



**40 Days:  
Live Boldly**

Welcome to 40 Days: Live Boldy devotion. I pray that you will be transformed mentally, emotionally, relationally, and spiritually. Every aspect of this journey has been Spirit led and prayed over.

You are not alone. The Lord sees you and knows right where you are. You have embarked on a daily time to seek the Lord and hear from Him. I encourage you not only begin this but complete it. However, if one day speaks to you, feel free to remain there for more than a day. This 40-day journey is yours. It does not have to be completed exactly as prescribed. If you forget a day, pick it up the next day. The Lord can and will use each day.

The videos are meant to introduce you to the topic of the day. Then, I will pray for you. Make sure you complete the workbook every day, as just watching the videos won't suffice. This journey requires you to put work in for transformation.

Are you ready to live boldly? Then let us begin!

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## Day 1: Where Are You Now?

As we begin day one, the most important aspect is to determine where you are right now. You cannot move forward without admitting where you are. Furthermore, you cannot know if you are being transformed without knowing where you are coming from. I believe it's important to know where we want to go before we begin a journey. Rarely do we get in the car and just drive without a destination. It is the same way with these next 40 Days.

What do you hope happens? Why did you say "yes" to this program? This is where you begin.

Ask the Lord to meet you at your need and heart's desire. Do you want more of the Lord? Do you struggle with depression or anxiety? Is there a stronghold of addiction in your life? Maybe you are praying for revival. Whatever drew you to this, write it down. My prayer for you is that the Lord goes above what you can imagine or ask. Sometimes the Lord speaks or reveals something that is not on our radar. I want to encourage you to be open to what the Lord wants to do.

Expect God to show up for you without having expectations of what it will look like. What do I mean? Scripture tells us to expect the Lord-He is our Provider, Healer, Counselor, and much more. God will show up for you. However, do not put limitations

on Him by telling Him exactly HOW you want things to be accomplished. Let God be God! You might only want Him to provide financially, but He wants to heal an old wound.

Today, the focus is Where are you now? You must have an idea where you are headed. But remain open for any detours the Lord wants to take you on. Spiritual breakthrough is only possible when we take an honest evaluation of where we currently are. The Lord says that above all, our hearts can deceive us (Jer. 17:9). It is imperative to sit before the Lord and obtain His view of our lives. We think we know what the issues are, but we might be missing something.

Take thirty minutes and ask the Lord to reveal wounds that need healing, fears that need dispelling, attitudes that need adjusting, or thoughts that need dismantling. Once you have spent that time, you are ready to move on.

Write down what the Lord revealed to you. What happens if you sit before the Lord, and nothing comes to your mind? Then continue to pray and ask for revelation knowledge and insight. You can move ahead anyway. Just list what you want to work on throughout this journey.

Identify three areas in which you would like spiritual breakthrough to be more bold.

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How have you attempted to gain victory in these areas before?

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Are you ready to give these issues to the Lord? Sometimes, we hold onto attitudes or wounds because they have defined us and we know how to deal with these emotions. When releasing certain aspects, it can bring a loss of identity because we no longer define ourselves by our pain. In addition, you may have desired to release these things in the past but did not know how. You might be there right now. It is okay to not know how to move forward. That is why you have enrolled in this journey.

Are you ready to release these three areas to the Lord? Why or why not?

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In Mark 10:46-52, Jesus asks the blind man “What can I do for you?” The blind man’s response, “Rabbi, I want to see.” If Jesus walked up to you today and asked you that

question, how would you truly respond? If you put no limits on what is possible with God, what would you say you needed?

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Now you are ready to move ahead.

Come back tomorrow for the beginning of Kingdom Authority.

## Day 2: Kingdom Authority ~ It is Finished

Today we begin the section on Kingdom authority. What is kingdom authority? Kingdom: I'm referring to the kingdom of God. He is the creator of heaven and earth. Genesis 1:1 says, "In the beginning, God created the heavens and the earth." God has always existed. He was not made by anyone, but He formed us. His kingdom is superior to any other. The kingdom of heaven is made up of God's ways, character, and heart.

Authority: means the power or right to give orders, to have dominion.

God originally created us for relationship with Him. However, Adam and Eve lost the privilege when they sinned and without the shedding of blood there is no forgiveness of sin (Heb 9:22). The Israelites made animal sacrifices to atone or make amends for their sins. But all along, it was God's plan to send Jesus.

John 3:16, "For God so loved the world He sent His one and only Son so that whoever shall believe shall have eternal life." Do you believe that Jesus was born a baby, died on the cross, and rose again in three days? Yes, then you will have eternal life. You can rest assured that you are going to live in heaven when you die. If no, then I ask that you open your heart to Jesus and invite Him in.

Today's message is "It is finished!" No one can snatch you out of God's hand. You are safe in the blood of Jesus. His blood washes away all sin. God's power manifested in and through Christ. Jesus taught us to pray thy kingdom come, thy will be done on earth as in heaven (Matt 6:10).

Philippians 2:6-11, "Who, being in very nature God, did not consider equality with God something to be used to his own advantage; 7 rather, he made himself nothing by taking the very nature of a servant, being made in human likeness. 8 And being found in appearance as a man, he humbled himself by becoming obedient to death—even death on a cross! 9 Therefore God exalted him to the highest place and gave him the name that is above every name, 10 that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, 11 and every tongue acknowledge that Jesus Christ is Lord, to the glory of God the Father.

# Day 2 Worksheet

What does it mean to have a relationship with someone?

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What does it mean to have a relationship with Jesus?

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How can you be 100% sure you are going to heaven? John 3:16 says it all. Whosoever believes. Have you called upon Jesus to become your Savior? If yes, share your experience. If not, what holds you back?

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Kingdom authority begins with a belief in Jesus. How would you explain kingdom authority to someone utilizing John 16:23-28?

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What are two action steps today that you can do to remind yourself that what Jesus did was completed?

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## Day 3: Kingdom Authority ~ You are an Heir

Day 2 was about having all sin washed away and knowing without a doubt we are able to spend eternity in heaven. Today, it's all about being an heir. Paul tells us in Romans that we have been adopted as children of God. Then, if we are children, we are heirs—heirs of God and co-heirs with Christ. If we share in his suffering, then we also share in his glory (8:15-18).

So first you belong. As a child of God, you are loved and wanted. You are not a mistake or an afterthought. While you were being formed in your mother's womb, God created you. He loves you and has adopted you as His child. Maybe your earthly parents did not treat you right, but God has adopted you and set you into the kingdom of heaven.

Second, to become an heir, someone had to die. That someone is Jesus. When He died on the cross for us, we inherited what He possessed, which is EVERYTHING! We inherited power, authority, healing, the boldness to go to the Father in prayer, and we inherited the Holy Spirit. The same Spirit that raised Jesus from the dead lives in you right now if you have given your heart and life to Christ. We are not powerless or helpless!

Power and authority go hand in hand. Jesus bestowed it on His disciples when he instructed them to go heal and deliver people in His name (Matt 10:1). We can defeat darkness with the Light of Christ and speak to mountains and they must be removed (Mark 11:23).

Last, healing is transferred through heirship. Healing is not just physical, but spiritual, emotional, and mental. We are assured of this when Isaiah prophesies in 53:4-5 that Jesus took our pain and bore our suffering so that by the wounds on His body we are healed and made whole. What you struggle with right now, God can heal. Blinding depression, addiction, betrayal, grief, anger, or any other negative emotion has the potential for healing and freedom when brought to the Cross. This is an earth-shattering accomplishment available to us as heirs.

His Word says in Philippians 4:19, "And my God will meet all your needs according to the riches of his glory in Christ Jesus." This means your need for protection, met. Your need for stability, met. Your need for finances, met. Your need for wisdom, met. Your need for direction, met.

Speak the word over yourself. You are an heir! Blessings and curses are in the power of the tongue. Speak in faith. Speak prophetically over your life and of those you love. You are an heir.

## Day 3 Worksheet

Define what an heir is and receives.

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What does it mean that you have inherited everything that Christ possessed through God?

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Is there anything you feel you lack? If so, what?

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Do you feel like you can boldly go to the Lord and ask Him for things? If yes, why? If not, why not?

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Ask the Lord to give you what you need today. What two action steps you can take today to live as an heir?

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## Day 4: Kingdom Authority ~ All Authority

A person has authority when it has been delegated to them. Yes, people attempt to take authority, but if it isn't given to them, then they do not have true authority and can be overridden by someone with actual authority. For example, someone who steals can be arrested. Someone who steps out of alignment at their job can be fired.

Jesus said in multiple places, I have given you ALL authority (Matt 28:18; Luke 9:1; Eph 1:21). When Jesus died and rose again, He was seated at the right hand of the Father with ALL authority. He has delegated His authority- kingdom authority- to you and I.

So, what are we doing with this authority? Are we living powerless and helpless in our daily lives? Or, are we calling upon His name- Jesus- the name over all names, and walking in kingdom authority?

Matthew 16:18-19, "And I tell you that you are Peter, and on this rock I will build my church, and the gates of Hades will not overcome it. I will give you the keys of the kingdom of heaven; whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven."

Keys signify access to the kingdom, authority of the kingdom, and revelation of the kingdom that Peter and the disciples are to utilize to bring others into the kingdom.

Matthew 10:7-8, "As you go, proclaim this message: 'The kingdom of heaven has come near.' 8 Heal the sick, raise the dead, cleanse those who have leprosy, drive out demons. Freely you have received; freely give." We have the authority to call upon the name of Jesus for others and ourselves to be healed, delivered, and whole.

Luke 10:19, "I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you." When the enemy comes at us, we have the authority to cast him aside and keep walking. Are you walking in this authority or are you allowing the devil to buffet you?

## Day 4 Worksheet

Jesus gives each of us authority to bring God's ways to earth. Were you aware of this? If yes, how did you learn? If not, how does it impact you knowing it now?

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The keys to the kingdom of God give you access, authority, and revelation knowledge. What does this mean to you?

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What would change in your life if you walked in the authority of Christ?

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What prevents you from walking in authority? (Shame, guilt, unworthiness, lack of knowledge, etc.)

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What two action steps can you take today to walk in authority in your life?

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## Day 5: Kingdom Authority ~ These Signs Shall Follow

Kingdom authority means you and I should be seeing miracles, signs, and wonders in our lives. These are not reserved just for Biblical times, but for any year since God has no favorites and is the same today as He was in the book of Acts.

John 14:12-14, "Very truly I tell you, whoever believes in me will do the works I have been doing, and they will do even greater things than these, because I am going to the Father. 13 And I will do whatever you ask in my name, so that the Father may be glorified in the Son. 14 You may ask me for anything in my name, and I will do it."

What did Jesus do? He went out in anointing and power to do good and healed all who were oppressed by the devil for God was with Him (Acts 10:38). Since Jesus did these things and instructs us to do the same, what prevents us from walking in this authority?

Mark 16:17-18, "17 And these signs will accompany those who believe: In my name they will drive out demons; they will speak in new tongues; 18 they will pick up snakes with their hands; and when they drink deadly poison, it will not hurt them at all; they will place their hands on sick people, and they will get well."

Friends, through the power of the Holy Spirit, you too can pray for healing and freedom for anyone, including yourself. We can pray for addictions to break. Medical illnesses must bow at the name of Jesus. Fear must leave when we call upon the Lord. What is the result? You and I are transformed. Our lives reflect the glory of God. Peace results. Joy erupts. We shine the Light of Jesus to our family, friends, and coworkers. Miracles, signs, and wonders point to the Living God, Jesus.

Psalm 46:1-3, "God is our refuge and strength, an ever-present help in trouble. 2 Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, 3 though its waters roar and foam and the mountains quake with their surging." When all hell breaks loose against us, God has us in the palm of His hands.

# Day 5 Worksheet

Kingdom authority reveals itself in miracles, signs, and wonders. Have you ever seen these things? If yes, describe a situation. If not, how do you think you would respond if you observed these things?

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Jesus went about doing good. What were some actual activities Jesus did?

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Jesus not only touched lives physically but spiritually. The miraculous points to Jesus as the Savior of the world. How can you remain focused on this truth and not become enamored by the power of God or discouraged when you don't see these things?

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Jesus said you and I could do what He did. Do you pray for people to be healed- physically, mentally, or emotionally? If not, what prevents you? If yes, has a person been healed; share the story.

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Who are two people you can pray with today- in person or over the phone- to be healed, delivered, encouraged, etc.?

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## Day 6: Spiritual Empowerment ~ The Holy Spirit

We are beginning a new subject today– the Holy Spirit. There seems to be some confusion or lack of knowledge regarding the third person of the trinity. There is God the Father, God the Son, and God the Holy Spirit.

Every person who calls upon the name of Jesus as Lord and Savior has the Holy Spirit living on the inside of them (1 Cor. 12:3). One cannot say that Jesus is Lord without the Spirit coming to their heart. This is the same Spirit that raised Jesus from the dead. The Holy Spirit resides in each believer.

When Jesus was raised from the dead, he met the apostles in a closed room and breathed on them and said to receive the Holy Spirit (John 20:22). This reveals they needed the Holy Spirit and is separate from the experience in Acts 2 (more on that tomorrow).

There is a major role of the Spirit in our lives. Jesus said in John that another Helper lives in you. The Spirit of truth. He will teach you all things and bring to your remembrance all that I have said to you. He will convict the world concerning sin and righteousness and judgment. The Spirit will guide you into all truth and 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 (14:16, 26; 16:7-15).

We need to be led by the Spirit in our daily lives and not the flesh. What is the Spirit speaking to you today?

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## Day 6 Worksheet

The Holy Spirit lives in you if you are a believer. How does He impact your life daily?

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The Spirit is our helper, counselor, and advocate. How do you need the Spirit to help you?

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Are you led more by the Spirit or your own thoughts and will?

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The same Spirit that raised Jesus from the dead lives in you. Stop and meditate on this truth. Write your reaction to pondering this thought.

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What are two action steps to take today to tune in better to the Spirit?

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## Day 7: Spiritual Empowerment ~ Baptism of the Holy Spirit

Today, we are addressing the topic of the baptism of the Holy Spirit. This is a controversial topic for some and divides the evangelical world. There are some that believe the baptism of the Spirit was only for the day of Pentecost and others, like myself, who believe it remains vital for today. Individuals like me are called Pentecostals.

Jesus instructed the disciples to return to Jerusalem and wait for the power from on high (Luke 24:49). This power is the Holy Spirit.

The Holy Spirit comes at Pentecost in Acts 2:1-4, “When the day of Pentecost came, they were all together in one place. 2 Suddenly a sound like the blowing of a violent wind came from heaven and filled the whole house where they were sitting. 3 They saw what seemed to be tongues of fire that separated and came to rest on each of them. 4 All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them.”

What a powerful display of the glory of God and the Spirit which was sent to believers in place of Christ to walk daily with them as they demonstrated the Gospel to the known world.

There are additional scriptures that point out the baptizing of the Spirit and speaking in tongues. In your worksheet on the next page, you will be encouraged to read those scriptures.

There are multiple purposes to be filled with the Spirit. We are empowered to share Jesus with the world. Boldness and courage erupt within us as the Spirit drives us to tell people about the Savior of the world.

The filling of the Spirit also transforms our lives and we go from glory to glory. The purpose for today though is to recognize the importance and desire to be baptized with more of Him.

# Day 7 Worksheet

Read Acts 2:1-41 Write your thoughts after reading these scriptures.

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Read Acts 10:44-47 and Acts 19:1-7 Comment your thoughts regarding the spread of the baptism of the Holy Spirit and speaking in tongues.

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Some people believe the baptism of the Spirit is not needed for today. However, Jesus is the same today as He was in biblical times. Why do you think being empowered today is vital?

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If you desire to be filled with the Holy Spirit for the first time, pray right now and ask the Lord to baptize you in His Spirit. Keep praying and asking until you receive. It could be instantaneous or take time. Keep praying for it. Write about your experience.

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For those that have been baptized, ask to be filled daily. Life happens and we tend to lose the power. We must remain full. What are two action steps to take today to remain full of the Spirit?

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## Day 8: Spiritual Empowerment ~ Overflow

Once we are filled with the Spirit, we should overflow. Scripture says every place our foot treads, the kingdom of heaven invades. Others should know that the atmosphere around them has changed when believers enter the room.

In Acts 3-4, Peter and John were arrested for preaching the Gospel after a man was healed. They were beaten and threatened to never speak the name Jesus again. Instead of praying for their circumstances to change, they prayed for boldness to continue to proclaim the Gospel AND they asked the Lord to stretch forth His hand in miracles, signs, and wonders. What happened after this prayer? They were filled again with the Spirit and God moved in a mighty way.

Acts 5:12-16 informs us, “The apostles performed many signs and wonders among the people. And all the believers used to meet together in Solomon’s Colonnade. 13 No one else dared join them, even though they were highly regarded by the people. 14 Nevertheless, more and more men and women believed in the Lord and were added to their number. 15 As a result, people brought the sick into the streets and laid them on beds and mats so that at least Peter’s shadow might fall on some of them as he passed by. 16 Crowds gathered also from the towns around Jerusalem, bringing their sick and those tormented by impure spirits, and all of them were healed.”

How did Peter go from a man who sank in the water AND denied Jesus —to his shadow bringing healing and freedom to the multitudes just as he walked by? He was overflowing with the Spirit. It was all God’s power, but Peter was available and open to how the Lord wanted to use him.

You and I need to continually ask the Lord to fill us with His Spirit. We need to overflow, not just for ourselves, but for those around us. What would our homes look like if we overflowed? What would our workplaces look like if we overflowed?

Let’s ask the Lord to overflow in us! Luke 11:13, “If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask him!”

# Day 8 Worksheet

What does overflow mean to you? Describe what that looks like with water over a glass.

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Miracles happened when Peter overflowed with the Holy Spirit. Do you need the overflow today? In what areas do you need a touch from the Lord?

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Does the possibility of overflowing intimidate you or excite you or both? Explain your answer.

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How would your home, family, employment, or church look if the Holy Spirit overflowed?

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You can be the overflow for someone else. Write two action steps to help you overflow with the Spirit daily.

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## Day 9: Spiritual Empowerment ~ Fruit of the Spirit

I've talked about the power of God, healing, freedom, being filled with the Spirit, and the power of God. These are amazing aspects, but there is more. The Lord wants us to grow and become more like Him. The world needs to see the character of God and not just His power. His power draws people but it doesn't keep them living in freedom. To live consistently with peace and joy, we must learn and grow in our dependence on the Spirit and our character molded.

There is a hard truth that we must grow in the fruit of the Spirit to operate in the power of the Spirit. There are always exceptions, but this is the general theology.

What is the fruit of the Spirit? Galatians 5:22-23, "But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law."

The daily pursuit entails putting to death our fleshly ways of dealing with situations and people. When we overflow with the Spirit, we are more patient, kind, and full of love. The goal is not perfection, because we all fail. The Lord only desires that we grow. Our lives should reflect a progression, what we looked like two years ago should be different than today. If you have not grown in patience or self-control, then the fruit is stagnant. It's time to allow the Spirit to manifest in your life through the fruit.

May our prayer be as David prayed, Psalm 139:23-24, "Search me, God, and know my heart; test me and know my anxious thoughts. 24 See if there is any offensive way in me, and lead me in the way everlasting."

## Day 9 Worksheet

Read Galatians 5:22-23 again. Write the fruit of the Spirit.

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What areas do you feel you have learned and grown in? How did the fruit form in you? For example, what happened that made you grow in patience or self-control or any area?

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Name two areas that you sense the Lord wants to grow the fruit of the Spirit in your life. Why those areas?

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There is much power in the Holy Spirit. Sometimes people become too focused on the power and not on becoming more like Jesus. Why do you think that happens?

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Write two action steps on how you will grow in the fruit of the Spirit today.

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## Day 10: Spiritual Empowerment ~ Gifts for the Church

The Church body is how the Lord planned to spread the Gospel across the world. The Lord has created each of us for a purpose— to make Jesus known. But how does a multitude go about doing this? Each one of us has been knit together in a specific way to fit into God's masterpiece. There are gifts given to the Church by the Father, Son, and the Holy Spirit.

Gifts given by the Father are interwoven into our DNA.

Romans 12:3-8, "For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you. 4 For just as each of us has one body with many members, and these members do not all have the same function, 5 so in Christ we, though many, form one body, and each member belongs to all the others. 6 We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your[a] faith; 7 if it is serving, then serve; if it is teaching, then teach; 8 if it is to encourage, then give encouragement; if it is giving, then give generously; if it is to lead,[b] do it diligently; if it is to show mercy, do it cheerfully."

Gifts given by the Son are more for the leadership of the Church, although each person fits into a stream.

Ephesians 4:11-13, "So Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers, 12 to equip his people for works of service, so that the body of Christ may be built up 13 until we all reach unity in the faith and in the knowledge of the Son of God and become mature, attaining to the whole measure of the fullness of Christ."

Gifts given by the Spirit are not permanent within any person, but people can operate in these gifts as directed by the Spirit. No gift is the property of any person, but as the Spirit directs.

1 Corinthians 12:4-11, "There are different kinds of gifts, but the same Spirit distributes them. 5 There are different kinds of service, but the same Lord. 6 There are different kinds of working, but in all of them and in everyone it is the same God at work. 7 Now to each one the manifestation of the Spirit is given for the common good. 8 To one there is given through the Spirit a message of wisdom, to another a message of knowledge by means of the same Spirit, 9 to another faith by the same Spirit, to another gifts of



healing by that one Spirit, 10 to another miraculous powers, to another prophecy, to another distinguishing between spirits, to another speaking in different kinds of tongues,[a] and to still another the interpretation of tongues. 11 All these are the work of one and the same Spirit, and he distributes them to each one, just as he determines.”

You matter! You have a place and purpose in the kingdom. Everyone has a gift, and a piece is missing if you are not using yours.

The purposes for gifts are to encourage and mature the body of believers and so we are not torn away by any teaching that is contradictory to Christ.

# Day 10 Worksheet

Write the gifts given by God the Father in Romans 12. These gifts were threaded on our DNA.

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Write the gifts Jesus gave in Ephesians 4. These gifts are given to the Church. Those in ministry are called to lead these branches, but each person can find themselves in an area.

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Write the gifts given by the Spirit as Paul talks about in 1 Corinthians 12. These gifts are not permanent but given in circumstances as the Spirit leads. A person can operate in a specific gift multiple times or even regularly.

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If you are not utilizing the gifts God has given you, others suffer and miss out. Are you open and available to the Lord to use the gifts He has given you?

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Everyone has a gift. These belong to the Lord and are not ours but are exercised for the benefit of the Church and others. After reading the list. What might be a gift or gifts that you have been given?

Take time to sit still before the Lord and ask Him to speak to your heart about how He has created you and what gifts have been bestowed upon you. There are multiple online tools to discover what gifts you have.

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## Day 11: Freedom ~ Truth Sets You Free

Today we begin a new series entitled freedom. Jesus died so that you and I would live in freedom, no longer a slave to sin, death, or the grave. Yet, there are times we remain in bondage because we believe a lie about ourselves or we are unaware of the truth about, God, others, or life in general. How we arrived at these lies varies, yet the damage remains the same.

John 8:31-32, 34-36, "To the Jews who had believed him, Jesus said, "If you hold to my teaching, you are really my disciples. 32 Then you will know the truth, and the truth will set you free...34 Jesus replied, "Very truly I tell you, everyone who sins is a slave to sin. 35 Now a slave has no permanent place in the family, but a son belongs to it forever. 36 So if the Son sets you free, you will be free indeed."

We must read the Bible to know what it says. How can we truly be free if we do not know who Jesus is or who we are in Him? Jesus is not a genie in a bottle or even a mysterious being that is far off. He is the way, the truth, and the life (John 14:6).

Once we know the truth, we have a choice to make. We can continue to believe the lies of the enemy or cease coming into agreement with him. Here are a few lies that we believe based on our past, current circumstances, or what we tell ourselves:

-You are unloved: that's a lie

-You will never amount to anything: that's a lie

-Things will never change: that's a lie

Embrace Psalm 119:105, "Your word is a lamp for my feet, a light on my path." May we live by His truth and not our own thoughts, emotions, or lies.

# Day 11 Worksheet

There is the world's truth and then there is God's truth. Why is it vital to live in God's truth?

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Jesus says God's truth will set you free. How does the Word of God set us free?

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Take time and ask the Lord for revelation knowledge right now. Ask Him to reveal what lies you currently believe about yourself, Him, social media, etc.? Write down what comes to your mind.

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One way to cease coming into agreement with lies is to read a scripture that speaks the exact opposite. What are a few scriptures you can read that bring freedom from the lies you listed above? (You can google, look at the back of your Bible, or ask a friend.)

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Paul encourages us to tighten the belt of truth around our core in Ephesians 6. Write two action steps you can take today to live and walk in truth.

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## Day 12: Freedom ~ Forgiveness

Have you ever tried to forgive someone only to have the anger surface again? I know this is my experience. I have learned over the years that forgiveness is a divine act and something we cannot do for ourselves. Forgiveness is truly only possible through Christ.

There are two aspects of forgiveness that are addressed today. First, we must receive forgiveness for ourselves and secondly, we must offer it to others.

Did you know you are the only one you can never get away from? You can try to numb, escape, or hide but your thoughts remain. You must learn how to apply the blood of Jesus to your life and forgive yourself. Nothing you can do can bring forgiveness, but one must receive the grace of Christ. Romans 3:23, "All have fallen short and sinned." No one is perfect. You are in good company with everyone else. When you accept that the blood of Jesus has washed away all your sins, yes ALL, then God sees you as holy and blameless (Eph 1:4). How powerful is that!

However, it does not end there. The Lord asks us to show grace to those that have hurt us in some way. In the Lord's Prayer (Matt 6:12), Jesus reminds us that we have been forgiven so we need to extend that same forgiveness to others. If we desire forgiveness, then we **MUST** be willing to forgive others. Jesus reminds us that if we do not forgive others, then God cannot forgive us (Matt 6:14).

Paul encourages us in Ephesians 4:32 to be kind and compassionate to each other just as God has forgiven us. When we do not forgive others, it is us who drinks the poison hoping it harms the other person. Yet, it only harms us because we remain bound by our emotions.

Forgiveness begins with a choice. It might begin with a prayer like this, "Lord help me to want to forgive." You give the enemy a foothold in your life when you **CHOOSE** not to forgive. This impacts every area of your life. Yes, every area of health in your life—physical, emotional, mental, and spiritual. Choose today to walk in freedom!

## Day 12 Worksheet

Forgiveness is vital to living in freedom. Are you punishing yourself right now for something you have done? If yes, how long do you have to pay before you think you are punished enough?

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Read Romans 5:8 (google if needed). What does that mean to you?

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There is nothing you can do to erase what you have done. There is no amount of money you can pay to cleanse yourself. Only the blood of Jesus washes you clean. Ask the Lord to forgive you right now. Name specific sins. Keep listing each sin until you have repented for everything. Then ask the blood of Jesus to wash over you and remove every spot and stain of sin. Go ahead. Stop reading right now and allow the blood of Christ to bring freedom for EVERY sin.



What does Jesus mean when He says if we don't forgive others, then God cannot forgive us?

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Is there anyone that you have not forgiven? If yes, what prevents you from releasing unforgiveness? Are you willing to forgive them? It all begins with a choice.

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The ability to forgive is truly a divine act and you are unable to do it in your own strength. However, Jesus is clear about forgiveness. Write two action steps to help you remain under the blood of Jesus to receive forgiveness. Then write two action steps to help you forgive someone else. Your freedom depends on it.

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## Day 13: Freedom ~ Healing Wounds

Do you often find yourself having to address the same circumstance over and over? The people may be different, or the exact details altered, but similar emotions are triggered within you. I often say that the only way over the mountain or obstacle is to climb and overcome it. We can attempt to locate shortcuts to avoid dealing with things, but it will continue to surface until we are freed from it. Why? Because that is how much God loves us. He wants us to be completely free! He wants to use your story to bring hope and healing to others, but this is not possible until you admit you are broken.

The point of today is to help people recognize that there may be an emotional issue lurking deep within that needs healing. Yes, some emotions of fear are realistic; those we take to the Lord, and He strengthens us. But if there is consistent fear, insecurity, shame, or feelings of abandonment, then it is time to be honest with yourself. Instead of 'pushing' through another time of uncomfortableness or pain, how about allowing the Prince of Peace, Jesus, access to the depths of your being? He will shine the light of truth to allow you to see what lurks deep within your core beliefs.

Every aspect of our being needs transformation—our spirits, our souls, and our bodies. Spiritually speaking, we tend to run *toward* God or *away* from Him. There is usually no middle ground during this time. During my time of brokenness, I quit praying, fasting, and doing my daily devotions. This was my initial reaction. The questions I asked increased my anger towards God and the silence only created self-doubt. However, when things went from bad to worse, I knew God was my only answer. The choice to run back to God was the best choice I could have ever made. Did it make the situation go away? No. Did it make the pain stop? Not immediately, but it did change me.

Next, our souls—our mind, will, and emotions—need healing. You may feel numb, in a daze, or on an emotional roller coaster. You may feel confusion as to how something happened, such as if your wife had an affair. You may be blaming yourself if you caused a car accident, or you may be blaming someone else if they harmed your child. There may be no answers to your questions if a loved one contracted COVID-19 or was

diagnosed with cancer. In most cases, a person's ability to function is limited in some way. Mentally, you may continue to replay the situation over and over in your thoughts. Emotionally, you may feel overwhelmed and unable to work. Your desire to accomplish other tasks diminishes, and all you can do is sit around.

\*The above is an excerpt from my book *Transformed: Live God's Best*

## Day 13 Worksheet

Inner healing is vital to live in freedom. Each person has experienced a situation that can create a wound. Grief, trauma, bullying, divorce, medical illness, rejection, abandonment, and a number of other circumstances can cause an area where the enemy enters with a lie and we feel vulnerable. Are you willing to allow the Lord to search you? Why or why not?

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Sit before the Lord and ask Him to reveal if there is any place in your heart that is wounded. You might immediately know and are not surprised but there are some of you that are taken back by what the Lord revealed. Write what the Lord said to you.

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Ask the Lord to reveal the pain at the source and heal it. Then ask Him to speak truth to the lie you believe. What lie is at the root of your woundedness?

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Ask the Lord to reveal where Jesus was in the situation. Was He in the corner, behind you, etc.? Write what is revealed. If nothing comes, that's okay. Keep praying and pressing until He heals you. He is the God who heals.

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For more information, I encourage you to obtain my book **TRANSFORMED: LIVE GOD'S BEST** to dive deeper into inner healing if needed. Write two action steps you can do today to walk in wholeness or towards wholeness.

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## Day 14: Freedom ~ Right Thinking

Have you ever heard the saying, “Where the mind goes the man follows?” I do not know who said that, but it is very true. As a counselor, I often educate people that thoughts trigger emotions and emotions trigger behaviors. When we learn how to control our thoughts, then we can change our actions.

Did you know you can choose what you think on? You cannot control what thoughts come into your mind, but you can choose what you entertain. Paul states in Philippians 4:8, “Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.”

Have you ever kept track of what you were thinking about? If you begin to feel upset, stressed out, or down, begin to recognize what you are focused on right then. Then think about God’s goodness.

How do we tear down unhealthy thoughts? We break strongholds by pulling down thoughts that are not of the Lord. If we allow one negative thought, it will turn into a snowball effect and grow. Stop the thought immediately to prevent further struggles.

Once again Paul reminds us in 2 Corinthians 10:4-6, “The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 5 We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. 6 And we will be ready to punish every act of disobedience, once your obedience is complete.”

Does confusion ever take over your thinking? Ever wonder what the will of God is for your life? We are given direction in Romans 12:2, “Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.”

Walk in Isaiah 26:3, “You will keep in perfect peace those whose minds are steadfast, because they trust in you.”

## Day 14 Worksheet

Have you ever become upset, stressed out, or discouraged? Next time this happens, ask yourself what you are thinking about. Take a moment now and think about the last time you had a negative emotion. Write down what you were thinking right before you felt the emotion.

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Do you know you can control what you think about? You may not be able to stop thoughts that come into your head, but you can choose what you will continue to think about. How often do you pay attention to what you are thinking?

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Did you know you cannot think two thoughts at the same time? Try it. Try to read this and think about elephants. What happened?

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Paul encourages us to take every thought captive. Since thoughts trigger emotions and emotions can trigger behaviors, how would your life be impacted if you stopped unhealthy and unwanted thoughts?

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Write two action steps today to begin to think on what is true, holy, righteous, and pure. Your freedom depends on it.

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## Day 15: Freedom ~ Live in Love

Freedom is a wonderful place to live. One of the main ways to continue in freedom is to realize and embrace the love of God. If you grew up with parents who were emotionally distant or nonexistent, then receiving the Lord's love could be more difficult. If that's the case, pray to understand, receive, and recognize this outrageous love.

1 John 4:7-21, "Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. 8 Whoever does not love does not know God, because God is love. 9 This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. 10 This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins. 11 Dear friends, since God so loved us, we also ought to love one another. 12 No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us. 13 This is how we know that we live in him and he in us: He has given us of his Spirit. 14 And we have seen and testify that the Father has sent his Son to be the Savior of the world. 15 If anyone acknowledges that Jesus is the Son of God, God lives in them and they in God. 16 And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in them. 17 This is how love is made complete among us so that we will have confidence on the day of judgment: In this world we are like Jesus. 18 There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love. 19 We love because he first loved us. 20 Whoever claims to love God yet hates a brother or sister is a liar. For whoever does not love their brother and sister, whom they have seen, cannot love God, whom they have not seen. 21 And he has given us this command: Anyone who loves God must also love their brother and sister.

God created us out of love and to have relationship with us (Col 1:4-5). This love drove Christ to the cross.

God is good, faithful, kind, and loving. Our faith needs to be centered on how much God loves us and wants the best for us.

May you rest in God's great love for you. Ephesians 3:17-19 reminds us, "so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, 18 may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, 19 and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God."

## Day 15 Worksheet

Have you ever struggled with knowing and accepting the love of God? Why or why not?

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Read the passage from 1 John 4. Write your thoughts after reading it.

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What would be different in your life if you recognized the depth of God's love for you?

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What are some ways that God reveals His love for His children (sunset, provision, etc.)?

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Write two action steps to help you recognize, accept, and receive God's love today?

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## Day 16: Prayer Changes Things ~ The Importance of Prayer

The importance of prayer cannot be overstated. There is such a cause and effect when it comes to us asking the Lord to meet a need, especially if that prayer requests more of Him in our lives.

Prayer is displayed throughout the Bible. There are a multitude of scriptures that tell us to pray, when to pray, and the results of prayer. Jesus even taught His disciples how to pray in the Lord's prayer. Jesus modeled prayer also. Often, He went to be alone to seek the Lord (Luke 5:16).

So why do we not pray more often? Why is something so powerful neglected? There are many reasons, but a few are distraction, unanswered prayers, not making the time, not seeing the importance, and not knowing how. While each one of us experiences at least a few of these reasons, it is definitely time to press into the Lord.

Here are a few examples of the Lord's response to a child calling out to their Father. Moses often prayed for the Israelites to be spared (Num 11:2; 21:7). Hannah interceded for a child and Samuel resulted (1 Sam 1:12-2:1). Job prayed for his friends and the Lord forgave them (Job 42). The disciples prayed for more of the Lord and Pentecost occurred (Acts 1-2).

What would you receive if everything you asked for in prayer yesterday was granted to you today? Would a litany of situations and people change, or would your world remain the same because there was no prayer? If you are NOT praying, then you will receive nothing. James says we have not because we ask not, or we have asked with wrong motives (Jam 4).

The Lord wants to bless you because He wants a relationship with you. Prayer is such a powerful mode of communication between us and God. Open your heart to the importance of prayer today.

# Day 16 Worksheet

Do you have a daily prayer routine? If yes, what is it. If not, what prevents you?

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Write down prayer requests you have today?

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James states the fervent prayer of a righteous person avails much (Jam 5:16). What could be different if you began a regular prayer life? If you already have a regular prayer life, what could change if you increased the amount of time in prayer daily?

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Has God not answered prayer in the past? If so, how did you deal with the disappointment? Are you afraid to pray because you do not want to be let down again?

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Write two action steps to help you pray more on a regular basis?

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## Day 17: Prayer Changes Things ~ Pray without Ceasing

Are you the type of person who gives up easily or are you the person who does not take no for an answer and keeps on pressing? When it comes to prayer, we must keep asking, seeking, and knocking.

Breakthrough results when we persevere in prayer and grab hold of the promises of God. Paul encourages us in 1 Thessalonians 5:16-17, "Rejoice always, 17 pray continually."

Jesus teaches us the importance of continuing to ask through the parable of the widow woman and the unjust judge. The judge gave the widow what she requested because she continued to come to him. She did not take no for an answer but rightfully kept returning (Luke 18:1-8). God's promises are yes and amen. However, there are times I believe there is silence from the Lord to see if we will persist. Society is more focused on fast pace and immediate gratification. However, the Lord is not impacted by society at all. He still chooses His timing.

The idea to pray without ceasing does not mean we use the same words over and over. It is more of a concept of perseverance. Instead of walking away and taking matters into our own hands, we keep going to God knowing that He alone has the answer.

We can also pray throughout the day. It is not necessarily a twenty-four-hour prayer meeting but more of an attitude of prayer. When something comes to our mind, we quickly pray about it. Prayer is not difficult, but we tend to overcomplicate it. If a person comes to your mind, ask the Lord to meet their need or that His presence would surround them. Then, move on with your day. This is what it means to pray without ceasing.

## Day 17 Worksheet

Is there a situation you have been praying for that the answer has not come? What is that situation?

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How often do people or situations come to your mind throughout the day? Do you pray right then? If yes, give an example. If not, what prevents you?

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Is there a current situation where instead of waiting on the Lord to answer, you took matters into your own hand and attempted to take control yourself? What could you do differently next time to prevent this?



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Does the thought to pray without ceasing seem overwhelming to you? If yes, why? If not, why not?

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Write two action steps to help you pray without ceasing?

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## Day 18: Prayer Changes Things ~ Pray in the Spirit

The topic of praying in the Spirit is addressed today. Once again, I want to note that there is confusion and division on this topic. However, I believe strongly in the importance and benefit of praying in the Spirit and it is worth the discussion.

There are different types of uses for speaking in tongues. Speaking in tongues was given at Pentecost. One reason was to further the Gospel by speaking in the language of others so they knew what was being said and could accept Jesus as their Savior. Another use for speaking in tongues is the gift of tongues. This occurs during a service to encourage the body in that moment. The last use of tongues is a private prayer language. This is to pray in the Spirit.

Paul explains two uses of tongues in 1 Corinthians 14:13-19, "For this reason the one who speaks in a tongue should pray that they may interpret what they say. 14 For if I pray in a tongue, my spirit prays, but my mind is unfruitful. 15 So what shall I do? I will pray with my spirit, but I will also pray with my understanding; I will sing with my spirit, but I will also sing with my understanding. 16 Otherwise when you are praising God in the Spirit, how can someone else, who is now put in the position of an inquirer, say "Amen" to your thanksgiving, since they do not know what you are saying? 17 You are giving thanks well enough, but no one else is edified. 18 I thank God that I speak in tongues more than all of you. 19 But in the church I would rather speak five intelligible words to instruct others than ten thousand words in a tongue."

Paul is sharing that while in Church, don't use tongues unless you are utilizing the gift so that others can be encouraged. Yet, he does share that praying in tongues causes our spirit to pray and bypasses our understanding. Because of this, the person is edified while using their prayer language. Edify means that we are uplifted, encouraged, and built up in our faith. I know that my mind can pull my thoughts away when I am praying. However, when I pray in the Spirit, then I am completely in tune with what the will of God is and can praise Him from a place of purity.

Paul said he speaks more than the audience he was writing to and further states in Ephesians 6:18, "And pray in the Spirit on all occasions with all kinds of prayers and

requests. With this in mind, be alert and always keep on praying for all the Lord's people."

My own personal experience also drives me to pray in my spiritual tongue. There have been multiple times where I was exhausted, stressed, and overwhelmed. Yet when I prayed in tongues, I was strengthened and felt lighter.

# Day 18 Worksheet

Do you have a prayer language? (Have you been baptized with the Spirit and spoken in tongues?)

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If you have a prayer language, how often do you pray in it? If you do not have a prayer language, does this topic make you feel uncomfortable?

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In your own words, share why Paul states it's important to pray in the Spirit.

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Read 1 Corinthians 14. Ask for revelation knowledge and then write your thoughts on that scripture.

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Write two action steps to help you pray more often in the Spirit? If you do not have a prayer language, write a plan to help you obtain one. (For example, pray for the baptism in the Holy Spirit daily, read scriptures about praying in the Spirit, etc.)

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## Day 19: Prayer Changes Things ~ Intercessory Prayer

Intercessory prayer is when one person stands in for another and petitions the Lord to act on their behalf. Most of the time, we intercede for unbelievers to come to know Jesus. However, we also intercede for individuals to be healed, delivered, revival, and for divine intervention in circumstances.

We see multiple examples of intercessory prayer in the Bible. Moses interceded for the Israelites in the Exodus. Jesus prayed for the disciples He was leaving behind in John 17.

As believers, it is up to us to pray for unbelievers. If we are not praying for them, who will? Some people do not know what or how to pray. We can stand in the gap. If we want to see people transformed, we MUST pray for the Lord's will for their lives.

One benefit of praying for others is it takes our eyes off our own circumstances and puts our focus back on God's plan. God calls us to intercessory prayer to expand the kingdom of God. We display the heart of God when we pray for others, cities, nations, and the world.

Lastly, Jesus is interceding for you and I (Rom 8:34; Heb 7:25). He sits at the right hand of God and talks about us. Can you picture Jesus sitting next to the Father and saying, "Send the Spirit to strengthen Kristi. Send the Spirit to heal Jeff. Send the Spirit to break the bondage of addiction in Kathy." Powerful!

## Day 19 Worksheet

Define intercessory prayer in your own words. What actually happens?

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Are you currently interceding for anyone right now? Share who and what you are praying for.

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Read John 17. What did Jesus pray for the disciples which trickles down to you and me?

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What are the benefits of praying for others?

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Write two action steps to assist in intercessory prayer today.

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## Day 20: Prayer Changes Things ~ Different Prayers

There is a different strategy today as we close out the topic of prayer. Go back to Day 1 and read what you hoped to get out of this 40 Days Devotion. Has the Lord answered your prayer or the desire of your heart? If not, I want to encourage you to specifically pray and ask the Lord to meet your need or divinely intervene. Pray without ceasing today for this need.

Hold onto the Lord and press in. Just like Jacob said to the divine Being in Genesis 32:26, "Then the man said, 'Let me go, for it is daybreak.' But Jacob replied, 'I will not let you go unless you bless me.'" Keep asking, seeking, and knocking!

There are three other areas where you are encouraged to pray for revelation, knowledge and insight. Once you sense the leading of the Lord, then pray for ties, vows, and strongholds to be broken.

First, soul ties. These are spiritual connections we have with people where sexual sin has occurred. This is a controversial topic but, in my experience, very real. I am not extending this concept to a broad range which others do. I am mainly referring to sexual relations outside of marriage. However, being codependent on another person can also create a tie which is sinful. The main way to break a soul tie is to repent for sexual sin. 1 Corinthians 6:15-16, "Do you not know that your bodies are members of Christ himself? Shall I then take the members of Christ and unite them with a prostitute? Never! 16 Do you not know that he who unites himself with a prostitute is one with her in body? For it is said, "The two will become one flesh."

Next, ask the Lord to reveal any inner vows you have made. These are statements that say, I will never...or I will always...

Ecclesiastes 5:2-6,"Do not be quick with your mouth, do not be hasty in your heart to utter anything before God. God is in heaven and you are on earth, so let your words be few. 3 A dream comes when there are many cares, and many words mark the speech of a fool. 4 When you make a vow to God, do not delay to fulfill it. He has no pleasure in fools; fulfill your vow. 5 It is better not to make a vow than to make one and not fulfill it. 6

Do not let your mouth lead you into sin. And do not protest to the temple messenger, "My vow was a mistake." Why should God be angry at what you say and destroy the work of your hands?"

Lastly, ask the Lord if there are any generational strongholds in your life. I do not say curses. However, there are attitudes, behaviors, or beliefs that do continue. Is there a spirit of fear that continues in your family? Has addiction or violence been passed down through watching other family members' actions? The Lord desires for you to have complete freedom.

Transformation awaits!

## Day 20 Worksheet

What was your goal for this journey? Has the Lord met you in that yet? If yes, how?

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Have you had sexual relations outside of marriage? If yes, have you repented?

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Have you made any inner vows throughout your life? If yes, which most of us had, write them down and then repent for them.

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Do you see any generational patterns in your family such as divorce, pride, addiction, jealousy, child out of wedlock, financial bondage, etc.? List them and ask the Lord to divinely intervene and end the pattern with you.

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Write an action plan on how to keep your life free from all of the above.

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## Day 21: Holiness~ New Self

Today we encounter a new topic, holiness. Holiness only begins when we invite Jesus into our heart. On our own, we can never be holy.

Paul reminds us that in 2 Corinthians 5:17, "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!" How amazing is that! Our old life is gone, and we begin new in Christ. Water baptism signifies the washing away of the old as we go under the water and come up new and clean.

Yet, there are times, that we repeat old behavior patterns and attitudes. Why does this happen? Because the mind and heart need to be renewed as well.

Paul instructs us how to exchange old behaviors for new ones in Ephesians 4:21-32, "When you heard about Christ and were taught in him in accordance with the truth that is in Jesus. 22 You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; 23 to be made new in the attitude of your minds; 24 and to put on the new self, created to be like God in true righteousness and holiness. 25 Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. 26 'In your anger do not sin': Do not let the sun go down while you are still angry, 27 and do not give the devil a foothold. 28 Anyone who has been stealing must steal no longer, but must work, doing something useful with their own hands, that they may have something to share with those in need. 29 Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. 30 And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. 31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. 32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

We need to cease acting in ways contrary to the Gospel and embrace a new way of living. If you want to live boldly, then allow the Holy Spirit to change you.

1 Peter 2:11-12, "Dear friends, I urge you, as foreigners and exiles, to abstain from sinful desires, which wage war against your soul. 12 Live such good lives among the pagans that, though they accuse you of doing wrong, they may see your good deeds and glorify God on the day he visits us."

## Day 21 Worksheet

Based on 2 Chronicles 5:17, how would you describe being a new creation in Christ to someone?

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Is it difficult for you to realize that you are a new person, that your old ways are gone, and a new heart and perspective have come? Why or why not?

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Are there behaviors or attitudes you still have that you sense need to change? List those and why you think they need to change.

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Why do you think it has been difficult for you to change? (Pride, life patterns, being bullied, trauma)

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What are two action steps you can take today to walk according to your new self?

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## Day 22: Holiness ~ Conviction vs Condemnation

One of the roles of the Holy Spirit is to convict us of sin (John 16:8). He gently prods us and says, "Do not do that, stop doing that", or however He informs us. He does not whip us into submission but desires that you and I choose the better way with our free will.

So how do we go from conviction to feeling condemned? First, let me define what it means to be condemned. Condemnation is to be found guilty and deserving of severe punishment or censorship. It is an extraordinarily strong dissatisfaction.

How does it look and sound? "I should not have said that. I cannot believe I said that." We beat ourselves up. We feel not good enough and like a failure. We go from needing to repent to beating ourselves up and thinking there is no hope for us, that somehow we are too horrible for God to love us.

The devil is behind condemnation. Paul says in Romans 8:1 that there is no condemnation for those who are in Christ Jesus. We do not have to listen to the enemy or feel horrible about ourselves. We do need to repent for our actions, thoughts, and attitudes but then receive the forgiveness of Christ and move forward. Condemnation results at times when we continue to repeat the behavior we want to change.

The Holy Spirit will prompt us to ask for forgiveness and then encourage us to come up higher yet the enemy tempts us and then beats us up when we give into sin.

What is the truth of the matter? We all will fall short. We all sin (Rom 3:23). Even Paul said he does the thing he does not want to do and doesn't do the thing he wants to do (Rom 7:15-20). Cease listening to the lie of the enemy that says you are too far gone or there is no hope of change, "why try?"

There is now no condemnation for those in Christ. Make choices to come up higher in your walk with the Lord.



## Day 22 Worksheet

Do you struggle with condemnation? If yes, how does condemnation reveal itself in your life? (Thoughts, actions, beliefs) If no, how did you get to the point of overcoming condemnation?

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Write about a time when you were convicted versus condemned.

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Are there behaviors or attitudes you continue to do that triggers condemnation?

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Write about a time when you were condemned. How could you have responded differently to not allow the enemy to make you feel “bad?”

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What are two action steps you can take today to avoid feeling condemned? (Read scriptures on forgiveness, ask God to forgive you, ask the Spirit to change and mold you, etc.)

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## Day 23: Holiness ~ Removing Shame

Holiness is looking more like Jesus. Walking in Him and with Him daily. When we sin, it should bring repentance. We are truly sorry for what we have done. This is guilt. We know we should not have something or maybe we should have done something and did not. Guilt is a feeling or thought. It is more surface level.

However, shame goes much further. It is a belief about oneself. Guilt says, "I'm sorry for what I have done." Shame says, "I am a bad person for what I did." We take the feeling and thought of guilt and transfer it into how we see ourselves and what we believe to be our truth.

I was bound by guilt and shame. My guilt took root as shame and I continually beat myself up. All of this was subconscious of course. We do not always know we walk in shame. I turned to alcohol, relationships, and put on a mask to cover my pain. My thought was if people saw my perfection on the outside, then they would not know what kind of person I really was. Thoughts of "I should have known better," dominated my thinking which transferred to the only next logical step— there is something wrong with me.

I am so thankful that the Lord revealed to me the shame-based nature I walked in. He then led me to pray for the stronghold of shame to break. It took eight months of daily prayer, but shame broke and the dam of God's love and forgiveness rushed over me. This can be your experience also.

There are multiple ways that shame rears its ugly head. It can be a feeling like you do not deserve good things to happen to you. It can be a thought that others are worthy of God's love but not you. It can be actions of self-sabotage and preventing good things from your life. Ask the Holy Spirit for revelation knowledge right now to reveal to you if you have shame.

How do we move forward when shame has us bound? Change the recording in your thoughts. Say, "Jesus makes me clean and right. It is okay to be me because He created me. Everyone sins, but the blood of Christ removes every stain."

Shame keeps us from walking in the promises and love of God. Psalm 139 depicts the process of how God formed you. It is okay to be you. I pray for shame to be broken right now in the name of Jesus.

## Day 23 Worksheet

Do you feel like you are a bad person or somehow have messed things up? Explain your response.

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Could you relate to my story of shame? Write your response.

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Do you think as a child of God that you deserve His blessings like everyone else? If not, why not?

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Shame says there is something wrong with me. Guilt says I am sorry for what I've done. Which do you experience or both? How do you recognize which one you are experiencing?

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It's okay to be you. You are a work in progress like everyone else. God doesn't call you to be perfect and to get everything right. He just asks we remain in a relationship with Him. What are two action steps you can take today to release, decrease, or eliminate shame?

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## Day 24: Holiness ~ Live Holy

Just because we can, does not mean we always should. This is a great motto to live by. Just because I can do something does not mean it is beneficial to my spiritual health. There are times I want to binge watch television after a long ministry trip. However, sometimes I sense the Spirit beaoning me to come just sit with Him. If I choose television over Him is it a sin? I do not think so. However, it is not the best choice for me.

Paul dives into this subject in 1 Corinthians 10:23-33, “I have the right to do anything,” you say—but not everything is beneficial. “I have the right to do anything”—but not everything is constructive. 24 No one should seek their own good, but the good of others. 25 Eat anything sold in the meat market without raising questions of conscience, 26 for, “The earth is the Lord’s, and everything in it.” 27 If an unbeliever invites you to a meal and you want to go, eat whatever is put before you without raising questions of conscience. 28 But if someone says to you, “This has been offered in sacrifice,” then do not eat it, both for the sake of the one who told you and for the sake of conscience. 29 I am referring to the other person’s conscience, not yours. For why is my freedom being judged by another’s conscience? 30 If I take part in the meal with thankfulness, why am I denounced because of something I thank God for? 31 So whether you eat or drink or whatever you do, do it all for the glory of God. 32 Do not cause anyone to stumble, whether Jews, Greeks or the church of God— 33 even as I try to please everyone in every way. For I am not seeking my own good but the good of many, so that they may be saved.”

There are three reasons we need to focus on living holy from these scriptures. First, things can become strongholds. It may not begin as sin but can turn into sin and even bind us. Second, our behavior may not build up fellow Christians and may even cause others to stumble. Lastly, we are to promote the good of others and not ourselves. Everything we do should be to the glory of God.

Hebrews 12:14, “Make every effort to live in peace with everyone and to be holy; without holiness no one will see the Lord.”

Day 24 Worksheet

Have you invited the Holy Spirit to search every area of your life? If yes, when and how did you accomplish this? If not, what has prevented you from this?

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Do you understand that unbelievers are watching you as a follower of Christ? Do your actions, behaviors, and attitudes reflect a godly character? If yes, how? If not, is this thought new to you? Explain.

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Are there any behaviors or attitudes that need to be refined for you to reflect Jesus to others? What are they?

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Have you tried to change yourself and you have been unable? What two action steps can you take today to reflect the character of Christ through the help of the Holy Spirit?

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## Day 25: Holiness ~ Guard Your Heart

One of the most important physical aspects of our body is the heart. If it stops, everything else does also. It is like our spiritual lives. If our heart is wounded, evil, cold, or closed then our life is severely stunted.

Prov 4:23 reiterates this view, "Above all else, guard your heart, for everything you do flows from it."

What gets down on the inside of our heart? Unforgiveness is one attitude. We need to quickly forgive and not allow bitterness or resentment to enter. Hebrews 12:15 states, "See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many."

Offense is another issue. We need to learn to not be easily offended. There is so much going on in the world that can trigger an offense. We must guard our heart from allowing it to enter. This stronghold wrecks relationships and brings about a critical spirit.

One last way to guard our heart is to keep watch on what we allow our eyes to see and ears to hear. Some television shows, movies, music, and social media display such ungodly character that if we are not careful it can pull us away from the Lord. Such filth can lure us into believing no one is being hurt and that it is okay. However, pornography destroys marriages, families, and relationships.

If we want to be holy as God is holy, then we must guard what we allow to enter into our heart, eyes, and ears. Continued freedom in our lives is dependent on us guarding our heart.

1 Corinthians 10:13 reminds us, "No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it." The way out described is the Lord Himself. His Word, His truth, and His way are the means we overcome temptation.

## Day 25 Worksheet

Are you carrying any unforgiveness, resentment, or bitterness towards someone or something right now? If yes, what is the situation?

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Right down a time someone offended you. How did you respond? Why do you think you were offended?

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Ask the Lord to search your heart right now for any negative emotion that lurks within. Write down what is revealed.

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What type of music do you listen to? What kind of movies or television shows do you watch? Do you think they are healthy for your spiritual walk to remain holy unto the Lord? Explain.

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What two action steps can you take today to guard your heart?

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## Day 26: The Battle ~ Trials & Tribulations

We begin a new subject series called The Battle. When I rededicated my life to the Lord, I was ignorant of spiritual warfare. As I look back, I see how the enemy attempted to take hold of my life. I am thankful the Lord taught me, even quickly through a major trial, that greater is He in my life than the enemy (1 John 4:4).

Jesus informed us that problems would arise in our lives in John 16:33, "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

I used to think that life should be easier for Christians because we serve a God who can do anything. Yet that was far from the truth. We have a target on our back because we ARE Christians. This statement hopefully does not trigger fear, but a realization. Evil is real. When we ignore this fact, we are more likely to be caught off guard and face more battles. Now, I am quickly aware of what the enemy is attempting to do and can pray or adjust my response.

John 10:10, "The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full." The thief— Satan wants to steal from you, kill you physically and spiritually, and destroy your life and testimony. But Jesus came to give you life. Once again, Jesus reiterates that we do not need to fear because He has come.

1 Peter 5:8, "Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour." We must be alert. We must endure and stand our ground. The greatest news of all? We do not stand alone. The Lord stands with us!

Every battle ends. Isaiah 54:17, "No weapon forged against you will prevail, and you will refute every tongue that accuses you. This is the heritage of the servants of the LORD, and this is their vindication from me," declares the LORD." The Lord fights for you!

## Day 26 Worksheet

How would you explain the scripture John 16:33 to an unbeliever?

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As believers, sometimes we think we should be immune to trials. I know I used to until I learned more about spiritual warfare. Do you think this way? If yes, why? If not, did you ever think like this?

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John 10:10 says the enemy comes to steal, kill, and destroy but Jesus came to give life. Does this scripture accurately reflect your life? Explain.

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We do not need to be afraid of the devil as Jesus said He has overcome the enemy's dominion. Yet, we need to remain aware that he is after anyone who rejects him. What are two action steps you can take today to remain steadfast in the battle?

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## Day 27: The Battle ~ Who are you Battling?

We all have battles, but who is at the source of every war? Who instigates the strife and tension? It is not people, even though it appears to be them. Our enemy is the devil.

Paul reminds us that we fight against evil in Ephesians 6:10-17, “Finally, be strong in the Lord and in his mighty power. 11 Put on the full armor of God, so that you can take your stand against the devil’s schemes. 12 For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. 13 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. 14 Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, 15 and with your feet fitted with the readiness that comes from the gospel of peace. 16 In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. 17 Take the helmet of salvation and the sword of the Spirit, which is the word of God.”

People are not our problem. The enemy has had thousands of years to perfect his craft, but he uses each one of us to steal, kill, and destroy. At times, we partner with the enemy to speak harsh words, forget to do something, sin, and cause others pain. While we hate to admit it, the enemy works through fallen people to bring bondage to others.

What is the unseen benefit in all of this? We do not fight the enemy alone. God has given us spiritual armor to withstand and ultimately overtake the devil. When we know truth, walk in peace, live in righteousness, hold up our faith, and think of the Lord; then we can stand firm. We may not be able to stop every attack, but we can win the war.

We must not remain passive but active in prayer and trusting the Lord. Yesterday, I identified that the enemy roams around looking for someone he can devour. Today, I want to share the next two verses after that one. 1 Peter 5:9-10, “Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings. And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast.” God WILL deliver you!



The battle might be intense at times, but we know the end of the story. We WIN the war!  
Thank you to Jesus for His obedience to suffer and die and then is raised from the  
dead. Jesus has conquered death, hell, and the grave! The enemy has ALREADY lost.  
However, we live in the tension of now and not yet. We might believe, but others do not.  
This is the battleground.

## Day 27 Worksheet

Read Ephesians 6. Comment on what it says to you about who you battle.

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Identify the armor of God. Which pieces do you wear most often? Are there specific aspects that you struggle with?

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1 Peter 5:9-10 pinpoints the need for us to stand firm and then God will deliver us. Write your thoughts on this scripture. What does it mean to you?

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You do not fight with your own strength or weaponry. Write two action steps that can help remind you put on the armor of God daily.

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## Day 28: The Battle ~ Worship Wins the War

One of my favorite Bible stories on praise and worship is the story of Paul and Silas in prison. They are in chains, and it is the midnight hour. Have you ever had a midnight hour when everything seemed dark and impossible? I know I have. What did they do? Did Paul and Silas complain about their plight or ask God “why is this happening?” No, they began to praise and worship the Lord of Lords and King of Kings.

Acts 16:22- tells the result of their situation, “The crowd joined in the attack against Paul and Silas, and the magistrates ordered them to be stripped and beaten with rods. 23 After they had been severely flogged, they were thrown into prison, and the jailer was commanded to guard them carefully. 24 When he received these orders, he put them in the inner cell and fastened their feet in the stocks. 25 About midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening to them. 26 Suddenly there was such a violent earthquake that the foundations of the prison were shaken. At once all the prison doors flew open, and everyone’s chains came loose.”

Bondages are broken with worship. Strongholds are released with worship. Depression lifts with worship. Fear is stripped of power with worship. Worship wins the war!

When King Jehoshaphat was surrounded by powerful armies in 2 Chronicles 20, we fasted, prayed, and sought the Lord. The Lord answered and said to be still and that the battle was the Lord’s. The next morning, they were to go out and face the enemy. We pick up the story with verses 20:21-22, “After consulting the people, Jehoshaphat appointed men to sing to the LORD and to praise him for the splendor of his holiness as they went out at the head of the army, saying: ‘Give thanks to the LORD, for his love endures forever.’ As they began to sing and praise, the LORD set ambushes against the men of Ammon and Moab and Mount Seir who were invading Judah, and they were defeated.” As they sang and worshipped, God moved. When the praises go up, the blessings come down.

Worship works in my life, and I know it will work in yours. Worship helps us take the focus off ourselves and place it right back on God. Psalm 131, “My heart is not proud, LORD, my eyes are not haughty; I do not concern myself with great matters or things too wonderful for me. 2 But I have calmed and quieted myself, I am like a weaned child with its mother; like a weaned child I am content. 3 Israel, put your hope in the LORD both now and forevermore.” Let us quiet ourselves in worship and put our hope in Jesus.

## Day 28 Worksheet

Write what you think it was like for Paul and Silas in prison for preaching the Gospel.

Why could they pray and worship God?

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Read the story in 2 Chronicles 20 of King Jehoshaphat. Does this story speak to your heart? Have you ever felt surrounded by the enemy and not known what to do?

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How can you calm yourself through worship and not be concerned with matters too great for you?

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Write two action steps that can help remind you worship the Lord to win the war.

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## Day 29: The Battle ~ Trust in the Lord

Trust. One of the most difficult five letter words to implement. We all trust in something whether it be ourselves, others, God, status, job, money, plans, or a multitude of things. How can we trust someone we have never seen? Because God is good, faithful, and He is love. He does not just love but is love.

Today is all about saying what David said in Psalm 20:7, "Some trust in chariots and some in horses, but we trust in the name of the Lord our God."

When we face a battle let us agree with the author of Proverbs 3:5-6, "Trust in the LORD with all your heart and lean not on your own understanding; 6 in all your ways submit to him, and he will make your paths straight." When we do not know what to do, we can press into the Lord and allow Him to direct us. The battle is a strategic time. We must lay down our will and embrace God's plan. The last thing we want to do is to fight against the Lord.

So how can we learn to trust God more? Here are a few ideas, read God's promises to get them down on the inside of us. Promises such as: I have strength for all things through Christ who strengthens me (Phil 4:11-13); God will supply my needs (Phil 4:19); God will never leave me (Deut 31:6); by the stripes on Christ back I am healed (Isa 53:5); and God hears me when I pray and he will answer (1 John 5:15).

Another activity I like to do is to listen to or watch people sharing their testimonies. Faith comes by hearing the Word (Rom 10:17) and we know that God is not a respecter of persons (Acts 10:34) so what He does for one, He will do for another.

Lastly, pray and ask God to intervene. Prayer is pivotal to pressing into the Lord. My prayer is often similar to David in Psalms 61:1-2, "Hear my cry, O God; listen to my prayer. 2 From the ends of the earth I call to you, I call as my heart grows faint; lead me to the rock that is higher than I." Lead me to the Rock that is higher than I. I have this part of the verse hanging in my prayer room. It reminds me that God has a plan for my life and He is in charge. I can rest in Him because I trust Him.

# Day 29 Worksheet

Is it difficult for you to trust the Lord? If yes, why? If not, why not?

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What does Proverbs 3:5-6 mean to you?

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Jeremiah 29:11 states that God has a plan for your life. A plan to give you hope and a future. How can you trust this plan?

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Write how the Lord has intervened in your life before. What did He do, how did He answer your prayer? If you cannot think of an example, watch a testimony on YouTube and write the story.

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Write two action steps that can help you trust the Lord more today.

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## Day 30: The Battle ~ Walk in Victory

The battle may be fierce, but we know how the story ends. We are the victors! Begin to walk in victory today. Do not allow another day to pass with you feeling defeated, discouraged, or depleted. You win the war! You can begin to celebrate BEFORE you see the answer because you serve the God of the impossible.

The war has already been won as 1 John 4:4 declares, "You, dear children, are from God and have overcome them, because the one who is in you is greater than the one who is in the world." The One in us is the Holy Spirit sent by the Father at the request of the Son. We have the Trinity fighting for us.

Celebrate now because you walk by faith and not sight (2 Corinthians 5:7). You may not see the addiction broken yet but it will under the weight of God's glory. You may not see that child serving the Lord yet, but he or she will. It is just a matter of time. Your healing is in the works whether it comes from a divine touch or through the wisdom given to people by God.

How do we proclaim victory before we see it? There are three main ways: prayer, praise, and worship. Psalm 46:1-3, "God is our refuge and strength, an ever present help in trouble. 2 Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, 3 though its waters roar and foam and the mountains quake with their surging." It may seem that all hell is breaking loose against you like an earthquake, but God is your refuge and strength. He is your help in time of trouble.

As you press into the Lord, speak life over your situation. Cease giving the enemy a foothold through complaining or reliving the difficulty. Begin to declare that victory is on its way. Then walk in that belief. Many times, we must walk by faith even when we do not see the end in sight. The light at the end of the tunnel really is daylight and not another train coming.

## Day 30 Worksheet

Do you feel depleted, defeated, or discouraged due to the battle that rages?

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What does it mean in your life that, “The one who is in you is greater than the one who is in the world” (1 John 4:4)?

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How would your life look different if you began to walk by faith and not sight on a regular basis? Would it also impact you emotionally?

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Find three other scriptures that address victory in Jesus. Write them here.

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Write two action steps that can help you walk in victory today.

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## Day 31: Spiritual Disciplines ~ The Role of Church

We begin another new series and this one centers on spiritual disciplines. These are activities we can do to grow closer to the Lord. These actions cannot make God love us more, but they do require us to humble ourselves under Him. Only good outcomes result when we go lower with the Lord and seek Him.

The first discipline discussed is attending church. Hebrews 10:24-25 motivates us, “And let us consider how we may spur one another on toward love and good deeds, 25 not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.”

When COVID closed churches, people formed the new habit of attending church in their pajamas and watching the television screen. While this was vital and the only method available for most, it has created a backlash. Some people have not reengaged with in-person church services. This is a very sad plight for people and the Church.

Here are three reasons I highly recommend in person church services to help transform your life: grow in faith, strength in numbers, and your role to encourage. Something happens when you hear a message in person and see someone who shares what the Lord has done in their lives the past week. You miss that personal contact that increases your faith. There is strength in the room through the power of the Holy Spirit. It is difficult to capture what the Spirit is doing during a service when you are not in the room. Yes, the Spirit goes beyond space and time, yet my experience has been it is always better to be in person corporately if possible. Remember how we addressed the gifts given to each one of us? If you are missing, then someone will not be encouraged, and you miss an opportunity to operate in your purpose.

The Bible is our example. Acts 2:42 informs us, “They devoted themselves to the apostles’ teaching and to fellowship, to the breaking of bread and to prayer.” The new Church spent time as a group. Yes, culture is different now, but it does not negate the reality that we are better together.

## Day 31 Worksheet

Do you have a church that you attend? If yes, write it. If not, why not?

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What benefits have you received when you attended church?

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The early Church made it a habit to come together. Write why you think that was vital for them.

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Has a church hurt you? We project blame onto people who hurt us or failed to meet our expectations. Do you put church leadership up on a pedestal? Why or why not?

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Write the name of the Church you will attend next Sunday.

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## Day 32: Spiritual Disciplines ~ Be Still

There are many spiritual disciplines that could be identified as whole books are written on this topic. However, I have chosen ones that the Lord laid on my heart for this journey. Today, the discipline of sitting with the Lord and waiting on Him is chosen.

One of my favorite scriptures is Psalm 46:10, "He says, 'Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.'" Why does He tell us to be still? What is the importance of this action?

The noise from many different sources vies for our attention and can drown out the voice of the Lord. You and I often pray for direction and wisdom, yet do we remain still long enough in His presence to await His response? Honestly?

The action of stillness is a discipline. It takes time and practice to be still. I can almost guarantee that the first time you try your phone will ring or a child will run into the room. You might even feel a bit uncomfortable. Yet, this is how we come to know who He is. This is how head knowledge becomes heart knowledge.

This practice yields such fruit. I have learned many traits of God and even who I am in Him while sitting at His feet just listening. Clarity replaced confusion. Strength replaced weakness. Hope replaced despair. Peace replaced fear. I love that Jesus told Martha that Mary chose the better part when she sat at His feet (Luke 10:42).

There will be times that you sit still, and NOTHING happens. That is okay, just keep doing it. Keep the discipline in your regular schedule and you will never regret it. It is time well spent.

Let you cry out to God like Moses did in Exodus 33:15-18, "Then Moses said to him, "If your Presence does not go with us, do not send us up from here. 16 How will anyone know that you are pleased with me and with your people unless you go with us? What else will distinguish me and your people from all the other people on the face of the earth?" 17 And the LORD said to Moses, "I will do the very thing you have asked, because I am pleased with you and I know you by name." 18 Then Moses said, "Now show me your glory." Lord show us Your glory as we sit before you!



## Day 32 Worksheet

Have you ever sat still with the Lord and waited on Him? If yes, why? If not, why not?

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What benefits have you received when you sat before the Lord? If you have not done this spiritual discipline, how do you think it will benefit you?

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Where could you do this spiritual discipline in your home?

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Do you see you making this a daily discipline? Why or why not?

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What are two action steps you can take to develop this discipline?

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## Day 33: Spiritual Disciplines ~ Fasting

One of the most difficult yet rewarding Spiritual disciplines is fasting. There are different types of fasts, including the number of days and what is fasted. Biblical fasts involved food and drink. Nowadays, people fast television, social media, or spending money.

The most important aspect of fasting involves the heart. Why are you fasting and does what you fast bring you closer to God?

There is an array of reasons to fast based on scriptural references. Here are a few mentioned: to seek God, revelation knowledge, deliverance, repentance, grow closer to God, humble oneself, or to break a spiritual dry spell.

Fasts are set in motion on a sporadic basis based on need. However, you can also include fasting as part of a weekly discipline. Either way, fasting must be done from the heart and not a way to “get” God to do something for you. I have learned that fasting changes me more than answers prayers at times.

Biblical fasts have lasted from part of a day to forty days. Here are a few examples. David fasted one day for the death of Saul and Jonathon, the army, and Israel (2 Sam 1:12). Esther and the Jewish people fasted three days for direction and deliverance (Est 4:16). Daniel fasted twenty-one days for revelation knowledge (Dan 10:3). Moses fasted for forty days on the mountain when he was with the Lord. (Ex 34:28) Jesus also fasted forty days to prepare for ministry (Matt 4:11).

If you have never fasted, I want to encourage you to implement this spiritual discipline into your life. You will never regret this decision.

## Day 33 Worksheet

Have you ever fasted? If yes, what kind? If not, why not?

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Have you fasted about your 40 Day goal?

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Read and write three alternative scriptures that address fasting.

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What do you find most difficult about fasting?

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Plan a fast. Write your plan down. When will you begin? How long will it be? What will you fast?

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## Day 34: Spiritual Disciplines ~ Study the Word

There is nothing more powerful than the Word of God. The Bible continues to withstand time and culture. Why? It is alive and powerful. Hebrews 4:12 reminds us, “For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.”

We read the Bible to learn about who God is and His promises. The stories teach compelling life lessons. If what we learned was the only by-product, then we would be satisfied. However, while we study scripture, it reads us. Like a mirror, we see ourselves and areas where we need to repent, grow, and change. 2 Timothy 3:16-17, “All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, 17 so that the servant of God may be thoroughly equipped for every good work.” The Bible prepares our hearts and makes us look more like Jesus. If we want to live in freedom daily, we have to be steeped in His word. This is not an optional task but mandatory.

Do you have trouble understanding what the Lord is communicating through scripture at times? I know I do. The way to address this concern is to purchase a study Bible, commentaries, and a Bible dictionary.

A sure way to remain committed to this discipline is to develop a schedule. One way is to wake up every morning and read. Others dive into the Word prior to bed. The point is to establish something that works for you.

Want to know what the Lord's will is for your life? Paul urges each one of us in Romans 12:2, “Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.” We are to renew our minds in the Word of God.

## Day 34 Worksheet

Do you have a study schedule for the Bible? If yes, what is it? If not, why not?

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What is your favorite Old Testament book? What is your favorite New Testament book?

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What do you do when you lack understanding of scripture?

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Read Hebrews 4:12 again. Write what it says to you.

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Write an action plan on how you will incorporate studying the Bible into your daily life?

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## Day 35: Spiritual Disciplines ~ Speak the Word

What do you speak over your life and those around you? Do you speak words of encouragement and life or critical words and death? What you speak matters. Proverbs 18:21, "Death and life are in the power of the tongue, and those who love it will eat its fruits." Paul reminds us in Ephesians 4:29, "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen."

Jesus teaches that it is not what goes into the mouth that defiles a person, but what comes out of the mouth that defiles a person (Matt 15:11).

James warns us about the power of our words in James 3:3-6, "When we put bits into the mouths of horses to make them obey us, we can turn the whole animal. 4 Or take ships as an example. Although they are so large and are driven by strong winds, they are steered by a very small rudder wherever the pilot wants to go. 5 Likewise, the tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark. 6 The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole body, sets the whole course of one's life on fire, and is itself set on fire by hell."

Another effective tool for the Word is to speak it in a way that builds us up in faith and transforms our lives. Paul reminds us in Ephesians that the sword of the Spirit, which is the Word of God is our only offensive piece of armor that we can use anytime to defeat the enemy (6:17).

Isaiah emphasizes in 55:11, "So is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it." Yes Lord. Transform our lives. Do you need peace? Speak scriptures over your mind. Do you need healing? Speak healing scriptures. I know it worked for me.

May our prayer be that the meditations of our heart and the words of our mouth be pleasing to God (Ps 19:14).

### Day 35 Worksheet

Do you find yourself speaking positive words or negative words over yourself, others, and situations?

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Do you currently speak the Word over your life? If Yes, when did you start? If not, why not, is this the first you have heard of this discipline?

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Read James about the power of the tongue. Write what these verses mean to you.

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Write five scriptures that you want to begin speaking over yourself, others, and circumstances.

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Write two action steps on how you will implement this activity into your daily life.

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## Day 36: Faith in Action ~ Revival

Most of this 40 Day journey has been to know God deeper and learn who we are in Him so we can live boldly. Now it's time to put our faith into action. It is time to leave our comfort zones to proclaim Jesus to those who are lost, hurting, and broken. When we step outside of ourselves, then what is inside of us flows out to others. The Lord heals, saves, delivers, and encourages us so we can pass it along.

The scripture most closely aligned with revival is 2 Chronicles 7:14, "If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land."

If we, who call ourselves Christians, put action to our faith, then those around us can experience Jesus.

We must humble ourselves and recognize that every good and perfect gift comes from the Lord. He alone is the source of everything, and not just one resource of many. Humility requires that we lay aside our plans, attitudes, and ways to embrace His.

Prayer is a necessity to bring the kingdom of heaven to earth as we have already addressed.

Closely aligned with prayer and part of it is the need to seek God. He desires that we seek Him, His will, and ways. Unfortunately, we can get into a rut and just come to Him to meet a need. However, He wants so much more for you and me. He wants relationship.

Lastly, sin separates us from God. A wall builds between us and God when we choose sin over righteousness. Repentance removes the bricks until once again there is no division.

The result of putting our faith to action? Revival! When we humble ourselves, pray, seek His face, and turn from sin THEN He hears us, forgives us, and heals us. Oh Lord, send revival once again. Pour out Your Spirit that we cannot contain it or control it.

## Day 36 Worksheet

Are you ready to put your faith into action? Explain your answer.

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What areas of your life do you need to humble yourself?

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Do you pray just for what the Lord can do for you, or do you also seek His face? What is the difference to you?

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Is there sin in your life that you struggle with and need to repent from?

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Write two action steps to keep 2 Chronicles 7:14 integrated into your daily life.

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## Day 37: Faith in Action ~ Elevator Pitch

Has anyone ever asked you why you have joy or how you manage life? I will never forget the first time someone asked me; I was completely caught off guard. I was not used to sharing my faith with others but quickly learned I needed to become prepared.

Peter stresses the importance of this topic in 1 Peter 3:15, "But in your hearts revere Christ as Lord. Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect,"

We must get ready to tell others what the Lord has done in our lives. People like to argue our theological points, but they have a more difficult time debating a transformed life. When we produce a heartfelt message, we can speak and love flows out.

Unfortunately, lack of diligence on our part triggers anxiety and we will back down, freeze, or stumble over our words.

Today you are encouraged to prepare a thirty second story on what Jesus HAS done for you.

We overcome by the blood of the Lamb and the word of our testimony (Rev 12:11). Our testimony encourages others and reminds us regarding the faithfulness of Christ.

Basically, it boosts our faith and others.

Here is a brief example of mine: I tried to find love in all the wrong places and was the life of the party. The Lord began to reveal His love for me. The desire to get attention and numb pain went away when the Lord delivered me from shame. I now know how loved I am and want to tell anyone who will listen about His saving grace.

Your turn...





Identify two people you can share it with to obtain feedback.

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## Day 38: Faith in Action ~ Share Jesus

Paul describes how unbelievers come to know Jesus in Romans 10:14-15, “How, then, can they call on the one they have not believed in? And how can they believe in the one of whom they have not heard? And how can they hear without someone preaching to them? 15 And how can anyone preach unless they are sent? As it is written: “How beautiful are the feet of those who bring good news!”

Today is all about sharing Jesus with one person. If you and I are not willing to share Him with others, how will they ever learn about Him? When the Lord transforms your life, there is an urge and desire to tell others. While fear may paralyze you from stepping out in faith at first, the more you do it, the more natural it will become. Do not allow rejection to keep you from activating your faith.

How do we do this? Begin a conversation about something and work towards Jesus. It is not your job to get people to believe in Jesus. Only the Holy Spirit can do that. Some plow the ground, some plant the seed, some water the soil, but it is the Lord who gives the increase (1 Cor 3:6-8). You might see someone who is sick or struggling, ask if you can help them. Be the hands and feet of Jesus which helps open the door to a conversation.

Grocery stores are a good place also. You can say to the checkout person, “God bless you today or Jesus loves you.” Driving through a fast-food place or eating at a restaurant? Pay for someone’s meal and leave a note saying, “Jesus sees and loves you.” There are multiple ways to share Jesus. Ask the Lord to provide you with a divine encounter and to open your eyes to those around you. He will definitely answer that prayer!

Paul emboldens us with this reminder in Romans 1:16-17, “For I am not ashamed of the gospel, because it is the power of God that brings salvation to everyone who believes: first to the Jew, then to the Gentile. 17 For in the gospel the righteousness of God is revealed—a righteousness that is by faith from first to last, just as it is written: “The righteous will live by faith.”

## Day 38 Worksheet

What prevents you from sharing Jesus with others?

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When was the last time you spoke about Jesus with someone?

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Have you faced rejection while sharing your faith? How did you deal with this?

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Who will you share Jesus with today?

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Identify an action plan to share Jesus on a regular basis with others.

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## Day 39: Faith in Action ~ Step Outside the Box

Have you ever heard the saying, "In order to get what you have never had, you have to do something you have never done?" It is a powerful and true statement. Do you want more of the Lord? Then do something you have never done. Do you want delivered from shame? Then do something you have never done.

What are some examples? If your church is having a prayer meeting and you have never gone, then go. If you know of a church having revival services, then go. If you have no services around you in the next couple of days, then go to YouTube and watch special services online. The point, do something you have never done before.

Faith grows when we hear the Word of God (Rom 10:17). For our faith to explode and believe for the impossible, then we must feed it.

Confusion resulted when a conversation of rich people entering heaven occurred with Jesus. His response, Matthew 19:26, "Jesus looked at them and said, 'With man this is impossible, but with God all things are possible.'" Friend, ALL things are possible with God!

God can do more than you can ever dare to dream, think, or imagine (Eph 3:20). It is time to put yourself in a position to see what the Lord can do. It is time to step outside of your box.

## Day 39 Worksheet

Did this devotion today bring excitement or caution? Explain.

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What is something you can do that you have never done before?

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Are you expecting the Lord to show up when you step out of your box? Why or why not?

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Is there a person you can take with you on this new adventure?

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Identify an action plan to do new things a couple of times a year.

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## Day 40: Faith in Action ~ Be the Light

You made it! Today marks the end of this 40 Day journey. I pray that your life has been transformed and you are bolder in some way and that your relationship with the Lord has deepened.

Today is about activating your faith and becoming the light for those around you. Jesus tells us in Matthew 5:14-16, “You are the light of the world. A town built on a hill cannot be hidden. 15 Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. 16 In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.”

It is time to shine brightly for those who need a beacon of hope. I often think of lighthouses. They shine for those at sea being tossed by the waves and need guidance. The sailors are travelling in waters and need a reminder where the land is, so they do not crash. Your life needs to shine so others can see Jesus and come safely into His arms.

What might this look like? Volunteer at church, community center, or prolife agency. Get involved somewhere. God does not require superhuman activities but faith in Him to transform lives. We cannot say we are Christian and then sit on the sidelines and watch.

Many people choose not to become involved, but James warns us in James 2:17, “In the same way, faith by itself, if it is not accompanied by action, is dead.”

A life that is transformed continues to give out what it possesses. When you become the light then God gets the glory and people are drawn to Him. This is why you and I are called to be the light.

As I recorded this last video, a person walked up and listened. When I completed the video, she thanked me and stated that was just what she needed to hear. How cool is God? Even while preparing for this journey, I was able to shine the light of Jesus.



Make your life count! God works best through broken pots that have been healed as His Light shines through the cracks.

## Day 40 Worksheet

Read Matthew 5 again. What does this mean to you?

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What characteristics do you think of when you think of light?

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Darkness has never put out the light. Why do you think that is?

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What do you need from the Lord to shine brighter? (Confidence, more of Him, etc.)

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Identify two steps in an action plan to shine daily.

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