
OVERFLOW: THE POWER OF YOUR VOICE IN GOD'S KINGDOM

STUCKNO

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*Steps in Releasing Heaven's Sound In Your
Voice In A Podcast Or On Stage*

Theresa Croft with Stuck No+



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The Stuck No More Academy

Introduction to the SNM Academy-Create A Podcast-Speak



I'm *Theresa Croft* Welcome

Theresa Croft is passionate about empowering voices to release hope and healing from the overflow of intimacy with God...into a podcast or on stage.

Stuck No More Voices Academy with TheresaCroft.com



How I can Help *You?*

This isn't for everyone—it's for those ready to embrace transformation and align their Voices with God's design. Your voice carries weight in the Kingdom... This is your invitation: to find your voice in His presence and release it with boldness for His glory with the Stuck No More Academy.

Let's begin!!

INTRODUCTION



Overflow from your relationship with God is the foundation of the Stuck NO More Academy's mission. We believe that when you are deeply rooted in intimacy with Jesus, your voice carries power, clarity, and lasting impact. Our purpose is to help Kingdom-driven voices break through barriers and step boldly into their calling—whether it's launching a podcast, speaking from a stage, or leading with influence.

Through the Stuck No More Method, you'll be equipped with Biblical principles that unlock your God-given voice. You'll learn to create and speak not from striving, but from the overflow of your relationship with Him. This is where true freedom, confidence, and clarity begin—and from this place, your message releases hope and transformation to those you are called to reach.

Chapter 1

Your Voice Carries Heaven

You are God's Kingdom messenger. He placed His word within you and designed your voice to echo His heart. Your story, your prayers, your declarations are not small or insignificant.

They are carriers of His glory and His truth.

When you speak, Heaven listens—and so does hell. That's why the enemy works overtime to silence you with lies of insignificance and wants to chain you to being voiceless.

But here's the truth: your voice was handcrafted to shift atmospheres and break chains. You were never meant to live silent. You are His ambassador, carrying the sound of redemption wherever you go.

**"The mouth speaks what the heart is full of." (Luke 6:45)
When your heart is filled with His love and truth, your words release His presence. You don't need a stage to be influential; you need intimacy with the King. Your voice becomes the sound of Heaven when you walk with Him.**

Chapter 1 continued

REFLECT

- *Where have I been silenced in the past, and how is God inviting me to speak now?*
- *What truth does Heaven want me to release today with my voice?*

Prayer:

Father, thank You for giving me a voice that carries Your hope and truth. I surrender my words to You today. Let my voice echo the sound of Heaven and release life wherever I go. CON'T WITH YOUR PRAYER.....

In Jesus' name, amen.

CHAPTER 2

The Secret Place Shapes Your Sound

The source of your voice is found in the secret place. Before you ever speak to people, you listen to His whisper. In the stillness, He fills you with words of life that overflow into your everyday conversations.

It's in the secret place that you stop striving for significance and start abiding in love. You don't have to perform to be heard. You don't need to be perfect to be powerful. As you sit at His feet, your voice is shaped by His heart. It's there that you hear what Heaven is saying so you can release it on earth.

"As the Father has loved me, so have I loved you. Now remain in my love." (John 15:9)

When you remain in His love, His words take root in you. His voice becomes your confidence. You won't be swayed by opinions because you're anchored in His truth.

CHAPTER 2 CONTINUED

REFLECT

Reflect:

- *How can I make more space for intimacy with God?*
- *What is He whispering to me in this season?*
- **Prayer:**

Holy Spirit, draw me into the quiet places where You speak life over me. Let my time with You shape every word I release. I want to carry Your heart in everything I say. Amen.

CHAPTER 3

Declaring Over Yourself First

Before you can speak life to others, you need to declare it over yourself.

Your own heart needs to hear the sound of truth coming from your lips. Sometimes the greatest battle is not around you but within you.

You must choose to declare what God says, even when you don't feel it.

Speak over yourself: I am chosen. I am anointed. I am the righteousness of God in Christ Jesus. You may feel tired and worn, but your words have power to call yourself into alignment with Heaven's perspective.

"Let the weak say, 'I am strong.'" (Joel 3:10)

Declarations are not about denying reality—they're about agreeing with Heaven's reality. As you speak life over yourself, healing flows. You begin to walk in the identity Jesus paid for. From that healed place, your voice carries even greater authority.

CHAPTER 3

Reflect

- What truth do I need to declare over my life right now?
-
- Where am I needing a breakthrough in my identity?
- Prayer:

Father, I speak life over myself. I am chosen, loved, and called. I stand on Your promises and declare that I am who You say I am! Amen.

CHAPTER 4

Your Voice Breaks Chains for Others

You are an influencer of hope. Your voice isn't just for your healing; it's for the healing of others.

When you release what God has done in your life, your testimony becomes a prophetic invitation for others to step into freedom.

People are waiting for the sound of your story.

They are longing for someone to tell them that breakthrough is possible, that restoration is real.

When you speak, chains break, and hearts are awakened to the hope found in Jesus.

***"How beautiful are the feet of those who bring good news!"
(Romans 10:15)***

Your voice carries good news. It carries light into darkness and hope into despair. And when you speak from the overflow of your relationship with God, His anointing rests on your words in ways you can't measure.

CHAPTER 4

REFLECT

Reflect:

- **Who needs to hear my story today?**
- **How can my words release hope to someone hurting?**
- **Prayer:**

Lord, anoint my voice to break chains and bring freedom to those who need hope. Use my story as a testimony of Your faithfulness. I am willing—send me. Amen.

CHAPTER 5

Speaking from Legacy and for Generations

Your voice isn't just for now—it's for generations to come.

Every word you speak in alignment with God's heart plants seeds for a legacy of faith. You are shaping atmospheres, homes, and hearts with the sound of your voice.

When you speak life over your family, your community, and your world, you are building a foundation for future generations to stand on.

You are declaring legacy, not just survival. Your voice becomes a bridge for others to encounter God's goodness.

"One generation commends your works to another; they tell of your mighty acts." (Psalm 145:4)

You are leaving a trail of hope, a sound of Heaven that echoes long after you speak. As you release your voice, fully alive in Christ, you are building a Kingdom legacy that cannot be shaken.

CHAPTER 5

Reflect

- What legacy do I want my voice to leave?
- How can I speak life into the next generation?
- Prayer:

God, I want to leave a legacy of faith. Let my words carry hope and life, planting seeds for future generations to know You deeply. Amen.

CONCLUSION

Your Voice Was Made for This

You were born for such a time as this. Your voice matters in the Kingdom of God.

From the overflow of intimacy with Jesus, you carry a sound that changes lives and releases hope. This isn't about striving—it's about abiding.

From that place of abiding, your words carry weight and eternal impact.

So speak up. Declare life. Release His hope.

Someone is listening, and Heaven is backing you. Your voice is powerful because it carries the Presence of the One who lives inside of you.

RESOURCES



Stuck No More VIDEO AND PODCASTS
[\(click here\)](#)



Book Suggestion

- [“Switch On Your Brain”](#) by Dr. Caroline Leaf (mindset transformation).
- [“The Gifts of Imperfection”](#) by Brené Brown (authenticity and self-worth).



Let's Talk

[Let's chat. Free Find Your Voice call. Click here to talk.](#)

The Stuck No More Voices Academy

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[WATCH WEBINAR FOR SECRET SAUCES
TO AMPLIFY YOUR VOICE.](#)