."

### Day 21:

Confession: "I believe that God's plans are higher than my plans, and He knows what is best for me. I will surrender my desires to Him and trust in His divine timing."

Isaiah 55:8-9 (NLT) - "'My thoughts are nothing like your thoughts,' says the Lord. 'And my ways are far beyond anything you could imagine. For just as the heavens are higher than the earth, so my ways are higher than your ways and my thoughts higher than your thoughts.""









# CONFESSIONS FOR TROUBLED MARRIAGES

### Day 1:

Confession: "I believe that God is the healer of brokenness and the restorer of troubled marriages. I trust in His power to bring healing and reconciliation."

Psalm 147:3 (NLT) - "He heals the brokenhearted and bandages their wounds."

### Day 2:

Confession: "I declare that God's love is unconditional and never fails. His love sustains me and my marriage through difficult times."

1 Corinthians 13:8 (NLT) - "Prophecy and speaking in unknown languages and special knowledge will become useless. But love will last forever!"

### Day 3:

Confession: "I believe that with God, nothing is impossible. I trust in His ability to turn things around and restore harmony in my marriage."

Luke 1:37 (NLT) - "For nothing is impossible with God."

### Day 4:

Confession: "I declare that God is my refuge and strength, even in the midst of marital challenges. I find comfort and help in Him."

Psalm 46:1 (NLT) - "God is our refuge and strength, always ready to help in times of trouble."

### Day 5:

Confession: "I believe that God's grace is sufficient for me and my spouse. His grace empowers us to forgive and extend love to one another."

2 Corinthians 12:9 (NLT) - "Each time he said, 'My grace is all you need. My power works best in weakness.' So now I am glad to boast about my weaknesses, so that the power of Christ can work through me."

#### Day 6:

Confession: "I declare that I will be quick to listen, slow to speak, and slow to anger in my marriage. I seek to understand and communicate with love."

James 1:19 (NLT) - "Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry."

### Day 7:

Confession: "I believe that God is working in my marriage, transforming us into vessels of His love and grace. We are growing together in love."

Philippians 1:6 (NLT) - "And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns."

### Day 8:

Confession: "I declare that I will not let bitterness and unforgiveness take root in my heart. I choose to forgive and release all offenses."

Ephesians 4:31–32 (NLT) – "Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you."

### Day 9:

Confession: "I believe that God is my counselor, and He guides us in making wise decisions for our marriage."

Psalm 32:8 (NLT) - "The Lord says, 'I will guide you along the best pathway for your life. I will advise you and watch over you."

### Day 10:

Confession: "I declare that God's peace reigns in my marriage. We seek His guidance and make decisions together in unity."

Colossians 3:15 (NLT) – "And let the peace that comes from Christ rule in your hearts. For as members of one body you are called to live in peace. And always be thankful."

### Day 11:

Confession: "I believe that God is our helper in times of trouble. We rely on His strength to overcome challenges in our marriage."

Psalm 46:1 (NLT) - "God is our refuge and strength, always ready to help in times of trouble."

### Day 12:

Confession: "I declare that we will not give up on our marriage. With God's help, we will persevere and see restoration."

Galatians 6:9 (NLT) - "So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up."

### Day 13:

Confession: "I believe that God's love covers a multitude of sins. His love empowers us to forgive and extend grace to one another."

1 Peter 4:8 (NLT) – "Most important of all, continue to show deep love for each other, for love covers a multitude of sins."

### Day 14:

Confession: "I declare that God's love is patient and kind. His love enables us to be patient and kind with one another."

1 Corinthians 13:4 (NLT) - "Love is patient and kind. Love is not jealous or boastful or proud."

### Day 15:

Confession: "I believe that God's Word is a lamp to our feet and a light to our path. We seek His guidance for our marriage."

Psalm 119:105 (NLT) - "Your word is a lamp to guide my feet and a light for my path."

### Day 16:

Confession: "I declare that God's peace fills our hearts and home. His peace guards our minds and emotions in difficult times."

Philippians 4:7 (NLT) - "Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus."

### Day 17:

Confession: "I believe that God is able to turn our mourning into joy and our ashes into beauty. He brings restoration to our marriage."

Isaiah 61:3 (NLT) - "To all who mourn in Israel, He will give a crown of beauty for ashes, a joyous blessing instead of mourning, festive praise instead of despair. In their righteousness, they will be like great oaks that the Lord has planted for His own glory."

### Day 18:

Confession: "I declare that God's love never gives up on us. His love sustains us through every trial and difficulty."

1 Corinthians 13:7 (NLT) - "Love never gives up, never loses faith, is always hopeful, and endures through every circumstance."

### Day 19:

Confession: "I believe that God is our anchor in the storms of life. He holds our marriage together and keeps us steady."

Hebrews 6:19 (NLT) - "This hope is a strong and trustworthy anchor for our souls. It leads us through the curtain into God's inner sanctuary."

### Day 20:

Confession: "I declare that God is the restorer of what was lost. He is bringing healing and wholeness to our marriage."

Joel 2:25 (NLT) – "The Lord says, 'I will give you back what you lost to the swarming locusts, the hopping locusts, the stripping locusts, and the cutting locusts. It was I who sent this great destroying army against you."

### Day 21:

Confession: "I believe that God is doing a new thing in our marriage. We surrender to His leading and trust Him for a fresh start."

Isaiah 43:19 (NLT) – "For I am about to do something new. See, I have already begun! Do you not see it? I will make a pathway through the wilderness. I will create rivers in the dry wasteland"

# **DOCUMENT YOUR TESTIMONIES AND ENCOUNTERS**













## **JOIN US ON SUNDAYS**

### **ABUJA CAMPUS**

Haven Event Place, inside Uzzitz Centre for Arts and Culture, by Banex junction, Mabushi, Abuja.

8:45AM | 10:30AM

### **AJAH CAMPUS**

Empressa Event Centre, No. 1 Hitech Road Beside Lagos Business School, Lekki-Epe Expressway

7:15AM | 8:45AM | 10:30AM

### **ALIMOSHO CAMPUS**

Emerald's Place & Resorts, 192/194, Ikotun-Igando Road, Igando, Alimosho, Lagos.

8:45AM | 10:30AM | 12:15PM

### **ANTHONY CAMPUS**

Northgate Arena 308, Ikorodu Road, beside Theodolite House, Anthony, Lagos.

7:15AM | 8:45AM 10:30AM | 12:15PM

### **GBAGADA CAMPUS**

Plot 5-7 Gbagada-Oshodi Expressway, opp. Dominos Pizza, Gbagada, Lagos.

7:15AM | 8:45AM 10:30AM | 12:15PM

### **IBADAN CAMPUS**

The Citron Event Center, opp. The Citron Hotel Kudeti, Onireke, Jericho, Ibadan.

8:45AM | 10:30AM

### IKORODU CAMPUS

Peakstone Events Centre, Aruna Bus stop, beside SLOT, Ikorodu, Lagos.

8:45AM | 10:30AM

### **IKEJA CAMPUS**

2 Yomi Oshikoya Drive off Mobolaji Bank Anthony Way, Ikeja, Lagos.

8:45AM

### **IKOYI CAMPUS**

Colonades Marquee. 21, Alfred Rewane Road, Ikoyi, Lagos.

10:30AM

### **GLOBE CAMPUS**

Lekki Grandview Hotel, beside Ebeano Supermarket, Ologolo, Lekki.

8:45AM | 10:30AM

### AKOBO CAMPUS

FaithJoe Civic Centre, Alegongo, Akobo, Ibadan.

10:30AM

# IYANA-IPAJA CAMPUS "A" Street off Kokumo Road, Moshalasi bus stop by

Moshalasi bus stop by Chikcken Republic off Ipaja Road, Lagos.

8:45AM

### **ABULE EGBA CAMPUS**

Courage Event Centre. 370, Abeokuta Express Road, beside Justrite, opp. Silver Bridge, Abule Eaba.

8-45AM

PORT HARCOURT CAMPUS
La Kings Event Center, Stadium
Road, Port Harcourt, Rivers State

10:00AM

### ILUPEJU CAMPUS

Darlington Hall Plot CDE Industrial Avenue, Ilupeju, Lagos.

8:45AM

### **ISOLO CAMPUS**

Nobis Events Center, 2nd Container Bus stop, Ago Palace Way, Isolo.

8:45AM | 10:30AM

### **LEKKI CAMPUS**

Plot 22 Providence Street, 2nd Roundabout, Lekki Phase 1, Lagos.

7:15AM | 8:45AM 10:30AM | 12:15PM

### MAGODO CAMPUS

Martinos Hotel and Events, 1 Otunba Jobi Fele way, Alausa, Ikeja

8:45AM | 10:30AM

### **YABA CAMPUS**

Nikoms Event Centre 1 Taylor Drive, Entrance on Edmund Crescent, Yaba, Lagos.

8:45AM | 10:30AM

## LONDON CAMPUS

Cineworld at The 02, Peninsula Square, London SE10 ODX

10:15AM

### IO.IJAW

GLASGOW CAMPUS The Social Hub, 15 Candleriggs, G1 1TQ. Glasgow

10:30AM

# BIRMINGHAM CAMPUS The Burlington Hotel, 126

The Burlington Hotel, 126 New Street, Birmingham B2 4JQ

10:15AM

### **MANCHESTER CAMPUS**

Cineworld Didsbury, Parrs Wood Entertainment centre, Wilmslow Rd, Didsbury, Manchester M20 5PG

10:15AM

# H

Campuses

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# HOUSTON CAMPUS

Suite 358, 13111 Westheimer Road, Houston TX

10:30AM

### NORTH LONDON CAMPUS

Harvestock School, Camden, London, United Kingdom NW3

10:15AM

### KENT CAMPUS

The Great Hall, Priestfield Stadium, Redfern Avenue, Gillingham ME7 2PE

10:30AM

### **INDIANA CAMPUS**

2608 Founders Square Drive, Indianapolis 46224.

11:00AM

### TORONTO CAMPUS

55, Guided Court, Etobicoke, ON M9V 5G2.

8:45AM

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