

DAY 01

SUBMIT

YIELDING TO GOD'S AUTHORITY

Submit yourselves therefore to God.
James 4:7-8a

DAY 1: SUBMIT

Theme Scripture: Matthew 17:21

“This kind does not go out except by prayer and fasting.”

Spiritual Emphasis: Submission

Day 1 begins with submission, because before anything moves, we must move under God's authority. In Matthew 17, Jesus reveals that there are certain oppositions, patterns, and resistances—“this kind”—that do not respond to strategy, emotion, or human effort. They respond only to prayer and fasting, which are acts of total submission.

Prayer is the language of dependence.

Fasting is the posture of surrendered flesh.

Together, they declare: “God, I cannot do this without You.”

To fast is to submit the appetites of the body.

To pray is to submit the thoughts of the mind.

And when both are yielded, Heaven responds.

On this first day, we acknowledge that some battles will not shift until we ourselves come into alignment. Submission dismantles pride, silences self-reliance, and places us fully under God's rule. What resisted us before now becomes subject to the authority of Christ operating through a submitted life.

Prayer Focus for Day 1

- Submitting our will, plans, and desires to God
- Repenting of self-sufficiency and control
- Acknowledging God as Lord over every area of our lives
- Declaring that “this kind” must move as we align ourselves with Heaven

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Understanding “THIS KIND” – The Greek Word GENOS

In Matthew 17:21, the phrase “this kind” comes from the Greek word γένος (genos), which means:

- Kind, type, or category
- A class or order with shared characteristics
- A lineage, nature, or recurring pattern

Jesus was not merely referring to a single incident or isolated struggle. By using genos, He was identifying a patterned resistance—a category of opposition that operates by repetition, familiarity, and endurance. In other words, this kind represents issues that seem stubborn, cyclical, or long-standing—things that do not move through casual prayer or surface-level faith.

Some genos issues appear as:

- Repeating spiritual battles
- Persistent strongholds
- Generational patterns
- Resistance that survives strategy, counseling, or effort alone

Jesus makes it clear: this kind has rules, and those rules require prayer and fasting.

DAY 1: SUBMIT

Why GENOS Requires SUBMISSION

Prayer and fasting are not techniques; they are acts of submission.

- Prayer submits the mind to God's authority. (*Philippians 4:6-7, Romans 12:2, 2 Corinthians 10:5, Psalm 25:4-5*)
- Fasting submits the body and its appetites. (*1 Corinthians 9:27, Romans 6:12, Galatians 5:16-17, Matthew 4:4*)

Together, they confront genos issues by dismantling self-reliance and restoring divine order.

Before authority can be exercised, alignment must be established. Submission is the doorway through which power flows. When we submit ourselves to God, we step out of our own strength and into Heaven's jurisdiction.

"Submit yourselves therefore to God. Resist the devil, and he will flee from you." — James 4:7

Notice the order: submission comes before resistance.

Day 1 Focus: Submission Breaks the Pattern

On this first day of the fast, we are not trying to overpower this kind, we are positioning ourselves under God's authority, where this kind loses its legal right to remain.

What fasting does on Day 1:

- Breaks pride and self-sufficiency
- Silences the flesh
- Shifts authority back to God
- Signals Heaven that we are fully yielded

When submission is restored, cycles are disrupted and patterns are broken.

DAY 1: PRAYER FOCUS

1. Submitting every area of life to God's rule.

Proverbs 3:5–6

"Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways acknowledge Him, and He shall direct your paths."

Romans 12:1

"Present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service."

2. Repenting for Operating in Self-Dependence

Jeremiah 17:5–7

"Cursed is the man who trusts in man and makes flesh his strength... Blessed is the man who trusts in the Lord."

John 15:5

"Apart from Me you can do nothing."

3. Acknowledging God as the Ultimate Authority

Psalms 24:1

"The earth is the Lord's, and everything in it, the world, and all who live in it."

Colossians 1:16–17

"All things were created through Him and for Him... and in Him all things hold together."

4. Declaring That Every Genos Pattern Must Bow to Christ

Philippians 2:9–11

"At the name of Jesus every knee should bow... and every tongue confess that Jesus Christ is Lord."

2 Corinthians 10:4–5

"The weapons of our warfare are not carnal but mighty in God for pulling down strongholds."

Colossians 2:15

"Having disarmed principalities and powers, He made a public spectacle of them, triumphing over them in it."