



Healed & Free, LLC

Dearest Daughters of the Lord Most High,

Welcome!

We are so excited to welcome you to the **3rd Annual Woman, It's Time Conference!**

I'm praying that you came in open and willing to receive what God has placed on our hearts to deliver today—from the worship, to the messages, to the bread, to the connecting and unifying together. It was all so intentional. **Everything is intentional with our God. Every intricate detail.**

With that being said, there is so much more that may come from the speakers today that you may want to dive into even after this conference. Scriptures that you may want to reference, or certain quotes where you're wondering, *"Wait! What was that part that she said?!"*

This is why this manual was created.

We are all in this together! God leaves the 99 to get the 1—and you once were the one. Now you're a part of the 99, and He needs us to stick together!

Stay in the flock, sis. Don't move until our Shepherd comes back, and don't answer another shepherd's voice! He's always with us, but we have to make sure we're remembering what He taught us and what He is constantly teaching us through lessons, experiences, and so much more.

Here's how to use this manual:

Just go for it.

There are no special instructions. Whatever catches your eye and the Holy Spirit says, *"Lean in, sis,"*—lean in! Go down your rabbit hole. Search it out. Study it. Ask questions. Pray about it. Let God show you what He wants you to see.

The Word of the Lord says that **"my people are destroyed for lack of knowledge."**

So let's not!

Let's get into this Word. **We have not because we ask not, and wisdom comes by fearing the Lord and asking for it. He'll do it every time.**

We're here to help one another. We're here to grow together. We're here to sharpen one another, encourage one another, and remind each other of what God has said.

So take what you need. Write what God gives you. Go back to it when you need a reminder. And most importantly, **do something with what you receive.**

Woman, it's time.

Love you! ❤️

Sincerest prayers of growth and love,

Rashonda Powell

Before we get started:

This manual was intentionally created and compiled by the Woman, It's Time Conference team, with contributions from each of our speakers to help you reflect, study, and put into action what God reveals throughout this experience.

- **Rashonda Powell**
- **Seanna Lee**
- **Ebony Northern**

Rashonda Powell – Access

Definitions

Access:

prosagōgē - Greek definition (Blue Letter Bible)

i. The act of bringing to, a moving to

li. **Access, approach**

a. **To God, i.e. that relationship with God whereby we are acceptable to him and have assurance that he is favorably disposed towards us**

lii. **Admission**

To gain access to something means to obtain the right, ability or permission for entry into **a place that was once secured**. It implies that a barrier was there first and it has now become available.

A legal right - is a power, claim, or entitlement that a governing legal system recognizes and protects. **If you have a legal right, the law supports your ability to do something or to have something, and you can go to court to enforce it or stop someone from breaking it.** (Merriam-Webster)

The enemy is a legalist. He is the accuser of the brethren. (Revelations 12:10) He seeks to bring his claim against you to the Lord God to support his ability to hurt, harm, delay, either you, your children and/or your bloodline. (Zechariah 3:2)

The Lord is your defender.

Hosea 4:6 “My people are destroyed for lack of knowledge”

One of the tactics of the enemy is lying. Why does he do this? To keep you from truth. To keep you from knowledge. To keep you from believing.

If you are unaware - how will you will know whether to fight or resist?

When you have a breach in your gate:

1. It lowers your **discernment**.
 - a. **Discernment** is the ability to determine right from wrong.
 - b. **Discernment of spirits** to know who and what is from Him. God's voice vs. another voice.
2. Your flesh becomes alive and it pushes down your inner man (Holy Spirit)
 - a. Your decisions become your own - based on emotions and feelings, rather than truth.
3. You become out of alignment.
 - a. When you are out of alignment, this does not just effect you. There are many people attached to you.

The enemy attempts to plant seeds.

Ex: Provoking actions to trigger memories of past trauma, experiences, failures, disappointments, rejections, etc.

Ex: Effecting your marriage and/or children to stir tension in the home

Ex: Job trouble(s)

All to see if you will water the seeds with your fleshly emotions, lower you guard, peel off the armor of God and breach your walls.

The enemy is privy to God's power, might, and splendor. He just doesn't want you to come into full knowledge of it.

He comes to manipulate, alter, and infiltrate the promises that God has spoken over our lives so that we will doubt, fear, and not move.

Revoking access: to annul by recalling or taking back; agreement no longer in effect; officially cancel [the power or effect] to withdraw

Breaches/Access Points:

Note: This list is not exhaustive. Take some time to dig in on these!!

- Fatigue (Physical & Spiritual Slumber)
- People Pleasing
- Being good, not godly
- Accepting another form of the gospel, receiving another spirit
- Busyness (Distractions)
- Gossip
- Unforgiveness and bitterness
- Not addressing and healing from past trauma
- Sin
- Fears and Phobias
- Sickness and Disease

Prayers given by the Holy Spirit:

“Every way that the enemy has gained access or entry into my life, I reveal and cut off in the name of Jesus Christ.”

“Every rule of engagement that has demanded an audience with my life that is unlike my God, fall down and be destroyed right now, in the name of Jesus Christ.”

“Every attachment of the enemy in my life by way of the enemy and its devices, I declare and decree be burned now by Christ’s Holy and consuming fire, in the name of Jesus Christ!”

“I release the blood of Jesus Christ over me, my family, and everything concerning me, in Jesus’ name.”

Amen.

Instructions and insight given by the Holy Spirit:

“Come back to the original version of the agreement.”

“If we are constantly altering the language and intent of the most High and coming out of agreement with what God promised us, we are allowing the enemy access to manipulate the terms of the contract, covenant, agreement and promise.”

What are some of the covenant promises that the Lord has given us?

- Genesis 1:26 -

Esther Significance:

Haddassah: (Esther's Jewish Name: Her original name) Myrtle: peace, restoration, and God's blessing.

Esther (Persian name) : primarily means "star" from the root word "stara" or setareh. In Hebrew, this name connects to the word *hester* or s-t-r, meaning "hidden" or "concealed"

Haddassah - you are here as a sign of God's peace, restoration, and God's blessing!

The perks of the position do not outweigh your assignment!!

The title of your position do not outweigh your assignment!!

The problems of your position do not outweigh your assignment!!

Haddassah, you are on assignment!

No longer will you remain concealed.

No longer will you remain hidden!

The time is NOW!

Scriptures:

Esther 4:14: "For if you remain silent at this time, relief and deliverance for the Jews will arise from another place, but you and your father's family will perish. **And who knows but that you have come to your royal position for such a time as this?**"

Galatians 1:6-10 NIV -

"I am astonished that you are so quickly deserting the one who called you to live in the grace of Christ and are turning to a different gospel— which is really no gospel at all. Evidently some people are throwing you into confusion and are trying to pervert the gospel of Christ. But even if we or an angel from heaven should preach a gospel other than the one we preached to you, let them be under God's curse! As we have already said, so now I say again: If anybody is preaching to you a gospel other than what you accepted, let them be under God's curse! Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ."

Romans 5:2: "through whom (Jesus) we have gained **access** by faith into this grace in which we now stand. And we boast in the hope of the glory of God."

Eph 2:18

For through him we both have **access** to the Father by one Spirit.

Eph 3:12

In him and through faith in him **we may approach God** with freedom and confidence.

More Points to Remember:

Legal rights can be gained through sin, generational sin, or iniquity through traumatic events, occult (hidden) activity, vows or oaths, wrong beliefs, word curses, etc. The blood of Jesus cancels them all! The everlasting and MOST SUPERIOR covenant of our God through our Lord and Savior, Christ Jesus.

Access Points can grant the enemy the ability to manipulate, alter, or infiltrate areas in our lives and hinder, delay, or stop the agreement of the promise(s) of God.

The promise(s) of God are true. If we allow manipulation of the promise and come out of agreement, it doesn't void the promise - it keeps us from taking hold of it and it coming to pass!

Seanna Lee -

Title: Desperate enough to sit.

God says: "Many of my people have grown weary and tired and no longer want to go forth in zeal but there will be fire shut up in their bones, For I the Lord am blocking this attempt"

God says "Im rekindling the fire"

Leading scripture:

Jeremiah 20:9

"Then I said, "I will not make mention of Him, Nor speak anymore in His name." But His word was in my heart like a burning fire shut up in my bones; I was weary of holding it back, and I could not."

The word of the Lord: I hear the Lord saying “**my people will no longer be silenced**” the Lord says **open up your mouths and release my word**”

Confession

Confession: Biblical confession is **verbally agreeing with God's truth or putting your words into perfect alignment with God**. Whether dealing with sin or faith, it is the act of dropping all personal excuses to openly declare what God has already stated is true. Rather than just listing wrong deeds, biblical confession is a person stepping into the light to admit their fault, drop all excuses, and declare the exact same truth about their sin that God already states.

The Old Testament Emphasis: *Yadah* : The Hands (Hebrew)

In the Old Testament, the primary word for confession is [yadah](#), which literally means **"to extend the hand" or "to throw"**.

- **The Action:** It represents a physical and verbal release.
- **The Nuance:** This shows the *heart* of confession as an act of **surrender and worship**. It is the physical picture of throwing away your junk and lifting your hands to praise God at the exact same time. You cannot truly admit you are wrong without also praising God for being right.

The New Testament Emphasis: *Homologeo*: The Mouth (Greek)

In the New Testament, the primary word is [homologeo](#), which combines *homou* (together) and *lego* (to speak).

- **The Action:** It literally means "to say the same thing".
- **The Nuance:** This shows the *mind* of confession as an act of **total agreement with truth**. It is the legal picture of standing in God's courtroom, dropping your excuses, and echoing His verdict by saying the exact same words about yourself that He just said.
- homologeo was used when signing a contract or making a vow in court. Confessing your faith means making a binding, public declaration of your loyalty to Jesus (Romans 10:9).

Direct Comparison

Feature	Old Testament (<i>Yadah</i>)	New Testament (<i>Homologeo</i>)
Literal Picture	Extending/throwing the hands	Speaking the exact same word

Primary Vibe	Praising God by admitting He is right	Legal agreement with God's verdict
Shared Core	Open, verbal alignment with God's truth	Open, verbal alignment with God's truth

Two types of confession

Confession of sin (Vertical): Saying the same thing God says about your actions—admitting without excuse that you have broken His law and need His forgiveness. In order to confess, pride has to be absent!

Example: (saying, "You are right, I messed up").

1. The Confrontation & Immediate Confession

When the prophet Nathan confronts **David about his hidden sins of adultery and murder**, David offers no excuses, shifts no blame, and immediately agrees with God's verdict.

2 Samuel 12:13

"So David said to Nathan, 'I have sinned against the Lord.' And Nathan said to David, 'The Lord also has put away your sin; you shall not die.'"

2. Agreeing with God's Courtroom Verdict (The Greek Nuance)

In the prayer David wrote after this event, he explicitly states that his confession is meant to prove that God is 100% right, just, and blameless in judging him. He completely echoes God's verdict.

Psalms 51:3–4

"For I acknowledge my transgressions, and my sin is always before me. Against You, You only, have I sinned, and done this evil in Your sight—that You may be found just when You speak, and blameless when You judge."

3. Throwing Away the Garbage & Asking for Cleansing (The Hebrew Nuance)

David begs God to completely wash away the filth he is offering up, recognizing that true confession requires absolute **inward honesty** before God can restore joy.

Psalms 51:1–2

"Have mercy upon me, O God, according to Your lovingkindness; according to the multitude of Your tender mercies, blot out my transgressions. Wash me thoroughly from

my iniquity, and cleanse me from my sin."

Psalm 51:6

*"Behold, **You desire truth in the inward parts**, and in the hidden part You will make me to know wisdom."*

Confession of faith (Public): Saying the same thing God says about **His Son**—publicly declaring your total agreement, belief, and loyalty to Jesus Christ as Lord.

Example: (saying, "You are right, Jesus saves").

Romans 10:9 "If you **declare** with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved." NIV

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

3 directions of confession!

1. Confession to God (Vertical)

This is admitting your sins directly to God to receive ultimate forgiveness, spiritual cleansing, and a restored relationship with Him.

1 John 1:9

*"If we **confess our sins**, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."*

2. Confession to People (Horizontal)

This is admitting your faults face-to-face to other people whom you have hurt or offended, which brings relational healing, accountability, and mutual prayer.

James 5:16

*"**Confess your trespasses to one another**, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much."*

Acts 19:18,: "And many who had believed came **confessing and telling their deeds**." (Acts 19:18, NKJV)

Genesis 42:21, "Then they said to one another, '**We are truly guilty concerning our brother, because we saw the anguish of his soul when he pleaded with us, and we would not hear...**'" (Genesis 42:21, NKJV)

3. Confession of Faith before the World (Public)

This is the open declaration of your loyalty and belief in Jesus Christ as Lord, spoken out loud so that others can hear your alignment with God's truth.

Romans 10:9

*"that if you **confess with your mouth the Lord Jesus** and believe in your heart that God has raised Him from the dead, you will be saved."*

Matthew 16:15–16

15 He said to them, "But who do you say that I am?"

*16 Simon Peter answered and said, "**You are the Christ, the Son of the living God.**"*

Repentance

The biblical definition: of repentance is a **total change of mind that leads to a complete change of direction.**

The primary Greek word for repentance—[metanoia](#)—literally means "after-mind" or "thinking differently afterward." In Hebrew thought, the word is [shub](#), which means "to turn around" or "to return."

True biblical repentance means you stop making excuses, adopt God's view of your life, and physically turn away from your old path to walk toward Him.

The Complete Process of Repentance

- **The Mind Shifts:** Realizing your current path is wrong and agreeing with God's evaluation of your actions.
- **The Heart Sorrows:** Feeling a genuine, God-centered grief over how your actions hurt Him and others, rather than just feeling bad about getting caught. It is not being sorry that your self image is ruined.

2 Corinthians 7:10

"For godly sorrow produces repentance leading to salvation, not to be regretted; but the sorrow of the world produces death."

- **The Direction Changes:** Actively walking away from the sin and altering your actual lifestyle, producing visible evidence of your change (Luke 3:8).

Luke 3:8

Therefore bear fruits worthy of repentance, and do not begin to say to yourselves, 'We have Abraham as our father.' For I say to you that God is able to raise up children to Abraham from these stones."

Visible example of confession and repentance

What did he do?

As a chief tax collector for the Roman Empire, Zacchaeus made his living by extorting his fellow Jews, overcharging them, and pocketing the extra money. He was wealthy, but universally hated as a thief and a traitor.

Who did he encounter?

After a personal encounter with Jesus, Zacchaeus didn't just feel sorry or offer a private apology. He stood up publicly and put his repentance into immediate, costly action.

What fruit was shown?

Luke 19:8 (NKJV)

"Then Zacchaeus stood and said to the Lord, 'Look, Lord, I give half of my goods to the poor; and if I have taken anything from anyone by false accusation, I restore fourfold.'"

Prayer

Biblical prayer: is a two-way relationship where a human spirit interfaces with the Creator to align their desires with His will. Prayer is **relational communication with God**.

Scriptures:

Matthew 26:39

"He went a little farther and fell on His face, and prayed, saying, 'O My Father, if it is possible, let this cup pass from Me; nevertheless, not as I will, but as You will.'"

Matthew 26:42

"Again, a second time, He went away and prayed, saying, 'O My Father, if this cup cannot pass away from Me unless I drink it, Your will be done.'"

1 Samuel 1:11

1 Samuel 1:11

"Then she made a vow and said, 'O Lord of hosts, if You will indeed look on the affliction of Your maidservant and remember me, and not forget Your maidservant, but will give Your maidservant a male child, then I will give him to the Lord all the days of his life, and no razor shall come upon his head.'"

The Complete Scope of Biblical Prayer

- **Dialogue, Not Monologue:** It involves both speaking your heart to God and listening to His voice through His Word and Spirit (Psalm 27:8).
- **Constant Access:** It is an ongoing, daily lifestyle of awareness and connection with God's presence, rather than just an activity saved for emergencies (1 Thessalonians 5:17).
- **Submission of Will:** The ultimate goal of biblical prayer is not to bend God's will to match your desires, but to align your heart to match His purposes—just as Jesus prayed, *"Not My will, but Yours, be done"* (Luke 22:42).

4 points for prayer

Point 1: God is **Sovereign** and **Omnipotent**

Sovereign (Supreme Authority): This means having the **highest legal right to rule**.

Omnipotent (All-Powerful): This means having **infinite muscle and strength**. It is the actual force needed to execute any task

Ezekiel 22:30

*"So I sought for a man among them who would make up a wall, and stand in the gap before Me on behalf of the land, that I should not destroy it; **but I found no one.**"*

(Note: This verse shows that even when God wants to bring mercy to a land, He looks for a human being to authorize it on earth through prayer.)

Jeremiah 33:3

*"**Call to Me, and I will answer you, and show you great and mighty things, which you do not know.**"*

Point 2: God has given humans **dominion**!

Dominion: the license to **rule** and **manage** over the **earthly realm**. The original Hebrew word used in Genesis 1:26 is **radah**, which literally means **"to rule, reign, or master."**

Genesis 1:26

*"Then God said, 'Let Us make man in **Our** image, according to Our likeness; let them have dominion over the fish of the sea, over the birds of the air, and over the cattle, **over all the earth** and over every creeping thing that creeps on the earth.'*

Psalms 115:16

*"The heaven, even the heavens, are the Lord's; but **the earth He has given to the children of men.**"*

To plead: to present a finished courtroom verdict as your ultimate defense.

When a believer "**pleads the blood**," they are not begging God to do something new. They are using their **earthly dominion** to step into the courtroom of heaven, point directly to the sacrifice Jesus already made on the cross, and demand that the enemy back off because the legal debt has already been paid in full.

Revelation 12:11

And they overcame him by the blood of the Lamb and by the word of their testimony, and they did not love their lives to the death."

Point 3: Speaking His Will to Fulfill Answers on Earth.

God has promised us he will answer us in when we ask in Jesus name!

Matthew 6:10

*"Your kingdom come. **Your will be done on earth as it is in heaven.**"*

John 15:16

*"You did not choose Me, but I chose you and appointed you that you should go and bear fruit, and that your fruit should remain, that **whatever you ask the Father in My name He may give you.**"*

Matthew 18:18

*"Assuredly, I say to you, **whatever you bind on earth will be bound in heaven**, and whatever you loose on earth will be loosed in heaven."*

(Note: In the original Greek text, this structurally means: "Whatever you forbid on earth must be what has already been forbidden in heaven.")

To bind: declare something forbidden, unlawful, or locked up.

To loose: to declare something permitted, lawful, or set free.

Final remarks of the points

Understand that God's love for you is true and not wicked! God loves you, but He will not go back on His word just to give you what you want. God is not a man, that He should lie.

God operates in truth and order not favoritism

2 examples of prayer

1: Jesus in the Garden of Gethsemane.

Matthew 26:38-44

38 Then He said to them, “My soul is exceedingly sorrowful, even to death. Stay here and watch with Me.”

39 He went a little farther and fell on His face, and prayed, saying, “O My Father, if it is possible, let this cup pass from Me; nevertheless, not as I will, but as You will.”

40 Then He came to the disciples and found them sleeping, and said to Peter, “What! Could you not watch with Me one hour?

41 Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak.”

42 Again, a second time, He went away and prayed, saying, “O My Father, if this cup cannot pass away from Me unless I drink it, Your will be done.”

43 And He came and found them asleep again, for their eyes were heavy.

44 So He left them, went away again, and prayed the third time, saying the same words.

2. Hannah

1 Samuel 1:11

“Then she made a vow and said, ‘O Lord of hosts, if You will indeed look on the affliction of Your maidservant and remember me, and not forget Your maidservant, but will give Your maidservant a male child, then I will give him to the Lord all the days of his life, and no razor shall come upon his head.’”

Alter Call

Restate the word of the Lord: “Many of my people have grown weary and tired and no longer want to go forth in zeal but there will be fire shut up in their bones, For I the Lord am blocking this attempt”

We are praying for these things to come if this is you or you need prayer of any kind. God showed me these things are needed.

1. A renewed Yes
2. Endurance
3. Patience
4. Resilience
5. Healing (Hearts)
6. Deliverance
7. Commissioning