



Momentum

- Simple & attainable
- Personal & powerful
- Unifying & inviting
- Nourishes & shapes core discipline
- Natural & easy discipling

Simplicity

1. Takes 2-5 minutes per week.
2. All that is required:
 - A Bible (electronic or paper—He doesn't care!)
 - An open heart to hear and receive what God has for you

“The unity of the church is so important. We need visible signs of this unity, divine connections between different parts of the church and within each local church. This is what Jesus prayed for in John 17.”

- Nicky Gumbel

Quick Start

Pray (In your own words)

Abba Father, thank you for this time with you. Holy Spirit, open my ears, heart, and mind to what you want to show me. I invite you to transform me, my family, my home, and community.

Read [Ephesians 3:14-21](#) **aloud** and while **moving***

Note What caught your attention?

Act

- Thank God for revealing His heart, meditate on passage throughout the week however you feel led, and apply it to what pops into your mind and/or keeps you up at night.
- Share all He impresses upon you with a girlfriend during the week by connecting with her the way in which you typically do (in-person, over coffee, virtually, etc.), and invite her to read the passage for herself, using the above approach.

This is an apostolic prayer. Paul appeals directly to the Father, asking Him to accomplish His desired goals over his spiritual children...not focused on fixing what we are not but rather on fulfilling what we can be. Pray it slowly, phrase by phrase & ruminate on what is being asked.

- Wesley & Stacey Campbell

* Prior to meditating on His living and active word in your usual pattern, you're encouraged to first read the given passage **aloud** and while **moving** in any fashion (sway/rock/roll/move hand/walk/pace), as awkward as it may initially feel! Two reasons to help provide context:

- 1) **Aloud.** Declaring God's living word aloud releases something powerful into the atmosphere around us from the very breath of life He's personally breathed into each of our lungs (similar to God declaring in Genesis 1:3, "Let there be light," ...and there was!). God went further than merely pondering on the concept of light in His heart, considering how light might be a good idea, or only picturing it in His mind. No, He spoke light directly into darkness and He's intentionally given our voice authority as well!
- 2) **Moving.** Neurologically, a different part of the brain is activated when reading aloud, especially with the addition of moving your body (the Holy Spirit's temple, 1 Cor. 3:16) specially designed by Him to bring Heaven to Earth. The very action of simply standing up and/or walking indicates advancement; that we're preparing to take action through the power of the Holy Spirit and under His guidance, rather than being passive, sleepy hearers of His word.

Expect God to speak to you and join hearts through His Spirit as we individually press in, personally engage with Him, and interact collectively in the same passage of His living Word!





Why

The God who created the universe and each one of us as a uniquely designed and deeply loved daughter, desires to breathe new life into our hearts through the power of His Word & Spirit. He longs for us to know Him intimately as a loving Father, hear His voice and guidance in a very personal way, and realize our full inherent identity as His most prized daughter. He has also made us a part of His family (Gal. 3:26-29 & 1 John 3:1). He's intentionally given us sisters to "do life" with in community: celebrating, growing, serving, and entering authentic relationship with each other. While the world attempts to steal our identity at every turn, His very Word has the power to restore this valuable identity, as well as unite our hearts with His, our sisters, and the world around us because it is alive, active, and everlasting (Heb. 4:12 & 1 Peter 1:25). Any other shared interest or activity, as healthy as it may be in equipping and uniting us—a retreat, conference, course, study, talk, hobby, book, podcast series—eventually ends. His living Word, however, outlasts and transcends.

In addition, there is no question that a spirit of division, greatly exacerbated by fear and lack of not walking in our full identity, attempts to grip our hearts daily, creating regional strongholds permeating our current time and culture. What unites us as His daughters, however, is more significant than anything that divides. And our only offensive weapon, mentioned in Eph. 6:17, to combat fear and division is the sword of the Spirit—His living, breathing, active Word that speaks truth to us individually in a very personal way, while simultaneously uniting us in His Spirit.

"God has divine connections lined up for your life. There is power in connection... The devil fears connection. His ultimate aim is to cut you off from God. He tries to split marriages & friendships, to divide churches & denominations, and to isolate people. Although our culture is more connected than ever before through the internet, phones, and social media, people are more isolated and lonely than ever."

- Nicky Gumbel

- How would our thoughts, families, homes, communities, and regions transform around us as we unify together across neighborhoods—counties—states—nations, all in the same passage of His living word?
- How would atmospheres shift when His Word collectively activates our individual hearts, powerfully bringing His presence and unity across locations, denominations, different walks and seasons of life?
- How would the Father's heart be affected as He sees His daughters consistently seek Him on a weekly basis, united, all together in His Spirit & Truth?
- What would the long-lasting Kingdom impact look like in a divided culture if:
 - Several women received from Him at a one-time conference/retreat/camp/talk/etc., versus
 - Women ALL over, were collectively mining the treasure God has for each one, expectantly listening & responding to Him speak through His word?

Let's find out!

Join ALL of His daughters throughout your region—across generations and denominations, in all different seasons of life and places of their journey with Him—by reading the same passage (one each week!) over the next year.





Get Started

- **Pray** (In your own words)
Abba Father, thank you for this time with you. Holy Spirit, open my ears, heart, and mind to what you want to show me. I invite you to transform me, my family, my home, and community. Amen.
- **Read**
[Ephesians 3:14-21](#) **aloud** and while **moving***
- **Note**
What caught your attention?
- **Act**
 - Thank God for revealing His heart, meditate on passage throughout the week however you feel led, and apply it to what pops into your mind and/or keeps you up at night.
 - Share all He impresses upon you with a girlfriend sometime this week. Connect with her the way in which you typically do (in-person, over coffee, virtually, etc.), and invite her to read the passage for herself, using the above approach, as well!

“...three divine connectors-
the world’s greatest wireless
connectors:

1. The word of God
2. The body of Christ
3. The Holy Spirit.”

- Nicky Gumbel

“When Jesus prayed the
Bible, He did it out loud.
God wants you to pray the
Bible out loud too...so you
know when you’ve stopped!
It is hard to think about
something other than what
you are talking about.
Praying out loud addresses
the issue of a wandering
mind.”

- Stacey Campbell

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Two reasons to help provide context:

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- 2) **Moving.** Neurologically, a different part of the brain is activated when reading aloud, especially with the addition of moving your body (the Holy Spirit’s temple, 1 Cor. 3:16) specially designed by Him to bring Heaven to Earth. The very action of simply standing up and/or walking indicates advancement; that we’re preparing to take action through the power of the Holy Spirit and under His guidance, rather than being passive, sleepy hearers of His word.

Expect God to speak to you and join hearts through His Spirit as we individually press in, personally engage with Him, and interact collectively in the same passage of His living Word!

“I recognize that I am more spirit than flesh.
- Wendy Backlund





Dive Deeper & Receive All He Has for You

VICTORY—Tips to obliterate enemy setbacks

Defeating a spirit of lack/fear:

What if I get stuck?

- 1) Read the passage again, and in another translation (AMP, NIV, NLT, TPT, The Message, etc.).
- 2) Consider 1 or 2 of the following:
 - What did I learn about God/His character?
 - What did I learn about humanity/myself?
 - How is God leading me to apply His words in a practical way throughout this week?
 - Make one SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goal to apply this passage throughout the week and ask a trusted confidant to hold you accountable.
- 3) Connect and discuss with a respected girlfriend, who is further in her journey with Him, what you liked/disliked or found interesting/confusing in the passage.

“We want to behold the God we love. We want to become like Him in both our character & our understanding of the supernatural realm...and declare revelation out of that healthy foundation.”

- Micah Turnbo

How does God speak? I’ve never heard His voice before. What if He doesn’t speak to me?

Welcome! You’re in perfect company. Throughout different phases of our journey with Him, we’ve all experienced times that we didn’t know His voice, felt we didn’t hear Him clearly...or at all, believed that “He doesn’t speak to me specifically because (fill in the blank!)”, and/or wondered how to hear Him speak. The more we practice making time to listen to Him, the more we’ll naturally recognize His voice.

Since the Bible encourages us to have child-like faith, one would naturally ask a child how God's voice sounds. Below is a 9-year old’s response, given without any hesitation.

“Soothing, but loud enough for anyone to hear it.”

When asked why God would speak to her, she again without hesitation, answered,

“Because He made me for that. To be His best friend.”

There's no doubt the same is true for you. God has made you—designed you to recognize and hear His voice. He wired your brain (Psalm 139:13 & 14), thus He knows how your brain functions best in hearing Him. And He will not hold back (1 John 5:15), as He greatly desires for you to recognize and hear His voice—just as easily as you would recognize your best friend’s voice!

“Having a rock-solid foundation of our identity in Christ is so critical...”

- Putty Putman



How God “Speaks”

While reading the passage, take a mental note of:

1. The word(s) or phrase(s) that caught your attention.

God is likely wanting to show you more about that particular word or phrase as it relates to who He is (His character) and/or who you are in Him (your identity).

Respond by thanking Him:

- Ask for more revelation and return to the word(s)/phrase(s) that He highlighted for you throughout the week, or what’s termed “meditating” on His word.
- Meditating could also include writing the word/phrase down where you can reflect on it often (screensaver, by the toilet, in the car, or on the fridge!), looking up definitions and synonyms, repeating, memorizing, or summarizing in your own words.
- If you’re artistically inclined and love to create (because you’re made in the image of our Creator! Gen. 1:26) you could draw a picture, sculpt, dance, sing a song, or write a poem about what you heard. There are no limitations, nor right or wrong way to meditate on His word—simply do what works best for you!

“We give significance in authority to whatever we meditate or focus on.”

- Wendy Backlund

2. A personal situation or circumstance that popped into your mind.

God is likely wanting to reassure or reveal how He is working in that situation, even if it doesn’t look or feel like He’s moving on your behalf. Or perhaps He’s gently encouraging you to release the situation to Him by praying over it and ceasing to worry.

Respond by thanking Him:

- Ask for more revelation.
- Does He want you to take action, renew your mind, or simply rest/trust Him with it?
- Pray for breakthrough and invite His will to be done in that situation.
- Then rest as you watch Him work in you, and possibly through you, to transform the situation or your perception and response over it.

3. A person (friend, relative, co-worker, etc.) was highlighted in your mind.

God is likely extending an invitation for them through you—maybe intercession (pray for them), share with them what you heard/felt through the passage, do an act of service from an overflow of your heart’s compassion for them, or invite them to join you in this journey of reading a passage a week, uniting in His heart with women all around!

Your anointing on life will lead to an encounter with the heart of God...By being a present friend to do life with, long-term fruit & transformation will occur.

- Wilson Cochrane

Respond by thanking Him:

- Ask for more revelation.
- Does He want you to take action, and if so, how?
- Ask for open doors to do so. And when the opportunity comes, do what He’s placed on your heart—what’s called obedience.



- Know that regardless of the outcome or the person’s response, you’ve trusted and obeyed Him. That alone will not return void (Isaiah 55:11).
- God is moving and all of heaven celebrates your step of faith in obedience to Him!

What God “Sounds” Like

Chances are good that you will not hear an audible voice, although some may. Oftentimes He “speaks” through subtle nudges, impressions, and invitations within your mind. And His voice sounds like yours because He lives in you (Rom. 8:10)! As long as the words heard aren’t condemning and shaming (Romans 8:1), rather “soothing” or edifying and life-giving (John 10:10), and most importantly, are Biblically sound (in alignment with His Word), they can be trusted as His.

Defeating a spirit of legalism:

What if I miss a passage or if I’m starting late in the game?

God is not bound by time or your/other’s expectations. He simply desires to connect His heart with yours and He will gladly oblige each time you invite Him to do so. There are no badges for meditating on every passage, as well as no penalties for missing one. The passages do not necessarily build upon each other, although what you receive from Him may as you intentionally set aside time to hear Him speak. So, feel full freedom to dive in wherever you are!

“Religion celebrates perfection, family celebrates progress.”
- Wendy Backlund

Defeating a spirit of pride/religion:

I’ve already read/studied/heard this passage before.

That’s awesome! If you’ve been following Him for years, chances are good you’ll encounter passages you may have already heard or know very well through years of study. Why miss an opportunity to go deeper with Him and His word, or receive a new and different revelation while connecting your heart with His and women in your community? Take a moment to open your heart to Holy Spirit and allow Him to reveal all He desires for you in your particular circumstances, on this very day.

“As we intentionally think and speak (renew our minds) with God’s promises and our biblical identity, we will transform our future into those things. Speaking faith declarations is a major part of this positive mind renewal. We build new strongholds in our lives because faith comes by hearing (Romans 10:17).”
- Steve Backlund

I’m already involved in a Bible study, completing a Bible plan, course, book, or podcast series.

Excellent! Don’t stop and keep pursuing and connecting with Him in whatever way He’s stirring your heart and leading you. If you desire to connect to other women (especially if you’ve felt division with another via comparison or any other heart issue the enemy throws at us), then be encouraged to add these 2-5 minutes as part of your time connecting with His heart, and automatically, with the heart of women around you. This journey is designed to be realistic and attainable for women leading busy lives (and who isn’t these days?!), so it can simply be added without necessarily deleting another God-driven activity or quiet time for those of us who love full plates!

This is way too simple—I like to go deeper.

Exceptional! Please do so. Marinate in Him and His word however you typically do, as there are no rules. The method presented is simply a way to unite with all other women on the same passage, no



matter where she may find herself on the journey with Him—just beginning, or decades of experience. Until we find ourselves on the other side of heaven, there’s always more to receive, learn, and release in partnership with Him and through His word. Feel free to adjust the following accordingly:

- **intensity** (i.e. reading additional or related passages, creating personal declarations related to the passage, adding worship songs you feel led to sing, dance to, etc.),
- **frequency** (i.e.: how often you return to His word/this passage within the week), and
- **duration** (i.e.: length of time you spend connecting with Him and in His word).

Ensure the adjustment doesn’t overwhelm your commitment to meditate on the weekly passage alongside women in your sphere of influence, and then go for it!

“Life is in the power of the tongue, Prov. 18:21. Through declarations (intentionally speaking God’s truth aloud over ourselves, circumstances, people we love, etc.), God has given us a powerful, practical tool to renew our minds and direct the course of our lives with our words. Declarations have the power to increase our level of faith to propel us to experience all that Jesus has won for us.”

- Steve Backlund





References

- Backlund, S. (2021). Empowering Our Future with Mind Renewal, Part 1. Igniting Hope Ministries Blog & Declarations.
- Backlund, W. (2017). Victorious Emotions & Feasting on the Spirit. Igniting Hope Ministries.
- Campbell, S. (2021). Quotes from Kingdom Pursuit Conference & Sunday Service at Vineyard Northwest, Cincinnati, OH.
- Campbell, W & S. (2016). Praying the Bible, Revised Edition. Chosen Books: Bloomington, MN.
- Clippard, C. (2021). Quotes from Cali after school & following participation in exercise, Nov. 15, 2021.
- Clippard, H. (2021). Quote from SPLASH Introduction, April 16, 2021.
- Cochrane, V. (2021). Quote from message, 11:30 service, Nov. 28, 2021.
- Cochrane, W. (2021). From Kingdom Pursuit Conference Session 6, Oct. 9, 2021.
- Gumbel, N. (2021). Bible in One Year 2021 with Nicky Gumbel, Day 323. Plan in YouVersion Bible App.
- Putman, P. (2021). From "Our Identity Treasure" on puttyputman.com, Jan. 29, 2021.
- Turnbo, M. (2021). From Behold, Become, Declare & School of Prophetic Ministry, Spt. 2021.

Additional Resources

Girlfriends:

- Relatives - sisters, aunts, grandmothers, mothers, cousins, in-laws, trusted spiritual mothers
- Mentor - Any personally trusted and respected woman further along in her faith journey
- Mentee - Any person of peace (open to you, God, His mission) just beginning/newer in her faith journey
- Peer - Any personally trusted and respected woman walking in same season as you in her faith journey

Apps:

- YouVersion Bible
- Blue Letter Bible

Books:

- Campbell, W & S. (2016). Praying the Bible, Revised Edition. Chosen Books: Bloomington, MN.
- Johnson, B. (2018). Raising Giant Killers. Chosen Books, (Specifically for Moms!)
- Backlund, W. (20) Victorious Emotions. Igniting Hope Ministries. (Specifically for Feelers!)

On-line:

- Igniting Hope Ministries (Steve & Wendy Backlund's Blogs, books, & courses such as Feasting on the Spirit)
- The Chosen Series by Dallas Jenkins & Video Angel on YouTube (exceptional in bringing well-known Bible stories of Jesus to relatable, real-life scenarios; depicts the awe-striking connection between Jesus' divinity, humanness, compassion, depth, & yes, even joyful fun in personal relationships).
- School of Prophetic Ministry by Micah Turnbo & School of Kingdom Ministry by Putty Putman (for more in-depth courses on understanding identity as a child of God & friend of Jesus, Kingdom principles, & the natural, supernatural overflow into your life & those around you as a result of resting & soaking in His presence).





Testimonies to Increase Faith

From Small Pilot Group, 11.2021

Psalm 91:

Read passage aloud/moving, meditate on it & receive from Him, then share/invite girlfriend to do same

"So I did this last night with [my daughter]. It was a very sweet time together. Hate to say this, but I have never really done this with [her]] before [hand smacking head emoji!!] I have been wanting to "do" something with my older kids & help/give space for them to go deeper. This was great. I would love to do more of this!"

- Wife, mom of young & elementary-age children, works from home

"I don't think I have ever spent so many days reading, meditating, and praying the same chapter over & over, and I'm starting to feel a shift-I was asking Holy Spirit what that shift is. In part-I think it's that these verses are getting from my intellect to my spirit. I read this from "Feasting on the Spirit email and it clicked: "I will often re-read revelatory messages five times a day so the truth goes past my intellect & into my spirit. The goal is to understand & believe with the spirit of your mind".

- Single (favored!) & in marketplace

"I did it in my house today and was struck by "refuge" ... the Most High is my dwelling. Imagining "living in God" like living in a house. What is that like? Like to be able to run into God's presence like you run into the house and shut the door (from the cold, the rain, etc). Praying for our physical home to be a place where People experience the spiritual presence of God. The last 2 verses are what I pray for my dad: "With long life I will satisfy him and show him my salvation" and I see how the Lord has been accomplishing that lately. Thanking him for that answered prayer. [He joined her at church for the first time that Sunday & the one prior.] Remembering 11 yo Lucy in Africa, when [my daughter] drew this verse up on the chalk board with the chicken (feathers). Lucy [kid in Africa] raised her hand and said " this Psalm is my refuge". She lived in what we would consider a dump, and yet she actually lived in the house of the Lord. She had made the Most High her dwelling and was experiencing all of what this Psalm says...the joy of the Lord was evident in her!

- Wife & mom of teenage girls

"Candid feedback: I totally forgot until just now because 2 kids are finally napping and I have a moment to do it!"

- Authentic(!) wife of pastor & mom of 3 littles, involved in ministry

"One of my favorites, very short and yet so dang gone packed with promises. I've not done any of this in real life (vs.13), but He has done that figuratively in my life. I have hurt my foot on a stone - so where were you my Guardian angels (vs. 12)?? HA HA!!! Last half of Vs. 4!!!

- Seasoned & wise single (favored!), involved in ministry

"I did listen to Psalm 91 (while moving/driving in the car) multiple times, and prayed invitationally for God to teach me. I was sincerely grateful for the prompting. Your description and engagement and sharing of the Word is a place of nourishing with great value. I like the tips to go deeper, and especially the reminder to ask God, with gratitude, where He is working in situations He brings to mind. In meditating on Psalm 91, I was connecting to Psalm 25 which Jesus quotes multiple times in Matthew during His last week...with the calling to sit near Him, ruling with His scepter authority, while He subdues our enemies in our presence. In the past I had focused on Psalm 91 being a message that God will save us from having to deal with every trouble. Now, at 47, I hear more of how He engages us deeply, intimately, revealing His power through us while trouble, arrows,



pestilence, destruction are all in our midst, in our workplaces, our homes, our families, and our lives. This is all the more amazing as I've been contemplating that God placed us in a realm in which the enemy has freedom to wreck havoc and chaos. So, as God allows us to reign at His feet with His scepter, He is displaying His orderliness, His victory to work in even us, in our weakness, in order to display His surpassing greatness over all forces of mayhem. This is a beautiful lesson for me as I seek His reign in the midst of long-term dementia or other chronic illnesses in my mom, community, and church. I like what you're doing & thank you for inviting me in the journey."

- **Wife, mom of 4 adult home-schooled daughters, & in marketplace**

Another woman shared candidly about her mounting medical issues, the favorable answers that came that very day, & requested to continue in prayer.

- **Single (favored!) & in marketplace**

"This was good; however, I'm not great about moving while reading, so I had to stay still [silly emoji]. Love this Psalm, the safety & security we have in Christ and all the promises of protection we have from Him--no matter where we go or what we encounter." Later wrote: Interesting how you suggested moving my hands bc that is what I ended up doing! [smile emoji]

- **Wife of pastor & mom of 4 children**

"I just did it! What really stuck out to me is all the promise over my life by following God. He will take care of me and keep me from harm. Thanks for sharing this!"

- **Wife & in marketplace**

After receiving context in Psalm 91 for a previous supernatural event in summer, I did this with my 9 yo after school (took 4 min!). Before started, asked how God's voice sounds: "Soothing, but loud enough for anyone to hear." Why would He speak to you? "Because He made me for that--to be His best friend!" After she read from NIRV aloud & pacing outside: "When talked about bad stuff, the clouds covered sun & it got darker but I heard & saw angels singing over me." What caught your attention? "The word "fort" is a big, strong structure that keeps you safe. I pictured Moses writing down verses in his tent, walk out of his tent, look up at stars-galaxies. Everybody was drinking in tent (but it was a good thing!)--they were sitting around table, drinking, laughing, having fun!" How would you practice what you heard? "I'd share it with other people who feel sad & unsafe...like the girl in my class who fled Afghanistan & is Muslim" - **Wife, older mom of elementary age kids, in marketplace**

"Love it and done it! On our post-Thanksgiving brunch walk. Read a few verses of 92 for extra credit [grinning emoji]. I can hear you reading it with me. I love you! [heart emoji]" - **Wife of pastor, mom of 3 young children, in marketplace**

"I spent time in Psalm 91 this week and loved it. What stuck out to me - trusting Him as the protector of my family, that it's not on me, and how I can partner is by resting in Him & trusting that He's over them."

- **Wife, mom of 3 young children, involved in ministry**

"All through COVID, I've been simmering on Psalm 91. This week...verse 6, "do not dread the disease that stalks in darkness, nor the disaster that strikes at midday." Partially bc we've had a few rounds of unhealthy viruses, and colds run through the family. And the "disaster that strikes at midday" is the transition time from the kids being at school to home. We have had very little commitments this week after school & I'm not sure if it has helped that timeframe or not but we have had MORE time to transition. So thankful that He is my refuge & the days continue on. May my days be filled with grace & abundance of time."

- **Wife, mom of 3 elementary age children, involved in ministry**

"Loved walking down the beach this morning reading Psalm 91 out loud! Had a sandpiper walk right with me which felt like an angel of joy."

- **Wife, mom, grandmother, involved in ministry**

"Praying into "Because He holds fast to me in love, I will deliver him; I will protect Him, bc He knows my name. When He calls to me, I will answer Him; I will be with Him in trouble; I will rescue him & honor him. vs. 14-15, ESV."

- **Wife, mom, grandmother, & co-founding pastor**



Responding to His Vision of Unity

John 17:20-21

I am praying not only for these disciples, but also for all who will ever believe in me through their message. I pray that they will **all be one**, just as you and I are one-as you are in me, Father, and I am in you. And **may they be in us so that world** will believe you sent me."

Coming soon...& fully dependent on His leading following trial in Dec. 2021

