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# 21

## DAYS OF

### PRAYER & FASTING SYLLABUS:

Theme: 2025

Repent, Repent For The Kingdom Of God Is At Hand.

Matthew 4:17

#### Fasting:

##### Purpose of the fast:

We deliberately weaken the powerful bond with our flesh and strengthen our relationship with God, spirit to Spirit. It is an exchange; fasting is less of us and more of Him.

##### WHAT IS HAPPENING SPIRITUALLY WHEN WE FAST?

Apostle Paul describe it so well in Romans 7, there is a perpetual battle between the flesh and the spirit, and our mind moderates by making decisions about which call to obey. As human beings, we are mind, body and spirit, but spiritually dead without God. We tend to be pushed around by our fleshly desires. Our flesh is all about our relationship with ourselves and our natural physical cravings, which can become selfish and even destructive when left unchecked.

**Praying and Fasting is not our opportunity to change God's mind it's His opportunity to change us.**

##### Why fast?

Fasting is simply a rest from food. The word fast means strict regimen. We fast to destroy the strongholds of evil and the yoke of bondage. We fast to usher in a great revival that will produce a spiritual harvest around us and through us. However, fasting without **repentance** defeats the purpose of the fast. **(repentance means, one makes a complete change of direction (180° turn) toward God).** You must first repent of all sins and be born again, according to Romans 10:9-10. This is a necessary step before fasting, humble yourself before God (**Psalm 35:13**) and confess your sins. Prayer should be our sustenance (nourishment) throughout the fast, but it is imperative we begin the

fast with a contrite heart. In other words, contrite (remorseful) A heart that is crushed over any presence of sin in your life and surrendered to the plan God has for your life.

#### Old Testament Fast:

- David fasted to seek God's healing for his sick child **(2 Samuel 12:14-16)**
- The king of Nineveh ordered every person and their animals to fast and "cry mightily to God; yes, let everyone turn from his evil way". God was moved by their reverence and showed mercy by not destroying the city. **(Jonah 3:8)**
- The people of Judah fasted for deliverance/help **(2 Chronicles 20:3-4)**

#### New Testament Fast:

- To overcome temptation (enticement) and dedicate yourself to God **(Matthew 4:1 – 11)**
- To express love and worship for God **(Luke 2:37)**
- **(Matthew 6:16-18)** "And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you."

#### The benefits of fasting:

First, it is important to know, the more seriously we approach prayer and fasting, the more serious the results we will experience.

Jesus said, "The spirit is willing, but the flesh is weak" **(Matt. 26:41)**. Fasting is a means of bringing the flesh into submission to the Lord so He can strengthen us in our mastery over our own selves. Fasting in the flesh makes us stronger to stand against the temptations of the flesh. Those temptations very often deal with food.

Abstaining from food is often God's way of showing that His desire for us is that we regain mastery over all things associated with our flesh in order to subdue our flesh and elevate our emphasis on spiritual matters.

#### The Absolute Fast:

**No** food but **Yes** to water only. **No** juice, coffee, tea, soda, etc. for the next **seven days**.

#### Daniel Fast:

- Fruits, Vegetables, Nuts, and Beans.
- You can drink fruit & vegetable smoothies, and water only.

**No, tea, coffee, soda, etc.**

For more information on the Daniel Fast please refer to the link: [www.ultimatedanielfast.com](http://www.ultimatedanielfast.com)

**Spiritual Motivation:** Our spiritual motivation, the mind clears, the whole body quiets and you are at once attuned to a different state of consciousness one in which you hear, feel, and think things that you would not ordinarily senses. (Hearing From God).

- Fasting improves mental attitude and strengthens your discipline and resolves as you meet its personal challenges.

Remember during this time of fasting and praying, for the next 21 days no social media:

Television      Instagram

Facebook      Dating websites

Twitter      Snapchat

Glide      Tik Tok

Marco Polo

## **Day One: Understanding Repentance - The Pathway to Transformation (Change)**

**Scripture:** Romans 3:23-24 (ESV) "For all have sinned and fall short of the glory of God, and are justified by his grace as a gift, through the redemption that is in Christ Jesus."

### **What is Repentance?**

Repentance is a transformative change in heart and mind regarding sin, marked by an important vow to embrace righteousness. It is far more than just feeling guilty for past mistakes; it requires a mindful choice to change one's behavior and strive for a life that reflects God's will. This vital spiritual transformation opens the door to receiving God's forgiveness and is the first step toward true salvation.

### **The Impact of Sin**

The Bible explains in, **Romans 3:23-24 (ESV)** that all humans have lived in sin, which separates us from God. Without repentance, this separation continues, hindering our relationship with God and complicating the fullness of life He offers.

### **Biblical Insight**

#### **Acts 3:19 (ESV)**

"Repent therefore, and turn back, that your sins may be blotted out."

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## Quiz:

### Q1) What does it mean to repent?

- A) To promise to do better next time
- B) To feel sad about something
- C) To change one's mind and actions about sin
- D) To attend church services more often

Answer: \_\_\_\_\_

## Prayer for Repentance

Heavenly Father, I come before You acknowledging my sins and the ways I have fallen short of Your glory. With a contrite heart, I repent for my actions and thoughts that have displeased You. I renounce all forms of deceit, selfishness, pride, and malice. I turn away from habits that harm my spirit and relationships, such as anger, envy, and gossip. Grant me the courage and strength to forsake these sins and any others that bind me to my old ways. Fill me with Your Holy Spirit, that I may walk in righteousness and truth. Thank you for Your boundless mercy and the promise of new life in Christ, in Jesus' Holy Name, Amen.

## Day Two: The Great Rescue - Salvation

**Scripture: Romans 10:9-10 (ESV)** "(9) because, if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. (10) For with the heart one believes and is justified, and with the mouth, one confesses and is saved."

### What is Salvation?

Salvation—often called being 'rescued'—is a profound spiritual rebirth. It signifies that your sins are not just forgiven but completely destroyed. This liberation comes through the powerful sacrifice of Jesus Christ, whose blood was shed on the rugged cross at Calvary. This act of infinite mercy rescues us from the dire consequences of sin.

### The Peril of Sin

The Bible bluntly warns us about sin's lethal consequences: spiritual death, eternal separation from God, and enduring the wrath of God, manifested as unquenchable hellfire for eternity. These truths highlight the critical necessity of salvation.

## Biblical Foundation

### Romans 10:9-10 (ESV)

"Because, if you confess with your mouth that Jesus is Lord and believe in your heart that God raised Him from the dead, you will be saved. For with the heart one believes and is justified, and with the mouth one confesses and is saved."

## Story

### Redemption in the Streets of Berkeley

In the shadowed alleyways of Berkeley, Marcus, known on the streets as "Mace," used influence and fear as skillfully as he did the spray cans he used to tag the city's forgotten walls. Mace's reputation as a thug was sealed by a hardened heart and quick fists, the result of too many years fending off life's harder knocks.

One rainy night, as Mace was finishing a new piece of street art under the flickering streetlight, an unexpected figure approached him—a preacher named John, known for his work with the city's most troubled souls. Unlike others, John didn't flinch at the sight of Mace's imposing figure or the fresh paint declaring territorial pride.

"Do you believe you can be forgiven for your past, no matter how flawed?" John's voice cut through the rain with unexpected warmth.

Mace mocked, his guard was up. "Ain't no forgiveness for guys like me, preacher. Too far gone," he shot back, capsizing the spray can in his hand.

"On the contrary," John replied, stepping closer, unafraid. "I was once like you—lost in the darkness, fighting a life I thought was destined for me. But there's a path out, marked by repentance and lit by salvation."

Intrigued despite himself, Mace allowed John to continue. The preacher spoke of his own turbulent youth, transformed by an encounter with the teachings of Christ. He talked about repentance—not just a simple apology, but a powerful renunciation of one's past—and the profound peace of salvation that followed.

As the night deepened, something in Mace's steely facade began to crack. Moved by John's sincerity and the parallels to his own life, he found himself asking, "What if I wanted to change, to leave all this behind? Could your God really forgive me?"

John's eyes shone with conviction. "He has already paid the price for your redemption on the cross. All that's left is for you to turn towards Him."

There, in the dim light of the alley, surrounded by the evidence of his defiance, Mace felt a weight he hadn't realized he'd been carrying start to lift. With John's guidance, he prayed—a simple prayer of repentance, asking for forgiveness and a new direction.

The transformation wasn't overnight, but with each passing day, Mace found the strength to make changes. He started attending John's church, where he was welcomed without judgment. His talents with art turned from marking territories to painting murals of hope and redemption across the city's landscapes.

As the seasons changed, so did the whispers in Berkeley's streets. They spoke of a man who had traded violence for peace, isolation for community. Marcus "Mace" had become a beacon of what true repentance and heartfelt salvation could achieve.

Through Mace's journey, those who knew him learned that no one is too far gone for redemption. Both repentance and salvation had worked hand in hand, reshaping a life that had once seemed destined for despair into a testament of hope and renewal.

### **Vocabulary: (Religious meanings)**

**Denounce-** "denounce" means to publicly declare that something is wrong or evil. It involves openly expressing strong disapproval of or condemnation of certain behaviors, actions, or ideas.

**Renounce** – "renounce" to give up, reject, or disown certain behaviors, practices, or affiliations that are considered undesirable or sinful.

### **Questions:**

#### **1. What does it mean to be saved?**

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#### **2. Why do we need salvation? Read (*Romans 3:23*)**

- A) Because sin separates us from God.
- B) Because we are already perfect and do not need Jesus.
- C) Because salvation guarantees wealth and success.
- D) Because everyone automatically has eternal life.

Answer: \_\_\_\_\_

#### **3. How does Jesus make salvation possible for us? Read (*John 3:16*)**

- A) By teaching us how to live better.
- B) By dying on the cross and rising again to take away our sins.
- C) By giving us a list of rules to follow.
- D) By showing us how to earn forgiveness.

Answer: \_\_\_\_\_

## Prayer of Salvation

Heavenly Father, I come before You with a humble heart, recognizing Your sovereign (supreme ruler) power over all creation. I acknowledge that I have lived apart from Your grace and have walked in ways that do not honor You. Today, I choose to turn from the darkness of a sinful life.

I surrender to You, Heavenly Father, fully and without reservation. I denounce the kingdom of darkness, all its works, and all its ways. I renounce every tie that has bound me to it, and I reject the shadows where I once hid.

Lord Jesus, I believe You died on the cross for my sins and rose again to give me new life. I accept Your sacrifice as the complete payment for my sins, and I receive Your forgiveness. Wash me clean with Your precious blood.

Fill me with Your Holy Spirit, that I may be empowered to live a life that reflects Your love and truth. Guide my steps and transform my heart as I walk in Your light. I commit to follow You all the days of my life, trusting in Your goodness and mercy to lead me home.

Thank you for Your boundless love and for the gift of eternal life. I am Yours now and forever. Amen.

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## Day Three What is Forgiveness?

Scripture: **Colossians 3:13 (ESV)**

Bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive."

### Vocabulary:

Forgiveness is more than just feeling okay about someone's wrong against you; it's a deliberate choice not to hold onto those wrongs. It means deciding not to keep score of the hurts you've endured. It's an action of the will—you choose to forgive!

**The Challenge of Forgiveness** It's essential to recognize that feelings like bitterness or anger might linger even after you forgive. This is particularly true for those who have suffered deep traumas such as molestation, rape, wrongful imprisonment, or abandonment in childhood. In these cases, it's crucial to continuously bring these feelings to God in prayer, seeking His deliverance. Remember, deliverance is the children's bread (**Matthew 15:26**). Although painful memories may haunt you, offering even these to God can help you heal.

**The Impact of Unforgiveness** Holding onto past hurts can block God's purpose intended for your life. Unforgiveness can trap you in a cycle of bitterness and vengeance, leading to setbacks and stagnation. If you dwell too much on those who have wronged you, it's like building and maintaining a space for them in your mind, which hinders your freedom.

## **Checklist: Recognizing Unforgiveness in Your Heart**

Use this checklist to identify signs of unforgiveness in your heart. Be honest with yourself as you reflect on these points:

1. **Do you frequently replay hurtful events in your mind?**
  - ❖ ☐ Yes
  - ❖ ☐ No
2. **Do you feel bitterness, anger, or resentment when you think about a certain person or situation?**
  - ❖ ☐ Yes
  - ❖ ☐ No
3. **Do you avoid or feel uncomfortable being around someone who has hurt you?**
  - ❖ ☐ Yes
  - ❖ ☐ No
4. **Do you find it hard to pray for the person who wronged you?**
  - ❖ ☐ Yes
  - ❖ ☐ No
5. **Do you feel justified in holding onto feelings of hurt or revenge?**
  - ❖ ☐ Yes
  - ❖ ☐ No
6. **Do you speak negatively about the person or situation to others?**
  - ❖ ☐ Yes
  - ❖ ☐ No
7. **Do you feel trapped in emotions of sadness or anger when recalling the offense?**
  - ❖ ☐ Yes
  - ❖ ☐ No
8. **Do you struggle to let go, even after attempting to forgive?**
  - ❖ ☐ Yes
  - ❖ ☐ No
9. **Do you feel disconnected from God or struggle to find peace when praying?**
  - ❖ ☐ Yes
  - ❖ ☐ No
10. **Do you resist the idea of reconciliation, even if it's possible?**
  - ❖ ☐ Yes
  - ❖ ☐ No

## **The Power of Forgiveness**

Forgiveness can transform your life:

- It brings healing and joy to your spirit.
- It clears away mental pain and grudges.
- It opens the door for God to forgive you.



- It shifts you out of the victim role and reinvigorates a spirit of love and unity, as described in **1 Corinthians 13:4-8**.

Forgiving doesn't mean forgetting what happened, but it does mean releasing the control the event has over you. By forgiving, you allow God to handle the matter, freeing yourself to move forward in peace and purpose.

### Questions:

- 1) What are some common barriers that prevent people from forgiving? Which of these have you encountered in your own life?

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- 2) Do you view forgiveness as a weakness or a strength? Why?

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- 3) How does holding onto unforgiveness affect a person's mental and physical health?

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- 4) Write down one step you can take this week to move towards forgiving someone. What support might you need to do this?

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## Prayer:

Heavenly Father, I ask you to forgive me of all my sins and help me to forgive those who have sinned against me. Lord, I've struggled with the hurt and carried the anger for too long, help me to let it Go! I pray 1 Peter 5:7 over myself this day, I choose to "Cast all my cares, and anxiety on you Lord, because I know you care for me. Lord, please give me eyes to see every person that hurt me from your perspective, and give me the heart to want to forgive daily, in Jesus' name Amen!

## Scriptures on Forgiveness:

- Matthew 6:14 For if you forgive others their trespasses, your heavenly Father will also forgive you,
- Colossians 3:13 bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive.
- Matthew 18:21-22  
Then Peter came up and said to him, "Lord, how often will my brother sin against me, and I forgive him? As many as seven times?" Jesus said to him, "I do not say to you seven times, but seventy-seven times.

## Day four- Love- God is love

### Scripture: 1 Corinthians 13:4-8 (ESV)

"(4) Love is patient and kind; love does not envy or boast; it is not arrogant (5) or rude. It does not insist on its own way; it is not irritable or resentful; (6) it does not rejoice at wrongdoing, but rejoices with the truth. (7) Love bears all things, believes all things, hopes all things, endures all things. (8) Love never ends. As for prophecies, they will pass away; as for tongues, they will cease; as for knowledge, it will pass away."

### Vocabulary:

The English concept of "love" is a "strong affection for another," yet this singular term barely scratches the surface of its profound complexity. The ancient Greeks, in their quest to understand human emotions, articulated between four and eight distinct types of love, each capturing a unique aspect of the human experience:

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### Walk in God's love child of God:

To live in the reality that God is love means to walk in a manner worthy of the calling to which we have been called, with all humility and gentleness, with patience, bearing with one another in love (**Ephesians 4:1-2**). It encourages an ethos of love that permeates all actions, decisions, and relationships. Believers are urged to see beyond their own needs and to act in the best interests of others, serving as tangible representatives of God's love on earth.

## Expressions of God's Love

### 1. Creation:

**Scripture: Genesis 1:31** - "God saw all that he had made, and it was very good." This verse highlights the perfection and care God put into creation, reflecting His love through the environment He prepared for humanity.

### 2. Covenant:

**Scripture: Genesis 9:13** - "I have set my rainbow in the clouds, and it will be the sign of the covenant between me and the earth." This promise after the flood is a testament to God's enduring commitment and love for His creation, despite human shortcomings.

### 3. Sacrifice:

**Scripture: Romans 5:8** - "But God demonstrates His love for us in this: While we were still sinners, Christ died for us." This passage highlights the sacrificial nature of God's love, showing that His love is proactive and unconditional.

### 4. Presence:

**Scripture: Matthew 28:20** - "And surely I am with you always, to the very end of the age." Here, Jesus promises His continual presence, which is fulfilled through the Holy Spirit, representing God's ongoing commitment and love for His people.

## Different types of Love:

1. **Storge** (STORE-gay): The natural affection often found between family members.
2. **Philia or Phileo** (FILL-ee-uh or FILL-ee-oh): The deep bond of friendship.
3. **Eros** (AIR-ose): Passionate, romantic love.
4. **Agape** (uh-GAH-pay): Selfless, unconditional love; the highest form of love which is divine.
5. **Ludus** (LOO-dus): Playful, flirtatious love without commitment.
6. **Pragma** (PRAG-ma): Love built on commitment, understanding, and long-term interests.
7. **Philautia** (fill-AW-tee-uh): Self-love, which can be healthy or unhealthy.
8. **Mania** (MAY-nee-uh): Obsessive love, marked by dependency and possessiveness.

### Questions:

1. How can a loving God allow suffering in the world?

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2. What are the characteristics of God's love? (Add Scripture to your answer)

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3. Can God stop loving someone? (please explain)

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4. How can we show our love back to God? \_\_\_\_\_

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**Prayer:**

Our Father which art in heaven, we come to you in the name of Jesus, knowing that you first loved us. Thank you for sending your son Jesus Christ as a sacrifice for our sins. Lord, we thank you for your deep unfailing and longsuffering love you have for us.

Father, we recognize we haven't always trusted in that love. There have been times we've felt condemned by the mistakes we've made and the sins we've committed. And at times believed there is no way God or anyone else could ever really love us. But No More! Today, we declare **Jesus Loves Me** this I know for the bible tells me so!

I, \_\_\_\_\_ renounce a doubting spirit, and I,  
\_\_\_\_\_ declare I am fully persuaded, that God  
**LOVES ME** according to John 3:16.

Lord Jesus, we pray that you would help us to show and share the love of God to our brothers and sisters by withholding judgment and condemnation. We pray that through your unfailing love your Holy Spirit would speak the words, "You are forgiven, now go and sin no more. God loves you"

**Day Five— Pray for Your Enemies: When Betrayal Cuts Deep**

**Scripture:**

Luke 6:27-36 (ESV)

"But I say to you who hear, Love your enemies, do good to those who hate you, bless those who curse you, pray for those who abuse you."

## Vocabulary for the Word - Enemy

### 1. Adversary

- **Meaning:** Someone who opposes or fights against you.
- **Example:** "David faced his adversary, Goliath, with faith in God."

### 2. Foe

- **Meaning:** Another word for enemy, often used to describe someone hostile or unfriendly.
- **Example:** "A foe may appear strong, but God's strength is greater."

### 3. Opponent

- **Meaning:** A person or group who competes against you, often in conflict or rivalry.
- **Example:** "Paul encouraged believers to stand firm against spiritual opponents."

### 4. Rival

- **Meaning:** Someone competing for the same goal or in opposition.
- **Example:** "Jealousy turned Saul into David's rival, even though David remained loyal."

### 5. Antagonist

- **Meaning:** Someone actively working against or opposing another.
- **Example:** "In spiritual warfare, the devil is the ultimate antagonist."

### 6. Persecutor

- **Meaning:** Someone who mistreats or oppresses others, often due to their beliefs or differences.
- **Example:** "Jesus taught us to pray for our persecutors, showing them love and forgiveness."

### 7. Nemesis

- **Meaning:** A long-standing rival or an agent of retribution.
- **Example:** "For years, he considered his nemesis to be unbeatable until he relied on God's strength."

### 8. Oppressor

- **Meaning:** Someone who unjustly exerts authority or control over others.
- **Example:** "God is a refuge for the oppressed, protecting them from their oppressors."

### 9. Hater

- **Meaning:** Someone who harbors deep dislike or hostility.
- **Example:** "Jesus calls us to love even those who act as haters toward us."

### 10. Betrayer

- **Meaning:** Someone who turns against or deceives a friend or ally.
- **Example:** "Judas is known as the betrayer of Jesus, yet Jesus still showed him love."

## When the Enemy is Someone You Love

Few things sting more than discovering that someone you trusted—a best friend, a family member, or even a spouse—has been working against you. The betrayal feels like a dagger to the heart, leaving you questioning everything: *Was anything real? Why would they hurt me? How do I move forward from this?*

When the person you once confided in, leaned on and loved turns out to be an adversary, it's not just anger that rises—it's a deep, cutting grief. The wounds of betrayal often leave scars that words can't explain. For some, it feels like their world has been shattered into pieces too broken to repair.

- **A Best Friend's Betrayal:** You shared your secrets, dreams, and fears, only to find out they were using them against you. The pain of realizing that the person who knew you best has hurt you cuts to the core.
  - **A Family Member's Deception:** Family is supposed to have your back, to be your safe space. But when you find out that a sibling, cousin, or parent has acted out of jealousy or hatred, the trust you once had crumbled, leaving a void that feels impossible to fill.
  - **The Hurt of a Spouse's Betrayal:** When a husband or wife—the one person you vowed to love and cherish—becomes the source of your greatest pain, it shakes your sense of identity and safety. You wonder if the love was ever real or if their actions were meant to destroy the very foundation of your life.
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## The Call to Love and Pray

Jesus' words in Luke 6:27-36 seem almost impossible in these moments. *“Love your enemies? Do good to those who hate you? Bless those who curse you?”* How can you love the person who caused you this much pain? How can you pray for someone who seemed to delight in your suffering?

The truth is, Jesus never promised this would be easy. But He showed us the way. While hanging on the cross, betrayed and abandoned by those He loved, He prayed, “Father, forgive them, for they know not what they do” (Luke 23:34). If Jesus can pray for those who nailed Him to a cross, we too can find the strength to pray for those who have betrayed us.

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## How to Pray When the Pain Feels Too Much

1. **Start with Honesty:** Tell God how much it hurts. He already knows, but He wants you to pour out your heart to Him. *“Lord, I feel broken and angry. I don't know how to forgive, but I know You can help me.”*
  2. **Ask for God's Help:** Forgiveness and love don't come naturally when you've been deeply hurt. Pray for the strength to release the pain and begin the healing process.
  3. **Pray for Their Transformation:** This doesn't mean excusing their behavior, but it means asking God to change their heart and bring them closer to Him.
  4. **Pray for Your Healing:** Ask God to mend your heart and help you find peace, even if the situation remains unresolved.
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## Reflection: Why Pray for Someone Who Hurt You?

1. **Prayer Sets You Free:** Forgiveness doesn't mean what they did was okay. It means you're choosing not to let their actions control your heart.

❖ *Matthew 5:44:* "But I say to you, love your enemies and pray for those who persecute you."

2. **Prayer Changes Hearts:** Your prayer can soften their heart and invite God's power into the situation.

❖ *Romans 12:21:* "Do not be overcome by evil, but overcome evil with good."

3. **Prayer Honors God:** By praying for those who hurt you, you show that your faith is in God's justice, not your ability to make things right.

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## Questions

1. Can you think of someone whose betrayal has caused you deep pain? How have you dealt with it so far?

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2. What does Jesus' example of loving His enemies on the cross teach you about dealing with betrayal?

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3. How can praying for those who hurt you bring healing to your heart and life?

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## Prayer

### Heavenly Father,

I come to You with a broken heart. The pain of betrayal feels too heavy to bear. Lord, I feel anger, sadness, and confusion, but I know that You see my pain and understand it fully.

Help me, Lord, to release this hurt into Your hands. Teach me how to forgive, even when it feels impossible. I pray for the person who has hurt me so deeply—not because I feel like it, but because You

have commanded me to love and pray for my enemies. Work in their heart, Lord. Transform their life and draw them closer to You.

Father, I ask for Your healing over my heart. Mend the broken places and fill me with Your peace. Help me to trust You with my pain and to believe that You will bring justice in Your time. Let Your love flow through me so that I can move forward in freedom and grace.

In Jesus' name,  
**Amen.**

#### Note from the Pastor:

- The way we treat our enemies reveals the condition of our hearts.
- The way we pray for our enemies reveals the condition of our hearts.
- The way we respond to our enemies reveals the condition of our hearts.

#### Prayer for enemies:

Heavenly Father, I ask you for the grace to forgive my enemies just as you forgave me. I declare, - Today, I let go of hurt and deep hurt, because of those who have hurt me. Father in the name of Jesus, I pray my enemies would come to hallow (respect) your name. I pray that they would treasure you above all, and reverence you. Let them come under the saving purifying blood of Jesus. Lord, I pray my enemies would have all the physical resources of food, clothing, shelter, education, healthcare, and transportation. Lord, I pray that you would bless them indeed, in Jesus' name Amen.

### Day Six- Pray for the Senior Pastor/Servant and family

The word Pastor is defined as:

A shepherd, is someone who takes care of a flock. In a Biblical context, this means a pastor is responsible for caring for and guiding a church's congregation, much like a shepherd with sheep. The pastor's duties include teaching the congregation about the Christian faith and ensuring their spiritual well-being.

#### What does the bible say about Pastors:

##### Scripture:

**Jeremiah 3:15** And I will give you pastors according to mine heart, which shall feed you with knowledge and understanding.

**1 Thessalonians 5: 12–13** And now, friends, we ask you to honor those leaders who work so hard for you, who have been given the responsibility of urging and guiding you along in your obedience. Overwhelm them with appreciation and love!

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The statistics regarding pastors considering leaving their ministry roles are sourced from a study by the Barna Group. Here are the key findings from this study:



- **Increase in Pastors Considering Leaving:** From late 2021 to March 2022, the percentage of pastors thinking about stepping down from their church roles rose from 38% to 42%.
- **Reasons for Considering Leaving:** The main reasons cited include the immense stress of the job, feelings of loneliness, and the impact of political divisions within the church community.

### Pastors Get Frustrated Too:

#### What Does it Mean to Frustrate the Pastor?

To frustrate a pastor means to cause discouragement, stress, or even weariness by resisting their leadership, neglecting responsibilities, or failing to live according to God's Word that he/she teaches. Pastors are spiritual shepherds (soul watchers) tasked with guiding, teaching, and caring for their congregation. When the people they lead choose disobedience, division, or complacency, it can make the pastor's work heavy and disheartening.

This frustration doesn't only happen today—it's seen in the Bible, where many leaders faced similar challenges, including Moses and Jeremiah.

### Biblical Leaders Who Were Frustrated by the People's Disobedience

#### 1. Moses

- **Example:** Moses led the Israelites out of Egypt toward the Promised Land, but their constant complaining, rebellion, and lack of faith deeply frustrated him.
- **Key Moment:** In **Numbers 20:10-12**, Moses became so frustrated with the people's grumbling about water that he struck the rock instead of speaking to it as God commanded. This act of disobedience cost Moses the chance to enter the Promised Land.
- **Why He Was Frustrated:** The people repeatedly doubted God's provision and leadership, even after witnessing miracles like the parting of the Red Sea and manna from heaven.

#### 2. Jeremiah

- **Example:** Known as the "weeping prophet," & (major prophet) Jeremiah faced immense frustration because the people of Judah refused to listen to his warnings about God's judgment.
- **Key Moment:** In **Jeremiah 20:7-9**, Jeremiah expressed his frustration with the people and even with God, saying, "You deceived me, Lord, and I was deceived... the word of the Lord has brought me insult and reproach all day long."
- **Why He Was Frustrated:** Despite his faithfulness, the people mocked, rejected, and persecuted him for delivering God's messages.

### 3. **Elijah**

- **Example:** After standing boldly against the prophets of Baal, Elijah became frustrated and discouraged when he felt alone in his devotion to God.
- **Key Moment:** In **1 Kings 19:4**, Elijah prayed, "I have had enough, Lord. Take my life; I am no better than my ancestors."
- **Why He Was Frustrated:** Elijah felt isolated and unsupported, believing he was the only one still faithful to God.

### 4. **Nehemiah**

- **Example:** Nehemiah worked tirelessly to rebuild Jerusalem's walls, but he faced opposition not only from external enemies but also from the people's disobedience.
- **Key Moment:** In **Nehemiah 13:25**, Nehemiah became so frustrated with the people's disobedience regarding intermarriage that he rebuked them harshly and even pulled out some of their hair.
- **Why He Was Frustrated:** Despite all God had done for them, the people continued to break His laws.

### 5. **Jesus**

- **Example:** Jesus, though sinless, experienced frustration with the stubbornness and lack of faith among His followers and others.
- **Key Moment:** In **Mark 9:19**, Jesus said, "You unbelieving generation, how long shall I stay with you? How long shall I put up with you?"
- **Why He Was Frustrated:** Despite His teachings and miracles, many people still lacked faith and understanding.

## **Practical ways to make pastoring easy for your leader:**

1. **Grow Spiritually:** Continually develop your relationship with God using the resources available to you.
2. **Understand Your Pastor:** Take the time to understand your pastor's personality, vision, and heart. Don't be offended and allow your pastor he/she to be who God created them to be.
3. **Stay Open-minded:** Be willing to learn and consider new ideas and perspectives.

4. **Promote Your Church:** Share information about your church with others and invite them to attend services and events. (like share and comment on all church social media platforms, Facebook, Instagram, YouTube & TikTok)
5. **Embrace Creativity:** Support new initiatives and avoid dismissing them with phrases like "we've always done it this way."
6. **Value Contributions Properly:** Understand that financial contributions don't entitle you to influence church decisions or demand the pastor's attention.
7. **Witness in the Community:** Actively share your faith with neighbors and in the workplace.
8. **Keep Criticism Constructive:** Avoid speaking negatively about your pastor or church publicly; discuss any issues directly with your pastor.
9. **Avoid Comparisons:** Don't hold your pastor to the standards or practices of their predecessors; appreciate their unique contributions and current work.
10. **Don't Make Job Comparisons:** Understand that pastoral work differs greatly from secular jobs regarding responsibilities, pressures, and rewards.
11. **Show Appreciation:** Regularly affirm the value of your pastor's work and express your support.
12. **Pray:** Regularly pray for your pastor, recognizing the spiritual challenges and risks they face.
13. **Understand the Spiritual Battle:** Be mindful that your pastor could be under spiritual attack and that your prayers play a crucial role in their defense.

### Questions:

**What is the primary role of a pastor?**

1. A) To provide entertainment during services
2. B) To lead the congregation in spiritual growth and provide pastoral care
3. C) To manage church finances only
4. D) To engage in political leadership

**Write your answer below (A, B, C, D)**

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**2) Which of the following is an appropriate way for church members to handle disagreements with their pastor?**

1. A) Discuss concerns privately and respectfully
2. B) Publicly challenge the pastor during a service

3. C) Spread rumors about the pastor
4. D) Withhold donations as a form of protest

**Write your answer below (A, B, C, D)**

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### **Prayer for Senior Pastor/Servant and family:**

Father God in heaven, thank you, for our Godly leaders Supt. Carl. L. Wheeler Sr. & Pastor Cornell C.S. Wheeler, we pray that you would keep them healthy, strong, refreshed, revived, and renewed and always seeking you for a fresh word. Lord, open unto them your good treasure and with long life satisfy them. We pray that their family will never lack and that none would be lost. Let our leaders, continue to discover new depths of understanding as a student of the word (2 Timothy 2:15). Help us father as your sheep to be teachable, obedient, loving, and respectful to our pastors. We lift up our leaders in prayer in the name of Jesus Amen.

## **Day Seven - Transforming Our Church into a Praise Station**

### **Scripture:**

**Psalms 150:6** "Let everything that has breath praise the Lord! Praise the Lord!"

### **What is Praise?**

Praise means expressing gratitude and admiration. It's about glorifying and celebrating what's good, especially the incredible acts of God.

### **Vocabulary:**

**Transform-** refers to making a thorough or dramatic change in form, appearance, or character.

Understanding praise will change your praise posture:

1. **Spiritual Armor and Weaponry:** Praise serves as both a shield and a weapon in spiritual battles. In the Bible, the book of Psalms often depicts praise as a fortress or refuge that protects believers from spiritual attacks. For example, Psalm 59:16-17 describes singing of God's strength and praising His power as a morning ritual that provides protection and peace.
2. **Shifts Focus from Problems to Provider:** During times of spiritual warfare, praise helps shift the believer's focus from the challenges at hand to the sovereignty and goodness of God. This change in focus can bring about a spiritual realignment, where trust and faith in God are strengthened, as seen in Psalm 42 where amidst deep despair, the psalmist chooses to praise God, expecting His deliverance.

3. **Invites God's Presence:** Praise invites God's presence. According to Psalms 22:3, God inhabits the praises of His people. In spiritual warfare, the presence of God brought on by praise ensures God's power is at hand to combat spiritual adversities.
4. **Breaks Spiritual Strongholds:** Praise can lead to miraculous interventions that break spiritual strongholds. A prime example is found in 2 Chronicles 20, where Jehoshaphat and the people of Judah were told to face a great enemy. By obeying God's instruction to go to the battlefield with praise, they witnessed their adversaries being defeated without having to fight.
5. **Creates Joy and Strength:** Nehemiah 8:10 mentions, "the joy of the Lord is your strength." In the context of spiritual warfare, the joy derived from praising God can be a source of inner strength that sustains the believer through trials and tribulations.

#### **Key Scriptures on Praise:**

- Isaiah 25:1 highlights praising God for His faithfulness and the miraculous deeds He has planned and performed.
- Psalm 28:7 describes how trust in God fills our hearts with joy and moves us to praise Him through song.

Questions:

#### **1) What does the Bible say is the result of praise according to Psalm 22:3?**

- A) Praise makes us feel better.
  - B) Praise causes God to inhabit the praises of His people.
  - C) Praise changes God's mind.
  - D) Praise is only for the angels.
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#### **2) According to Psalm 149, what does high praise in the mouths of believers accomplish?**

- A) It leads to personal prosperity.
- B) It is a symbolic gesture without impact.
- C) It executes vengeance upon the adversaries.
- D) It is solely for communal harmony.

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### 3) How does praise affect spiritual warfare as described in 2 Chronicles 20?

- A) Praise does not affect spiritual outcomes.
- B) Praise confuses the enemy and leads to victory.
- C) Praise is less effective than prayer alone.
- D) Praise should be done silently

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**Pastor's Note:** Embracing scriptural praises will enrich our way of expressing admiration for God, enhancing our spiritual language and connection.

**Prayer for Our Church:** Heavenly Father, we come before You with hearts full of praise and mouths ready to proclaim Your greatness. In the mighty name of Jesus, we plead the blood against every distraction that seeks to steal our praise. We declare the blood of Jesus over every ungrateful thought and posture, transforming our spirits into beacons of gratitude and joy.

Lord, let our praise still the enemy and the avenger, as Your word promises that the high praises of God in our mouths and a two-edged sword in our hands will execute vengeance upon the nations and punishment upon the peoples (Psalm 149:6-9). We ask that our praise be enveloped in Your consuming fire, a divine blaze that incinerates the plots and schemes of the adversary.

We call upon You to make our church, our community, and each of us individually, stations of praise. Let this praise rise like incense from the altar of our hearts, a pleasing aroma that fills the heavens and brings down Your glory.

May our praise bring breakthroughs, bind the forces of darkness, and usher in an era of spiritual prosperity. Empower us, O Lord, to maintain this stance of praise amidst trials and triumphs. In Jesus' powerful name, we pray, Amen.

### **Day eight**– No More Complaints, Just Praise

#### **Scriptures:**

1. ***Psalm 34:1*** - "I will bless the Lord at all times; his praise shall continually be in my mouth."
2. ***Psalm 100:4*** - "Enter his gates with thanksgiving, and his courts with praise! Give thanks to him; bless his name!"

## Vocabulary:

### Praise (noun and verb)

1. **As a Noun:** Praise expresses approval, admiration, or gratitude. In a religious context, it specifically refers to the glorification of a deity. For example, followers of Jesus Christ offer praise through prayers, songs, or spoken words acknowledging our Lord's greatness and goodness.
2. **As a Verb:** To praise someone or something means to express warm approval or admiration
3. **Complaints Defined:** Complaints are expressions of dissatisfaction or annoyance about a state of affairs or an event. In the Bible, complaining is often viewed as a lack of faith and trust in God's provision and plans (**Philippians 2:14**).

### Objective:

To understand the biblical perspective on praise and complaints, explore the spiritual impact of each, and develop practical strategies for cultivating a life of praise.

## 10 Praise vs Complaints

1. **Focus:**
  - **Praise** focuses on what is good and appreciative.
  - **Complaints** focus on what is lacking or problematic.
2. **Effect on Mood:**
  - **Praise** boosts mood and creates positive feelings.
  - **Complaints** often lower mood and can lead to feelings of frustration or sadness.
3. **Impact on Relationships:**
  - **Praise** strengthens relationships through positive reinforcement.
  - **Complaints** can strain relationships, especially if not communicated constructively.
4. **Motivation:**
  - **Praise** motivates and encourages further positive behavior.
  - **Complaints** can demotivate or discourage, unless they are used constructively for improvement.
5. **Perception:**
  - **Praise** makes others feel valued and respected.

- **Complaints** can make others feel devalued or criticized.

6. **Communication Style:**

- **Praise** is affirmative and supportive.
- **Complaints** are often critical and can be confrontational.

7. **Spiritual Aspect** (in religious contexts):

- **Praise** is seen as a form of worship and connection with the divine.
- **Complaints**, particularly unjust or habitual ones, are generally discouraged as they reflect discontent and a lack of faith.

8. **Outcome:**

- **Praise** can lead to increased self-esteem and confidence in individuals.
- **Complaints** can lead to doubt and reduced self-assurance if they dominate one's outlook.

9. **Community Influence:**

- **Praise** builds up a community with positivity and encouragement.
- **Complaints** can bring down community morale if pervasive and unaddressed.

10. **Personal Growth:**

- **Praise** encourages personal growth by affirming strengths and achievements.
- **Complaints**, when constructive, can also prompt personal growth by identifying areas for improvement, but when negative, can inhibit growth by focusing on faults.

## Questions:

1) What is the primary purpose of praise according to biblical teachings?

- A) To communicate with others
- B) To glorify God and reflect on His goodness
- C) To entertain the congregation
- D) To pass the time during services

Answer: \_\_\_\_\_



**2) How does praise affect the individual spiritually, as per the scriptures?**

- A) It has no spiritual impact
- B) It leads to spiritual weariness
- C) It strengthens spiritual vitality and connection with God
- D) It is only for the benefit of others

Answer: \_\_\_\_\_

**3) According to the Bible, what happens when a community engages in collective praise?**

- A) It causes confusion and division
- B) It does not affect the community's spirit
- C) It builds unity and strengthens the community's faith
- D) It is discouraged in scripture

Answer: \_\_\_\_\_

**4) Which scripture suggests that praise can be a strategic act in spiritual warfare?**

- A) Genesis 1:1
- B) 2 Chronicles 20:22
- C) Revelation 3:20
- D) Exodus 20:12

Answer: \_\_\_\_\_

**5) What is the effect of constant praise on one's perspective on life's challenges, according to biblical insights?**

- A) It magnifies the challenges
- B) It diminishes awareness of one's surroundings
- C) It fosters resilience and a positive outlook
- D) It isolates the individual from reality

Answer: \_\_\_\_\_

**Here are two scenarios where instead of complaining about a situation, praise can be applied to transform the atmosphere and outcome:**

**Customer Service at a Restaurant:**

- **Complaining Scenario:** A customer complains loudly about the slow service, creating a tense atmosphere for both staff and other diners.
- **Praise Scenario:** The customer acknowledges the busyness of the restaurant and praises the staff for managing so many tables. Recognizing their hard work and patience can uplift the staff's spirits and improve the service experience, encouraging a kinder interaction.

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**Prayer:**

Heavenly Father,

We come before You with humble hearts, seeking Your intervention in our lives. Lord Jesus, we ask You to uproot the spirit of complaining that has taken hold within us. We recognize that such negativity stems from a deeper place of discontent and bitterness, and we plead for Your healing touch in these areas.

Lord, we acknowledge the root of bitterness that can so easily entangle our hearts and minds, clouding our judgment and poisoning our words. We ask You to cleanse and purify our spirits, replacing any bitterness with Your overflowing grace and love. Let Your Spirit work within us to foster a heart of gratitude and contentment.

Help us to see our circumstances through Your eyes, filled with hope and thanksgiving. Teach us to express our concerns with wisdom and to speak about challenges with constructive words that uplift rather than tear down. May our mouths be filled with Your praise, and may our lives reflect the peace and joy that come from trusting in You.

We thank You, Lord, for Your patience and Your unfailing love. Guide us in walking by the Spirit, so that we may live lives that are pleasing to You, free from complaints and rich in praise.

In Jesus' name, we pray, Amen.

## Day nine – Pray for Healing and use your faith:

### Scripture:

Mark 5:25-34

### Vocabulary:

#### Sickness is defined as:

illness or affected by a disease or disorder. It involves a disruption of normal physical or mental functions. It is often characterized by specific symptoms that vary depending on the underlying condition. Sickness can range from mild, temporary conditions to severe, chronic diseases that require extensive treatment and management.

#### Faith is defined as:

**Belief and Trust:** Faith is often defined as complete trust or confidence in someone or something. This trust is not based on proof but often on personal belief.

**Why do people get sick?** Sickness is a consequence of a fallen world. The general imperfection of the world due to sin means that all creation suffers from various forms of corruption and decay, including sickness.

- **Scripture: (Romans 8:22)** "For we know that the whole creation has been groaning together in the pains of childbirth until now."

**Spiritual Warfare:** The Bible also attributes certain illnesses to the influences of demonic forces, though this is not stated as the cause of **all** sickness.

- **Scripture: (Luke 13:16)** "And ought not this woman, a daughter of Abraham whom Satan bound for eighteen years, be loosed from this bond on the Sabbath day?"

**Not Direct Punishment:** The Bible also teaches that not all sickness is a direct result of an individual's sin. Jesus made it clear that sickness can serve a divine purpose, such as God's glory being displayed in someone's healing.

- **Scripture: (John 9:1-3)** "As he passed by, he saw a man blind from birth. And his disciples asked him, 'Rabbi, who sinned, this man or his parents, that he was born blind?' Jesus answered, 'It was not that this man sinned, or his parents, but that the works of God might be displayed in him.'"

**Romans 5:12** explains how sin entered the world through one man, and death through sin, and in this way death came to all people because all sinned.

# Faith at work:

## 1) Little Faith Can Do Big Things:

**Explanation:** You don't always need a lot of faith. Even a little, like a tiny mustard seed, can be enough.

- **Biblical Example:** In **Matthew 17:20**, Jesus said that with faith as small as a mustard seed, you can move mountains. This means that even a small amount of faith can lead to great things, like healing.

## 2) Faith Grows with Practice:

**Explanation:** Just like practicing a sport makes you better, practicing faith by praying, reading Bible stories, and talking about them can make your faith stronger.

- **Biblical Example:** The disciples learned about faith through their time with Jesus. They saw many healings and miracles that helped them believe more and more.

### Questions:

#### 1. Can a lack of faith affect the outcome of healing?

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#### 2. According to the story in the Gospel of Mark, what was Jesus' response to the woman with the issue of blood when she was healed?

- A) "Your sins have condemned you."
- B) "Your faith has made you well."
- C) "You are healed because I touched you."
- D) "Do not tell anyone about this."

Answer: \_\_\_\_\_

#### 3. What does Jesus say about faith in the context of healing the centurion's servant in the Gospel of Matthew?

- A) "Healing is not possible for those of little faith."
- B) "Only those of the house of Israel may be healed."

- C) "I have not found such great faith even in Israel."
- D) "Your servant will be healed in a few days."

Answer: \_\_\_\_\_

### **Prayer:**

Heavenly Father,

We come before You with open hearts, seeking Your face and asking for the manifestation of Your healing power by faith. Lord, we acknowledge that all things are possible through You and that Your love extends beyond all bounds.

Lord, Help us to trust in Your unfailing promises, even in moments of doubt or despair. Teach us to hold steadfastly to the belief that You are always working for our good, even when the path is unclear. As it is written, "And without faith, it is impossible to please Him, for whoever would draw near to God must believe that He exists and that He rewards those who seek Him" (Hebrews 11:6).

We also pray for Your healing touch upon all those who are suffering, whether in body, mind, or spirit. May they feel Your presence and experience Your power, which restores and makes whole.

We remember the words of Jesus, "According to your faith let it be done to you" (Matthew 9:29), and we ask for the faith that heals, that believes without seeing.

Lord, let our lives be testimonies to Your grace and power. May our faith not only bring us closer to You but also serve as a beacon to others, demonstrating the love and mercy of Christ. Help us to live every day in the assurance of what we hope for and the conviction of what we do not see.

In the name of Jesus, who healed the sick, gave sight to the blind, and strengthened the weak, we pray,

Amen.

## **Day ten - Pray to receive the infilling of the Holy Spirit**

### **Scripture:**

Acts 2:1-4

### **Story:**

Thomas had always been a practical man. He valued simplicity in his faith and life, believing that once he accepted Jesus into his heart, that was enough. "I am saved, and that's all I need," he often said. His routine was straightforward—attend church on Sundays, avoid major sins, and ask God to look out for him. In his words, "It doesn't take all that extra stuff; I am content where I'm at spiritually."

One Sunday, a new preacher arrived at Thomas's church. This preacher spoke with an infectious fervor about the infilling of the Holy Spirit, describing it not just as a gift, but as a transformative power essential for a deeper, victorious Christian life. "There is more to your faith journey," the preacher urged. "Seek the fullness of the Holy Spirit and see how God can not only look out for you but can work through you in miraculous ways."

Thomas listened, slightly skeptical but intrigued. The preacher's words stirred something within him, a flicker of curiosity he hadn't felt before. Over the following weeks, Thomas observed changes in some of his fellow churchgoers who took the preacher's words to heart. They seemed invigorated, filled with a new passion for service and an inner peace that was palpable.

One evening, after a particularly stirring sermon, Thomas lay awake, pondering. The preacher had quoted Luke 11:13, "If you then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him!" Thomas thought to himself, "What am I afraid of? What do I have to lose?"

The next Sunday, Thomas stood up during the altar call. With a humble heart, he prayed, not just for protection and blessings, but for the infilling of the Holy Spirit. "Lord, I want all that You have for me. I am ready to go deeper."

In the months that followed, Thomas's life took on new dimensions. He became more involved in church activities, not just as a participant but as a leader. He found himself praying with more fervor, experiencing a richness in his spiritual life he hadn't known was possible. Friends and family noticed the change too. Thomas was more patient, more compassionate, and more eager to share his faith with others.

The journey wasn't without its challenges, but Thomas learned to lean into his faith, trusting in the Holy Spirit's guidance more than ever. He realized that the infilling he had once dismissed as unnecessary was in fact the key to a fuller, more impactful Christian life. His old mantra, "I am content where I am at spiritually," was replaced by a new one: "Lord, take me deeper."

Thomas's story became one of transformation that inspired many in his community. He often shared his testimony, encouraging others to open themselves up to the fullness of the Holy Spirit. "Don't settle for just getting by," he would say. "There's so much more to faith when you let the Holy Spirit fully in."

#### **Questions about Thomas:**

**1) What was Thomas's approach to his faith at first?**

- A) He often wanted new spiritual experiences.
- B) He was content with a basic level of spiritual commitment.
- C) He actively resisted any form of church involvement.
- D) He was a leader in spiritual matters within his community.

Answer \_\_\_\_\_

**2) What changed Thomas's viewpoint on the need for deeper spiritual experiences?**

- A) A new preacher spoke about the power of the Holy Spirit.
- B) He read a book about spiritual growth.
- C) A family member advised him to seek more from his faith.
- D) He had a personal revelation during prayer.

Answer \_\_\_\_\_

**3) How did Thomas respond to the preacher's message about the Holy Spirit?**

- A) He immediately dismissed it as unnecessary.
- B) He was skeptical but intrigued.
- C) He fully accepted it without any doubts.
- D) He left the church because he disagreed.

Answer \_\_\_\_\_

**4) What evidence of change was seen in Thomas after he was filled with the Holy Spirit?**

- A) He became less involved in church.
- B) He started avoiding discussions about faith.
- C) He took on leadership and was more active in church.
- D) He kept his experiences to himself and did not share them with others.

Answer \_\_\_\_\_

**What did Jesus say about the Holy Spirit/Holy Ghost:**

In Acts 1:8, Jesus promises, "But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem and in all Judea and Samaria, and to the end of the earth." This assurance underscores that the Holy Spirit's role goes beyond mere presence; it is a dynamic and powerful influence that fills believers, guiding and strengthening them in their mission and spiritual growth.

**Biblical Teaching Clarified (The Holy Spirit/The Holy Ghost):**

1. **Guidance:** In John 16:13, Jesus explains that the Holy Spirit will guide believers into all truth. He states, "When the Spirit of truth comes, he will guide you into all the truth, for he will not speak on his own authority, but whatever he hears he will speak, and he will declare to you the things that are to come."

2. **Filled with the Holy Spirit:** Ephesians 5:18 advises believers to be "filled with the Spirit," which is often interpreted as allowing oneself to be influenced by the Holy Spirit's power and presence. Being filled with the Spirit enhances one's ability to live according to God's will but does not mean being controlled against one's will.
3. **Fruit of the Spirit:** Galatians 5:22-23 describes the "fruit of the Spirit," which includes love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. These characteristics teach that the Spirit's influence leads to voluntary expression of these virtues rather than forced control over one's actions.

## Day Eleven (Part 2) Pray to receive the infilling of the Holy Spirit

### What stops a believer from being filled with the Holy Spirit / Holy Ghost?

#### 1. Living in Continuous Sin:

Engaging in behaviors that are clearly against God's teachings. This could include habitual lying, stealing, harboring bitterness, or any other persistent conduct that contradicts biblical values.

#### 2. Surrender to Fleshly Desires:

Allowing one's life to be dominated by earthly desires and passions such as greed, jealousy, rage, and other impulses that the Bible often refers to as the "works of the flesh" (Galatians 5:19-21).

#### 3. Spiritual Apathy (Indifference):

Displaying indifference or lack of concern towards spiritual growth, neglecting prayer, Bible study, and fellowship with other believers. This can lead to a stagnation or decline in one's faith.

### Speaking in tongues & the infilling of the Holy Spirit/Holy Ghost:

1. **Biblical Evidence:** The New Testament provides clear instances of speaking in tongues accompanying the infilling of the Holy Spirit, marking significant moments in the early Church's history. On the day of Pentecost, as described in Acts 2:4, the apostles received the Holy Spirit and began speaking in other tongues as the Spirit enabled them. This phenomenon served as a powerful sign of the Holy Spirit's presence and was witnessed again in Acts 10:46 and Acts 19:6.
2. **Purpose and Function:** Speaking in tongues serves primarily as a means for personal edification and direct communication with God. Paul explains in 1 Corinthians 14:2 that one who speaks in tongues speaks not to men but to God, for no one understands him, but he utters mysteries in the Spirit. This spiritual language enhances the believer's connection to God, allowing for expressions that transcend human understanding.
3. **Gift for Building Up:** While speaking in tongues can also act as a sign for non-believers, its principal role within the church is to build up the individual believer. 1 Corinthians 14:4 underscores that one who



speaks in a tongue edifies himself. This gift, therefore, contributes to the spiritual growth and strength of the individual, reinforcing their faith.

4. **One Among Many Gifts:** It is crucial to recognize that speaking in tongues, while valuable, is just one of many gifts given by the Holy Spirit. As outlined in 1 Corinthians 12:4-11, the Spirit bestows a variety of gifts, including wisdom, knowledge, faith, healing, and prophecy, each intended to benefit the church's communal life and mission.

#### **Application (The Seek) for the Holy Spirit/ Holy Ghost:**

1. **Surrender and Confession:** Begin with a heart open to God, confessing any known sins and surrendering your life fully to Jesus Christ. This prepares your heart to receive the Holy Spirit by removing barriers of sin and disobedience.
2. **Desire and Ask:** Express a deep desire for the infilling of the Holy Spirit. **Luke 11:13** says, "If you then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him!" Simply put, ask God in prayer to fill you with His Spirit.
3. **Faith:** Believe that God wants to fill you with His Holy Spirit. Faith is essential in receiving from God. **Hebrews 11:6** states, "And without faith, it is impossible to please him, for whoever would draw near to God must believe that he exists and that he rewards those who seek him."
4. **Obedience and Submission:** Live a life in obedience to God's commandments. **Acts 5:32** notes that God gives the Holy Spirit to those who obey Him. Being willing to submit to God's will and follow His ways is crucial.
5. **Continual Seeking and Fellowship:** Persistently seek a deeper relationship with God through prayer, worship, reading the Bible, and fellowship with other believers. **Ephesians 5:18-19** encourages believers not just to be filled once but to continue being filled by engaging with the community in worship and spiritual practices.
6. **Expectation and Reception:** Approach God with expectation, and be ready to receive. Sometimes, the infilling of the Holy Spirit is accompanied by physical sensations, emotions, or nothing at all initially—focus on God's promise more than the physical manifestations.

#### **Questions (Personal Reflection):**

4. **In what areas of your life do you need the Holy Spirit's guidance the most, and are you open to receiving this guidance?**

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5. **What might be holding me back from experiencing a fuller infilling of the Holy Spirit, and what steps can I take to remove these barriers?**

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### Prayer:

Heavenly Father in the name of Jesus,

Lord, I come before You in humility and faith, recognizing my need for Your divine presence to fill every part of my life. Father, I ask You to cleanse me from all unrighteousness, as Your Word promises in **1 John 1:9**, "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." Wash me clean and prepare my heart to receive the fullness of Your Holy Spirit.

As I seek to be filled with Your Spirit, I stand on Your promise in **Luke 11:13**, "If you then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him!" I am asking now, Lord, fill me with Your Holy Spirit so that I may have the power to live a life that is pleasing to You and effective in service to others.

Increase my faith, Lord, and help me to walk in obedience to Your commands. As it is written in **Acts 5:32**, "And we are witnesses to these things, and so is the Holy Spirit, whom God has given to those who obey him." I desire to obey Your Word and yield to Your Spirit's leading in every aspect of my life.

Empower me, Lord, to be a witness for You. Let Your Spirit overflow in me so that I may speak Your words with boldness and show Your love through my actions. As **Ephesians 5:18-19** says, "Do not get drunk on wine, which leads to wickedness. Instead, be filled with the Spirit, speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord."

Thank You, Lord, for Your mercy, Your love, and the gift of Your Holy Spirit. I receive it now with gratitude and joy, trusting that You are transforming me to be more like Jesus every day. May my life glorify You and be a testament to the transforming power of Your Spirit.

In the mighty name of Jesus, I pray, Amen.

## Day twelve – Understanding General Warfare Prayer

**Scripture:** Ephesians 6:11-18

### Vocabulary:

#### 1. Armor of God

- **Meaning:** Spiritual armor that believers are instructed to wear to protect themselves against spiritual attacks.
- **Scripture: Ephesians 6:13-17** — "Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to

stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace."

## 2. Stronghold

- **Meaning:** A fortified place where particular beliefs or demonic forces are strongly defended.
- **Scripture: 2 Corinthians 10:4** — "For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds."

## 3. Intercession

- **Meaning:** The action of intervening on behalf of another through prayer, pleading to God for their needs and protection.
- **Scripture: 1 Timothy 2:1** — "I urge, then, first of all, that petitions, prayers, intercession, and thanksgiving be made for all people."

## 4. Principalities

- **Meaning:** The first rank of demonic forces, that have authority over larger regions.
- **Scripture: Ephesians 6:12** — "For we do not wrestle against flesh and blood, but against the principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places."

## 5. Powers

- **Meaning:** The second order of demonic forces that implement the plans devised by the principalities.
- **Scripture: Ephesians 6:12** — "For we do not wrestle against flesh and blood, but against the principalities, against powers..."

## 6. Rulers of the Darkness of this World

- **Meaning:** Demons that control daily operations of darkness and deception.
- **Scripture: Ephesians 6:12** — "...against the rulers of the darkness of this world..."

## 7. Spiritual Wickedness in High Places

- **Meaning:** Demonic forces operating in the realms of high spiritual authority to promote rebellion against God.
- **Scripture: Ephesians 6:12** — "...against spiritual wickedness in high places."

## **Applying the teachings of Ephesians 6:11-18 in everyday life:**

1. **Belt of Truth:**
  - **Application:** Embrace honesty and integrity in all your dealings. Let truth guide your words and actions, helping you to avoid deception and make decisions that align with God's Word.
2. **Breastplate of Righteousness:**
  - **Application:** Protect your heart and moral integrity by living out righteous behaviors consistent with Christian values. This includes being fair, just, and ethical in interactions with others.
3. **Shoes of the Gospel of Peace:**
  - **Application:** Be ready to share the peace of the gospel wherever you go. Approach situations with a mindset of peace, seeking to diffuse conflicts and promote reconciliation (reunion).
4. **Shield of Faith:**
  - **Application:** Use your faith to deflect the metaphorical (symbolic) arrows of doubt, fear, and discouragement. Trust in God's promises and power to help you overcome challenges.
5. **Helmet of Salvation:**
  - **Application:** Keep your mind focused on your salvation and eternal perspective. This protects you from despair and allows you to view life's struggles as temporary challenges.
6. **Sword of the Spirit, which is the word of God:**
  - **Application:** Regularly read and meditate on the Bible to understand God's principles. Use this knowledge to counter wrong teachings and justify moral decisions, just as one would use a sword in battle.
7. **Prayer:**
  - **Application:** Maintain constant communication with God through prayer, not just asking for help but also listening for guidance. Pray for strength to stand against spiritual evil and for wisdom in all situations.

## **Questions:**

### **1. What is the purpose of the 'Belt of Truth' in the Armor of God?**

- A) To hold other pieces of armor in place
- B) To signify authority and power
- C) To promote honesty and integrity in daily life
- D) To protect the legs in battle

**Answer:** \_\_\_\_\_

### **2. How can the 'Shield of Faith' be practically used in a believer's life?**

- A) By shielding one from physical harm
- B) By using it to push adversaries physically

- C) By using it to deflect doubts and negative thoughts
- D) By wearing it as a symbol of Christian faith

**Answer:** \_\_\_\_\_

**3. What does the 'Sword of the Spirit' represent, and how should it be used according to Ephesians 6:11-18?**

- A) It represents physical strength and should be used for protection.
- B) It represents the word of God and should be used to spread the gospel.
- C) It represents justice and should be used to make legal decisions.
- D) It represents the word of God and should be used to counter wrong teachings and guide moral decisions.

**Answer:** \_\_\_\_\_

**Prayer:**

Heavenly Father,

We come before You with grateful hearts, thanking You for the powerful lessons from **Ephesians 6:11-18** about Your Armor. Lord, as we have learned today, help us to diligently apply each piece of Your spiritual armor in our daily lives.

Grant us the wisdom to gird our loins with the Belt of Truth, that we may stand firm in honesty and integrity. Let the Breastplate of Righteousness guard our hearts against the deceitfulness of sin. May our feet be shod with the preparation of the Gospel of Peace, allowing us to walk in Your grace and bring Your peace to every situation.

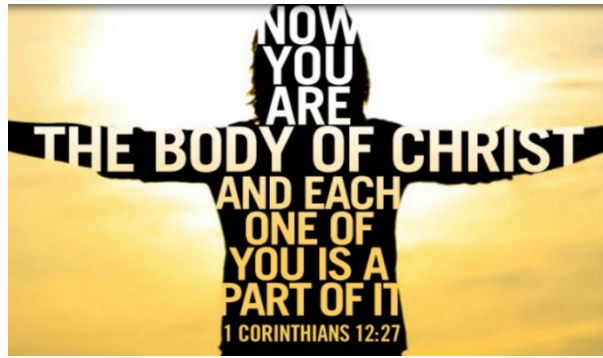
We raise the Shield of Faith, Lord, to quench all the fiery darts of the wicked. Secure the Helmet of Salvation on our heads, that our thoughts may be continually renewed to reflect Your love and mercy. And let us wield the Sword of the Spirit, which is Your Word, with precision and authority, cutting through deceit and withstanding temptation.

Teach us to pray in the Spirit on all occasions with all kinds of prayers and requests. Help us to be alert and always keep on praying for all the Lord's people. May this understanding of Your armor empower us not just to stand, but to advance against the challenges and spiritual battles we face.

We ask for Your strength and protection as we put this knowledge into practice, aiming to live out our faith courageously and faithfully. Thank You, Lord, for Your unending support and guidance.

In Jesus' name, we pray, Amen.

**Day thirteen- Pray for the Body of Christ**



### Scriptures:

**1 Corinthians 12:12-27**

### Vocabulary:

The "Body of Christ" is a term used in Christianity to describe all the people who believe in Jesus Christ and follow his teachings. It's like saying that all Christians are part of one big family or team that works together. As a human body has many parts—like hands, feet, eyes, and ears—so does the Body of Christ have many members, each with different roles and gifts. These parts work together to support each other and to do God's work on earth.

### Why the Body of Christ Matters:

1. **Strength in Diversity:** Just as a body needs different parts to function, the church needs different people to fulfill its mission. Whether teaching, encouraging, giving, or leading, every role is vital.
2. **Support and Growth:** In **Romans 12:5**, we learn, "so in Christ we, though many, form one body, and each member belongs to all the others." We are made to support each other. This connection helps us grow in faith and face life's challenges together.
3. **Powerful Witness:** The unity of the Body of Christ stands as a powerful witness to the world about God's love and power. When we live in harmony, we show the world what God's kingdom looks like.
4. **Continuing Jesus' Mission:** **Ephesians 4:12-13** teaches us that the Body of Christ is here to build up the church and achieve unity in faith, becoming mature followers of Jesus. This is how we continue what Jesus started.

The Body of Christ is not just a group of people who believe in Jesus. It is an active and organized family, deeply rooted in God's plan and washed in the blood of Jesus.

### Story - The Body Of Christ Working Together:

In a small town, a church named Grace Chapel faced a stormy Sunday. The power went out, leaving the church in darkness. The congregation sat in silence, unsure of what to do.

Sarah, a young woman with a beautiful voice, noticed an old guitar in the corner. Mr. Thompson, an elderly man with aching hands, spotted a small drum near the piano. They looked at each other, nodded, and brought the instruments to the front.

Sarah began to sing a hymn, her voice soft but strong. Mr. Thompson tapped a steady rhythm on the drum. Slowly, the congregation joined in, their voices rising together in one sound, one heart, and one mind for God.

As their song filled the church, something extraordinary happened. The glory of God fell upon them like a warm, invisible blanket. Some wept with joy, others raised their hands in awe, and a feeling of peace, unlike anything they had ever felt swept through the room.

Meanwhile, people walking by outside felt something stir in their hearts. Drawn by the sound of the singing and an unexplainable pull, they came into the church, curious and seeking. As they stepped inside, they too were overcome by the presence of God. Some knelt in prayer, others lifted their hands in worship, and many left transformed, knowing they had encountered the power of the Almighty God.

That day, the people of Grace Chapel learned a powerful truth: when we come together with one sound, one mind, and one heart for God, He shows up in ways we could never imagine. The storm outside became insignificant as the church experienced a glimpse of heaven on earth, united in worship and filled with His glory.

#### **Questions:**

What is the body of Christ?

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What do you believe your gifts are?

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#### **Prayer for the Body of Christ:**

Heavenly Father, we pray for the Body of Christ, bless us, and help us to fully surrender our lives to the Lordship of Jesus Christ in every area of our lives.

Help us to seek our identity and satisfaction in you. We pray to be devoted, faithful, and loving followers of your Holy Word. Father, we want to be found faithful when we stand before you according to Matthew 25:21. We plead the blood of Jesus over every leader called and chosen by you. We plead the blood of Jesus over the Apostles, the prophets, the evangelists, the pastors, the teachers, the deacons, the deaconess, the mothers of Zion, the married, the single, the teenager, and the children. Lord, keep their feet that they slip not! We rebuke the traps, plans, and schemes of the devil. We cancel pitfalls, witchcraft prayers, depression, sickness, and weariness. Lord, strengthen and revive your people. We pray to be the church you're calling for. A church that

walks in integrity and obedience, a church living Holy and holding up the blood-stained banner. In Jesus' name Amen!

## **Day Fourteen: Praying Against the Spirit of Setback**

### **Vocabulary:**

- **Setback:** A reversal, delay, or obstacle that hinders progress. Spiritually, it can represent an attack against believers to block their purpose, disrupt their growth, and frustrate their faith.

Setbacks often feel like taking one step forward and two steps back. You make progress, but suddenly everything seems to go wrong. Spiritually, setbacks can be an attempt by the enemy to delay or discourage you from walking in God's promises. This is not just coincidence; it is a strategy of "anti-progress" designed to hinder the plans of God in your life.

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### **Scripture Focus: Daniel 10:11-13**

In this passage, Daniel had been praying and fasting for understanding. His prayer was heard from the very first day, but there was a delay in the answer. The delay wasn't because God ignored him, but because a spiritual battle was taking place in the unseen realm. The prince of Persia, a demonic force, resisted the angel bringing Daniel's answer. However, Michael, a chief angel, came to help, and the message finally got through.

### **Key Lessons from the Scripture:**

1. **God Hears You Right Away:** Verse 12 reassures us that God hears our prayers immediately when we come to Him with a humble heart and a sincere desire to understand His will.
  2. **Delays Are Not Denials:** The delay in Daniel's answer was not a "no" from God but a result of spiritual opposition. This reminds us that spiritual battles often occur when we pray.
  3. **God Sends Help:** Just as Michael was sent to assist in the heavenly battle, God provides divine help to overcome the enemy's attempts to block or delay us.
- 

### **Recognizing the Spirit of Setback:**

- **Patterns of Delay:** Constant interruptions or issues just when progress is within reach.
- **Unexplained Hindrances:** Obstacles arise without a clear cause, blocking plans, growth, or success.
- **Emotional Frustration:** Feelings of despair, discouragement, or wanting to give up when facing repeated challenges.



**Setbacks** can attack your relationships, finances, career, or spiritual growth. However, these challenges are not beyond God's control. Through prayer, faith, and persistence, you can overcome the spirit of setback.

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### **Practical Steps to Overcome Setback:**

1. **Pray Without Ceasing:** Follow Daniel's example of persistence. Even when it feels like nothing is happening, keep praying and trusting God to work behind the scenes.

*1 Thessalonians 5:17:* "Pray without ceasing."

2. **Declare God's Promises:** Speak God's Word over your life. Declare victory and progress in every area under attack.

*Isaiah 54:17:* "No weapon formed against you shall prosper."

3. **Stay Humble and Aligned:** Daniel's heart was humble and aligned with God's will. Ask God to examine your heart and remove anything that might hinder His plans for your life.

*Psalms 139:23-24:* "Search me, O God, and know my heart; test me and know my anxious thoughts."

4. **Trust God's Timing:** Remember, God's timing is perfect. Delays often serve a purpose beyond what we can see.

*Romans 8:28:* "And we know that in all things God works for the good of those who love him, who have been called according to his purpose."

5. **Warfare Prayer:** Engage in prayers specifically targeting spiritual hindrances and setbacks.

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- *Romans 8:28:* "And we know that in all things God works for the good of those who love him, who have been called according to his purpose."

**Engage in prayers specifically targeting spiritual hindrances and setbacks.**

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### **Questions:**

**1. What does the spirit of setback represent in a believer's life?**

- A) God's punishment for sin
- B) A delay or hindrance to progress, often caused by spiritual attacks
- C) A natural part of life with no spiritual significance
- D) A reminder to stop pursuing goals

**Answer** \_\_\_\_\_

**2. How can believers combat the spirit of setback?**

- A) Stop praying and wait for God to act
- B) Use persistent prayer, declare God's promises, and trust in His timing
- C) Ignore the challenges and focus on other things
- D) Accept delays as God's denial

**Answer** \_\_\_\_\_

**3. What assurance does Isaiah 54:17 give believers in spiritual warfare?**

- A) All weapons formed against believers will prosper
- B) No weapon formed against believers will prosper
- C) Believers will never face challenges
- D) Setbacks are unavoidable and cannot be overcome

**Answer** \_\_\_\_\_

### **Prayer Against the Spirit of Setback:**

Heavenly Father,

I come before You in the name of Jesus Christ, standing on Your promises. Lord, I thank You that You hear my prayers the moment I lift my voice to You. Today, I rebuke the spirit of setback that seeks to

block, delay, or frustrate the plans You have for my life. I declare that no weapon formed against me shall prosper (**Isaiah 54:17**).

I ask You to send Your heavenly angels to fight on my behalf, just as Michael was sent to assist Daniel. Break every chain of delay, Lord, and release Your blessings and answers in my life. I surrender every area under attack to You—my finances, my relationships, my health, my spiritual growth—and trust that You are working all things for my good (**Romans 8:28**).

Father, I plead the blood of Jesus over my life and my family. I ask that You cover us with Your protection and strength. I declare progress, purpose, and victory in the mighty name of Jesus. The enemy's plans will fail, and Your will shall prevail. Thank You for hearing my prayers and for the breakthrough You are bringing. In Jesus' name, Amen.



## **Day Fifteen: Praying to Break Generational Curses and Embrace Generational Blessings**

### **Scripture:**

#### **Exodus 20:5-6**

"You shall not bow down to them or serve them, for I, the Lord your God, am a jealous God, visiting the iniquity of the fathers on the children to the third and the fourth generation of those who hate me, but showing steadfast love to thousands of those who love me and keep my commandments."

- **Key Insight:** This passage highlights the consequences of sin affecting future generations but also emphasizes God's mercy and love for those who turn to Him.

### **Vocabulary:**

**Generational** - Generational means something that is passed down from one generation to the next, such as traits, habits, traditions, or even problems.

A **generational curse** is a spiritual pattern of suffering, sin, or calamity that is passed down through family lines. These curses are often the result of ancestral disobedience to God and can manifest as cycles of poverty, sickness, addictions, or broken relationships. However, the Bible is clear: through

Jesus Christ, every curse can be broken and destroyed. Thus, believers can step into **generational blessings**—God's promises of favor, peace, and abundance for families that walk in obedience to Him.

God's Word declares that no curse is too strong for Him to break, and no chain is too heavy for Him to destroy. As **Isaiah 45:2-3 promises:**

"I will go before thee, and make the crooked places straight: I will break in pieces the gates of brass, and cut in sunder the bars of iron: And I will give thee the treasures of darkness, and hidden riches of secret places, that thou mayest know that I, the Lord, which call thee by thy name, am the God of Israel."

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### **Galatians 3:13**

- "Christ has redeemed us from the curse of the law, having become a curse for us (for it is written, 'Cursed is everyone who hangs on a tree')."
- This scripture reveals that Jesus has already broken the power of every curse through His death. His sacrifice removes the spiritual chains that may have bound us due to past generations.

### **Understanding Generational Curses**

Generational curses **manifest (display)** in various forms, such as:

- Persistent cycles of poverty, addictions, or family dysfunction.
- Repeated struggles with similar sins or failures across multiple generations.
- Chronic illnesses or emotional burdens that seem "inherited."

### **Steps to Break & Destroy Generational Curses**

1. **Acknowledge the Patterns**
  - Reflect on your family history. Are there recurring struggles or sins that seem to affect multiple generations? Identifying these patterns is the first step to addressing them.
2. **Confess and Renounce**
  - Confess any known sins in your family line, both personal and generational. Renounce any alignment with sinful practices or behaviors. *1 John 1:9* promises, "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."
3. **Claim Your Redemption Through Christ**
  - Declare that through Jesus' sacrifice on the cross, you are no longer bound by the curses of the past. Galatians 3:13 assures us that Christ has redeemed us from the curse of the law.

#### 4. **Replace the Curse with God's Blessing**

- Ask God to replace the areas of curse with His blessings of peace, prosperity, health, and spiritual growth. Pray for God's promises to be established in your life and your family line.

#### 5. **Stay Aligned with God**

- Generational blessings require a life that honors God. *Deuteronomy 7:9* says, "Know therefore that the Lord your God is God; He is the faithful God, keeping His covenant of love to a thousand generations of those who love Him and keep His commandments."

### **What Does It Mean to Break a Curse?**

To **break** a generational curse means to:

- **Sever its Hold:** Breaking a curse is like cutting a chain. It stops the curse's power and influence over your life. Through prayer and repentance, the legal authority the enemy has over you or your family is removed.
- **Declare Freedom:** When you break a curse, you are declaring that its power is null and void through the authority of Jesus Christ.

#### • **Spiritual Application:**

- *Isaiah 58:6*: "Is not this the fast that I choose: to loose the bonds of wickedness, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke?"
- Prayer, fasting, and declaring God's promises are key ways to break curses.

### **Why Do We Break and Destroy Generational Curses?**

Generational curses, rooted in sin or disobedience from past generations, can create patterns of struggle, failure, and bondage in families. As believers, we are called to break and destroy these curses to live in the freedom and blessings Jesus provides. Breaking and destroying generational curses ensures that we align our lives and families with God's promises, replacing cycles of pain and defeat with victory and restoration.

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### **The Purpose of Breaking Generational Curses:**

1. **Spiritual Freedom:** Jesus came to set us free from every curse, as seen in **Galatians 3:13**, which states, "Christ has redeemed us from the curse of the law, having become a curse for us."
  - Breaking generational curses removes the spiritual chains that may hinder us from experiencing God's full blessings.
2. **Ending Negative Cycles:** Generational curses often create recurring issues like poverty, sickness, addiction, or broken relationships. Breaking these cycles allows future generations to walk in freedom and victory.

3. **Living in God's Promises: Deuteronomy 7:9** assures us that God keeps His covenant of love to a thousand generations of those who love Him and obey His commands. Breaking curses opens the way for generational blessings.

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### What Does It Mean to Destroy a Curse?

To **destroy** a generational curse means to:

- **Eradicate Its Roots:** Destroying a curse ensures that it cannot return or affect future generations. It's not just about stopping the curse temporarily but eliminating its source completely.
- **Render It Powerless:** Destroying means breaking it beyond repair, ensuring the curse cannot regenerate or take root again in your life or family.
- **Spiritual Application:**
  - *1 John 3:8:* "The reason the Son of God appeared was to destroy the works of the devil."
  - This shows that Jesus came not just to remove sin's effect but to utterly destroy its power and existence in our lives.

### Question:

### Multiple-Choice Questions:

1. **What is a generational curse?**
- A) A blessing passed down through families
  - B) A recurring pattern of sin or hardship in a family line

C) A random occurrence of bad luck

D) A commandment given by God

**Answer** \_\_\_\_\_

**2. Which scripture assures believers that Jesus has redeemed us from the curse of the law?**

A) John 3:16

B) Malachi 3:10

C) Galatians 3:13

D) Deuteronomy 7:9

**Answer** \_\_\_\_\_

**3. What is the first step in breaking a generational curse?**

A) Ignore the issue and hope it resolves itself

B) Confess and repent of sins in your family line

C) Pray only for blessings

D) Seek advice from friends

**Answer** \_\_\_\_\_

**4. How does Isaiah 45:2-3 describe God's power over obstacles?**

A) God will break gates of brass and cut bars of iron

B) God will increase generational curses

C) God will delay blessings for several generations

D) God will forgive only the righteous

**Answer** \_\_\_\_\_



## **Day sixteen: (Part 2) Praying to Break Generational Curses and Embrace Generational Blessings**

### **Embrace Generational Blessings**

#### **Vocabulary**

#### **Generational Blessings: God's Promise to His People**

Generational blessings are God's covenant promises that flow to those who love and obey Him. These blessings include peace, provision, prosperity, and spiritual growth that extend to future generations. While curses are broken through Christ, blessings are activated through faith, obedience, and alignment with God's Word.

#### **Scriptural Foundations for Generational Blessings:**

##### **1. Deuteronomy 7:9**

- "Know therefore that the Lord your God is God; He is the faithful God, keeping His covenant of love to a thousand generations of those who love Him and keep His commandments."
- God's blessings flow through families that honor Him, extending far beyond the present generation.

##### **2. Psalm 112:1-2**

- "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."
- Obedience to God creates a legacy of strength and blessing for future generations.

##### **3. Isaiah 45:2-3**

- "I will break in pieces the gates of brass and cut the bars of iron."
- God has the power to break every barrier that holds you back and unlock blessings in your life.

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### **Living Under an Open Heaven**

Living under an open heaven means experiencing the free flow of God's blessings, provision, guidance, and presence. It is living in alignment with His will, where there are no barriers between you and God's favor.

## Characteristics of Living Under an Open Heaven:

1. **Provision:** God supplies every need (Philippians 4:19).
2. **Guidance:** You experience clarity and direction in your life (Proverbs 3:5-6).
3. **Overflowing Blessings:** You live in a state of abundance, where God's blessings not only meet your needs but overflow to others (Malachi 3:10).

When believers obey God and walk in faith, they position themselves to live under His open heaven, where His favor is continually poured out.

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## Steps to Break Generational Curses and Receive Blessings

1. **Identify Patterns:** Take a moment to reflect on recurring struggles or sins in your family. Recognizing these patterns is the first step toward breaking them.
2. **Confess and Renounce (reject):** Confess any sins in your family line and renounce them in Jesus' name. Plead the blood of Jesus over your life and declare freedom from every curse.
  - ❖ *1 John 1:9:* "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."
3. **Claim Your Freedom in Christ:** Proclaim the truth of Galatians 3:13: "Christ has redeemed us from the curse of the law, having become a curse for us." Declare that every curse is broken and you are now free in Christ.
4. **Replace Curses with Blessings:** Speak life, health, and prosperity over yourself and your family. Ask God to establish His promises in every area where curses once existed.
  - ❖ *Isaiah 45:3:* "And I will give thee the treasures of darkness and hidden riches of secret places."
5. **Walk in Obedience:** Blessings are sustained through faith and obedience. Align your life with God's Word and honor Him in all you do.
  - ❖ *Deuteronomy 28:2:* "And all these blessings shall come upon you and overtake you, if you obey the voice of the Lord your God."

## How to Activate Generational Blessings

1. **Faith in Jesus Christ:** Believe in the redemptive power of Jesus, who breaks curses and enables blessings through His sacrifice.

❖ *Galatians 3:14*: "He redeemed us in order that the blessing given to Abraham might come to the Gentiles through Christ Jesus."

2. **Obedience to God's Word**: Follow God's commandments and live a life that honors Him.

❖ *Deuteronomy 28:1-2*: "If you faithfully obey the voice of the Lord your God, being careful to do all his commandments... all these blessings shall come upon you and overtake you."

3. **Prayer and Declaration**: Pray for God's blessings over your family and declare His promises over future generations.

4. **Passing Down Godly Values**: Teach your children and grandchildren about God's Word, His love, and His ways.

❖ *Proverbs 22:6*: "Train up a child in the way he should go; even when he is old, he will not depart from it."

### **Questions:**

1. Do you believe generational curses are real?

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2. Have you been living under a generational curse? If so, Explain

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## **Prayer to Break Generational Curses and Receive Blessings**

### **Heavenly Father,**

I come to You in the name of Jesus Christ, my Redeemer and Savior. I thank You that through His sacrifice on the cross, every curse is broken, and I am set free. As Your Word says in Galatians 3:13, "Christ has redeemed us from the curse of the law." I claim this promise over my life and my family.

Lord, I ask You to break in pieces the gates of brass and cut the bars of iron that have kept my family bound (Isaiah 45:2). Destroy every chain of poverty, sickness, addiction, or failure that has passed down through my family line. I plead the blood of Jesus over myself, my children, and future generations, declaring that we are free from every curse in the name of Jesus.

Father, I now ask for Your generational blessings to flow into my life. Replace every curse with Your promises of peace, prosperity, and purpose. Let us live under an open heaven, where Your blessings

overflow and Your presence guides us in all things. I declare that my family will walk in Your favor for generations to come, fulfilling Your purpose and reflecting Your glory.

Thank You, Lord, for breaking every curse and unlocking every blessing. I commit my life and my family to You, trusting in Your power to restore, redeem, and bless us beyond measure.

In Jesus' mighty name, I pray,  
**Amen.**

## **Day Seventeen – Pray for Peace, Love, Forgiveness, and Unity in Marriages**

**Objective:** To understand the biblical foundation of marriage, its spiritual significance, and the importance of unity, peace, love, and forgiveness within the marital relationship. This lesson provides insights into how God designed marriage and encourages prayer as a vital tool for strengthening and restoring marriages.

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### **The Biblical Foundation of Marriage**

Marriage is a sacred union created by God, symbolizing a covenantal relationship between a man and a woman. It reflects God's love and commitment to His people. From the very beginning, God designed marriage to be a relationship of partnership, unity, and mutual support. It is not just a social institution but a divine ordinance meant to mirror Christ's love for His church.

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### **Key Scriptures**

#### **1. Genesis 2:22-24**

- *"And the rib, which the Lord God had taken from man, made he a woman, and brought her unto the man. And Adam said, This is now bone of my bones, and flesh of my flesh: she shall be called Woman, because she was taken out of Man. Therefore shall a man leave his father and his mother, and shall cleave unto his wife: and they shall be one flesh."*
- **Meaning:** This passage highlights the origin of marriage as a God-ordained union where two individuals become one flesh. It emphasizes leaving behind other relationships and prioritizing the bond of marriage.

#### **2. Ephesians 5:25-26**

- *"Husbands, love your wives, even as Christ also loved the church, and gave himself for it; that he might sanctify and cleanse it with the washing of water by the word."*
- **Meaning:** This scripture calls husbands to love sacrificially and unconditionally, just as Christ loves His church. It also points to the cleansing and sanctifying power of God's Word in strengthening marriages.

### 3. 1 Corinthians 7:2

- *"Nevertheless, to avoid fornication, let every man have his own wife, and let every woman have her own husband."*
  - **Meaning:** Marriage provides a God-ordained context for intimacy, promoting faithfulness and purity in relationships.
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## Symbolism of Marriage in the Bible

Marriage is symbolic of God's relationship with His people. The Bible often describes the church as the bride of Christ, reflecting the intimacy, love, and faithfulness that should characterize both spiritual and marital unions.

- **Scripture:** *Ephesians 5:31-32* - "For this reason, a man will leave his father and mother and be united to his wife, and the two will become one flesh. This is a profound mystery—but I am talking about Christ and the church."
  - **Explanation:** Just as Christ is committed to His church, marriage symbolizes the unbreakable covenant of love and devotion that God has with His people.
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## Practical Steps for Peace, Love, Forgiveness, and Unity in Marriage

- **Commit to Communication:** Open and honest communication helps resolve misunderstandings and prevents bitterness from taking root.
  - *Proverbs 15:1*: "A gentle answer turns away wrath, but a harsh word stirs up anger."
- **Practice Forgiveness:** Let go of grudges and offenses, knowing that forgiveness strengthens love.
  - *Colossians 3:13*: "Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you."
- **Pray Together:** Make prayer a daily habit as a couple to invite God into the relationship.
  - *Matthew 18:19-20*: "Again I say to you, if two of you agree on earth about anything they ask, it will be done for them by my Father in heaven."
- **Demonstrate Love Daily:** Love is not just an emotion but an action that should be expressed through kindness, service, and sacrifice.
  - *1 Corinthians 13:4-7*: "Love is patient, love is kind... it keeps no record of wrongs."

- **Seek Unity:** Work together as a team, supporting one another in spiritual growth, parenting, and life goals.
  - *Amos 3:3*: "Can two walk together, except they be agreed?"

### The Story of Joe and Lisa: A Lesson in Marriage

Joe and Lisa had been married for five years. They loved each other deeply but, like many couples, they had their challenges. One sunny Saturday morning, they decided to tackle a home project together: building a bookshelf.

Joe was a "do-it-my-way" kind of guy, while Lisa was a "read-the-instructions-first" person. As soon as they opened the box, Joe grabbed the tools and started assembling without so much as a glance at the manual.

"Joe, don't you think we should look at the directions?" Lisa asked sweetly, though her patience was already wearing thin.

"Directions? Nah, I got this," Joe replied confidently, hammering a nail into what he thought was the right spot.

Within an hour, they had managed to build a bookshelf—well, sort of. It leaned to one side like it had been through a hurricane. Lisa folded her arms, glaring at Joe. "You should've read the instructions!"

Joe sighed, wiping sweat off his forehead. "Okay, maybe you were right, but I was trying to show initiative!"

Lisa couldn't help but laugh. "Joe, showing initiative doesn't mean ignoring wisdom."

As they stared at their crooked masterpiece, they both burst into laughter. In that moment, they realized something: marriage wasn't about being right all the time. It was about working together, learning from each other, and laughing through the messes.

That evening, they sat together on the couch, Lisa reading from the Bible as Joe listened. She shared **Ephesians 5:25**: "Husbands, love your wives, just as Christ loved the church and gave himself up for her." Joe nodded, holding her hand. "I guess loving you means admitting when I'm wrong and letting you guide me sometimes." "And I guess respecting you means trusting your heart, even when you skip instructions," Lisa added with a smile.

## Questions:

### 1. What does Genesis 2:24 teach us about marriage?

- A) Marriage is a casual relationship.
- B) A man should leave his parents and become one with his wife.
- C) Marriage is temporary and optional.
- D) A man and a woman should remain completely independent of each other.

Answer \_\_\_\_\_

### 2. According to Ephesians 5:25, how should a husband love his wife?

- A) By giving her everything she asks for.
- B) By loving her as Christ loved the church and sacrificing for her.
- C) By focusing only on her outward beauty.
- D) By spending all his time at work to provide for her.

Answer \_\_\_\_\_

### 3. Why is forgiveness important in marriage?

- A) To avoid arguments altogether.
- B) To reflect God's forgiveness and maintain unity.
- C) Because it makes the other person feel guilty.
- D) It is not necessary in a good marriage.

Answer \_\_\_\_\_

### 4. What does 1 Corinthians 7:2 say about marriage?

- A) Marriage is unnecessary in a believer's life.

- B) Each man should have his own wife, and each woman should have her own husband to avoid sin.
- C) People should marry only to become wealthy.
- D) Marriage is only for those who cannot live alone.

Answer \_\_\_\_\_

##### 5. What is one way to promote unity in marriage?

- A) Always trying to prove you are right.
- B) Prioritizing communication and prayer together.
- C) Ignoring disagreements to keep the peace.
- D) Only spending time together when it's convenient.

Answer \_\_\_\_\_



*The fruit of Pettiness*

##### Why Pettiness Causes a Stumbling Block in Marriages

Pettiness refers to focusing on trivial matters or holding grudges over small offenses. While seemingly insignificant, pettiness can create significant stumbling blocks in marriage because it undermines the foundations of love, respect, and forgiveness.



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## . Pettiness Creates Division

When one or both spouses focus on minor issues—like forgetting to put the cap on the toothpaste or not folding the laundry a certain way—it can create unnecessary tension. These small irritations, when not addressed with grace, can snowball into larger conflicts, creating emotional distance.

- **Scripture:** *Proverbs 17:9* – "Whoever covers an offense seeks love, but he who repeats a matter separates close friends."
- 

## 2. Pettiness Erodes Trust and Respect

Constant criticism or nitpicking over minor things can make a spouse feel unappreciated or disrespected. Over time, this behavior can damage the mutual trust and respect that are essential for a healthy marriage.

- **Scripture:** *Ephesians 4:2* – "Be completely humble and gentle; be patient, bearing with one another in love."
  - **Insight:** Pettiness reveals a lack of patience and gentleness, which are necessary for fostering a loving relationship.
- 

## 3. Pettiness Distracts from the Bigger Picture

Marriage is a covenant that reflects God's love and commitment to His people. When couples focus on petty issues, they lose sight of the bigger picture—building a strong, God-centered marriage.

- **Scripture:** *Philippians 2:14-15* – "Do everything without grumbling or arguing, so that you may become blameless and pure, children of God without fault in a warped and crooked generation."
  - **Insight:** Grumbling over small things distracts from living in harmony and fulfilling God's purpose for the marriage.
- 

## 4. Pettiness Blocks Forgiveness

Pettiness thrives on keeping score and holding grudges over minor offenses. This attitude makes it difficult to practice forgiveness, which is crucial for resolving conflicts and maintaining unity in marriage.

- **Scripture:** *Colossians 3:13* – "Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you."
- **Insight:** Refusing to let go of small offenses hinders forgiveness and creates a breeding ground for bitterness.

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## How to Overcome Pettiness in Marriage

1. **Practice Grace and Patience:** Remember that both spouses are human and will make mistakes. Extend the same grace to your spouse that you would want for yourself.
  - *Proverbs 19:11:* "Good sense makes one slow to anger, and it is his glory to overlook an offense."
2. **Communicate Clearly:** Address recurring issues calmly and constructively rather than nitpicking or criticizing in the heat of the moment.
3. **Focus on What Matters:** Keep your attention on building a God-honoring marriage rather than getting stuck on trivial matters.
4. **Pray Together and for Each Other:** Ask God to help you release petty frustrations and see your spouse through His eyes.

### Prayer:

#### Heavenly Father,

You are the Creator of marriage, the holy union between a man and a woman. Today, we lift up every marriage in the body of Christ. We pray for Your peace to reign where there is chaos, for love to grow where there is indifference, and for forgiveness to flow where there is pain.

Lord, we bind and cast out every spirit of division, bitterness, and strife that seeks to destroy marriages. We plead the blood of Jesus over husbands and wives, declaring that no weapon formed against them shall prosper (Isaiah 54:17).

Father, restore broken hearts and heal past hurts. Let every misunderstanding be exposed and resolved with grace. Strengthen the bond of unity in every marriage, and let husbands and wives move as one in love and purpose. Send Your angels to protect and guide them, and let their homes be filled with Your presence.

We declare that marriages will reflect Your glory and will not fail. Let every couple stand firm on Your Word, walking in forgiveness, humility, and love. In the mighty name of Jesus, we pray,

**Amen.**

## Day Eighteen – Pray for One Sound in the Church – The Sound of Holiness and Righteousness

### Scripture:

2 Chronicles 5:13-14 (ESV)

"And it was the duty of the trumpeters and singers to make themselves heard in unison in praise and thanksgiving to the Lord, and when the song was raised, with trumpets and cymbals and other musical instruments, in praise to the Lord, 'For he is good, for his steadfast love endures forever,' the house, the house of the Lord, was filled with a cloud, so that the priests could not stand to minister because of the cloud, for the glory of the Lord filled the house of God."

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### The Power of One Sound

In a church, unity creates a spiritual sound that echoes holiness, righteousness, and love. This is not just about physical singing or praising; it is about being united in spirit, purpose, and faith. When the Body of Christ moves in oneness—praising God, standing together in love, and walking in holiness—it invites God's presence in a powerful way.

The Bible teaches us that God responds to unity. When His people come together with one sound, miracles happen, hearts are transformed, and His glory fills the space.

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### What Does "One Sound" Mean?

#### 1. The Sound of Holiness:

Holiness is being set apart for God, living lives that reflect His purity and love. The sound of holiness is heard when a church moves together in obedience to God's Word, avoiding sin and striving for godliness.

❖ *1 Peter 1:16*: "Be holy, because I am holy."

❖ **Example**: A church that prioritizes prayer, forgiveness, and living out God's commandments creates a holy atmosphere.

#### 2. The Sound of Righteousness:

Righteousness is living rightly before God and others, seeking justice, and walking in love. The sound of righteousness is evident when the church stands together in truth, showing compassion and kindness.

❖ *Matthew 5:6*: "Blessed are those who hunger and thirst for righteousness, for they shall be satisfied."

- ❖ **Example:** When members help each other, support the needy, and treat one another with respect, the church reflects God's righteousness.

### 3. **The Sound of Praise in Unity:**

True praise happens when believers lift their voices and hearts in one accord, glorifying God. This sound is powerful because it demonstrates faith, love, and gratitude, drawing God's presence.

- ❖ *Psalm 133:1*: "How good and pleasant it is when God's people live together in unity!"
- ❖ **Example:** A church that worships together with sincerity and joy creates an environment where God's Spirit moves freely.

### 4. \_\_\_\_\_

## **The Power of Unity in Worship**

When the church is unified, it creates a spiritual harmony that moves heaven. The story in 2 Chronicles 5:13-14 shows that when the singers and trumpeters praised God together in one sound, His glory filled the temple so powerfully that the priests couldn't even stand to minister. This is what happens when we come together in holiness, righteousness, and love.

### **What does Pastor Cornell C.S. Wheeler Teach:**

Finish the sentence, Your Parise is not complete, \_\_\_\_\_

## **What Does "One Sound" Look Like in Action?**

### 1. **Praising God Together:**

Lifting one voice in worship, whether through song, prayer, or testimony.

### 2. **Moving in Oneness:**

Sharing a common purpose—spreading the gospel, helping the needy, and growing in faith.

### 3. **Standing Together in Love:**

Supporting one another, forgiving offenses, and showing the world what God's love looks like.

- *John 13:35*: "By this everyone will know that you are my disciples, if you love one another."

## Practical Steps to Create One Sound

1. **Commit to Holiness:** Encourage each other to live lives that honor God. Hold one another accountable in love. (your conversations should exemplify God's love)
2. **Seek Righteousness:** Stand for truth, justice, and compassion.
3. **Worship Together in Unity:** Whether through singing, prayer, or service, focus on glorifying God as one Body and watch God move.
4. **Forgive and Love:** Resolve conflicts quickly, forgive offenses, and show kindness to one another.

### Questions:

1. **What does "one sound" in the church mean?**
  - A) Everyone sings in the same key.
  - B) The church is united in spirit, purpose, and faith.
  - C) Everyone follows the same schedule.
  - D) The church agrees on every decision.

Answer: \_\_\_\_\_

2. **What is the sound of holiness?**
  - A) Singing in harmony during worship.
  - B) Living a life set apart for God, reflecting purity and love.
  - C) Following church traditions exactly.
  - D) Reading the Bible silently.

Answer: \_\_\_\_\_

3. **What does the sound of righteousness involve?**
  - A) Treating others with kindness and standing for truth.
  - B) Singing louder than everyone else in church.
  - C) Only attending church on special occasions.
  - D) Giving financial support without personal involvement.

Answer: \_\_\_\_

4. **What happened in 2 Chronicles 5:13-14 when the people praised God in one sound?**
  - A) They built a larger temple.
  - B) The glory of God filled the house, and the priests couldn't stand to minister.
  - C) The people became confused and stopped singing.
  - D) The trumpets were broken during worship.

Answer: \_\_\_\_

5. **How can a church achieve "one sound"?**

- A) By focusing on holiness, righteousness, and unity in love.
- B) By making sure everyone agrees on all church policies.
- C) By singing louder during services.
- D) By organizing more social events.

Answer: \_\_\_\_\_

### Prayer:

#### Heavenly Father,

We come before You as one Body, united in our desire to glorify You. We declare that You alone are the Lord of this house, and we submit every plan, every heart, and every purpose to Your will. Lord, we recognize the power of unity, holiness, and righteousness in creating a sound that brings Your glory into our midst, and we stand against every demonic force that would try to disrupt it.

In the mighty name of Jesus, we **rebuke the spirit of discord**, division, and strife that seeks to sow confusion and separation among us. We cancel every assignment of the enemy against the unity of this church. We bind every spirit of gossip, jealousy, pride, and offense, and we cast them out in the name of Jesus.

Lord, we reject every plot of the enemy that would attempt to silence our praise, weaken our faith, or cause disunity among Your people. We declare that no weapon formed against this church shall prosper (Isaiah 54:17), and every tongue that rises against us in judgment is condemned.

Father God, we call forth the **sound of holiness** in this place. Let every heart be set apart for You, cleansed and purified by Your Spirit. We call forth the **sound of righteousness**, where truth, justice, and love reign. Let every member walk in obedience to Your Word and reflect Your character in their lives.

We declare that this church will move in **one sound, one heart, and one mind** to praise You. Let Your Spirit flow freely among us, binding us together in perfect unity. As it was written in **2 Chronicles 5:13-14**, when the people praised You in unison, Your glory filled the house. Lord, we ask for that same glory to fill this place. Let Your presence overwhelm every heart, breaking and destroying every chain of division and bringing healing, restoration, and power.

We release the Spirit of love, forgiveness, and peace in this church. We speak blessings over every ministry, every family, and every member. Let us walk in humility and faithfulness, esteeming one another higher than ourselves, as Your Word commands (Philippians 2:3).

Father, we plead the blood of Jesus over this church. Protect us from every attack, distraction, or scheme of the enemy. Guard our hearts and minds so that we may remain focused on You. Let the sound we make together rise to heaven as a fragrant offering, pleasing to You.

We stand firm on Your promises, and we declare that this church will be a place of unity, holiness, and righteousness. In the name of Jesus Christ, we take authority over every obstacle that would hinder the sound of praise and love in this house. Lord, let Your kingdom come and Your will be done here, as it is in heaven.

In the powerful name of Jesus, we pray and believe,  
Amen.

## Day Nineteen – Recognizing Your Call to Prayer and Fasting

Scripture:

Joel 2:12-13

*"Even now," declares the Lord, "return to me with all your heart, with fasting and weeping and mourning. Rend your heart and not your garments. Return to the Lord your God, for he is gracious and compassionate, slow to anger and abounding in love, and he relents from sending calamity."*

### Vocabulary:

#### Recognizing

- **Biblical Meaning:** To perceive, acknowledge, or discern something God is revealing. In the Bible, recognizing often involves spiritual awareness and understanding God's voice and guidance.

#### Call

- **Biblical Meaning:** A divine invitation or summons from God to fulfill a specific purpose or assignment.

#### Prayer

- **Biblical Meaning:** A heartfelt conversation with God, involving praise, thanksgiving, intercession, and petition. Prayer is the means through which believers connect with and seek the will of God.
- **Scripture:** *Philippians 4:6* – "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."

#### Fasting

- **Biblical Meaning:** A voluntary abstention from food (or other things) for spiritual purposes, often accompanied by prayer. Fasting is a way to humble oneself before God, seek His presence, and gain spiritual clarity.
- **Scripture:** *Matthew 6:17-18* – "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, who is unseen; and your Father, who sees what is done in secret, will reward you."

To understand the importance of prayer and fasting, recognize the call to engage in these spiritual disciplines, and learn practical ways to honor God during dedicated fasting periods.

## What is Prayer and Fasting?

- **Prayer:** A direct conversation with God, where we express our gratitude, confess sins, intercede for others, and seek His guidance.
  - *Philippians 4:6:* "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."
- **Fasting:** The act of abstaining from food (or other things) for a spiritual purpose. It focuses our hearts and minds on God by denying the flesh and feeding the spirit.
  - *Matthew 6:16-18:* "When you fast, do not look somber as the hypocrites do... 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."

## The Call to Prayer and Fasting

God calls His people to prayer and fasting as a way to seek Him earnestly, break spiritual strongholds, and align ourselves with His will. This is not just an individual act but a corporate practice, as seen in the Bible:

- **Example:** The church in Antioch fasted and prayed before sending Paul and Barnabas on their missionary journey.
  - *Acts 13:2:* "While they were worshiping the Lord and fasting, the Holy Spirit said, 'Set apart for me Barnabas and Saul for the work to which I have called them.'"

When the Church of God in Christ dedicates two days a week to fasting and praying, it is a unified effort to seek God's presence, guidance, and power. Recognizing this call means understanding the spiritual significance of these moments and preparing yourself to participate fully.

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## What to Do During Fasting Hours

Fasting is not just about abstaining from food; it is about replacing physical nourishment with spiritual nourishment. Here are ways to fill those hours meaningfully:

### 1. Dedicate Time to Prayer

- Begin your day by asking God to help you focus on Him throughout the fast. Pray for personal growth, church unity, and spiritual breakthroughs.
- *1 Thessalonians 5:17:* "Pray without ceasing."

### 2. Meditate on God's Word



- Spend time reading and reflecting on Scripture. Allow the Holy Spirit to reveal truths that strengthen your spirit.
- *Joshua 1:8*: "Keep this Book of the Law always on your lips; meditate on it day and night."

### 3. Engage in Worship

- Use worship songs to focus your heart on God's greatness. Worship helps shift your perspective from physical hunger to spiritual fulfillment.
- *Psalms 95:6*: "Come, let us bow down in worship, let us kneel before the Lord our Maker."

### 4. Intercede for Others

- Pray for the needs of your family, church, and community. Use this time to stand in the gap for those in need of healing, deliverance, or salvation.
- *James 5:16*: "The prayer of a righteous person is powerful and effective."

### 5. Journal and Reflect

- Write down your thoughts, prayers, and any revelations you receive during your fast. Reflect on how God is working in your life.
- *Habakkuk 2:2*: "Write the vision; make it plain on tablets."

## Recognizing Your Call to Prayer and Fasting

**Objective:** To understand the importance of prayer and fasting, recognize the call to engage in these spiritual disciplines, and learn practical ways to honor God during dedicated fasting periods. This lesson will equip you with biblical principles and practical actions to deepen your connection with God and align with His purposes.

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  - *Habakkuk 2:2*: "Write the vision; make it plain on tablets."
- 

## Examples Of a righteous fast

- **Morning**: Begin with personal prayer and Bible reading. Ask God for strength to stay focused throughout the day.
  - **Midday**: During lunch hours, avoid distractions. Spend time in quiet meditation or worship, lifting up the nation, your church, and its leaders in prayer.
  - **Evening**: End the fast with gratitude, thanking God for His presence and for sustaining you. Reflect on what you learned or experienced during the fast.
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## Why Fasting is Important

### 1. Strengthens Your Relationship with God

- Fasting helps you rely on God and seek His face more earnestly.
- *Joel 2:12*: "Even now, declares the Lord, return to me with all your heart, with fasting and weeping and mourning."

### 2. Breaks Strongholds

- Spiritual breakthroughs often come through dedicated fasting and prayer.
- *Mark 9:29*: "This kind can come out only by prayer and fasting."

### 3. Unites the Church

- Corporate fasting fosters unity as the body of Christ comes together to seek God's will.

### Questions

1. What challenges do you face during fasting, and how can you overcome them?

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2. How do you stay spiritually focused during long periods of fasting?

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3. What blessings or spiritual benefits have you experienced through fasting?

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### Prayer:

**Father God,**

We thank You for calling us to a deeper relationship with You through prayer and fasting. Lord, help us to recognize the spiritual importance of this discipline and to honor You with our dedication.

Father, as we fast, we ask that You fill us with Your Spirit, strengthen our faith, and reveal Your will for our lives and our church. We rebuke every distraction, doubt, and weakness that would try to hinder us from seeking You wholeheartedly. Let our prayers be effective and powerful, breaking strongholds and bringing unity to Your people.

Lord, teach us to hunger and thirst for righteousness more than physical food and let this time of fasting be a season of growth, healing, and revival. May Your presence fill our hearts and our churches as we come together in one accord to honor You. In Jesus' mighty name,

**Amen.**

## Day Twenty –Renunciation of Sexual Sins

**Objective:** To understand the importance of renouncing sexual sins as believers, and aligning our lives with the holiness and righteousness of God. This lesson explores how to identify, confess, and turn away from sins of a sexual nature, embracing freedom in Christ.

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### Vocabulary


**Renounce:** To formally declare one's abandonment of (a claim, right, or possession). In a spiritual context, it means rejecting and turning away from sinful behaviors or patterns.

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### Scripture


#### 1. 2 Corinthians 4:2

 *"Rather, we have renounced secret and shameful ways; we do not use deception, nor do we distort the word of God. On the contrary, by setting forth the truth plainly we commend ourselves to everyone's conscience in the sight of God."*

 **Meaning:** Believers must openly reject sinful behaviors and live lives of integrity, allowing God's truth to shine through their actions.

#### 2. Romans 6:1-7

 *"What shall we say then? Are we to continue in sin so that grace may increase? May it never be!"*

 **Meaning:** Through Christ's sacrifice, we are no longer slaves to sin. As new creations in Him, we are called to live in righteousness, leaving behind all sinful behaviors.

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### Why Renounce Sexual Sins?

Sexual sins are among the most damaging because they not only defile the body but also hinder our relationship with God. Renunciation is vital because it breaks spiritual ties to past sins, allowing believers to walk in freedom and holiness.

- **1 Corinthians 6:18-20:** "Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body."
  - **Key Insight:** Sexual immorality is a sin against the temple of the Holy Spirit—our bodies—and it must be abandoned to honor God.
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## Steps to Renounce Sexual Sins

1. **Acknowledge the Sin:** Identify specific sins, habits, or influences in your life that are contrary to God's Word.
  - *Psalm 32:5:* "I acknowledged my sin to you, and I did not cover my iniquity; I said, 'I will confess my transgressions to the Lord,' and you forgave the iniquity of my sin."
2. **Confess and Repent:** Humbly confess these sins to God and turn away from them. True repentance involves a change of heart and behavior.
  - *1 John 1:9:* "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."
3. **Renounce:** Declare rejection of these sins and any spiritual ties associated with them. Speak against the hold they have had over your life.
  - *Luke 10:19:* "Behold, I have given you authority... over all the power of the enemy, and nothing shall hurt you."
4. **Replace with Righteousness:** Fill the void left by renouncing sin with God's Word, worship, prayer, and godly influences.
  - *Philippians 4:8:* "Whatever is true, whatever is honorable, whatever is just, whatever is pure... think about these things."
5. **Guard Your Heart and Mind:** Avoid media, environments, or relationships that tempt you to return to sin.
  - *Proverbs 4:23:* "Above all else, guard your heart, for everything you do flows from it."

### Question:

1. **What does the term "renounce" mean in a biblical context?**
  - A) To ignore something sinful.
  - B) To formally declare rejection of sinful behavior.
  - C) To excuse a sin because it feels natural.
  - D) To quietly tolerate sin without action.

Answer: \_\_\_\_\_

2. **According to 2 Corinthians 4:2, what have believers renounced?**
  - A) All forms of food indulgence.
  - B) Secret and shameful ways, deception, and distortion of God's Word.
  - C) Relationships with unbelievers.
  - D) Celebrations and traditions.

Answer: \_\_\_\_\_

### 3. What does Romans 6:6-7 teach about sin?

- A) Sin is inevitable, and we must accept it.
- B) Believers are no longer slaves to sin because the old self has been crucified with Christ.
- C) Sin should be ignored because grace will always cover it.
- D) We can remain in sin so grace may increase.

Answer: \_\_\_\_\_

### 4. Which of the following actions can help a believer renounce sexual sins?

- A) Keeping silent about their struggles.
- B) Confessing the sin, repenting, and rejecting its influence.
- C) Avoiding church teachings on the topic.
- D) Blaming society for the temptation.

Answer: \_\_\_\_\_

## Root Causes of Sexual Sins

Sexual sins often stem from deeper issues that go beyond physical desires. Understanding these root causes can help believers address the underlying problems and find freedom through Christ. Here are some common root causes:

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### 1. Lust and Fleshly Desires

- **Cause:** A strong craving for physical pleasure or gratification outside of God's design for sexual intimacy.
- **Scripture:** *1 John 2:16* – "For all that is in the world—the desires of the flesh and the desires of the eyes and pride of life—is not from the Father but is from the world."
- **Insight:** Lust distorts God's purpose for sexuality and leads to unholy actions.

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### 2. Lack of Self-Control

- **Cause:** Failing to discipline one's thoughts, emotions, and actions, especially in situations of temptation.
- **Scripture:** *Galatians 5:22-23* – "But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control."
- **Insight:** Without self-control, it becomes easy to give in to temptation.

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### 3. Past Trauma or Abuse

- **Cause:** Experiencing emotional, physical, or sexual abuse can distort one's understanding of healthy relationships and intimacy.
- **Scripture:** *Psalms 34:18* – "The Lord is close to the brokenhearted and saves those who are crushed in spirit."
- **Insight:** Healing through Christ is essential for overcoming the wounds of the past.

### 4. Media and Cultural Influences

- **Cause:** Exposure to movies, music, advertisements, and other media that normalize or glorify sexual immorality.
- **Scripture:** *Romans 12:2* – "Do not conform to the pattern of this world, but be transformed by the renewing of your mind."
- **Insight:** Constant exposure to worldly standards can desensitize believers to sin.

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### 5. Unhealthy Relationships

- **Cause:** Being in relationships that lack boundaries or accountability, leading to compromises in behavior.
- **Scripture:** *2 Corinthians 6:14* – "Do not be unequally yoked with unbelievers."
- **Insight:** Relationships not rooted in Christ can lead to temptation and sin.

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### 6. Emotional Loneliness

- **Cause:** Seeking intimacy or validation through inappropriate relationships due to feelings of isolation or rejection.
- **Scripture:** *Psalms 23:1* – "The Lord is my shepherd; I shall not want."
- **Insight:** Only God can truly satisfy the longing for love and acceptance.



## 7. Generational Patterns or Curses

- **Cause:** Sinful patterns passed down from one generation to another, often going unrecognized.
  - **Scripture:** *Exodus 20:5-6* – "Visiting the iniquity of the fathers on the children to the third and fourth generation of those who hate me, but showing steadfast love to thousands of those who love me and keep my commandments."
  - **Insight:** Breaking these patterns requires prayer, repentance, and reliance on God's power.
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## 8. Lack of a Strong Relationship with God

- **Cause:** Distance from God leads to filling the void with sinful behaviors.
  - **Scripture:** *John 15:5* – "Apart from me you can do nothing."
  - **Insight:** A deep relationship with God provides strength to resist temptation.
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## 9. Pride and Rebellion

- **Cause:** Rejecting God's authority and pursuing personal desires over His commands.
  - **Scripture:** *Proverbs 16:18* – "Pride goes before destruction and a haughty spirit before a fall."
  - **Insight:** Pride leads to a hardened heart, making repentance difficult.
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## 10. Unforgiveness and Bitterness

- **Cause:** Holding onto hurt can lead to seeking comfort in sinful ways.
  - **Scripture:** *Ephesians 4:31-32* – "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."
  - **Insight:** Forgiveness brings healing and frees the heart from seeking unhealthy outlets.
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## Addressing the Root Causes

1. **Prayer and Repentance:** Acknowledge the sin and ask God to reveal and heal its root cause.
2. **Renewing the Mind:** Fill your heart and mind with God's Word to counter lies and temptations.
3. **Accountability:** Surround yourself with godly mentors or peers who can guide and support you.
4. **Seek Healing:** For those with trauma, seek professional counseling alongside spiritual healing.

**Pastoral Notes (PCW)** Recognizing and addressing the root causes of sexual sins enables believers to walk in victory, freedom, and holiness.

## Multiple-Choice Questions: Root Causes

1. **Which of the following is a root cause of sexual sin according to the Bible?**
  - A) Lust and fleshly desires
  - B) Healthy relationships
  - C) Spiritual growth
  - D) Serving in the church

Answer: \_\_\_\_\_

2. **What does Romans 12:2 teach us about media and cultural influences?**
  - A) It encourages us to embrace the world's values.
  - B) It warns us against conforming to the world's standards.
  - C) It tells us to ignore the impact of culture.
  - D) It says the world's influence has no effect on believers.

Answer: \_\_\_\_\_

3. **How does emotional loneliness contribute to sexual sin?**
  - A) It leads people to seek intimacy or validation in inappropriate ways.
  - B) It strengthens a person's faith.
  - C) It builds better relationships.
  - D) It eliminates temptation.

Answer: \_\_\_\_\_

4. **What does 1 Corinthians 6:18 instruct believers to do about sexual immorality?**
  - A) Confront it boldly.
  - B) Tolerate it as long as it's private.
  - C) Flee from it entirely.
  - D) Reason with it to understand it better.

Answer: \_\_\_\_\_

5. Which of these is a sign of a lack of self-control that may lead to sexual sin?

- A) Praying for strength
- B) Giving in to temptation without resistance
- C) Studying the Bible regularly
- D) Seeking help from mentors

Answer: \_\_\_\_\_

### Reflection Questions

1. Do you think media influences, such as movies, music, or social media, affect how people view sexual sin? Why or why not?

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2. Have you ever struggled with emotional loneliness? How do you think this could lead to unhealthy relationships or choices?

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3. Do you recognize any generational patterns in your family that could contribute to struggles with sexual sin? How can you address them?

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4. Why is renewing your mind with God's Word important in overcoming sexual sin?

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## Scenario-Based Questions

1. **If a believer struggles with lust and feels drawn to certain media that glorify immorality, what steps should they take to guard their heart and mind?**
- A) Ignore it and hope the feelings go away
  - B) Immerse themselves in the media to get it out of their system
  - C) Avoid the media, pray for strength, and focus on God's Word
  - D) Blame society and continue as usual

**Answer** \_\_\_\_\_

2. **If a friend confesses they struggle with sexual sin due to past trauma, how can you help them?**
- A) Dismiss their concerns and tell them to pray more
  - B) Suggest professional counseling along with spiritual support
  - C) Avoid the topic because it's uncomfortable
  - D) Criticize them for not overcoming their struggles

**Answer** \_\_\_\_\_

3. **How can generational patterns of sin be broken?**
- A) By ignoring them and focusing on your own life
  - B) By acknowledging them, repenting, and seeking God's help
  - C) By confronting family members about their sins without repentance
  - D) By tolerating them as part of family culture

**Answer** \_\_\_\_\_

4. **What should you do if you feel desensitized (numb) to sin due to societal norms?**
- A) Accept it as the "new normal"
  - B) Renew your mind with Scripture and commit to holiness
  - C) Avoid addressing the issue and hope it resolves itself
  - D) Follow societal norms to avoid standing out

**Answer** \_\_\_\_\_

5. **What role does prayer play in overcoming sexual sin?**
- A) It strengthens your willpower to resist temptation.
  - B) It invites God's help and transforms your heart and mind.
  - C) It forces others to change their behavior.
  - D) It is optional and has little impact.

**Answer** \_\_\_\_\_

## **Prayer:**

**Heavenly Father,**

I come before You in the mighty name of Jesus Christ, humbly seeking Your forgiveness and freedom from all sexual sin. Lord, I acknowledge that my body is the temple of the Holy Spirit, and I desire to honor You in thought, word, and deed.

I confess every sin of a sexual nature that I have committed, whether through my eyes, my ears, my mind, or my body. I renounce all lust, impurity, fornication, adultery, pornography, masturbation, homosexuality, and every unclean act or thought that has defiled me. I reject every desire and practice that is contrary to Your holy standard.

**In the name of Jesus, I plead the blood of Jesus over my body, my mind, and my spirit.** Let Your precious blood cleanse me from all unrighteousness and purify every part of me. Lord, I declare that by Your blood, I am redeemed from the power of sin and no longer a slave to its grip (**Romans 6:6-7**).

Father, I renounce and break every soul tie, spiritual bond, and stronghold formed through sexual sin. In the authority of Jesus Christ, I sever all connections to past relationships, ungodly influences, and sinful behaviors. Every foothold the enemy has gained through my sin is now destroyed in Jesus' name.

I take authority over every lie, thought, and temptation from the enemy that seeks to entangle me again. I rebuke the spirit of lust, perversion, and impurity, and I cast it out of my life in the name of Jesus. I declare that the blood of Jesus is a shield over my mind, protecting me from every fiery dart of the enemy (**Ephesians 6:16**).

Holy Spirit, fill me now with Your presence and power. Renew my mind with Your truth and transform my heart to desire holiness. Help me to guard my eyes, ears, and thoughts, so I may walk in purity and righteousness. Let my life reflect the love and glory of Jesus Christ.

Father, I commit to living a life that honors You. Strengthen me to flee from temptation and to stand firm in Your Word. Help me to resist the devil so that he will flee from me (**James 4:7**). Let Your light shine in me, exposing and removing every hidden sin, so I may walk in freedom and truth.

I thank You, Lord, for Your forgiveness, grace, and victory over sin. I declare that I am no longer bound but free, cleansed, and made new in Christ. By the blood of Jesus, I claim victory over all sexual sin, and I will walk in the power of the Holy Spirit.

**In the mighty name of Jesus, I pray and believe,  
Amen.**



Faith

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## Day Twenty-one – Faith Has a Sound and a Language

**Scripture:** Hebrews 11:1 Now faith is the assurance of things hoped for, the conviction of things not seen."

**Vocabulary:**

**Faith**

- **Biblical Meaning:** Faith is the confident belief and trust in God and His promises, even when we cannot see the outcome. It involves relying on God's character and Word.
- **Scripture:** *Hebrews 11:1* – "Now faith is the assurance of things hoped for, the conviction of things not seen."
- **Insight:** Faith is the foundation of our relationship with God, guiding our actions and giving us hope.

**Sound**

- **Biblical Meaning:** Sound represents the message or truth that we hear and respond to. It can refer to the Word of God, the voice of the Holy Spirit, or the proclamation of the gospel.
- **Scripture:** *Romans 10:17* – "So faith comes from hearing, and hearing through the word of Christ."
- **Insight:** The sound of God's Word activates faith, calling us to believe and act.

## Language

- **Biblical Meaning:** Language in the Bible often refers to the words we speak, which reflect our faith and align with God's truth. It is the expression of belief through spoken words.
- **Scripture:** *Proverbs 18:21* – "Death and life are in the power of the tongue, and those who love it will eat its fruits."
- **Insight:** Faith has a language of life and trust, declaring God's promises boldly and confidently

Faith is not silent, dormant, or passive—it has a sound, a language, and movement. Faith speaks, acts, and presses forward despite obstacles.

### Faith Comes by Hearing: The Sound of Faith

The language of faith begins with hearing. Faith is born when we hear the truth about God and His promises.

- Romans 10:17: "So faith comes from hearing, and hearing through the word of Christ."

In the story of the woman with the issue of blood, her journey of faith began with sound.

- Mark 5:27: "She had heard the reports about Jesus and came up behind him in the crowd and touched his garment."

Her faith was activated by what she heard about Jesus. She heard that He healed the sick, gave sight to the blind, and made the lame walk. This sound of faith stirred her heart, ignited her belief, and gave her the courage to act.

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### Faith Speaks: The Language of Faith

Faith has a language, and it speaks with confidence in God's ability to deliver.

- Mark 5:28: "For she said, 'If I touch even his garments, I will be made well.'"

The woman declared her faith with her words: "***If I could just touch Him.***" Her declaration reflected her belief in Jesus' power to heal. Words of faith have power because they align with God's promises.

- Proverbs 18:21: "Death and life are in the power of the tongue."

When we speak faith-filled words, we invite God's power into our lives.

## **Faith Moves: Faith Without Works is Dead**

Faith isn't just about hearing and speaking—it requires action. The woman with the issue of blood didn't sit back and hope for healing; she moved forward, despite her condition and the obstacles in her way.

- James 2:17: "So also faith by itself, if it does not have works, is dead."

She forged ahead, pushing through the crowd, even though her condition made her an outcast. She risked public shame, rejection, and even punishment, but her faith propelled her forward.

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## **Faith Breaks Through Obstacles**

The woman's journey to Jesus was not easy. The crowd was thick, and her physical condition made it hard to move, but she pressed on.

- Mark 5:30-34: When she touched Jesus' garment, He immediately knew that power had gone out from Him. Despite the crowd, He acknowledged her faith, saying, "Daughter, your faith has made you well; go in peace and be healed of your disease."

**Her faith moved her to overcome every obstacle to receive her breakthrough.**

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## **Practical Application: Living the Language and Sound of Faith**

1. **Hear the Word:** Regularly listen to Scripture, sermons, and testimonies that build your faith. Surround yourself with the sound of faith.
  - Example: Begin your day by reading a chapter of the Bible aloud or listening to faith-building messages by your pastor.
2. **Speak Faith:** Declare God's promises over your life, even in challenging circumstances.
  - Example: Say, "I trust God to supply all my needs" when facing financial struggles.
3. **Act on Faith:** Take steps that align with your belief in God's power and promises.
  - Example: If you're praying for healing, take action by eating healthily, exercising, and seeking medical help with faith that God is at work.



**Questions:**

**1. What is faith according to Hebrews 11:1?**

- A) Believing in what we see and feel.
- B) The assurance of things hoped for and the conviction of things not seen.
- C) Hoping that everything will work out eventually.
- D) Relying solely on personal strength.

**Answer: \_\_\_\_\_**

**2. What does Romans 10:17 say about how faith comes?**

- A) Faith comes from working hard.
- B) Faith comes from hearing the Word of Christ.
- C) Faith comes from attending church regularly.
- D) Faith comes from following traditions.

**Answer: \_\_\_\_\_**

**3. In the story of the woman with the issue of blood, what activated her faith?**

- A) Her wealth and connections.
- B) The reports she heard about Jesus.
- C) The encouragement of the crowd.
- D) Her ability to heal herself.

**Answer: \_\_\_\_\_**

**4. What does James 2:17 teach about faith?**

- A) Faith is enough without actions.
- B) Faith without works is dead.
- C) Faith only applies to spiritual matters.
- D) Faith is unnecessary for believers.

**Answer:** \_\_\_\_\_

**5. What does Proverbs 18:21 teach about the power of language?**

- A) Words have no real impact.
- B) The tongue has the power of life and death.
- C) Words are only important during worship.
- D) Language has no connection to faith.

**Answer:** \_\_\_\_\_

**Prayer: Activating Faith**

**Heavenly Father,**

I come before You with a heart open to receive Your Word. Thank You for the gift of faith that comes through hearing the truth of Jesus Christ. Lord, let my ears be attentive to the sound of Your voice and my heart receptive to Your promises. Father, I ask for a deeper understanding of faith—a faith that not only believes but also moves and speaks in alignment with Your will. Teach me to declare Your truth boldly, knowing that my words carry the power of life and align with the language of faith.

Lord, like the woman with the issue of blood, help me to act on my faith, pressing forward despite obstacles and trusting in Your power to heal, restore, and deliver. Strengthen my steps as I move toward You, believing that You will meet me with Your grace and miracles. I plead the blood of Jesus over my mind and my words, that I may speak life and truth in every situation. Guide me to replace doubt with trust, fear with boldness, and silence with declarations of Your Word. Let my faith be a light to others, drawing them closer to You.

Father, I commit to hearing, speaking, and moving in faith daily, knowing that You are faithful to fulfill every promise. Thank You for being my source of strength, hope, and victory.

**In Jesus' mighty name, I pray,  
Amen.**