



Pure and Holy Daily devotional

By

Mabel Mensah-Kane



PUBLISHED by PARABLES
Earthly Stories with a Heavenly Meaning

Pure and Holy Daily Devotional
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Published By Parables
November, 2021

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ISBN: 978 -1 -954308 -81 -7
Printed in the United States of America

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ONLINE PRELAUNCH REVIEW

The message of the devotion came through loud and clear. The message was packaged in simple wording but was loaded with a lot of information and power. This devotion justifies why I admire you and look up to you. May the anointing on your life increase from glory to glory so that you can reach out to and bless multitudes. Thank you for giving me the honour of reviewing your work. I feel blessed to have been part of the process.

- **Kojo Bonsu Amoah**

Anyone can read it. Very relatable. Love the girly colour there, makes it a little girly (I personally love that). I'm not sure if guys would mind that though. I love the scripture references and practical steps you give to generally guide readers what to do. Above all else I love the prayer slot! Excellent

- **Agnes Kattah Hagan**

And the to-do list at the end makes it more relatable. It also increases the amount of time you stay in the presence of God. Nice one!

- **Ewura Adwoa Koranteng**

This is precise and easy to use on the go. The to-dos help to make it more engaging & interactive.

- **Kofi Nkrumah Mensah**

I find this very profound. Considering the reason we do certain things with relation to addiction is all because we are empty and want something to fill us. In summary I really needed this and there's nothing I'll change about it. God bless you.

- **Koran**

Honestly and not because I know you. But this devotional is so direct, people's lives are going to be changed if they follow the instructions in the 'to do's'. God bless you Mabel.

- **Vicky Armah**

DEDICATION

This book is dedicated to the God of Israel.

And I will give you treasures hidden in the darkness— secret riches. I will do this so you may know that I am the LORD, the God of Israel, the One who calls you by name. – Isaiah 45:3

ACKNOWLEDGEMENT

To Dr. **John Dee Jeffries**. Thank you for publishing the Sexual Purity Handbook and this daily devotional as well. God bless you forever. Amen.

To **Mr and Mrs JFK Mensah** of CDM Bible College. Thank you for covering me in prayer.

To my online family who reviewed the prelaunch version of this book. God bless you.

To **Pastor Ron and Lupe Beyerle** for covering me in prayer.

To **Michael and Judy Davis** for caring for me and praying over me.

To my sisters in Christ here in America, **Yesenia and Johana**. I cherish your friendship ladies.

To **Vicky Armah**, your support and love for me is tremendous. Thank you.

To **Vanessa Kavi**, my best friend of over ten years, God bless you for always checking up on me and finding out how the book is coming up. I appreciate you.

To my siblings **Ken and Maggie**, I thank the Lord God Almighty for you two always. Covering me in prayer and always ready to offer advice and help. Thank you

To my love. **Paapa Mensah-Kane**. You care about my growth so much. Thank you.

INTRODUCTION

Dear Reader,

I am very thankful and humbled that God chose to strengthen me again to write another book in this same year of 2021. Glory to God Almighty forever.

This book is a 100 day devotional and I have entitled it *Pure and Holy*. It is divided into 90 days of devotional and 10 days of scriptural declarations. It is easy to assume this book will be about only sexual purity. It will not. The Holy Spirit guided me to write on various topics which will lead to a fulfilment of a renewed mind-set in Jesus Christ. This of course includes sexual purity. I looked at emotions like fear, compromise, doubt, guilt, laziness, self-centredness etc. These emotions prevent us from embracing the truth that indeed we are pure and holy before God Almighty our Father through Jesus Christ.

A sexual purity journey will be more natural, less difficult when our reflection of who we are is according to the truth of God which is this- we have the righteousness of Jesus Christ because He took on our sinfulness on the cross.

The devotional is divided into four parts. *Scripture, Life lesson, To do list and Prayer*.

Look out for the colored writings in italics, they give pointers on how to address an issue of addiction based on the day's message.

This book is inspired by God and I was almost disobedient with it. I was almost complacent and said to God, I already wrote a book in February, so I should not write another. Then He reminded me that I am a living sacrifice unto Him according to Romans 12:1. While writing this book, there were days when I was overwhelmed by unnatural fatigue which I knew was from the devil. Sometimes I gave in and just ran away from the project and other days I would fight back by asking God for help. So if you are fortunate to have this book in your hand today, know that the devil who is also called the resistor did all he could to prevent it from getting to you.

Ready, set, go and have a blessed and sanctified 100 days!



DAY 1: I NEED YOU JESUS



Scripture: As the deer pants for water, so my soul pants for You, O God. - Psalm 42:1

Life Lesson: I was very thirsty and to quench my thirst, I drank Sprite. Sprite is colourless just like water. It filled my belly up but it did not satisfy. I would be full if I continued to drink more bottles of Sprite but it would not quench my thirst. Until I drink water, I won't experience the peace that comes with true satisfaction.

Jesus is the water we need today to be fully satisfied in God. We all are desperately seeking solace in God. Jesus is the bridge. We are seeking Satisfaction which is God and only the Living Water can satisfy. The Living Water is Jesus Christ ([John 7:37-38](#))

The money, relationship, the series, food, they give only temporary satisfaction. Walk with Jesus long enough and you would not need to fuel up with these temporary things. We all need Jesus.

At the core of every addiction including sexual addiction is a lack of the knowledge of Christ.

To do list

1. Read the book of John this week.
2. Get a journal to write more to Jesus. And also to write down what He tells you through His Holy Spirit.
3. Listen to ***At the Cross by Hillsong Worship***

Prayer: Dear Jesus, I need You. I do not feel confident about my relationship with God because I do not know You. Even as I read the book of John, open my eyes and lead me to know and love You more. In Your name I pray. Amen



DAY 2: WILL JESUS BE ENOUGH?



Scripture: But they that seek the Lord, shall not lack any good thing. - Psalm 34:10

Life Lesson: When my soul is downcast and I am burdened by worries of future provisions, I find it difficult to go to God's Word (the Bible) for answers. I often would look to a funny show or social media to distract me. Can you relate? Have you ever found yourself in a similar situation where you knew the Bible had an answer for you, but you were just not feeling it? You either reach out to a friend, eat, sleep or go online to distract yourself.

Well, the distractions work for a short while, it could be a day, a week or even a year, but the pinch of the issue never passes away until we find the answer from the bible and heed to it. So yes, Jesus is enough and will be for us every time. And because Jesus is enough, we have to discipline ourselves to ask Him for help on time. Whenever we delay asking Him, we train our hearts to disobey Him. Jesus is described as the Word in John chapter one. He is the Word in flesh. Whenever we are looking for Him, we can find Him by opening our bibles. We need to train our hearts to be satisfied with Jesus.

It is often when we go looking for a temporary distraction, that we entangle ourselves deeper into addictions.

To do list

1. What issues have you not sought for an answer from the Bible? List them
2. What are the distractions you love to depend on? List them
3. Read about Prophet Samuel and King Saul in 1 Samuel Chapter 15. *(Make notes on the importance of instant obedience)*
4. Listen to *I need You more by Kim Walker - Smith*

Prayer: Dear God Almighty, thank You for sending Jesus to me as Your Word in the flesh. Help me to look to the Bible for answers anytime I need answers. In Jesus name. Amen



DAY 3: AM I GOOD ENOUGH FOR GOD?



Scripture: God saved you by his grace when you believed. And you can't take credit for this; it is a gift from God. - Ephesians 2:8

Life Lesson: Am I good enough for God? This is like asking "am I good enough for my mother?" Even though not perfect, a mother's love is the closest example to God's reason for loving us. Your goodness or badness is not why your mother loves you. She loves you because you are hers. You are her blood and she claims you proudly- *we do not live in a perfect world so if this is not the case for you, I am sorry.* A mother's love is bound by blood.

God created your mother and she is able to love you this deep, how much more God Himself who is love? He loves you! Your link to God Almighty is also by blood. The blood of Jesus according to **Matthew 26:28**. God created blood, His blood connection to us overrides any human blood connection. We are His through Jesus Christ. Simple.

It was not our goodness that convinced God to send Jesus to our rescue. **Romans 5:8** informs us that, while we were sinners God showed us His love. Believe in the Lord Jesus Christ and live this new life by faith according to **Galatians 2:20**. Go to God through Jesus Christ. It is only your faith in Jesus Christ that will qualify you as righteous before God.

An addiction is often sustained by lies and accusations that you are not worthy of God's love. When struggling with an addiction, you must repeat the message of the gospel over and over to yourself. If not, the devil will convince you that God hates you and there is no way out.

To do list

1. Google ten scriptures on the grace of God
2. Memorize two scriptures on the grace of God
3. Speak to a friend on the grace of God
4. List 10 areas in your life that need the grace of God
5. Pray at midnight today about all ten needs and leave it at the foot of the cross

Prayer: Thank You Father for Your grace. Teach me to depend on it for everything in my life. Father, You are aware of some of the thoughts I think. Help me as I pray tonight. Let the gospel of Jesus Christ be my reality. I rebuke the devil in Jesus name. Amen.



DAY 4: WE HAVE VICTORY FOREVER



Scripture: We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. And endurance develops strength of character, and character strengthens our confident hope of salvation - Romans 5:3-4

Life Lesson: It is scary and confusing when what we fear most comes upon us. If we are honest and daring enough, we would even dare to think that the devil was almost having his way with us while God watched on. I hope you know this is never true.

God has promised us that no weapon formed against us shall prosper. When He warns us in dreams or visions, this is how we should respond: - Do not be afraid (Isaiah 41:10), stand on scripture relating to the issue (Isaiah 55:11) and believe that your prayer has been answered. (1 John 5:14-15)

Do not go back to bed with fear after having prayed about a thing. Sometimes the Holy Spirit may nudge us to keep praying. When you sense that, you do not stop praying, rather, ask the Holy Spirit to lead you on what and how to pray concerning what has been revealed to you. Spiritual authority is gained with experience. We have it but we have to master the craft of using it if not they would not be effective. Every Christian must grow spiritually, it is not a choice, you either grow or die!

My dear friend, I want to tell you that you have the victory. We gained the victory 2000 years ago on the cross when Jesus Christ said it is finished. You have every kind of victory already in Christ. God is the source, Jesus is the channel, but the Holy Spirit is the administrator of the victory. So ask the Holy Spirit to give you a direction that would lead to the physical manifestation of your victory.

An addiction is a physical struggle as well as a spiritual attack on your destiny. To prevail, you must allow the spirit to overcome the flesh. The victory mindset is important.

To do list

1. Make a list of promises and prophecies you have received but did not pray about. Pray about them this week. Stand on Jeremiah 1:10-12 to pray.
2. Fast on a day of your choice and ask the Holy Spirit for direction.
3. Find 5 promises on Victory from the Bible. Meditate on these. Sing them out sometimes to yourself.

Prayer: Thank You Jesus for the Victory I have in You. Dear Father, work on me so I can understand my authority in Christ and apply it boldly to my life. Amen



DAY 5: SYMPTOMS OF GROWING COLD



Scripture: Sin will be rampant everywhere, and the love of many will grow cold. - Matthew 24:12

Life Lesson: In marriage, no matter how much we love each other, if we do not put in an effort to show affection and love each other, we will gradually drift apart. We may not divorce each other or cheat on each other, but the quality of the relationship will diminish. We would become miserable or comfortable with a “roommate situation”.

Our relationship with God is a lot like marriage. With marriage, many couples treat it in these three ways, it is either they invest in it and enjoy it, be indifferent and endure it or give up on it completely and separate from each other. Many Christians do the second one. They choose the middle ground which is being indifferent. It's either we are hot or cold. No middle ground. We have to either be committed or get lost. Because without commitment to the Lord Jesus Christ we are going to end up lost on the last day anyway.

Addiction comes about when we start getting lukewarm. Chaff does not do well around fire. You need to be on fire for Jesus especially when nobody's looking. The chaff of addiction burns in the fire of the Holy Ghost.

To do list

1. Assess your heart. Pray with Psalm 26:2
2. Make a list of new commitments you are going to keep to strengthen your love relationship with God Almighty.
3. Make a list of compromises you often make that causes you to grow cold. Ask for forgiveness for each one of them, believe in God's mercy and thank Him for forgiveness.
4. Google scriptures that address the compromises you listed. Ask the Holy Spirit to help you.

Prayer: Dear Father, I do not want to be lukewarm. Strengthen me to live fully for You in Jesus name. Amen.



DAY 6: RADICAL OR RATIONAL?



Scripture: For all who are led by the Spirit of God are the children of God. - Romans 8:14

Life Lesson Do not be rational. Do not be radical. Be led by the Spirit of God. When we are led by the Spirit of God, we are able to apply wisdom to different situations.

Sometimes the Holy Spirit can warn us of danger ahead and lead us to be rational or logical. Other times the Spirit of God can give us a direction that requires a radical move. We can never go wrong when we are led by the Spirit of God. Therefore the question we should ask is how can I know when the Spirit of God is leading me?

Read the bible. Anytime we want to confirm if the Holy Spirit has truly spoken to us or is leading us, we have to verify what we have heard with the word of God. The Holy Spirit will never cause us to sin against God.

We know for sure that if we ask the Holy Spirit to lead us every day, we will gradually find ourselves far away from the places of addiction. A Holy Spirit led life cannot remain in addiction.

To do list

1. Pray to God and ask Him to speak to you about your life. Do not rush the prayer.
2. Listen to **Pastor Derek Prince's message on the Holy Spirit** on YouTube.
3. Take notes from the message recommended above.
4. Pray for wisdom concerning any major decision you are about to take. (Relationship etc.)
Pray for the little things as well

Prayer: Dear Father, Your word says I should ask for wisdom when I need it. I need wisdom right now to live according to Your will and be Spirit led every day. I receive Your wisdom for my life in Jesus name. Amen.



DAY 7: IN GOD'S TIME



Scripture: Yet God has made everything beautiful for its own time. He has planted eternity in the human heart, but even so, people cannot see the whole scope of God's work from beginning to end. - Ecclesiastes 3:11

Life Lesson: I remember my very first lecture in university. The lecturer spoke French throughout and I was completely lost. I started questioning myself if I made the right decision choosing French as a major. It was until the lecturer had a phone call and started speaking Twi (my native language) that I was relieved. Hearing him speak a language I understood gave me hope. A hope that he will understand my journey because he is also not a native French speaker. I was filled joy knowing I would one day speak French just like him.

I speak French now and even teach it. At the very first lecture I could not see myself speaking the language but I had hope. My hope, in addition to my obedience and commitment to the course, led to fluency in the language. Though we may not be able to see tomorrow from today, let us hold on to our hope in God's timing diligently. His timing is beautiful and punctual.

Everything you are praying for today, in ten years' time would not be on your prayer list because it would be in your life. God hears prayers so let us keep hope alive in Him. He can be trusted, especially with time. He is the only one not limited by time.

When suffering from an addiction, a bad day can feel like a bad month or year. So do well to keep track of the days. Do not let Wednesday pollute Thursday. It's a one day at a time approach. A New mercies each day approach.

To do list

1. Refresh my hope in God. Read the scriptures that inspired hope for the promise I desire to see realized in my life.
2. Write this on my wall: Hope is a confident expectation of good.
3. Memorize Romans 15:13

Prayer: Dear Father, Your word assures me that when I put my hope in You and only You, I would not be disappointed. Refresh my hope in the promises in Your word. Give me an evident sign today that You are with me. I know You are with me so thank You. In Jesus name. Amen



DAY 8: JESUS CAN RELATE



Scripture: This High Priest of ours understands our weaknesses, for He faced all of the same testing we do, yet He did not sin. So let us come boldly to the throne of our gracious God. There we will receive His mercy, and we will find grace to help us when we need it most. - Hebrews 4:15-16

Life Lesson: I travelled to Benin and stayed for a year to continue with my studies. All our lectures were taught in French and the lecturers were not required to be bilingual. There were some lecturers who were very impatient with us when we made mistakes or mispronounced supposedly “easy” words. Some were also too lenient with us because they have never had to deal with what we are trying to achieve.

Jesus would not be insensitive to our weakness; neither would He be unreasonably lenient with us when we gear off the path of righteousness. His goal is not to intimidate us or pamper our ego. His goal is to save us and teach us how to walk like He did. Jesus had absolute victory over sin, Satan, temptation and the world. He was tempted to sin, Satan tried to entice Him to forfeit His calling, and the world rejected Him and spread rumours about Him. Yet He stood and today His glory is intact. That is our story too now in Him by faith. We have victory over Sin, Satan, Temptation and the World. Our glory is intact in the name of Jesus.

Addiction in any particular area of our lives is a proof of a lack of Jesus in that particular area. How can you walk with Jesus in that area? By trusting Him, asking to be led by His Holy Spirit and believing that you are already all that He says you are in Him.

To do list

1. Read Matthew chapter 4 today.
2. Use Hebrews 4:16 to pray at midnight
3. Listen to **‘Nothing but the Blood of Jesus’ by Jesus Culture** and write a gratitude list.

Prayer: Thank You Jesus for the victory I have in You. My glory in Jesus Christ is intact. In Jesus name. Amen



DAY 9: MOVING FORWARD



Scripture: Brethren, I do not count myself to have apprehended; but one thing *I do*, forgetting those things which are behind and reaching forward to those things which are ahead. - Philippians 3:13

Life Lesson: What if after the Apostle Paul got saved, he kept going back from time to time to persecute Christians and assure the Pharisees that he had not completely left them? He would not have been able to make any impact because he would be too distracted to be used by God.

Another instance will be this: - after he encountered Jesus Christ on the road to Damascus, had he kept doubting the forgiveness he had received and refused to mingle with the other disciples or take up any leadership role, he would not have been able to be used by God because he would have been too focused on himself to be able to even hear God.

We were guilty and condemned to die. Jesus came in as our advocate and paid the price for our freedom. Therefore we were guilty but not condemned. We are free to live in the way God intended us to live. Do not make little of the death and resurrection of Jesus Christ. Never look back. Keep going. Forward ever like the Apostle Paul.

When you decide to break ties with someone you were involved sexually with, missing them is not a reason to go back. Missing them is not unnatural. Intensify the separation, pray and renew your decision to not go back to that life of sexual sin in Jesus name. Do all this in the name of Jesus.

To do list

1. Ask for forgiveness for sins coming to mind right now.
2. Forgive yourself for every mistake you still regret you made. Please forget about it. Learn from it and move on.
3. Make a list of things you are letting go of as of today, cross them out and make a shout of praise.
4. Have a praise and worship session in your room. With your own voice, thank God Almighty for His mercies towards you.

Prayer: Jesus, I am grateful to You. You took my case and made me innocent before the Father. Thank you. Father Give me the strength to let go of all my regrets and focus on the path You have laid before me. In Jesus name. Amen.



DAY 10: SEALED WITH THE BLOOD



Scripture: For this is my blood, which confirms the covenant between God and His people. - Matthew 26:28

Life Lesson: The doctor told me I was seriously sick. My mother died from a similar condition. My father suffered a stroke due to that same issue. He prescribed me the same drugs my mum used to take. It was very funny but I wasn't laughing. The devil is shameful. He was trying to get me to confess something about this situation so that he can go ahead and establish it in my life. The Holy Spirit made me aware of this in the consultation room so I decided to keep quiet. My mind was looking for scriptures. I knew 1 Peter 2:24 off head but that was not what my spirit was looking for. My spirit was seeking a scripture that talked about bloodline. They are my earthly parents but my Owner (God Almighty) overrides them.

Jesus died for me and His blood is a confirmation of God's covenant with me. Our love relationship with God Almighty was sealed with blood. The blood of Jesus Christ. Just like how a virgin's relationship with her husband is sealed by the blood at the first penetration. A mother's relationship with her child is sealed with the blood shed during childbirth. Do not joke with blood. It works.

If Jesus has confirmed it in the bible that His blood has put us into a covenant with God, then our natural bloodline cannot limit the power of this covenant. Today I am free. I am not afraid at all. This love relationship is sealed with the blood of Jesus Christ.

Jesus took upon Himself the sin of your sinfulness and so today you are righteous with His righteousness. Do not live like you have forgotten this. If you didn't know this too, now you know. You are righteous so live accordingly.

To do list

1. What verdicts have you accepted that are not in line with the promises of God for you?
2. What in your natural bloodline can you distance yourself from today with this scripture?
Confess faith over every problem you ever willingly accepted.

Prayer: The blood of Jesus is speaking for me every day in the name of Jesus. Amen



DAY 11: THE KING IS COMING



Scripture: I am the Alpha and the Omega—the beginning and the end,” says the Lord God. “I am the one who is, who always was, and who is still to come—the Almighty One. - Revelation 1:8

Life Lesson: My mother passed away on the 23rd day of January, 2019. She did not promise to return for me. If she did that would be very scary. She cannot return for me because she does not have the ability to.

Jesus promised His disciples in **John 14 verse 3** that He would come again so that where He is we can also be. A born again Christian must believe that Jesus who is our King would return for us. We have to look forward to it with joy. Whenever you go through a challenge remember that, that challenge would not last forever because one day Our King would come and we would receive true justice.

The King is coming. With the recent turn of events with world news and happenings, we should expect Him any day now

Addictions thrive when we forget about eternity. Set your mind and heart on things above.

To do list

1. Read Revelations 22: 6-21.
2. Pray and ask God to put a joy and expectancy of the return of Jesus into your heart
3. Read a book on the end times. Read Final quest by Rick Joyner.
4. Watch Pilgrim's Progress on YouTube

Prayer: Thank You Father for restoring our love relationship. I pray for the grace to be met prepared on the day of Christ's return. May You find me in Your will oh Lord. In Jesus name. Amen.



DAY 12: DILUTED FAITH, INCREASED PAIN



Scripture: Let us hold tightly without wavering to the hope we affirm, for God can be trusted to keep his promise. - Hebrews 10:23

Life Lesson: Abraham believed God so much, he had faith that if God took Isaac's life, He, God had the power to raise him up again or even if He doesn't, the plot twist will make sense in the end.

When we humbly ask our parents for something over and over again, if we persevere with a good character, they can have a change of heart and grant us our request. When we get frustrated with them in the middle of asking them, and begin to curse them and complain about how unjust and unkind they are, the probability to grant us our request becomes very low. They may even withhold the answer from us altogether. God's mercies endures forever so do not be scared.

When going through life's difficulties, do not listen to any other report apart from the Word of God. I learnt that the hard way. God made me a promise and it came to pass. It came with a few complications and instead of me trusting God's word, I turned to Google for answers till what I found on Google happened to me. Google results diluted my faith and increased my pain.

Look at the word of God. Stick to it. Do not let go of it. Your pain will turn into hope. And very soon the hope will become a reality which you can touch and hug.

Social media and the internet plays a role in your sexual purity journey. Unfollow whoever does not edify you. Unfollow whoever makes serving God hard for you.

To do list

1. Look for ten personal scriptures that make you confident of God's love.
2. Stick them beside your bedside and look at them every day.
3. Confess them day and night.
4. Write down the things you are learning in this testing and trial period.

Prayer: Your word is sure and true Father. Thank You for a second chance to behold Your promise. Thank You for Your mercies towards me.



DAY 13: CHRISTLIKENESS



Scripture: Your attitude should be the same as that of Christ Jesus - Philippians 2:5

Life Lesson: In [Acts 11:26](#), Paul and Barnabas met with the church for a whole year teaching and discipling them. Those disciples were the ones first referred to as Christians by the people of Antioch. Today anybody can call themselves a Christian without being an active disciple of Jesus Christ. That is an error. Christianity is not a religion. It is a way of life which must impact every segment of our lives.

The disciples were called the people of the way before they were called Christians. The name of Christ is in the name Christian. We must not claim the title without the Person of Christ. We must walk like Jesus walked. We must live for Him and we must know Him

If you have tried everything and it is not working, change your prayer topic to this: - Father I want to encounter Jesus Christ. Nobody encounters Jesus and remains the same. Crave for a divine encounter with the Lord Jesus Christ. He is the chain breaker.

To do list

1. Get discipled. SetApartGirl Worldwide has a discipleship program.
2. Read about Jesus in the book of Mark and Luke. Take notes of Jesus' approach to life
3. Ask God to forgive you for not completely embracing Jesus Christ in every aspect of your life.
4. Surrendering is a process. Pray for grace to keep surrendering daily. Ask the Holy Spirit to lead you to scriptures that would help you understand what surrendering means.

Prayer: Thank You Father for giving Jesus Christ to me as an example to follow. Sweet Holy Spirit, strengthen and inspire me to follow hard after Jesus Christ, My Lord. In Jesus name I pray. Amen



DAY 14: TURN AT 180 DEGREES



Scripture: Now repent of your sins and turn to God, so that your sins may be wiped away - Acts 3:19

Life Lesson: When we repent of stealing, we have to let go of every desire to have what does not belong to us. When we repent of our sins and rebellion against God, we must now live in total obedience and walk in the righteousness we have been gifted with through our faith in Jesus Christ.

Leave all the old things at the foot of the Cross. Let them die there. **2nd Corinthians 5:17** promises us that our old self has truly been dealt with. We are truly new people. When we do not live as new persons, we are forfeiting what the bible has spoken concerning us. Daily prayer and walking in obedience to the Word of God helps us to uncover the new us properly.

We cannot be truly born again if we do not repent. It is a requirement. Encounter Christ just as we are, but once we have agreed to accept Him as Lord over our lives, we must turn 180 degrees away from our sins, never to return to it.

Grace is available.

The idea of an absence of will strengthens addictive behavior. God has blessed us with will power. You need fuel. Ask God for power to make that bold decision. All free people have a choice. If you want to be free, make a choice. You can start by seeking real help through counselling.

To do list

1. Pray right now and ask God to bring to heart and mind any sins you have not repented of.
2. Listen to **I surrender by Hillsong Worship**. Dance to it in the Spirit and proclaim the freedom I have in Christ. Hallelujah!
3. Share this truth with one person online.

Prayer: Thank You Jesus Christ for the Cross. I am free in You. I renounce all my sins. I hate them all and I want nothing to do with them. I embrace Your grace to live victoriously in You Jesus. Amen



DAY 15: THERE IS NO MIDDLE GROUND



Scripture: Anyone who isn't with me opposes me, and anyone who isn't working with me is actually working against me. - Luke 11:23

Life Lesson: How frustrating it is when the person we are in a "relationship" with refuses to define the relationship. When alone he or she makes us feel special and enjoys our company but won't refer to us as girlfriend or boyfriend neither does he or she introduce us to their friends and families as such. How does that make us feel? Oftentimes this is what happens. We either get frustrated or leave them or we allow them to waste our time till we no longer have any options but them.

We cannot treat God Almighty like that. He has already defined our love relationship. Our only requirement is to come to Him through Jesus Christ. Many are comfortable with saying "God bless you" but are shy to tell someone "Jesus loves you". This is because using the name of Jesus specifies which God we are referring to. It makes God personal and that would require an active relationship. There is no middle ground in our relationship with God Almighty. Let us choose Jesus Christ daily.

Having an addiction while actively serving in church capacity means one thing. You have not chosen Jesus Christ in your private life. Our outward ministration should be a result of our inward overflowing ministration to God

To do list

1. Read John Chapter 3. Make notes
2. Read Romans Chapter 10. Make notes.
3. Declare your stand. Write it out and post the declaration on your social media or on your bedroom wall. You can use mine 'I am committed to Jesus fully'.

Prayer: Thank You Father for restoring our love relationship through Jesus Christ Your Son. Father give me wisdom so that I can be real in my public profession of faith and love towards You. In Jesus name. Amen



DAY 16: DYING TO SELF



Scripture: He must become greater and greater, and I must become less and less. - John 3:30

Life Lesson: When we are consumed with what we have to say in a conversation, we are unable to have a fruitful conversation because we do not listen to the other persons in the conversation. When we continue on like that, eventually we lose good friends and have shallow conversations with the friends we have left. It is so easy to be consumed with ourselves that we barely see others and their needs. Narcissism in the highest form is when we find a way to make every single thing about us. Even when someone dies, we find a way to make it about ourselves by crying the hardest and making up lies about the relationship that never existed. It is difficult to befriend such people, much less marry them and live with them.

John the Baptist was told that Jesus was baptising just like he was and he told his disciples not to be bothered by that or compete with Jesus. He instead told them that he John the Baptist is not supposed to block Jesus. He must become less so that Jesus can be greater. To be an effective tool of God, we must decrease and allow Jesus Christ to increase in us. Even when we feel the need to defend our reputations, we have to check with Jesus Christ through the Word and the Holy Spirit to verify if that move would cause us to overshadow His visibility in our lives.

It is not fun at all, but decreasing for Jesus Christ is the source of true dignity. Die to SELF. Forget Self-love, love Jesus. Forget Self-care, Care for what Jesus cares about. God would never harm us as we prioritize Him. We can trust Him.

An addiction is proof that self is winning over spirit. This is not the time to be doing self-love, and I am born this way kind of comments, this is the time to crucify your flesh and let your flesh know who is in charge of you.

To do list

1. Look for this book. [Humility by Andy Murray](#). It is a free PDF online.
2. List out narcissistic attributes you have noticed about yourself and denounce all of it.
3. Write 5 new selfless attitudes you are going to practice till they become a part of you.

Prayer: Thank You Father for revealing this key to greatness. Dear Holy Spirit, empower me to give up my pride and narcissistic ways. Deliver me from selfishness right now in Jesus name. Amen.



DAY 17: ROUTINE CHECKUPS



Scripture: Work out your own salvation with fear and trembling. -Philippians 2:12

Life Lesson: Once saved is not forever saved. When we search the bible we will find many scriptures warning backsliders. *Revelation 2:5*, *Hebrews 10: 26-29*, *Galatians 6:1* etc. Search for more.

We have to check our motives from time to time and repent from any sin or action the Holy Spirit convicts us of. As we grow in the spirit, we would be convicted of more than sin. The Holy Spirit will convict us of behavioral traits that hurt no one but hinders our true growth in Christ. There are things that when we are freshly born again, we are allowed to get away with them because we are babies in the Spirit. As we mature, our sensitivity becomes sharper and we are trusted with authority over the flock of Jesus Christ.

Our deep thoughts and motives are judged by God and as we grow spiritually, He is training us to control our thoughts and use our lips for good. This is why as we mature we have to check our hearts to see if we are living to please God or man. To check if there are compromises in our hearts and lifestyles and to check if there is any area of our life we are being lazy and timid about. The more routine check-ups we do, the more the Holy Spirit of God prunes us and allows Jesus Christ to increase in us. It is wonderful. Get a whole notebook for routine check-ups.

Anyone concerned about progress, makes a progress report. Are you tracking your progress?

To do list

1. Google 10 scriptures warning backsliders.
2. Get a notebook for routine check-ups.
3. Ask the Holy Spirit to give you a review on your deep thoughts and motives, convict you of any lifestyle of compromise, laziness and timidity.
4. Use Philippians 4:8 as the standard for your thoughts.

Prayer: Thank You Father for choosing me to work for You. My heart, body and soul and spirit are submitted to you. Use me in the way You see fit. Check me Holy Spirit and prune me to be a useful tree in God's vineyard. In Jesus name I pray. Amen



DAY 18: TIME FOR EXAMINATION



Scripture: Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow. So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing. - James 1:2-4

Life Lesson: God blessed Abraham with Isaac and then examined Abraham's heart to see what mattered most to him. The Giver or the gift? Abraham passed the test. He chose the Giver. That was the correct answer.

Abraham's attitude and speech during the test reflects what he knew about God. He told Isaac that God Himself would provide the lamb to be sacrificed. He held on to his trust in God's goodness all through the test. This inspired his utterance. Even though he was very sad and did not want to go through the waiting process all over again, he still chose to obey. How can we pass the test when it is time for examination? Oftentimes the test concerns a blessing. To pass the test, always choose the Giver which is God Almighty.

If you are involved in fornication because you are trusting them to marry you, you are choosing the gift of marriage over the Giver's will. Even if they end up marrying you, you did not choose the Giver, so you failed that particular test. God is merciful, He would forgive you but next time choose Him.

To do list

1. Read the account of Abraham from Genesis Chapters 11 to 22.
2. Write down three things you observed about Abraham that you would like to put into practice concerning your love relationship with God Almighty
3. Are you choosing a blessing over the Blessor, God Almighty? Think on it

Prayer: Dear Father, I understand now that You have called me and you will not allow anything that will not strengthen me eventually, to happen to me. Thank You in Jesus name. Amen



DAY 19: WHAT DOES GOD WANT FROM ME?



Scripture: “‘Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind’ and, ‘Love your neighbor as yourself.’” - Luke 10:27

Life Lesson: These are the four major things every Born Again Christian craves in their love relationship with God Almighty. To be able to **FEEL** God when He is around, **KNOW** God when He shows up, **UNDERSTAND** God and His plans and **ACT** on God’s word when we hear Him. I learnt this through a movie I watched entitled Indescribable on YouTube.

God wants us to love Him with our hearts. We should have such a strong passion to feel Him, it should cause us to pray for it, we would be so desperate for this that we would even fast and go into solitude for this particular desire. He wants us to love Him with our soul.

God wants us to have a soul tie with Him such that we become fools for His sake. God wants us to love Him with our strength so much so that lifting up our hands, or kneeling or bowing down to worship will not be a chore for us at all.

God Almighty wants us to love Him with our minds so much so that we are consumed with knowing Him and understanding His word so much we would not want to close our bibles. We would read and read and read because there is a strong passion to know and understand Him.

Be consumed by these and we would love the Lord with passion and zeal. We have all loved someone foolishly before (***If you haven’t we thank God for you***). It is time to redirect our passion to God Almighty. Enter into a love relationship with God Almighty. That is what He wants from us. He loves us. Let us love Him back.

Being addicted means you have given yourself to something other than God and the thing is controlling.

To do list

1. Pray all week with Luke 10:27. Fast. Pray. Cry. Worship. Be desperate
2. Are there some fellowship meetings you are missing due to unimportant commitments? Recommit to those meetings again. Give the Lord a year
3. Watch Indescribable on Christian Movies Channel on YouTube

Prayer: You first loved me Father. I love You too. In Jesus name. Lord, I want to love You hard. Please help me in Jesus name. Amen.



DAY 20: THE PATTERN OF THE WORLD



Scripture: Be careful not to allow anyone to captivate you through an empty, deceitful philosophy that is according to human traditions and the elemental spirits of the world, and not according to Christ. - Colossians 2:8

Life Lesson: The world has it all wrong. Every single thing they stand for or are passionate about does not bear fruits of righteousness and leads to death. This is why a Born Again Christian must never ever follow or be influenced by the world.

The world believes that to receive, we must collect. God says we should give to receive. The world believes that to grow we must eat. To grow spiritually, we fast from food and commit ourselves to prayer and solitude from time to time. The world goes with only what they see. We walk by faith and are not shaken or perturbed by what we see. How can we follow the world's pattern and expect to reach the destination God has set for us.

Follow only God's Word and commandments. Sometimes while doing that we may get to a threshold where it seems like we are in tune with the world. That is fine because we did not get there by following the world. And as we keep following God's Word and commandment we would get to another point where the world goes left and we go right. So do not follow what is popular with the world. Just seek to please God Almighty in all our ways.

You accepted something the world offered as normal and that is how you ended up in addiction. It is time to reject what the world is offering.

To do list

1. Read Romans Chapter 12 and make notes
2. Read and memorize Proverbs chapter 3:24-26
3. Take 20 minutes at night today to reflect on God's Word seeking direction for your life.
4. Pray for wisdom to be able to discern all worldly influences operating in your life.
5. God's first assignment for you is in Matthew 28:18-20. Memorize it.

Prayer: Thank You Father for the manual for my life in Your Word. Lead me and teach me the right way to always take. In Jesus name. Amen



DAY 21: FLESH VS SPIRIT



Scripture: For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do. - Galatians 5:17

Life Lesson: I was 17, newly born again and decided I was done with all forms of secular music. Even the ones about love like Celine Dion and WestLife. I trashed my JLO, Jay Z and Beyoncé CD's. I remember the pain I felt when I was breaking the "Make it Clap" album by Busta Rhymes. I was really into Jamaican dancehall music because I was a stage performer. I gave all this up one Easter break vacation in 2007.

The real test came when I returned to school and had to live with people who were not aware of my decision. The school organized a dance event that played all the dancehall music I had given up. My flesh wanted so badly to indulge in it. I was newly born again and all that kept me from succumbing was the hatred for the guilty feeling and shame that came anytime I compromised. Hate cannot sustain my righteousness in Christ. I needed understanding. We are first of all spirit beings. We were created to live forever in fellowship with God. Our Spirit has a soul which allows it to express its intellect and emotions. Our spirit with its soul lives in a container called the flesh. Our soul reflects what influences it the most.

When our soul is influenced by our flesh, our intellect and emotions follow after the flesh and all of its components (self-gratification, selfishness, pleasure, impulsiveness etc.). When our soul is influenced by our spirit, our intellect and emotions follow after the spirit. And because the spirit was made to live eternally with God, our soul becomes submitted to God. This is why it is important to feed our spirit with the word of God so that our spirit becomes stronger against our flesh. Then we can successfully walk in the Spirit.

When we accept Jesus Christ, the decision is made in our soul, our spirit loves that decision but our flesh hates it and fights it. Addiction to sin after becoming born again means our body is winning the fight.

To do list

1. Read Romans chapter 8 and Galatians chapter 5.
2. Read **Watchman Nee's book titled 'The Spirit Man'**
3. Create a bible study plan to strengthen my spirit.

Prayer: Thank You God Almighty for creating me. I am a spirit and I love Your presence. Teach me to walk in wisdom and mastery over the flesh in Jesus name. Amen



DAY 22: GOD'S GOOD AND PERFECT GIFT



Scripture: Whatever is good and perfect is a gift coming down to us from God our Father, who created all the lights in the heavens. - James 1:17

Life Lesson: There are so many promises of God for each one of us in the Bible. We can have all things and we can gain strength to go to all heights. This is true. Why then do we go through a waiting period? God is interested in building in us a character that can sustain the good things that come our way.

Some of us are called for a very specific and special appointment and cannot afford not to be excellent. Everything we ask God for in the name of Jesus which is not a sin or based on pride or lust (**James 4:3**), the Father would grant it to us. It is not our job to calculate the timing. Our responsibility is to accept His word and believe His promise until it is realized. Never give up on believing that He can do it.

Matthew 11:6 says that those of us who are not offended by God are blessed. Don't name what God is doing as delay. Just trust, obey and rest in God through Jesus Christ. Don't look at the circumstances, the conditions for your answered prayer have been fulfilled in Jesus Christ.

Faith is needed for breakthrough. What is faith? Believing one thing and standing by it till it is manifested in your life. Even you fell yesterday, by faith in Jesus Christ, you are righteous.

To do list

1. Find 5 Psalms in the bible that speak on your heart's desire, and declare them every day for encouragement. (Sometimes when lost for words, this helps)
2. Make a new list of expectations and confess faith over their realization as often as possible.

Prayer: God Almighty, You are the only one who can give me what I desire without any sorrow attached to it. I trust Your good heart towards me and what Your word also says about Your children. As I wait on You, strengthen my heart, mind and body to sustain the blessing when it finally arrives in my hands. In Jesus name. Amen



DAY 23: REVIVAL FIRE



Scripture: O LORD, I have heard the report of You; I stand in awe, O LORD, of Your deeds. Revive them in these years; make them known in these years. In Your wrath, remember mercy! - Habakkuk 3:2

Life Lesson: I gave my life to Jesus Christ on April 17, 2007 in my room while listening to a gospel song. That was the day of my encounter with Jesus Christ. It was easy to love the Lord. It was easy to pray, worship and evangelize. This was easy and exciting because it was an unfamiliar road and a new life for me. But once all these amazing things became a custom for me, it became difficult to be consistent. Can you relate?

We should not give up when our love grows cold. We must pray the prayer in **Habakkuk 3: 2** and desire a new level of passion and zeal for God Almighty. **Matthew 5:13** says this *"You are the salt of the earth. But what good is salt if it has lost its flavor? Can you make it salty again? It will be thrown out and trampled underfoot as worthless"*.

We have to pray for God's revival fire to burn the chaff and weed that make us dull. We must cherish the revival fire of God and crave it often.

If you are born again, think back on how on fire you were when you first heard the gospel, what were some of the things you were doing? Were you praying more? Worshipping more? Go back to that. Also you need to accept that God loves you regardless of anything you have. Forgetting that is what leads to dullness in the spirit.

To do list

1. Memorize and meditate on Psalm 85 :6
2. Listen to **Overcome by Heather Clark**.
3. Just think of Psalm 139:22-23 and pray to God for pruning.
4. What is something in your life that absolutely proves the hand of God in your life? Use it as an altar of remembrance of God's love.

Prayer: Dear God Almighty, I welcome Your revival fire into every area of my life. Search me deeply and bring to light all my secret sins so I can be free of them. In Jesus name. Amen



DAY 24: ALL THINGS ARE NEW



Scripture: This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun! - 2 Corinthians 5:17

Life Lesson: There was a criminal in my country Ghana named Atta Ayi. He was one of the most notorious armed robbers in Accra, the capital of Ghana. It was major news when the police arrested him. He got a very lengthy prison sentence and years later was announced to be a pastor in prison. People were not having it. They doubted his testimony of change and did not think he deserved the fresh start. Today he is a pastor and works for the Lord.

The old man went to jail as a criminal. The new man is still in prison but as a born again Christian walking in his calling today as a pastor. Some may fake it but the change won't last if it is fake. When we truly encounter Jesus Christ, the old us dies. Though we may have the same body and face, we are truly a new person. God did not lie about that.

You must understand and accept that you are a new person. The old you who was addicted is dead. Jesus died so you could live this new life in Him. Read the bible, you would be free.

To do list

1. Read the following scriptures on the topic; Colossians chapter 3. Galatians chapter 5, John chapter 3 and Romans chapter 6
2. Do a bible study on Ephesians 4
3. Write what you have learnt about the new man. Does it describe you or do you have to change your mind-set?

Prayer: Thank You God Almighty for making a provision to deal with my sinful nature by crucifying my old man along with Jesus Christ on the cross. The life I live now is in Jesus Christ. For that I am thankful. In Jesus name. Amen



DAY 25: THE GREATEST DECISION



Scripture: If you openly declare that Jesus is Lord and believe in your heart that God raised Him from the dead, you will be saved. - Romans 10:9

Life Lesson: It is true that the unbelievers can gain riches, protection, fame, good family and success when they work hard for it just like us believers. The nice things in life are not what make us special and better off than unbelievers.

Our final destination is what makes the difference. We are all created to live for eternity, we are only passing through this world. Death is a transport to the next life. Where the real us will live forever. That life is far more important than the current life we live in. So today I am asking you to choose to live eternally with God in heaven not satan in hell. We cannot choose heaven without God. Whether we choose God or not our soul would live forever. Live forever in heaven or hell?

The power lies in our decision and it is all in our hands. What would you choose today? Heaven or Hell?

Addiction cannot separate you from the love of God but it can prevent you from enjoying His love.

To do list

1. Watch the Pilgrim Progress by John Bunyan
2. **Did you give your life to Christ? Email me at akuamabayie@gmail.com**
3. Read Romans 3:23, Romans 6:23, Romans 5:8 and Romans 10:9

Prayer: Thank You Jesus for dying for me. I choose You today. With all my might and will, I choose You today and forever more.



DAY 26: THE SNARE IS BROKEN



Scripture: We have escaped like a bird from the fowler's snare; the snare has been broken, and we have escaped. - Psalm 124:7

Life Lesson: Life can deal harshly with us sometimes. Both believers and unbelievers go through things that can break them and drop them off at rock bottom.

Unbelievers have to count on luck, fate and chance to happen to them. They have no sure way out of life's hardships. Believers of Jesus Christ do. When we face trials, it becomes an opportunity to assess ourselves to see if we are still in the will of God or if we have steered off. If we find out that we are no longer in the will of God, we have to pray for God's mercy, go back to praying and reading His word daily and sometimes fast and pray so that we can be humble before the Father. And more times than not, the issue resolves itself.

Now what about those of us who review our lives and conclude that we are in the will of God, like Job, how do we handle life issues? We tackle it with faith and holding on to God's promises. The snare is broken and we are no longer prisoners to the powers of satan. We have escaped. He can't keep us against our will or against God's permission.

Declare faith, trust in God and most importantly do not fear. You would prevail because the snare is broken over your life. A snare is a trap. And you have escaped from every trap. So today shout. I am free! The snare is broken and I have escaped!

Dear friend, you are free. That is all I can say to you. You cannot exaggerate the truth. You are free, simple.

To do list

1. Read Psalm 124 for seven days. Morning and evening.
2. List out life issues you feel trapped in. Pray with Psalm 124 verse 7 over them. For example ***"the snare of unemployment is broken over my life in Jesus name, I have escaped"***. Amen

Prayer: Fill me oh God Almighty with strength and power to stand in prayer and receive the freedom You have so freely given me in Jesus name. Amen



DAY 27: WORLD BAD. PEOPLE GOOD



Scripture: For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life. - John 3:16

Life Lesson: What does it mean for God to love the world? He loves the people in the world, not the worldly systems. The world is going to keep getting worse. But the people in the world are worth saving. Right now they are as good as dead but when they encounter Jesus Christ, they will be good for life. Anyone in the world, it doesn't matter their background, can be saved by the power of Jesus Christ. We must let them know!

Today, remember to reject the things of the world, but accept the people, love them and show them the way to Jesus Christ who is the Way to God.

A good hobby for anyone struggling with any form of addiction is evangelism. Join someone who does it often, go with them, read on the gospels and start telling others about Jesus.

To do list

1. Enter 10 random people's dm (Direct Message) and share John 3:16. It is okay if they do not reply.
2. Ask God to give you boldness to share the Gospel with friends and family who have not accepted Jesus Christ.

Prayer: Thank You God Almighty for making provision for the salvation of everyone in the world. Help me to spread Your Word across the world, starting from where I am today. In Jesus name. Amen.



DAY 28: WHEN IT ALL COMES CRASHING



Scripture: They said, “It would have been better if the Lord had just killed us in the land of Egypt. At least there we had plenty to eat. We had all the food we needed. But now you have brought us out here into this desert to make us all die from hunger. - Exodus 16: 3

Life Lesson: What a lie! Did the Israelites really have all the food they needed in Egypt? This is like when after obeying God about leaving a toxic relationship, we zoom into a season of singleness and loneliness, and then we start missing the toxic relationship and refer to it as the ‘good times’. Meanwhile we may have been abused, disgraced and ignored in that relationship. But it seems like when our life may be crashing down, we desire the company of the past.

The wilderness season is a place to build character, strengthen our faith and increase our knowledge of the God we serve. The Israelites had so much proof of God's power and might, it could last them a lifetime. Walking through the Red Sea is a big deal! Yet they forgot and began to miss Egypt because of temporary hunger for food.

If the Israelites who experienced the miracle of the Red Sea easily forgot, then we must be diligent and careful not to forget. When it all comes crashing down, remember His goodness.

Deception holds an addiction together. Pray with 2 Corinthians 10:5 right now. There may be some lies that still look like the truth in your mind.

To do list

1. Make a gratitude list.
2. Read the book of Exodus
3. Are there “good old days’ memories you are holding on to that do not bring Glory to God for His goodness?

Prayer: Thank You Father. You are the God of Israel. Through Jesus Christ, I now have a love relationship with You. That is the biggest miracle for me. Help me not to forget, in Jesus name. Amen.



DAY 29: I HEARD IT ON THE NEWS



Scripture: Philip said, “Lord, show us the Father and that will be enough for us.” - John 14:8

Life Lesson: Show us the Father and that will be enough for us. Wow. We want nothing else Lord, just show us the Father. The God behind Your power. The God behind Your authority. We do not care what the media is telling us about the state of the world and who is bad or good. We want the same connection You have with the Father, Jesus; and that will be enough for us. This was Philip’s heart cry when he spoke this simple but very heavy -meaning word to Jesus in John 14.

The news about this Coronavirus is so unstable. Today masks work, tomorrow masks are not that effective. Today, Vaccines work, tomorrow vaccines alone are not enough. You are safe, you are not safe. People who followed the rules died, people who also disobeyed the rules died. This should tell us something about the wisdom of the world. The wisdom of the world is unstable. The Heavenly Father’s Word has never been affected by History. His word has always been His word. We can always refer to it and it will say the same thing. So I agree with Philip. The Father should be enough for us.

Depending on your feelings will not give you stability in your victory over addiction. If you feel victorious only when you feel good or when good things happen, you would always be up and them. Your true joy, hope and basis for your victory should come from what God has spoken. Even when things look bad, look at what God has said and rejoice.

To do list

1. Make a new decision concerning what I view and believe.
2. Search the scriptures to refute any world situation that I am fearful of.
3. Learn about the Father from the Old Testament Fathers like Abraham, Isaac and Jacob

Prayer: Thank You Jesus Christ for making it possible for me to be reconciled back to the Father. My prayer today is that You show me the Father. In Your name, I pray. Amen



DAY 30: MUM AND DAD'S FAULT



Scripture: If imperfect parents know how to lovingly take care of their children and give them what they need, how much more will the perfect heavenly Father give the Holy Spirit's fullness when his children ask Him?" - Luke 11:13

Life Lesson: In level 200, a friend showed me what her father had given her randomly as a gift. I did not understand it. I kept asking her why her father did that. What did she do? I almost asked her to show me how to get my father to be nice to me like that. I didn't ask that though. But that is exactly how I felt. What can I do to get my father to like me this way?

We live in an imperfect world. In an imperfect world, things mostly do not go as planned. The perfect situation is to have a mother and father at home to give you security, identity and care. Unfortunately many of us had to make do with one or no parents at all. If you cannot relate to this statement I just made about parents, then count yourself as fortunate and honor your parents.

Due to the imperfections of our parents we find it difficult to grasp the scripture above. Sometimes we dare to ask God, what if I do not know what it means to be loved by a parent. By God's grace you were not completely alone. Nobody can survive on their own. That statement of being self-made is not true. If you had no parents and somehow you are able to get this book to read, it means you did not die.

Along the path of your life, one or two people were kind to you and showed you favor. We must always be grateful for the least things and not hide them from being told in our story because they may destroy the story plot of being independent. In the kingdom of God, independence is not the goal. Maturity is more like it. So let us not hide moments where we were dependent and received help. That is how God trains us to humbly depend on Him for all things as we mature in Christ. So you see, God is not expecting us to mature into independence. Our increasing dependence on Him leads to our maturity.

Isolation is never the answer when struggling with an addiction of any kind. Some people can be trusted.

To do list

1. Remember people who have helped you in the past. Write out their names in your journal and pray for them. (This can include parents)

Prayer: Thank You Father for my very life. In Jesus name. Amen



DAY 31: OBEY BEFORE COMPLAINING



Scripture: But Samuel replied, “What is more pleasing to the LORD: your burnt offerings and sacrifices or your obedience to His voice? Listen! Obedience is better than sacrifice, and submission is better than offering the fat of rams. - 1 Samuel 15:22

Life Lesson: Now go and strike Amalek and completely destroy everything that he has, and do not spare him; but put to death both man and woman, child and infant, ox and sheep, camel and donkey.’ - This was the direct order God Almighty gave to King Saul. God did not mince His words. He was very clear with the instruction. Guess what brother Saul went to do? He saw himself as kinder, and more compassionate than God so he captured the king of the Amalekites yet spared his life. He kept the finest of the livestock as well. One may think, he didn’t kill the king of the Amalekites, God would understand and be even impressed at Saul’s wisdom. No!!!!

We are not wiser than God Almighty! We are not more compassionate than Him either. When God tells us to leave our favorite boyfriend or girlfriend, obey before complaining. When God tells us to let go of that interesting and moving Soap Opera, we have to obey before complaining. King Saul’s disobedience lost him his legacy and lost his generation the throne of Israel.

With God’s directions, you never know which obedience would cost you and your children. So always obey before you complain!

Leave them with no explanation. When you go back to explain or give them closure, the enemy uses the emotional moment to draw you back in, so this time leave the sin situation with no explanation.

To do list

1. Reflect on past decisions and current major decisions. Is there anyone of them you took in disobedience to God’s word?
2. Disobedience is a stumbling block for us. Tonight go before the Father, God Almighty and ask for forgiveness and a second chance to live in obedience to any direction He gave you that you ignored.

Prayer: Dear Father, thank You for Your mercies. I know I have walked in disobedience ignorantly or willingly. I have been convicted of my sins. Please forgive me and help me to walk in obedience to You. In Jesus name I pray. Amen.



DAY 32: HE IS A GOOD FATHER



Scripture: I don't concern myself with matters too great or too awesome for me to grasp. Instead, I have calmed and quieted myself, like a weaned child who no longer cries for its mother's milk. O Israel, put your hope in the Lord—now and always. - Psalm 131

Life Lesson: As a child, whenever I went to Circle or Accra with my mum, I would constantly ask her to buy me any food I saw. From yoghurt to grapes to meat pie to whatever. One day around the Circle OA bus station, I asked her to buy me "atwumor" and she said no. I began to cry. She didn't scream, she only stared at me and said these words to me "Mabel, you need to control yourself".

As young as I was, those words meant a lot to me and they formed a character of patience in me when it came to impulse buying of food.

David saw God's goodness in everything. He said in this Psalm that he does not even bother to understand matters too great for him. He just advises Israel and us all to hope in the Lord, now and always.

In other words, even though my mother did not live long enough according to my preference, God is still good and I should put hope in Him now and always. There may be a painful moment in your life that sometimes makes you want to investigate God and find out more. Today just like David, I advise you to drop the matter and just hope in the Lord. Leave the matter at the foot of the cross. Trust that God knows all about it and trust His goodness.

Forgiveness breaks the chains of addictions. Forgive those who may have used you and dumped you. In God's eye you are wanted, accepted and valuable.

To do list

1. What is that matter, you want more details / closure on? Name it. Write it down
2. Repeat this: ***I leave this matter (put your matter there) at the foot of the cross. My hope is in the Lord and the Lord is good to me always.***
3. Worship at midnight today. It's a date with God Almighty

Prayer: Thank You Father for Your goodness always. In Jesus name. Amen



DAY 33: WHAT IS YOUR TESTIMONY?



Scripture: And they have defeated him by the blood of the Lamb and by their testimony. And they did not love their lives so much that they were afraid to die. - Revelations 12:11

Life Lesson: This is our testimony. Repeat it as many times as you want and can.

1. Through the blood of Jesus, All my sins are forgiven - Ephesians 1:7
2. Through the blood of Jesus, I am redeemed out of the hands of Satan. - Ephesians 1:7
3. As I walk in the light, the blood of Jesus is cleansing me now and continually from all sin.- 1 John 1:7
4. Through the blood of Jesus, I am justified, made righteous, just as if I'd never sinned. - Romans 5:9
5. Through the blood of Jesus, I am sanctified, made holy and set apart to God.- Hebrews 13:12

Jesus was bound on the cross so that you can be free. Jesus is no longer stuck in the grave, so you cannot be stuck in any addiction in Jesus name. Amen.

To do list

1. You will definitely have a testimony this week. Remember to email me at akuamabayie@gmail.com with your testimony.

Prayer: Thank You Father for Jesus Christ. In Him I have all things and I am all things. In Jesus name I pray. Amen



DAY 34: GOD CAN USE A DONKEY



Scripture: “Go into the village over there,” He said. “As soon as you enter it, you will see a donkey tied there, with its colt beside it. Untie them and bring them to Me. If anyone asks what you are doing, just say, ‘The Lord needs them,’ and he will immediately let you take them.” - Matthew 21:2-3

Life Lesson: The donkey was tied. We are all donkeys in effect. Jesus rode on the donkey and the people saw Him and gave Him praise. Again I repeat, the donkey was tied. Jesus sent His disciples to go and untie the donkey and the donkey became an instrument for the praise and glory of Jesus.

What were you tied to before Jesus sent someone to untie you with the Gospel? Are you still tied to something? We are all donkeys. I am a proud donkey. I do not want to be seen. Let the world see Jesus in and on me. This donkey was used by Jesus. We cannot talk about the donkey without remembering the praise and shouts the people of Jerusalem gave unto Jesus. Will you be a happy donkey today? Let's donkey together. God can use a donkey. Be that donkey.

Humility will keep you free. Pride comes before a fall. A fall into temptation.

To do list

1. What are you tied to?
2. Are you a donkey who is competing to be seen over Jesus? Or are you a donkey who is okay with not being seen so long as Jesus is glorified.
3. What one work can you do for God that you promise not to share with anyone for praise or vainglory? For example, quietly help someone without telling anybody. Or give to an orphanage anonymously.

Prayer: Thank You Jesus. I will serve you with my life forever. So help me God. In Jesus name. Amen.



DAY 35: WE HAVE AN ADVANTAGE



Scripture: To keep Satan from taking advantage of us; for we are not ignorant of his schemes. - 2 Corinthians 2:11

Life Lesson: Back story to this verse is in [1 Corinthians chapter 5](#). There was a man who was having a sexual affair with his step-mother. In 1 Corinthians, Paul asked for the church to discipline him. He apparently repented and Paul is now asking for the church in [2 Corinthians 2:10](#) to forgive him and bring him back into the flock. Now let us pay attention to what Paul said in verse 11. We have to forgive others to keep Satan from taking advantage of us, for we are not ignorant of his schemes.

Have you tried praying or worshipping God after an argument with a loved one before? Were you able to do it? I hope the answer was no because if you were able to pray, trust me your prayer did not go anyway unless it was a prayer for forgiveness.

One of the most ignored sins of the church (that is you and I) is the sin of self-righteousness and unforgiveness. The tiniest bit of self-righteousness and unforgiveness in us is enough magnet enough to pull Satan in with his battalion of demons namely, hatred, gossip, broken relationships, bitterness, only to name a few.

We have an advantage. We know how Satan operates, if he cannot get us to fall into obvious sins, he waits for us to indulge ourselves in the less apparent sins like pride, self-righteousness and unforgiveness. It is even very easy to mistake self-righteousness for spiritual maturity. So what is our advantage? Making sure that our heart is always fixed on Jesus and ask for grace to let go completely of things that trouble our hearts.

When looking righteous is more important to you than actually being righteous, you create an atmosphere for a double life.

To do list

1. Read 1 John 3:20
2. Read 1 Corinthians chapter 5 and 2 Corinthians chapter 2
3. Start forgiving people immediately. Ask for God's grace

Prayer: Thank You Father for this revelation in Jesus name. Amen



DAY 36: TINY MOLECULES OF SIN



Scripture: Therefore, since we are surrounded by so great a cloud of witnesses [who by faith have testified to the truth of God's absolute faithfulness], stripping off every unnecessary weight and the sin which so easily *and* cleverly entangles us, let us run with endurance *and* active persistence the race that is set before us. - Hebrews 12:1

Life Lesson: White lies, sarcasm, grey areas, idleness, online gossip, trolling, binge-watching series, video gaming all day, etc. Can we label these as sins? I wished this was an interactive session because I really want to hear your answers. But since this is a book you are going to read later, I will just go ahead and tell you. Yes these are all sins. You know, some things are not necessarily evil but they help to hinder our spiritual growth - such things are called besetting sins.

A good example will be King David's decision not to go to battle with his army in **2 Samuel 11**. This was after a great victory in Chapter 10 of 2nd Samuel. Maybe he got complacent, maybe he was tired, maybe he felt it was time to entrust Joab with more leadership roles, we cannot tell for sure but we do know from the results that he was definitely out of the will of God. That tiny harmless decision to stay back from his kingly duty prolonged his journey and led to massive chaos of sin after sin. It started with taking a day off to kill Uriah. Mercy!! The tiny molecules of sin must be dealt with now. What do you think?

If you are struggling with lust, delete every dorm of profane media from your life no matter how subtle it is. You won't die.

To do list

1. As you were reading today's message, did any besetting sins you are fond of come to mind? Time to pray them out.
2. Set a goal for this week. Submit it to God according to Proverbs 16:3 and watch God help you change.
3. Start bible foundation class online with Pastor Derek Prince. Title of the message is laying the foundation. Available on YouTube.

Prayer: I am convicted. I will not be lazy about these little sins or overlook them again. So help me God. In Jesus name. Amen



DAY 37: GET BEHIND ME SATAN



Scripture: But turning and seeing his disciples, he rebuked Peter and said, “Get behind me, Satan! For you are not setting your mind on the things of God, but on the things of man - Mark 8:33

Life Lesson: When I began my sexual purity journey and campaign, some “concerned” friends advised me that I was taking the sexual purity thing too over the board. One said something that confused me for a very long time. He said, if it feels right, then it definitely is not wrong. I wish I had the boldness like Jesus to say get behind me satan.

I pondered on what the friends said and I started toning down the message God had put in my heart. Listen my friends, nobody! Absolutely nobody loves us more than God Almighty our Father.

Nobody is more concerned about us than Him. When peers come with their twisted advice based on carnality, ***(do not say get behind me satan in front of them - because you do not want to have to explain yourself)*** keep quiet and make a mental note that this is satan speaking through the person. Remember that Peter was not a bad person, Jesus diagnosed the issue correctly.

Do not cast your pearls before swine. Not everyone has the right to know the details of your sexual purity journey.

To do list

1. Do you give carnal advice? If yes, what changes are you going to make about that?
2. Do a bible study on being led by the Holy Spirit.

Prayer: Thank You Father for this message. Grant me boldness to say no to bad advice, and please have mercy on me for all the times I discouraged fellow believers.



DAY 38: IF YOU CAN?



Scripture: Jesus asked the boy's father, "How long has he been like this? From childhood," he answered. "It has often thrown him into fire or water to kill him. But if you can do anything, take pity on us and help us. "If you can'?" said Jesus. "Everything is possible for one who believes." - Mark 9:21-23

Life Lesson: Yesterday, I found out two things. 1. The promises of God in the bible are mine legally in Jesus Christ. 2. When God adds a condition to the promise, I should not look at the circumstances, just fulfil the conditions and expect the physical manifestation of the promise.

God told Joshua wherever you step is given to you. All you have to do is step on the land and claim. The promise is the land, the condition is the stepping and claiming. It doesn't matter who they saw on the land, or who had labelled the land theirs, God said it was for them.

The bible calls Jesus the author and finisher of our faith. He gives us faith and completes our faith too. When we find ourselves drifting to look at the circumstances, let us call on the author and finisher of our faith. What I have started doing is to speak in the Holy Ghost immediately. Try it

Do you speak in tongues? If yes, when you are in a haze, push to pray in the Holy Ghost. Let the Holy Spirit use your mouth to pray. If not, ask God to give you the gift right now.

To do list

1. Empower my mind with scriptures about my inheritance in Christ.
2. Read John 15, Galatians 3:13-14, 2 Corinthians 1:20
3. Pray in the Holy Ghost for over an hour at midnight.

Prayer: Dear Father, anyone reading this devotional and is needing help with fruitfulness in the womb or any aspect of their life, do it for them as You have done it for me. Thank You for making the knowledge of Your truth accessible to us all. In Jesus name. Amen



DAY 39: THE PRICE FOR OBEDIENCE



Scripture: And being found in appearance as a man, He humbled Himself and became obedient to death— even death on a cross. Therefore God exalted Him to the highest place and gave Him the name above all names. Philippians 2:8-9

Life Lesson: Let us look at people who disobeyed God in the bible and what they lost.

1. Adam - He disobeyed God's commandment so he lost Eden
2. Lot's wife - She disobeyed God's commandment to not look back so she lost her deliverance
3. King Saul - He disobeyed God's commandment to do away completely with the enemies of God, so he lost his kingship

Let us now look at people who obeyed in the bible. These people were not perfect, but they heard God's directives and obeyed it completely.

1. Jesus - He obeyed and did God's will so He gained the promise of Glory. His name is the highest name. Demons tremble at His name.
2. Lot and his children - They are not perfect, but they listened to God's simple commandment. Do not look back. They did not and they were delivered.
3. King David - King David listened to God's voice through Abigail and spared Nabal's life and he kept his kingdom. There are examples of King David enquiring of God before going to war. He was concerned with doing God's will.

The price for obedience is a fulfilled promise of God in our hands. The price for obedience is the glory of God. God wants all the glory and indeed He deserves it all. Obey Him today.

You know the voice of God you are brushing off. Please do not brush it off again. Listen to God's direction

To do list

1. Ask for forgiveness for walking in disobedience and making light of God's directions
2. Pray for a direction from God. Obey.

Prayer: Lord have mercy on me. Please help me recover all I lost through disobedience



DAY 40: MOVE THE MOUNTAINS



Scripture: I tell you the truth, you can say to this mountain, 'May you be lifted up and thrown into the sea,' and it will happen. But you must really believe it will happen and have no doubt in your heart. - Mark 11:23

Life Lesson: Oh doubt. How doubt comes and breaks down the faith we have built so excitingly. Doubt is a spirit. When it comes, it brings along its cousin, the spirit of anxiety.

Doubt and anxiety cause blindness to God's power, might and goodness. So even though doubt is not bigger than God, doubt can prevent us from receiving from God. Has God worked regardless of the doubt of people before? Yes.

One story in the bible that encourages me and removes fear of lost opportunities is the story of Apostle Peter walking on water. He was doing so well. Having faith in Jesus, looking at Jesus, believing that Jesus was there with him, and then he doubted Jesus' power. He paid attention to the storm, and Jesus said Oh Peter, why did you doubt? Okay, I will help you. Now stretch your hand and hold me, look at only me. His second time round walking on water, the whole audience knew it was Jesus helping him. All the glory went to Jesus. The first time was good but the second time (the redemption) brought even more glory to Jesus Christ and it also displayed His mercies. So have you doubted before? Do not worry, God has not left the building. The second time will happen immediately after the first and the glory will go to God.

Did you fall? Rise up. God is still in the building. Hebrews 4:16 is your portion.

To do list

1. Forgive yourself for ever doubting
2. Pray specifically for God's help on the water (which is the issue)
3. Praise the Lord at midnight

Prayer: Thank You Father for a second chance to trust You with my life. In Jesus name. Amen



DAY 41: ATTRACTIVE OBSTACLES



Scripture: No temptation has overtaken you that is not common to man. God is faithful, and He will not let you be tempted beyond your ability, but with the temptation He will also provide the way of escape, that you may be able to endure it. - 1 Corinthians 10:13

Life Lesson: Today's topic is centred on sexual purity. I will not even mince my words. It is not enough to pray for forgiveness after the deed, we have to pray to God to help us resist and overcome temptation the next time we are tempted.

We know the signs. Nobody accidentally enters a person's room. It starts with a conversation, turns to an invitation, and then we take the action of going over to the agreed meeting point. Many of us have gone round in circles for far too long. We are losing great things along the way of this never ending cycle of sinning, regretting, pleading for mercy, and returning to sin. The cycle must stop today and we can stop it by not finding the obstacles to our spiritual growth as attractive.

The bible says, God will not allow you to be defeated by temptation. That means you can overcome it. Jesus was tempted and the answers to His temptation were all in the bible. Maybe you are ignoring the bible. You may be reading but not heeding to it. Read it prayerfully. That means asking the Holy Spirit to open your eyes to see messages pertaining personally to your situation.

There is no wisdom outside of the word of God for your situation. You can add other great advice to the Word but you cannot do well if you only depend on human advice.

To do list

1. What are some personal decisions that are killing your relationship with God and hurting your destiny? Make a list. Nobody has to see this.
2. Pray over these decisions, denounce them, and ask God for His mercy and strength to overcome their repercussions.
3. Pray the prayer below prophetically.

Prayer: Father please restore the years the locust of bad decisions have eaten in my life in Jesus name.



DAY 42: THE WALLS MUST COME UP



Scripture: Now when Sanballat and Tobiah and Geshem the Arab and the rest of our enemies heard that I had built the wall and that there was no breach left in it (although up to that time I had not set up the doors in the gates), Sanballat and Geshem sent to me, saying, “Come and let us meet together at Hakkephirim in the plain of Ono.” But they intended to do me harm. And I sent messengers to them, saying, “I am doing a great work and I cannot come down. Why should the work stop while I leave it and come down to you?” - Nehemiah 6:1-3

Life Lesson: The walls refer to our personal boundaries and convictions that have protected our peace and growth. Nehemiah was a man of great conviction. He said what he meant and meant what he said. He had a spirit of integrity and excellence. When he heard about the ruins of Jerusalem, the bible says he broke down and wept before God.

When we are focused and convicted about our decision to serve God and live for him, many people get intimidated by that and they may start criticizing us weirdly, or even seek to distract us by telling us to let our guards down. I fell for that trap. I was teased for being naive, childlike and too innocent. I gave in, and it is only by God’s grace I am back to a place of right standing with God. The same people who tell you to let down your guards, start gossiping about you when you lose your way.

Don't fall for them. The walls must come up and stay up. When they call you for a conversation to distract you, be like Nehemiah and let them know you are busy with the Lord’s good work so you cannot come.

Prune your circle of friends and reduce the number of people who can speak into your life. It is time to have a quality circle.

To do list

1. Do you feel like you have lost yourself? Write what you loved about yourself and what is different now.
2. Make a new decision and give yourself 21 days to practice it.

Prayer: Dear God, You created me. I am a wonderful and beautiful creation of yours. Restore me to my best self in You. In Jesus name.



DAY 43: IT IS NOT A COINCIDENCE



Scripture: For God knew his people in advance, and he chose them to become like his Son, so that his Son would be the firstborn among many brothers and sisters. - Romans 8:29

Life Lesson: Even an unplanned pregnancy is not unplanned from God's perspective. I do not know how God does it, but He is able to use everything we go through, or avoid to go through, to still end up with His will.

Can we go outside of God's will? Yes. I have strayed out of His will countless times, but every time we see that our will is not leading to life, and we willingly submit our will to Him, then whatever it was we encountered, can be used as a stepping stone to the will of God for us.

God's will for you and I is for us to become like His son Jesus Christ. Anytime we stray off God's will it means we are refusing to be like Jesus Christ in a particular situation. There are no coincidences in our lives when we choose to do God's will. And when we choose to do our will too, what may look like a coincidence may not be in the spirit realm. Let's do away with the uncertainties and just live according to God's will.

Everything we do or comes our way, comes to polish us to look more like Jesus Christ, the firstborn of God the Father.

It is not a coincidence that he/she is texting you now that you are doing so well.

To do list

1. What things are by your will? What things are by God's will?
2. Do you need to swap your will for God's will?
3. Submit

Prayer: Dear Father, thank You for giving me a will. Today I willingly submit it back to You.



DAY 44: FAKE PASSION



Scripture: What do you think? A man had two sons. And he went to the first and said, 'Son, go and work in the vineyard today.' And he answered, 'I will not,' but afterward he changed his mind and went. And he went to the other son and said the same. And he answered, 'I go, sir,' but did not go. - Matthew 21:28-30

Life Lesson: What is the difference between personal ambition and passion? Personal ambition is a deep seated desire to succeed and be exalted. Passion is what drives us. A passion to be famous and influential can influence our personal ambition. If our passion is to bring glory to God, it would influence our personal ambition. So personal ambition is not bad but can be used wrongly.

The first son in the story had a personal ambition to look out for himself and not concern himself with the Father's business. Just like all of us were sometime in the past. He repented and had a change of mind and decided to go and he went.

That is very good. He was not fake. His repentance was reflected in his follow-up decision. Now the second son had a fake passion. He was concerned about seeming righteous and obedient than actually being righteous and obedient. That is what we call fake passion. Many of us are in that category as well and we have to repent.

Never give a fake or diluted testimony to prove that you are doing well in the purity department. Do not help God. Allow Him to finish the work in you.

To do list

1. What are my personal ambitions? List them out.
2. What is my true passion?
3. Do I need a new passion founded upon God's will?
4. Pray and ask the Holy Ghost to lead me to a scripture containing God's will for me.

Prayer: Thank You Father for this message. Please forgive me for all the times I pretended before You, forgetting You see me through and through. I repent of my self-pleasing ways. I want to be passionate about Your will so please help me. In Jesus name. Amen



DAY 45: AGAINST THE KNOWLEDGE OF CHRIST



Scripture: We destroy every proud obstacle that keeps people from knowing God. We capture their rebellious thoughts and teach them to obey Christ. - 2 Corinthians 10: 5

Life Lesson: I have many times used this verse to deal with unwholesome thoughts that try to steal my joy and peace in God. I only discovered while writing this book that this verse can be used to come against satan's attempts to harden people's hearts against the Gospel.

Let us practice this prayer on our family and close friends first. Whoever has been objecting to the Gospel in your home, use this verse to pray for them. And if you are led by the Holy Spirit to go ahead and preach to them again, then you go ahead.

But now, this will be our little secret weapon to fight against people's thoughts being used by satan to resist the Gospel of Jesus Christ.

Today I want you to pray for that person from your past that you are trying to avoid

To do list

1. Make a list of family members to pray for.
2. Go and your Knees and actually pray for them.

Prayer: Thank You God Almighty for this wisdom and spiritual strategy for preaching from Your word. In Jesus name. Amen



DAY 46: DON'T PICK UP SIN'S CALL



Scripture: Temptation comes from our own desires, which entice us and drag us away. - James 1:14

Life Lesson: Sin is calling. On our phones, on our televisions, on the way home and on the way out to work or even church. These are the easy ones to overcome. We can decide out of a strong will to not use our phones as much or use a different route home or to work. What about the sin that crept into our hearts?

Yesterday I had a conversation with my mentor on the effects of backsliding and she made a very true and scary statement. She said when we backslide after becoming born again, there are some demons who did not bother us when we were not born again that will be waiting to enter us at the least opportunity because they have now been made aware of what we can become if we walk the straight path.

My dear friends, grace abounds but we have to fear God and be wise. We may not be able to return one day after backsliding. Every day examine your hearts and pray out anything that comes to your attention. Yes. Pray. The bible says we should pray without ceasing. Pray wherever you are. Not all prayers are loud or require energy. A short quiet sincere prayer will do when the Holy Spirit drops it in your minds to pray against a certain thought, desire or enticing feeling.

Addiction fears a prayerful person. Do pray about everything. Soon you would be about that life.

To do list

1. What are your weaknesses? Eg: gossip, speaking without thinking, running away when things get difficult etc.
2. What are your triggers to these weaknesses? Eg: when not feeling confident, when you compare your journey with another's, when you stop praying and reading your bible etc. Start praying for deliverance from each of these issues.
3. Make new decisions to help you stay on the right path. Eg : Prioritize quiet time and prayer before any other thing, be disciplined about your speech, avoid fellow gossips or have a simple phrase to dissolve gossip (like " that is not really our business")

Prayer: Father, I need wisdom in this area. Please help me in Jesus name. Amen.



DAY 47: THE SWEET IMAGINARY PAST



Scripture: We remember the fish we used to eat for free in Egypt. And we had all the cucumbers, melons, leeks, onions, and garlic we wanted. - Numbers 11:5

Life Lesson: The kingdom of God is righteousness, peace and joy in the Holy Ghost. After the Lord God, Almighty delivered the Israelites from their bondage in Egypt, how can they make such an ungrateful statement?

Well we have done the same too before. When God shows His mighty hand in our lives, we get excited and have enormous faith and are confident of His goodness. But as soon it feels like things are calming down, we start to doubt God's goodness and forget the great and mighty things He has done for us and the deliverance He has brought us.

In any relationship, the beginning is full of sparks but as the relationship solidifies, we are able to enjoy it even when nothing flamboyant is happening because in the cause of the relationship, trust has been built. The quiet uneventful moments in our lives are the examination period. God is still around. The answer to the exam question is Trust. So when things get difficult, do not be like our friends the Israelites, let's not complain.

A calm uneventful day can be a blessing too. It is okay if you slept throughout the day today.

To do list

1. List the breakthroughs.
2. Make an observation of your life. Which season are you in right now?
3. Where and what do you need to trust God Almighty with?

Prayer: Father I thank You for previous victories. Help me to trust You when it is quiet and when it is exciting. In both times of my life I want to trust You. In Jesus name I pray. Amen



DAY 48: FLEEING IN SLOW MOTION



Scripture: But Lot's wife looked back as she was following behind him, and she turned into a pillar of salt. - Genesis 19:26

Life Lesson: Oh Mrs Lot, God had come to your rescue and you wanted to give Sodom and Gomorrah a last look? Oh madam, why?

When we are in love with someone, it is very difficult to not look back after we have said goodbye to them at the airport. Try it when next you see someone off at the airport. Mrs Lot was married to a righteous man who was himself slightly backsliding because of the people they were connected to. When the time came to leave that life behind, she was emotionally attached and so out of her own decided to look back one last time. Mercy! Have you ever been in such a situation before?

My dear friends, we cannot afford to flee in slow motion. We have to obey God instantly or else we may turn into useless pillars of salt: - Christian of no use in the kingdom of God.

Sin is a destroyer and a thief. It steals from us without us even noticing. Let us fear the Lord and hate sin. It has stolen so many good things from God's children and it is only those who realize it, try to retrieve what was stolen through the appropriation of the blood of Jesus succeed.

Run without looking back. No slow motion here.

It won't stop at just a kiss. Are you serious about sexual purity at all? Then avoid all these substitutes of intimacy and have a real friendship for a start.

To do list

1. What are you still entertaining that you have been warned of many times by the Holy Spirit to let go off? Do it today. Delete that number. Break that CD. Delete that social media account or unfollow that bad influence etc.

Prayer: Dear God I cry out to You for mercy. Please have mercy on my disobedience and rebellion. Today I give You all that I was holding back from You. Father please help me in Jesus name. Amen.



DAY 49: FORGIVE, LOVE AND SUFFER LIKE JESUS



Scripture: that I may know him and the power of his resurrection, and may share his sufferings, becoming like him in his death, - Philippians 3:10

Life Lesson: If you are not ready for this or do not really understand what it means to partake in the sufferings of Jesus Christ, please skip this day on to the next or repeat the day before. It is dangerous to promise to God something we do not mean.

How did our Savior suffer? He had constant opposition from influential persons in authority. When we read it in the bible it does not really come out because we know how it ends but that was not easy at all. Constant criticism and opposition and resistance from people in authority who are trusted by all and seen as pious.

When we choose to partake in the suffering of Jesus, our emotions and our very selves will have to take a back seat. We cannot be crusaders of the “self-care, my truth your truth, be yourself” conundrum. Jesus above everything. Jesus above education, above marriage, above children, and even above ministry.

When we sign up for this, it looks like we are losing it all and are behind in life. Many times the glory is seen in how the story ends but we have to be prepared to not expect our rewards and glory here on earth. Will you be okay with that?

This is something to think about before we easily promise God we want to share in the suffering of His Son Jesus Christ.

The suffering you feel when you stay away from what you were addicted to is nothing compared to suffering Jesus underwent on the cross.

Reflect on this.

THINK BEFORE YOU DO ANYTHING. SEEK THE FACE OF THE LORD CONCERNING YOUR CALLING. UNDERSTANDING YOUR CALLING HELPS YOU TO BE CONSISTENT AND FRUITFUL AS A CHILD OF GOD.BE STRONG.

Prayer: Dear Jesus, I need You. I do not feel confident about my relationship with God because I do not know You. Even as I read the book of John, open my eyes and lead me to know and love You more. In Your name I pray. Amen



DAY 50: GOD'S STRATEGY FOR US INCLUDES PRAYER



Scripture: So Moses cried out to the LORD for help, and the LORD showed him a piece of wood. Moses threw it into the water, and this made the water good to drink. It was there at Marah that the LORD set before them the following decree as a standard to test their faithfulness to him. - Exodus 15: 25

Life Lesson: Do not sleep when God gives you a plan, a vision or a promise. That is the beginning. Until we are in heaven face to face with the Father, whatever strategy and plan He shows us, we must receive it through prayer and maintain it through prayer.

So let's do this, anytime there is a prophetic word spoken over us or God gives us a vision of what is to come, let us immediately engage in prayer to download further instructions on the vision and also access to strength to contain the blessing. (You can add fasting if you are led to)

My dear friends, when the bible told us to pray without ceasing, it was not a joke or an empty word to fill up the page. That is a command. Pray till you see the victory and after the victory pray by praising God and reading Psalms to Him.

You are sorted for life. Do not fear.

Praise the Lord for His promise of freedom that has been realized in your life through your faith in Jesus Christ.

To do list

1. What promise of God am you sleeping on?
2. Create a prayer timetable today.
3. Learn about the kinds of prayer there are.
4. Buy a gratitude book because all your prayers are about to come through.

Prayer: Thank You God Almighty. I will arise unto prayer in Jesus name. Amen.



DAY 51: WE WILL PREVAIL



Scripture: They will fight against you, but they shall not prevail against you, for I am with you, declares the LORD, to deliver you. - Jeremiah 1:19

Life Lesson: What is household wickedness? People who are close to you, have access to your life and knowledge of your hopes, using the relationship they have with you to harm you because of jealousy and envy.

This is what God is telling us about them. They will fight against us but they will not prevail. The Lord our God is with us to deliver us. We are safe in Jesus' name. Now that we are safe, we have to be wise too. Be convicted about how much you share.

The enemy cannot prevent what he doesn't know. He may threaten you with bad dreams but do not be afraid, your prayers can overturn the enemy's intentions and cause a terrible shaking in their camp. Do not be afraid. Trust what God has said in **Jeremiah 1:19**. He is with us to deliver us. We are on the winning side of any fight. Glory be to Jesus. Hallelujah.

Today is the day to deal with sexual dreams in your sleep. Stand on Jeremiah 1:9 -10

To do list

1. Worship throughout this week at midnight. Tune in to www.kristocentric.com and join in their midnight worship.
2. Make a renewed list of trusted friends. Ask God to expose the hidden enemies within.
3. Ask the Holy Spirit for a direction to put all their wickedness to an end in your life and ask for grace and strength to follow through with the direction.

Prayer: Heavenly Father, thank You that You are with us in every fight to deliver us. We believe this and so this is the story of our lives in Jesus name. Amen



DAY 52: GIVE IN TO GOD



Scripture: From inside the fish Jonah prayed to the Lord his God. - Jonah 2:1

Life Lesson: Oh Brother Jonah. He willingly disobeyed God and made a choice to intentionally go the opposite direction of where God was leading him. We can all relate to Jonah's stubbornness, pride and self-righteousness.

I love what Jonah did when he came to the realization of his foolishness. In the belly of the whale, he prayed to God. Where can we go to hide from God? Tell me? Where? Jonah's intention was to run away from God and do his own will. But when circumstances of life started fighting him, he learnt that fighting God is like fighting our very life and destiny. When he realized this, he gave in to God and prayed to God and the bible says, God immediately ordered the whale to release Jonah.

What a merciful and mighty God! My dear friend, in spite of your disobedience and constant unfaithfulness, when you come to the end of yourself and ask God for help, He will answer you. Most of the time, the answer will be instant if you have learnt from your wrong decision.

You are forgiven. If after repentance, you start seeing evil dreams, stand on God's word and rebuke those dreams. Do not let the dream convince you that your sins are back on your head. No they are not.

To do list

1. Inventory time. Read Jonah 2
2. Evaluate the course of your life. Are you opposing God with your choices?
3. Create a one year plan of following God's plan for your life (using the ones you know God is leading you to do. The ones you don't know, with time God will give you more details)
4. List unknown areas you would trust God with from today.

Prayer: Father in the name of Jesus, thank You for Your great mercies towards us. Amen.



DAY 53: WALK ON WATER



Scripture: And Peter answered him, "Lord, if it is you, command me to come to you on the water. Matthew 14:28

Life Lesson: life is like the waters. When we are doing well, we are floating and walking on the waters. When we are heavy and burdened with issues and frustrations we start to drown.

Jesus gave a simple solution to Peter on how not to drown. He says we should not look at the storm. Do not pay attention to the mighty winds. Look at Jesus. He has commanded us to walk on water. Peter did not drown because he regained perspective and gazed on Jesus till he got to the shores.

This is it. This is the revelation. Hold on to it. Never let it go. I am excited for you. You are going to soar and float on high waters. The storms and terrible winds have no bearing on your vision because your eyes are fixed on Jesus. This is a powerful truth. Glory to Jesus! Hallelujah.

What should I even say today? (I am smiling). This message is too straight forward. Dear friend, just look at Jesus. By now you should have recorded some wins in your purity journey. Go over them and praise God for the wins.

To do list

1. Read the encounter of Peter walking water in Matthew 14.
2. Go online and find commentaries on Matthew 14.
3. Now pray to Peter's request in Matthew 14:28. Lord command me to come to You on the water.

Prayer: Thank You Heavenly Father, You are God over the waters and the high seas. We have victory over storms of life because of Jesus Christ. Thank You for that Father. In Jesus name. Amen



DAY 53: GOING BACK TO FISHING



Scripture: Simon Peter said, "I'm going fishing." "We'll come, too," they all said. So they went out in the boat, but they caught nothing all night. - John 21:3

Life Lesson: Simon Peter is always the first to voice out what he is thinking. After Jesus was arrested, the morale of the disciples was down. Even after Jesus appeared to them in John chapter 20, the vim was still down. Peter decided he was going back to what he used to do before Jesus Christ called him to be His disciple. As the influencer that he was, the other disciples decided to go along with him. The scriptures tell us that they caught nothing all night. Mine oh mine. Remember Jesus ordained them to become fishers of men but out of frustration, they decided to do the easy thing and go back to becoming fishers of fish instead.

When we decide to go out of God's purpose for us, we can become unfruitful in our endeavours. We may have company and all the human help necessary, but still yield no fruits because Jesus has been placed out of the equation.

The good news is, when Jesus came to them, he gave them a tip that immediately rendered them fruitful. When the curse is broken and we are forgiven, we become instantly fruitful.

The first proof of fruitfulness is seen in the abundant catch of fish, but they did not take that breakthrough as a reason to stay fishermen. They went back to their true calling in Christ. Fishers of men. Sometimes when the blessing is released, we slow down and remain in the wrong place. No, the blessing is the beginning of God's mercies towards us. Don't take the approval to continue in the wrong thing.

You are doing great. You have gone days without masturbating or watching porn or have sex outside of marriage. Great. Don't slow down. Ask God for an assignment for the coming week. It could be deciding to finish the New Testament in 3 months.

To do list

1. What have you returned to that is not in the will of God for you?
2. Pray for God's help for a tip that would instantly break unfruitfulness in Jesus name.

Prayer: Dear Father, please help me with my life in Jesus name. Amen



DAY 54: WHEN GOD SAYS NO, HE SENDS STRENGTH



Scripture: Father, if you are willing, please take this cup of suffering away from me. Yet I want your will to be done, not mine.” Then an angel from heaven appeared and strengthened him. Luke 22:42-43

Life Lesson: Jesus, our Lord and Savior, went through a moment where he felt things were going against Him. He was so weak to the extent of asking the Father to change His assignment on earth. But let us focus on how He ended His prayer. He said, nevertheless, let Your will be done Father, not mine.

Writing this book was not as easy as my first book Sexual Purity Handbook. This one, I found myself wanting to give up and live a quiet life without touching the lives of others through books. But nevertheless, Father let Your will be done not mine.

Anytime we genuinely seek for the will of God to be done in times of difficulty, God sends His angels to come and minister strength unto us. Mine is writing this book, what assignment has God called you to do that is feeling burdensome?

Desire to do His will still and you would receive strength from heaven.

Something just shook you up. Take a breath. Calm down and start the day again from where you are right now. Remember, new mercies every day and every minute.

To do list

1. Make a list of abandoned projects. Which one or more is God convicting you about seeing it through?
2. Set time aside this week to pray for God’s will to be done in that thing.
3. Did you receive help? Did you see it through? What is the update?

Prayer: Dear Father, hmmm You know that I want to give up and run into hiding, but Your will above my will always. Please send strength my way in Jesus name. Amen



DAY 56: FANTASTIC JESUS



Scripture: The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth John 1:14

Life Lesson: Think about it. Because of Jesus, you can have real victory over every situation. All you need to do is to believe. The bible tells us in *Hebrews 12 verse 2* that He is the author and finisher of our faith. This means that Jesus Himself is our faith. He begins it and ends it.

When you do not have enough faith, remember what Jesus did for you and have faith. When you have faith but are running out and beginning to look at the situation, remember what Jesus did on the cross for you and have faith in that. When the devil accuses you, remember what it means to be redeemed by the blood of Jesus and move forward with your confidence.

That is how fantastic Jesus is to us. We have all things in God through Him. Because of Jesus Christ, we never have to represent ourselves in the presence of God. Fantastic Jesus is our forever advocate. Glory to His name. Hallelujah!!!

Today, why don't you share this simple message with someone you know is dealing with what you have overcome?

To do list

1. Research from your bible, 10 fantastic things about Jesus.
2. Write them somewhere you can see every day.

Prayer: Thank You Father for Jesus Christ. He is our confidence before You forever. Thank You.



DAY 57: SOME OF OUR THOUGHTS ARE NOT OURS



Scripture: Now the serpent was craftier than any other beast of the field that the LORD God had made. He said to the woman, “Did God actually say, ‘You shall not eat of any tree in the garden’?”
Genesis 3:1

Life Lesson: the devil speaks. Did you know that? The devil and demons are persons without bodies. They cannot read our thoughts (**1 Kings 8:39**) but they can sow thoughts and wait for our reactions and confession (what we say with our tongues). That is one of the ways they get legal access to the body. Not everything you think is from you. **Philippians 4:8** must be our yard stick for the thoughts we decide to act on.

When satan is unable to get you to think negatively, he starts using people to speak negatively to you. So as you overcome in your mind, choose your friends wisely and be strong against those who seek to discourage you.

Dear friends, let us do everything to fill any vacuum with the Spirit of God. It all begins in the mind. If we can overcome them in our thinking, they won't have the opportunity to go further.

Do not be afraid, rather from today decide to use your body for only deeds of righteousness. Think about it and then do it.

To do list

1. Pray for three days (at a timing of your choice) this week. Ask God to deliver you from all negative and depressing thoughts in the name of Jesus. Add fasting if you can.
2. Ask the Holy Spirit to fill you to overflow in Jesus name.
3. Make a decision to read the entire bible starting from Genesis.(Starting from now and give yourself a year to finish)

Prayer: Father, please take away the spirit of fear and doubt away from us and fill us with the spirit of wisdom and courage in Jesus name. Amen.



DAY 58: LIVE AND DECLARE



Scripture: I shall not die, but live, and declare the works of the LORD. - Psalm 118:17

Life Lesson: we were never created to die. We are all eternal beings. The definition of death is eternal separation from God Almighty. The death and resurrection of Jesus Christ has saved us from that plight.

Death in the physical body no longer is a limitation for us. Heaven is our real home. What does this mean? Should we die before our time? No! But this means that our life on earth will be used to declare the works of the Lord so others can also be reconciled to God too.

Satan cannot kill us. We are no longer on his payroll, he cannot fire us. We belong to God Almighty. He is the one with authority over our body, soul and spirit (**Matthew 10:48**). Satan is an invader. Invaders can only invade when the walls are down. God is not an invader, He is our creator.

So my dear brother and sister, as long as we live, let us declare the works of the Lord

Today is a good day to give a part of your testimony. What do you think?

To do list

1. What are the works of the Lord in your life? Share your testimony with a neighbour
2. Set one day of the week to evangelize. You can start with family members.

Prayer: Thank You Daddy for eternal life. I look forward to being in Your presence forever. As I am on this earth now, please build Your character in me so I can be a worthy vessel for Your use in Jesus name. Amen.



DAY 59: BE OF NO REPUTATION



Scripture: But made himself of no reputation, and took upon him the form of a servant, and was made in the likeness of men. - Philippians 2:7

Life Lesson: when our saviour Jesus was tempted by satan, the theme of the temptation was self-glorification. Satan wanted Jesus to be tempted to prove Himself as God to him. Jesus did not fall for it because He does not partake in vainglory or seek His own. Jesus was all about the assignment God had given Him. That is how to overcome every temptation. Remember what God has said about you and commanded you to become.

Jesus is now glorified and the devil and demons tremble at the mention of His name. Whatever satan was promising to offer Jesus, Jesus received the authentic version of that after His assignment was fulfilled. Believe God. As soon as you realize that what you are hearing is from satan, know that there is no truth in it. No matter how convincing it may sound, if you patiently research you would find the twisted truth. Be of no reputation like Jesus. Be all about God's calling for you.

An addict who is consumed with looking cool will not receive true freedom on time.

To do list

1. What is God's specific assignment for you? Do you know?
2. Are you doing it? If not how and when can you start?
3. Who can help you?

Prayer: Dear Father, Thank You so much for entrusting us with Your kingdom expansion. Train us to let go of all illusions and reputations hindering us from doing the assignment You have given us. In Jesus name. Amen



DAY 60: GUILTY PLEASURES



Scripture: So whether you eat or drink, or whatever you do, do it all for the glory of

God. 1 Corinthians 10:31

Life Lesson: My personal definition for guilty pleasures are sins we feel we are entitled to due to a long break from them. For example, when we stay away from watching television for a very long period due to work or a spiritual retreat, we become convinced that we need to catch up because we have done well from staying away from it for so long. Our Christian journey can be like that sometimes.

We must not pat ourselves on the back when we give up something for God. Paul says in **2nd Corinthians Chapter 10:18** that it is not the one who commends him or herself that is approved but rather the one commended by God.

Dear Friends, how do we get rid of guilty pleasures? By using **1 Corinthians 10:31** as the filter for every break or recreation we think we deserve. It is good to take a break. By all means take a break but your break should not lead you into sin. Delete the word guilty pleasures from your vocabulary. They are not words to describe the actions of a believer.

Guilty pleasures are a break from godliness, you don't want that.

To do list

1. Make a list of the things you like to de-stress with.
2. Cross out the ones you honestly know do not bring glory to God.

Prayer: Dear Father, out of our wisdom and standard we allow things that clog our lives to come into our hearts in the recreation. Today we want to use giving You glory as a filter for all our motives. Give us strength, wisdom and peace as we do this in Jesus name. Amen



DAY 61: BE LED BY THE HOLY SPIRIT NOT YOUR HEART



Scripture: “The human heart is the most deceitful of all things, and desperately wicked. Who really knows how bad it is? - Jeremiah 17:9

Life Lesson: Who really knows how bad the heart is? We do not know what the heart will do if it is allowed to take over. When we watch crime documentaries, we learn of how people commit crimes of passion. Hate is an emotion and it comes from the heart.

Envy is an emotion and it comes from the heart. How many times have our feelings gotten us into trouble? You have to believe Jeremiah 17:9. The heart is very deceitful. The world’s favorite advice is to follow your heart. Please no. Do not follow your heart, be led by the Holy Spirit of God. **Romans 8:14** shows us that being led by the Spirit is the way to prove that you are a child of God.

Sometimes our hearts agree with what the Holy Spirit leads us to do. If we follow our hearts, we may find a subjective justification for every evil we do. We cannot trust our hearts. It needs serious overhauling with the word of God. The Holy Spirit must supersede any personal strategy we have for ourselves.

The heart does not need to have what it wants. The Holy Spirit can lead you out of addiction

To do list

1. Memorize Romans 8: 14 this week.
2. Take an inventory of decisions you took without praying. How are they going so far?
3. Make two new decisions about that same old decision you took but this time, spend a week praying about it.
4. Write down everything the Holy Spirit shares with you concerning the decision.

Prayer: Dear Father, thank You for Your Holy Spirit. If I will be patient and walk closely beside Him, I will be fine with all my decisions and I will have your peace. Please give me a second chance to live a life led by Your Spirit and not by my heart. In Jesus name. Amen.



DAY 62: THE SKY IS BLUE AND THE LORD IS GOOD



Scripture: The heavens proclaim the glory of God. The skies display his craftsmanship. - Psalm 19:11

Life Lesson: God is always good. So long as we are alive today, there is no argument about His goodness. He is so good, He has sorted out our death too. So when we die in Christ, we will experience God's goodness in heaven as well.

Overall, God is good through and through. Just as sure as the sky we see is blue, so sure are we that our God is good. Hallelujah!!

When in a hard time, please do not doubt God's good intentions for you. It is so clear in scripture in Jeremiah 29:11.

God does not hate you. God is not mad at you. He knows you are fighting. He knows what happened to you as a child that has led you here. You will be fine now that you trust Him.

To do list

1. A good time to do an all-night praise and worship service by yourself for the Lord. Let us do it!
2. Read Psalm 100 morning and evening this week.
3. Read Psalm 118
4. Read Psalm 34
5. Read Psalm 149
6. Read Psalm 131

Prayer: Father You are good to me. Thank You for today. You keep me afloat. I am good because of Your goodness. In Jesus name. Amen.



DAY 63: HOW TO WHILE AWAY TIME



Scripture: For man does not know his time. Like fish that are taken in an evil net, and like birds that are caught in a snare, so the children of man are snared at an evil time, when it suddenly falls upon them. - Ecclesiastes 9:12

Life Lesson: The verse says that we do not know when evil times will suddenly be upon us. What can we do about this since we do not know? We have to strengthen our heart, mind, soul and body in the Lord each day so that when the evil times come, we will be well equipped.

Four great things to do with extra time: Sleep, Cook something fancy, Visit or call a friend to encourage them and four, memorize scripture. You can see that all these things mentioned are not necessarily spiritual, but they help you from choosing leisurely things that fortify your body, mind, soul and spirit.

Time is a blessing from God and we have to be good stewards of that gift. When you are using time wrongly and the Holy Spirit prompts you, please listen and do something about it.

Addiction is either strengthened with time or weakened with time. It all depends on what you are doing with your time.

To do list

1. Create a personalized Sabbath. – A free time for rest
2. Learn to cook healthy meals. – Make a decision about eating healthy
3. Make a list of friends you are going to pray for
4. Memorize 10 scriptures on God's rest. You can Google them

Prayer: Father, thank You for the gift of rest. It is Your will for us to be well balanced and properly functioning people. Today we dedicate how we rest in Your hands. Take Your glory in Jesus name. Amen



DAY 64: MAKE USE OF THAT MISTAKE



Scripture: For the righteous falls seven times and rises again, but the wicked stumble in times of calamity. - Proverbs 24:16

Life Lesson: Joseph made the mistake of oversharing details concerning his destiny. It was through no fault of his that he was hated by his brothers. Maybe if he had been discrete or managed the information he was sharing, he would have been massaging their egos, but that is no way to live. We are to live in truth and in love.

His mistake did not crash his destiny because he still walked with the Lord while suffering the repercussions of his mistake.

Anyway, some of us were not as innocent as Joseph when we made that mistake. Even so God can use that mistake for our good if we let Him. How can we let God? By obeying Him then and after. We cannot make a mistake better by making another mistake. There is no mistake in God so one sure way to avoid mistakes is to seek to obey God Almighty our Father at all times.

If we walk with the Lord, no mistake will have the power to make us useless. Every mistake will be arranged to fulfil our destiny if we love the Lord and walk with Him.

If you have truly repented and asked for forgiveness for your sins, it is time to ask God for grace to come out strong in life. When God is with you, you will thrive.

To do list

1. Go to the bathroom, look in the mirror and say this with faith. It is time to move on from this mistake (name it). Isaiah 43: 18 says I should not remember the former things so today in obedience to God's word, you this mistake I am letting you go from my heart and mind in Jesus name. Jesus is my reward so I will be fine.
2. Listen to Mercy Chinwo song "Power belongs to Jesus" and have a praise party.

Prayer: By the blood of Jesus I am redeemed out of the hands of satan and forgiven of all sins. Thank You God Almighty. Hallelujah!! Amen



DAY 65: PLEASE HELP ME LORD



Scripture: “Oh no, sir!” she replied. “I haven’t been drinking wine or anything stronger. But I am very discouraged, and I was pouring out my heart to the Lord. - 1 Samuel 1:15

Life Lesson: Hannah poured out her heart. Why? Because she believed that only God can truly help her. She said to God, You can give me a child.

We may not have received some particular blessing yet because God is waiting for us to ask Him specifically for help. Not command it, not decree it, not fast for it, not rebuke the devil about it, just plain and simple asking the Lord humbly for help.

Hanna found a psychologist and counselor in God. She poured out her heart to God. After that outcry, do you know what Hanna did next? She believed God and went back to eating her food and was no longer sad. Today the book we took this verse from is named after Hanna’s first born Samuel, and she had six more children in addition to Samuel.

God loves us, God wants to help us. God will help us. So ask Him for help today.

Two keys for you if you are finding it difficult to walk in forgiveness. Key1: God loves you. He has no favorites. Key 2: Because He loves you, you can ask Him for help and He will help you.

To do List

1. Read the first chapter of Samuel.
2. Read Psalm 46
3. Memorize Hebrews 4:16

Prayer: Dear Father, all my help comes from You. My humble cry today is help me Daddy. Let my life be a result of Your help in Jesus name. Amen.



DAY 66: RELIGION OR RELATIONSHIP?



Scripture: God saved you by his grace when you believed. And you can't take credit for this; it is a gift from God. - Ephesians 2:8

Life Lesson: we are saved to do good works not the other way round. We do not do good works to gain salvation. Doing good works as a result of our salvation comes from a place of deep relationship and union with Jesus Christ. The idea of doing good works to attain salvation defines religion.

Proverbs 11:1 says that a false balance is an abomination. The lack of wisdom is what brings along an unhealthy balance or a false balance. It is very easy to depend on the "saved by grace" truth to defend our rebellion and lack of reverence for God's authority.

An undivided focus on Jesus is what will centre our lives and give us a healthy balance between grace and good works. Let us tackle how to reach this in our to-do list below.

Give your heart to Jesus. Yes I know you are born again, but are you in love with Jesus? Get to know Him. Read the Gospels – Matthew, Mark, Luke and John.

To do List

1. Worship a lot. (when we worship, we open our ears and hearts to sense God's leading)
2. Take an inventory of religious practices you practice without understanding.
3. Read and study Romans chapter 12.

Prayer: Thank You heavenly Father for restoring our relationship with You through Jesus Christ our Lord. Grant us wisdom to not sway into unfruitful religiosity and legalism. In Jesus name. Amen



DAY 67: MAKE TIME FOR JESUS



Scripture: “Look! I stand at the door and knock. If you hear my voice and open the door, I will come in, and we will share a meal together as friends. - Revelation 3:20

Life Lesson: Jesus wants to come and eat with you. Yes, like a date, what do we do for dates? We prepare, we put on our best attires and expect to make an intimate connection. Jesus is at the door of our hearts right now. He is knocking. Open up, say yes to His proposal and begin your intimacy today.

Even if you are already born again Christian and are walking with the Lord, the message of making more time for Jesus applies to you too. Paul said in *Philippians chapter 3 verses 12* that he doesn't consider himself to reach his goal as a Christian. He urges all to forget the glory of yesterday or the shame of yesterday and look forward everyday pressing on to meet the high calling we have in Christ. The Christian life is not a one-time target. It is a constant journey while we are here on this earth. So no matter how good you are, there is always going to be some more of Jesus you would need.

When you start thinking you are matured so you do not need to be that desperate for Jesus, that is when you start returning slowly back to addiction. Spiritual growth is not a time thing.

To do list

1. Google *Unstoppable Love lyrics by Kim Walker Smith*. Learn song and sing along as you do house chores or sleep.

Prayer: God you pursue me. You are unrelenting with passion and mercy towards me. Thank You for Your constant love for me. In Jesus name. Amen



DAY 68: GIVE GOD HIS CREDIT



Scripture: For everything comes from him and exists by his power and is intended for his glory. All glory to him forever! Amen. - Romans 11:36

Life Lesson: If it is good, then it is from God. If it is faulty then I had a hand in it. This is Pat Robertson, the founder of CBN's favorite words. He is right. This way of thinking is the truth and it also gives us perspective when we are facing life's difficulties.

God is our one and only help. We cannot blame him for the trouble that comes our way. When we are quick to blame God for the difficulties we face, we rid ourselves of the opportunity to reflect and see what the real cause of the negative trend in our lives is.

Everything comes from God, Yes. Everything is intended for His glory. Yes. If it is good, give Him the glory. If it is bad, ask Him for help and give Him glory for His ability to send you help. Give God His credit please!

After you come out of this battle with addiction, give all the credit to God. Don't even talk about your self-discipline and strong will. That all played a part but it was the power of God that empowered your will.

To do List

1. Watch second glance on YouTube on the Christian Movie Channel by Rich Cristiano.
2. Have any Maverick City worship on repeat as you read Psalms 118 out loud. You may cry so get tissues ready. God's glory is beautiful when it consumes our room. Enjoy

Prayer: Father thank You for my life. It is a beautiful life and full of worthy substances. I am valuable and of so much worth because you commanded it to be so much so. Take all the glory Father for the beautiful results of my life in Jesus name. Amen



DAY 69: BEAUTIFUL



Scripture: So God created human beings in his own image. In the image of God he created them; male and female he created them. - Genesis 1:27

Life Lesson: No one is made in the image of satan. Satan did not and cannot create you. You are valuable. You are beautiful. If it was just you on earth, Jesus would still go through the journey of saving your soul.

You were created to love and be loved. All mankind is looking for is a deep appreciation, love and acceptance as part of something meaningful. You have that in Jesus Christ. We love God because He first loved us *(1 John 4:19)*.

You are seen by God most High. He has your name engraved in His palms *(Isaiah 49:16)*, not that He would forget, but that is a love gesture to show you what extent He is willing to go for you.

You are beautiful.

God sees you right now. He loves you. Nothing can separate you from the love of God.

To do List

1. Brush your teeth twice
2. Bath twice.
3. Start morning walk/ prayer walk early in the morning
4. Laugh. Set a time for comedy. You would find great godly comedy events on the CBN app. download it for free.
5. Call the people you love often.

Prayer: Father, You gave me a body for a reason. Give me the grace to have a positive attitude towards myself and help me to keep myself with respect in honour of your work in me. In Jesus name. Amen



DAY 70: THE NAME ABOVE EVERY OTHER NAME



Scripture: The disciples were amazed. “Who is this man?” they asked. “Even the winds and waves obey him!” - Matthew 8:27

Life Lesson: In whose name are you living life? Yours, mine or Jesus? Yours and mine have no power. If we mention it, we are not even sure if that would merit a smile. Oh but the name of Jesus!! The bible tells us what that name (*John 14:13*) can do.

Why bet on our name or an uncle’s when there is an established authority for your sake, and an advocate on your behalf.

Glorify the name of Jesus even if it was not a good day today.

To do List

1. Read Philippians Chapter 2.
2. Read 1 John 5
3. Look for songs on the name of Jesus.
4. Google 50 scriptures on the name of Jesus. Choose 10 of them to read often.

Prayer: Father You know the mystery behind names. Your word says a good name is better than riches. Thank You for the highest name of all names that opens doors and gets demons running for their lives. The name of Jesus is Your gift for us. We accept it gratefully. Thank You for the name of Jesus. Amen.



DAY 71: THE RIGHTEOUS HAVE A SECRET PLACE



Scripture: He who dwells in the secret place of the Most High Shall abide under the shadow of the Almighty. - Psalm 91:1

Life Lesson: having an intimate relationship with the Trinity is highly essential to every believer. Knowing that God the Father, is the source of your life and all your blessings, Jesus Christ His Son as your divine channel to the Father and the Holy Spirit is the administrator of all of God's blessings and our divine help here on earth. Having an intimate relationship with the Holy Spirit equals an intimate relationship with the Trinity.

Quiet time is where anyone who does serious business for God receives most of the information needed. Preparation is a principal key in life. Consistently meeting God in the morning is how a Christian must prepare for the Olympics of life.

We cannot give God our least attention and expect to grow in our relationship with Him. You become whoever you spend more time on and with.

To do list

1. Commit to an ideal time for meeting God early in the morning before any business begins.
2. Create a quiet time worship playlist.
3. Keep an ear for what the Spirit of God will tell you in the morning.

Prayer: Thank You Father. I will sing of Your constant love in the morning and of Your faithfulness in the morning. I love You and truly I want to spend more time with You. Please give me wisdom to prioritize my life orderly according to Your will in Jesus name. Amen



DAY 72: GOD'S NEW COVENANT WITH US



Scripture: For I will be merciful toward their iniquities, and I will remember their sins no more. - Hebrews 8:12

Life Lesson: Covenants are serious and legally binding on both parties. God has always been faithful on His end of any covenant He makes. [Hebrews 8:12](#) is announcing God's new covenant with us. Listen to God's new covenant with you. Take this seriously. You are made in the image of God. If He has forgiven you, why don't you be like Him and forgive yourself too? Let's take a look at the details of the new covenant between us and God through the sacrifice of Jesus on the cross.

1. Jesus was punished so we are forgiven. – Isaiah 53:4-5
2. Jesus was wounded so we are healed. – Isaiah 53:4-5
3. Jesus was made sin with our sinfulness, so we are made righteous with His righteousness. – 2 Corinthians 5:21
4. Jesus died our death so we have His life. – Hebrews 2:9
5. Jesus endured our poverty so we share in His abundance. – 2 Corinthians 8:9
6. Jesus bore our shame so we share in His glory. – Hebrews 12:2
7. Jesus endured rejections so we have acceptance with the Father. – Ephesians 1:5-6
8. Jesus was made a curse so we are blessed. – Galatians 3:13 -14

If you remember any that you haven't spoken to God about, please go ahead and denounce them, repent from them and accept God's forgiveness for that. Jesus paid it all.

To do list

1. Read Colossians chapter 3
2. Read Galatians 2:20
3. Out of these chapters, write down a personal declaration to repeat to yourself when you see your memory of God's covenant slipping away.

Prayer: Thank You Daddy for enduring mercies. I am Yours. Thank you for forgiving me of all my iniquities and choosing not to remember my sins anymore.



DAY 73: BECAUSE OF JESUS



Scripture: But thank God! He gives us victory over sin and death through our Lord Jesus Christ. - 1 Corinthians 15:57

Life Lesson: Because of Jesus, when we die here on earth, we will live again a better life in constant fellowship with God and those who love Him. We hear this so much, but have we thought about it hard enough? Life's greatest mystery is what happens to Man after death? Through Jesus we have that answer but somehow somehow we are either not satisfied with it or think lightly of it.

My dear friend, let me repeat it again. After this life here, you will live again in a perfect world where you would not need to guess if God is with you or not, because you would know it as your reality. This is all because of Jesus. Go out there and let someone else know.

A heart that is excited and looking forward to face to face fellowship with God will survive the bounds of addiction. Get your heart right and you will see results.

To do list

1. Serious evangelism this week. Find someone you are older than. It is easier to start there sometimes. Tell them about what you have just read in today's devotion.
2. Pray for whoever you plan to speak to and pray for them after you have spoken to them.
3. Study Revelation 21

Prayer: Thank You Father, You are the Lord of every life I would ever have and live. I praise Your holy name today in Jesus name. Amen



DAY 74: THE ERASER WITH RULES



Scripture: But if we [really] walk in the Light [that is, live each and every day in conformity with the precepts of God], as He Himself is in the Light, we have [true, unbroken] fellowship with one another [He with us, and we with Him], and the blood of Jesus His Son cleanses us from all sin [by erasing the stain of sin, keeping us cleansed from sin in all its forms and manifestations]. - 1 John 1:7

Life Lesson: Continual cleansing of sin comes with a condition. Walking in the light and fellowshiping with one another are the conditions attached to the continual cleansing of sins. It is the blood of Jesus that cleanses us from all unrighteousness. But God says forgive others so your sins may be forgiven so that means failure to meet a condition can make an easy process lengthy and slow.

What does it mean to walk in the light? It simply means to walk in obedience to God's word. What does it mean to fellowship with one another? This means love others without suspicion, accusation or in pretence. Mean what you say to others and say what you mean. Have kind thoughts about others too. These things are not easy to do, but when that is our focus, we would receive help from the Holy Spirit to pursue them excellently.

Freedom from addiction requires a pure heart. Do away with any form of bitterness. Even the ones you have a right to hold on to.

To do list

1. Make a long list of all you think have offended you.
2. Start forgiving them. Make it a choice to remove all grudges from your archives.
3. Which relationships are going down because of suspicion, and a lack of transparency? Plan to phone them and just have a normal conversation without an underlying agenda. As led by the Holy Spirit you can choose to bring up the issue of tension.

Prayer: Dear Father, forgive us for our selfish ways and only seeking your blessings without wanting to change or build godly character. Thank You for this revelation 1 John 1:7. Help us to live by it in Jesus name. Amen



DAY 75: THE ONLY ENEMY IS SATAN



Scripture: In the same way, I tell you, there is joy in the presence of the angels of God over one sinner who repents [that is, changes his inner self—his old way of thinking, regrets past sins, lives his life in a way that proves repentance; and seeks God’s purpose for his life].” - Luke 15:10

Life Lesson: everyone in the flesh has an opportunity to repent, and the angels would rejoice over that soul. Judas had he repented, would have been rejoiced over. Goliath had he repented would have been rejoiced over, Esau had he truly sought repentance, he would have been rejoiced over. Why am I sharing this? To give us compassion towards people we brand as witches and wizards. It is true some people willingly allow themselves to be used by satan to become agents of hindrances in the life of others. But our only and true enemy is satan. He hates us because we can be redeemed and he is beyond redemption.

My dear friend, I hope this encourages you. Do not fear any human being, you serve the God who is higher than any other power. God’s power has a requirement that we do not fear, walk in love and have faith in His son Jesus Christ. Fearing or hating another human because of a suspicion of them being witches prevents us from truly walking in the light with boldness. God tells us to cast away our fears because perfect love casts out fear. When you are afraid, pray and trust God’s word. Simple but powerful direction. Do not live in fear.

No one is doing you. God has made a provision for you to be covered. Activate it by putting on the righteousness of Jesus Christ.

To do list

1. Let go of all suspicions and trust in God’s ability to hear your prayers and protect you.
2. Read Psalm 91 before bed.

Prayer: Thank You Father. You live in us and are greater than any that is in the world. You have power over every other power. I want to be bold in my trust in You. Please help me in Jesus name. Amen.



DAY 76: MINISTERING TO OTHERS BY SAYING NOTHING



Scripture: Dear children, let's not merely say that we love each other; let us show the truth by our actions. - 1 John 3:18

Life Lesson: Kindness! That is what I am talking about here. In previous days, we talked about being saved by grace and not work. It is still very true. Out of that overflow of salvation our heart becomes softened toward the poor and unreached. When we hear that someone is in trouble, let us do all we could possibly do within our means to help them. If you can't help financially, you can help by visiting or helping them with a chore.

I am intentional about going to homes of bereaved friends to help with house chores. I have to come to learn that, in such moments people are so shaken up, simple house chores becoming overwhelming. Why don't you make it a goal to go above and beyond to start helping your friends and even strangers in a practical way that speaks volumes about God's love with you speaking?

How we use our time will determine whether or not we are going to be free or be more entangled. Use your time for good.

To do list

1. Cook a nice meal and invite someone you know would need food to come over and eat. Make sure you have trusted people around, it puts you at ease.
2. Did you make a promise you have not honoured yet? Try and honour it soon please.
3. Send a message of appreciation to a parent or guardian who has been there for you.

Prayer: Thank You Father, for shedding Your love abroad in our hearts through the help of Your Holy Spirit. Give us wisdom to spread Your love across in Jesus name. Amen.



DAY 77: BUILD ON THE GREAT EXPERIENCE



Scripture: I decree that everyone throughout my kingdom should tremble with fear before the God of Daniel. For he is the living God, and he will endure forever. His kingdom will never be destroyed, and his rule will never end. - Daniel 6:26

Life Lesson: after a great revival (*example is returning from camp or a church event or even a deliverance session etc.*), we tend to relax out of complacency. The Christian life is meant to be lived out of the overflow of the Holy Spirit. So do this. After a revival, do not compromise on these three non-negotiable things at least. **Quiet time**, **prayer time** and then **worship** (singing songs to God in the morning and at night)

Below are tips on how to build a great spiritual experience using the three non-negotiable things listed above.

Quiet time: - Do a bible study on the theme that was taught at the retreat, or revival or event that fired you up

Prayer time: Find biblical prayer points from the bible study you are doing and pray them. List them in a book so that you can pray over them. These should not be personal requests but a prayer for spiritual growth and godly transformation established from the revival event you just returned from.

Worship time: Did you learn a new song at the revival event? Or does the experience remind you of a song? Sing and worship with it. You can also ask God to give you songs in the spirit.

Trust in Jesus and you won't go back. In fact do not look back okay.

To do list

1. Read Psalm 107. (This book talks about God's constant love in our up and down love life)
2. Set an alarm for fifteen minutes of worship. (Apostle Joshua Selman worship sessions on YouTube)

Prayer: Dear Father, I get so excited and then after a while I get overconfident on how much I have You i have in my corner, I slow down my active pursue of You. Please forgive me and grant a spirit of zeal and passion for pursuing You daily. When we are close, I feel so at peace. I do not know why I am guarding my sweet moments with You diligently. Please me Father, in Jesus name. Amen.



DAY 78: GOD OUR DELIVERER



Scripture: If the God whom we serve exists, then He is able to deliver us from the blazing fiery furnace and from your hand, O king. Daniel 3:17

Life Lesson: The first things accepting Jesus Christ as Lord and Savior gives us, are forgiveness of sins and salvation from spiritual death to life. Accepting Christ as our Savior opens the gate to many other things and all can be categorized under the umbrella of deliverance. Help, safety, covering, favour, grace, mercy all these are forms of deliverance.

We know God as Father, we know Him as creator. This week call Him deliverer. The three Hebrew boys in **Daniel 3** knew God very well as a deliverer. But listen, they were not worshiping God because of His ability to deliver them. In **verse 18 of Daniel 3**, they declared that even if God did not deliver them from the fire, they would still serve Him. How courageous. We can be like them too. Today God wants you to know Him as deliverer.

When this was revealed to me, I made a list of things I needed to be delivered from immediately and oh yes My God the deliverer showed up, gave me a word and delivered me both spiritually and physically.

God has delivered you already. All you are required to do is believe it and live it.

To do list

1. Pray with Daniel 3:17 fervently tonight. What fire is the enemy preparing to burn you in? Ask God to send the fourth man in the fire. The Holy Spirit of God will come and deliver you, you would see.
2. Listen to **Another in the fire by Hillsong Worship / Elevation Worship**

Prayer: Thank You Daddy!!!! You are my deliverer. I have help from Your Holy Spirit today. Thank You so much Father my deliverer. In Jesus name. Amen



DAY 79: RESULTS



Scripture: When you produce much fruit, you are my true disciples. This brings great glory to my Father. - John 15:8

Life Lesson: Results are good. They are an evaluation of our input. They tell us what is happening inside. Jesus wants us to care about fruits, increase or results.

Jesus cursed the fruitless fig tree in [Matthew 11:12-14](#). The servant with the one talent who did not care about increase was rebuked by his master in [Matthew 25](#).

Our righteousness must yield results. In [Isaiah 58: 8](#) our righteousness goes before us and the glory of God protects our back. God has created us to be result oriented people. Living in sin corrupts this nature of real results. Jesus said bearing fruits makes us His disciples. He is referring to souls here. That is why I am drawing our minds to righteousness. Ministry work is easier and fruitful when we walk in purity.

Replace some unfruitful hobbies like watching series or texting with the lifestyle of evangelism.

To do list

1. Do a deep study on our righteousness in God. (Google scriptures on the topic)
2. Read the chapter of John 15 and meditate on it.
3. As you read on righteousness, make a note on the connection between results and righteousness.

Prayer: Thank You Daddy for your mercies towards me. Father, you did not create me to be dry and unfruitful. It is Your will and decree for me to be fruitful. My heart seeks to bear fruits for you Lord. Teach me what to do father and I will do it in Jesus name. Amen



DAY 80: PATIENCE, OBEDIENCE AND FAITH



Scripture: This means that God's holy people must endure persecution patiently, obeying his commands and maintaining their faith in Jesus. - Revelation 14:12

Life Lesson: Patience is the capacity to accept or tolerate delay, trouble, or suffering without getting angry or upset. Obedience is compliance with an order, request, or law or submission to another's authority. In the case of a Christian, that would be God's Word and authority. Faith is complete trust or confidence in God Almighty, Jesus Christ and the Holy Spirit.

We all want to be known as patient, obedient and faithful people. It is not easy. But when we put these three to use. We gain immunity against life's issues. We become strong, stable and unshakeable. How victorious we would be if these three attributes became our reaction to everything in life.

Sexual immorality is as a result of impatience, pride and rebellion. You need patience, obedience and faith.

To do list

1. Push yourself to read and finish the book of Job this month.
2. Google Finish Strong by Steve Farrar.
3. Bible study on patience, obedience and faith.

Prayer: Thank You Father. Patience, obedience and faith. Help me Daddy. In Jesus name. Amen



DAY 81: FREE FOR REAL



Scripture: So if the Son makes you free, then you are unquestionably free. - John 8:36

Life Lesson: the sign of a totally free person is having an ability to choose and an opportunity to exercise their will. Think about slavery, what did it do to the slave? It took the slave against his or her WILL. Even if the slave wanted to be a slave, he or she did not CHOOSE it.

In Christ, we still have our will. Galatians 5:13 says this *“For you have been called to live in freedom, my brothers and sisters. But don’t use your freedom to satisfy your sinful nature. Instead, use your freedom to serve one another in love.”* It is out of our will to do God’s will by the help of the Holy Spirit. The Holy Spirit will not force us. We have to ask Him. The bible calls Him the helper in [John 14:26](#) and [John 15:26](#).

Do not question your freedom. If you are feeling like you are stuck or in bondage, check who you have given your will to. If it is your flesh, crucify your flesh by fasting and prayer, if it is the devil and his demons, your weapon is the word of God ([2 Corinthians 10:4](#)), use the word of God to take back your authority and submit to God as [James 4:7](#) says.

Remember what Jesus told the lady caught in adultery [John 8:11](#)? He told her to go and sin no more. Grace is available for us if we want to sin no more. It is very possible to be free from that addiction. So just like Jesus did, today I am telling you that there is no condemnation for you, you are free to go and sin no more.

Go and sin no more. Grace is available.

To do list

1. Do a study on the biblical perspective of free will.
2. Pray for these four things tonight: The spirit of Joy, The spirit of peace, the spirit of wisdom and the gift of discernment.

Prayer: Dear Father, God Almighty. I am Yours. You made me in Your likeness. Jesus paid it all and gave me back my freedom. Out of that freedom I live in fellowship with You through Christ Jesus. This is the truth. Help me to uphold it always in Jesus name. Amen



DAY 82: WHAT ARE YOU THINKING ABOUT?



Scripture: And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. - Philippians 4:8

Life Lesson: *Proverbs 4:23* is a good scripture to caution us on what we allow ourselves to ponder on. It warns us to be careful how we think, because our thoughts run our lives. This is very true. King Saul of the bible suffered a lot of depression. The bible called it by its true name - a tormenting spirit -. What does one do when they are depressed? They think a lot. The thoughts become like a series of negative scenarios and conversations with themselves going on in their minds. I am not speaking out of theory, I have battled and won against the spirit of depression.

Depression begins with a thought, the thought is pondered on and infuses our thinking with its negative expressions, and then we pick up those thoughts as our own and we begin to meditate on it till it yields its fruits of negativity. In summary, depression begins, dwells and ends with our thoughts.

It is always an innocent vague thought like “X does not like you”. When we agree with that statement, another thought may come up like this “Group XYZ does not take you seriously”. This second thought sounds even more convincing and then it goes on and on, before we realize, we have separated ourselves from friends with no valid explanation. And then the thoughts start accusing you directly now.

How can I stop getting these thoughts? The bible has given us a filter for our thoughts. *Philippians 4:8* is our biblical standard for how to think. It works if you would commit to it.

Use Philippians 4:8 to filter the thoughts you have and still have lately. If they don't meet the standard in Philippians 4:8, they are not true about you.

To do list

1. Read the book of John this week.
2. Get a journal to write more to Jesus. And also to write down what He tells you through His Holy Spirit.
3. Listen to ***At the Cross by Hillsong Worship***

Prayer: Father I receive the garment of praise in Isaiah 61. Thank You for healing my mind in Jesus name. Amen.



DAY 83: UNNECESSARY DISCOURSE



Scripture: Your speech *must* always *be* with grace, *as though* seasoned with salt, so that you will know how you should respond to each person. - Colossians 4:6

Life Lesson: There are seven things God hates according to **Proverbs 6:16-19**. Out of the seven, three of them are caused by our tongue. God hates a lying tongue. He hates a false witness, and he hates a person who through their conversations sow discord in families.

There is so much to repent of. Many times we over talk and this comes from a place of self-glorification or seeking to influence the opinions of others concerning us unduly. Now let us look at **James 1:26**, it says "If you claim to be religious but don't control your tongue, you are fooling yourself, and your religion is worthless". Idle talk is sin. Exaggeration is sin. Sarcasm is sin. Some of us are naturally talkative. There are positives to that, but we have to be humble and acknowledge that there are negatives to being talkative as well. I was led to pray a prayer of yielding my tongue to the Holy Spirit and my life has been impacted by that. It is time to start being careful about our conversations. Cut out all unnecessary discourse and ask God to teach you the balance

It is not every conversation or text that you must respond to immediately. Also practice thinking before replying to messages.

To do list

1. Read James chapter three (3) NLT version all through this week.
2. Take notes. What are you going to implement? What are you going to change?
3. Memorize James 1:26

Prayer: Heavenly Father, thank You for my tongue. You created me to bring you glory with my life. My tongue stands in the way and today in the name of Jesus I yield my tongue to Your Holy Spirit. Use my tongue to bring You glory and bring healing to those who hear my voice. Amen.



DAY 84: SHOW ME YOUR GLORY



Scripture: Moses said, "Please show me your glory." - Exodus 33:18

Life Lesson: There is a saying that first impressions are everything. This saying inspires people to look their best at any first meeting. Is it true? Are first impressions everything? I do not think it's the first impressions but rather looking our best. Every time you look your best, the impression will always be positive. Is God against beauty? No. In fact God created beauty and the impact of beauty is a tiny reflection of how God's glory operates.

When God favours us, what He does is that he opens the eyes of others to see our beauty and then they in turn want to show us favour. Beauty attracts favour. Beauty is a gift from God. Like everything there is a counterfeit, so do not even be confused by the world's standard of beauty. When the Lord gifts you His glory, your beauty becomes universal and is seen everywhere. You are favoured by all. Hallelujah!

How do we get this glory? Moses had a tent of meeting and that is where he specifically asked God to show him His glory. You need a secret place where you have intimate talks with God with no distractions. Because I live with others, I usually do mine at midnight when others are sleeping. Dear friend, you need a secret place. God is really going to show you His glory.

Reproach tags along addiction. Glory and beauty tag along freedom. It is good for you to be free from sin.

To do list

1. Create a prayer corner in your room today. It does not have to be fancy, it just needs to be clean.
2. Read Exodus 33.
3. Create a prayer from Exodus 33 and pray it in quietness
4. Listen to *Show my Your glory by Jesus Culture*

Prayer: Dear Father, Your glory is beautiful. Your presence is the secret behind every goodness and favor in my life. Thank You so much Daddy. Please I want more of You today. Show me Your glory in Jesus name. Amen



DAY 85: SECURE THE ENTRY POINTS



Scripture: Your word I have treasured *and* stored in my heart, that I may not sin against You - Psalm 119:11

Life Lesson: King David says storing up God's word in our hearts will keep us from sinning against Him. He would know won't he? After all he is remembered for his grievous sin against God with Bathsheba and the murder of Uriah.

Since the solution for our rampant disobedience is storing up God's word then let us secure the entry points of our lives. Eyes, ears, and mouth.

Our eyes must read God's word regularly (daily at least) (**Matthew 6:22**). Our ears must hear God's word (**Romans 10:17**) and our mouths must speak God's word (**Joshua 1:8**). This is how to intentionally transfer God's word to the warehouse of our heart.

When your ears, eyes, and mouth are centered on the word of God, your body will follow.

To do list

1. Memorize any of these chapters or both. (Romans 12 or Hebrews 12)
2. Listen to laying the foundation by Pastor Derek Prince. (Available on YouTube)
3. Fast your usual television schedule for this week and spend extra time studying any chosen book of the bible. (I suggest either Jonah or the book of James)

Prayer: Dear Father, Your word is my go to for everything especially when I am distressed or afraid. Thank You so much for Your word. Father it is my desire to know You more through Your word. Please grant me the grace to love Your word more and more and store it precious in my heart in Jesus name. Amen.



DAY 86: SEVEN DAYS WITH THE HOLY SPIRIT



Scripture: Therefore do not be foolish, but understand what the Lord's will is. Do not get drunk on wine, which leads to reckless indiscretion. Instead, be filled with the Spirit - Ephesians 5:17-18

Life Lesson: This year I have learnt that I run dry at times because I do not operate from the overflow. No more depending on yesterday's grace and anointing, God has more for me for each day and He is not stingy about it.

We are not finding work for His overflow of grace and anointing, which is why it feels like we are running dry. My dear friends, let us seek the Father's face this week and ask Him to give us an assignment with details. I sense a revival in the spirit and we are about to overflow with God's anointing. The question is what would we use the overflow for? That is why this seeking God is very important. There is a specific calling for your life and you have to know about it. Ask God and He would share the details with you. **Jeremiah 33:3** is His phone number. Call Him today.

Sometimes all you need to be free, is on your own account spending long hours in God's presence and waiting on Him to do something supernatural for you.

To do list

- Seven nights of prayer. Seven days of crucifying the flesh to seek God. Below is a provisional itinerary. Follow it as you are led to.
- Day 1: Fast breakfast and any form of snack. Pray for 15 minutes at lunch break.
- Night 1: Song (Spirit break out by Jesus Culture). Pray in the Holy Ghost for one hour. (If you desire the gift of speaking in tongues, email me at akuamabayie@gmail.com)
- Day 2: Fast any form of phone activity. (You can move this day to a weekend if it suits your work plan). Pray for 15 minutes at lunch break.
- Night 2: Same song. Pray in the Holy Ghost for one hour. Listen to God speak. Have your notebook and pen ready. Be alert, He may give you dreams or visions as well. You don't have to follow mine to the letter, this is just a guide. The Holy Spirit may lead you differently. *Now pen out a similar outline for the rest of the days. Enjoy His presence.*



DAY 87: SPEAK LIFE, HOPE AND FAITH



Scripture: Has the LORD redeemed you? Then speak out! Tell others he has redeemed you from your enemies - Psalm 107:2

Life Lesson: Why are we on earth? Is it to work and do well? What we believe about the afterlife influences many of the decisions we take in life. Those of us who believe in eternal life and are interested in having it, live our lives through Jesus Christ. Those who do not believe in eternal life or have their own made up story of what happens after death, have their own individual strategy to either wing it, beat it or ignore it. Then we have those who know the truth and have decided to serve the devil anyway.

Psalm 118:17 says that we will not die but we will live to declare the work of the Lord. This means that truly our life is sustained by God alone and He wants us to share His word with others. To bring them to Him.

Dear friend, evangelism is very important. Let us do what we are alive for. Speak the love, life, hope and faith of Jesus Christ into the life of others. Don't give up on people easily. And they make it to reach them or threaten us, we can go on our knees and pray for them.

Praying for others is another divine way of receiving restoration for ourselves.

To do list

1. Choose one day out of the week to evangelize
2. Be equipped to evangelise. Email me for discipleship and training on how to evangelize.
3. Get an evangelism journal. Record what the Lord leads you, helps you and uses you to do while on evangelism.

Prayer: Dear Father, thank You for my life. I am sorry for not caring about Your great commission for my life. As I am alive today, please give me strength, wisdom and grace to share the message about the Lord Jesus Christ.



DAY 88: NOTHING SHALL BY ANY MEANS HARM US



Scripture: Look, I have given you authority over all the power of the enemy, and you can walk among snakes and scorpions and crush them. Nothing will injure you. - Luke 10:19

Life Lesson: I was walking with a dear friend late one night. We had just closed from a youth group meeting. It was so late and I was afraid. I was the main preacher at the youth group meeting so he asked me how I could preach such a powerful message and be afraid of the dark and lonely road. To be honest, I was embarrassed. But he was right. I preach God's word yet pick which ones I would obey and which ones I would ignore.

There are so many scriptures against fear and they all assure us of God's presence and protection. God's word is meant to be obeyed, not to be negotiated or considered. If God says we should not be afraid, then let us trust in Him and not be afraid. When fear comes, ask God for boldness because you are not supposed to fear. Just the same way we know we are not supposed to sin, so we ask for forgiveness through prayer. That is how we must also seek boldness and courage in prayer.

Anytime we make a decision to come out from under the influence of satan, he brings intimidation in the form of bad dreams, bad thoughts and even sometimes physical assault on us. God says nothing will harm us or hurt us. We have to believe that, stand on that word and command satan to halt his activities and he would because he trembles and shatters at the mention of the name Jesus.

You do not belong to satan and leaving his grip will not harm you. That is if you are leaving him completely to go be in the camp of Jesus genuinely.

To do list

1. Read Psalm 91 (Memorize it. Know it by heart)
2. Read Psalm 124
3. Read and memorize James 4:7
4. Download Verselocker app. It is a memory verse memorizing app.

Prayer: Oh Daddy God, You have given me victory through Your word. I am free. Hallelujah. The devil is a liar and everything he does can be stopped and destroyed by Your power. Oh Glory!! Thank You Daddy in Jesus name. Amen



DAY 89: THE EAGLE WAY



Scripture: But those who trust in the LORD will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint. - Isaiah 40:31

Life Lesson: Fun fact about eagles, they have amazing eyesight and can detect its prey from two miles away. Eagles are fearless hunters and never give up. Did you know that an eagle uses the current of a storm to fly to higher heights? While other birds run from a storm, the eagle uses the storm to its advantage. No wonder the eagle is so highly spoken of.

The bible says that we can soar like the eagle. They do not faint. They do not grow weary. They do hard things and are great achievers. Does that describe you? It can be your story. Do not give up on yourself. Are you tired? Take a day off and start again when you wake up. By all means get it done. The eagle way is the walking and not fainting way.

How do we sustain that you ask? By asking the Lord our God for strength and the grace to finish strong. The bible says those of us who trust in the Lord will find new strength.

You can rise again. No situation is permanent in Christ. You may not see it right now, but years down the line, you would see how God used this moment to strengthen you for the work of ministry.

To do list

1. Google the characteristics of an eagle or watch eagle documentaries on YouTube just to get familiar with their strength. Make notes of what you learn.
2. Do a study on Job, Nehemiah or Joshua.
3. Rewrite your goals that are on standby. Set time tonight to pray over them. The ones you are led to pursue, pray for new strength for them using Isaiah 40:31

Prayer: Dear Father, I love the sound of new strength. I want that for each day every day. Thank You for this beautiful promise. I receive and claim it as mine today in Jesus name. Amen



DAY 90: FEAR IS NOT YOUR FRIEND



Scripture: For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline. - 2 Timothy 1:7

Life Lesson: Fear is not your friend. Fear cannot give you advice and fear should not stop you from going ahead. Do you know who your friend is? Wisdom (*Proverbs 7:4*).

Yes so if you are reconsidering something or staying back from doing something, it should be wisdom advising you and not fear. Fear is never positive. The only fear approved by God is the fear of Him. And He says that fear leads to wisdom. So you see, your friend wisdom is found at where you drop all your fears - at the foot of Jesus.

What we fear will rule over us. That is why we must only fear God. This is so simple so let's do it from today. No more fears. If we are afraid to do it, let's ask wisdom her opinion on it. If she says why not, go ahead, do not mind fear shouting at you and telling you to run the opposite way. No go ahead and do it!

You and I have power, love and self-discipline. Tell me, what can really stop us apart from God our Maker?

I pray for you that this book has brought wisdom and God's peace into you life. Congratulations.

To do list

1. Get 10 scriptures against fear.
2. Memorize 2. My favourite is Isaiah 41:10. Memorize it if you like it too.
3. Start by doing the simplest and safest things fear has ever stopped you from doing.

Prayer: Oh Father I am fired up! No more fears ruling my life. All my fears are placed in Your hands. Help me to fear only You my Father and be careful to obey Your word in Jesus name. Amen.



1. DECLARATION ABOUT GOD'S FAITHFULNESS



Say this in front of the mirror if you can

- ✓ I will overflow with hope by the power of the Holy Spirit.
(Romans 15:13)
- ✓ I am confident of this, that You who began a good work in me,
will carry it on to completion until the day of Jesus Christ.
(Philippians 1:6)
- ✓ Your mercies towards me oh Father never fail. They are new
every morning,
- ✓ Great is your faithfulness. Because of God's great love for me
I will never be consumed
- ✓ I say to myself: The Lord is my portion: Therefore I will wait
for Him (Lamentations 3:22 – 24)
Amen.



2. DECLARATION ABOUT OUR BODY



Say this in front of the mirror if you can

- ✓ **My body is a temple for the Holy Spirit. (1 Corinthians 6:19)**
- ✓ **I am redeemed, cleaned and sanctified by the blood of Jesus. (Ephesians 1:7)**
- ✓ **My members, the parts of my body, are instruments of righteousness yielded to God for His service and for His glory. (Romans 6:13)**
- ✓ **I do not belong to satan. Jesus has paid every ransom and claim satan held against me. Satan has absolutely no power against me now.**
- ✓ **All has been settled by the blood of Jesus. (Romans 3:23, 8:33-34)**
- ✓ **I overcome satan by the blood of the Lamb and by the word of my testimony and I love not my life unto the death. (Revelations 12:11)**
- ✓ **My body is for the Lord and the Lord is for my body. (1 Corinthians 6:13)**

Amen.



3. DECLARATION ABOUT YOU AS A DAUGHTER OF GOD



Say this in front of the mirror if you can

- ✓ I am a daughter of the Most High God, my Father. (1 John 3:1)
 - ✓ I am created in the image and likeness of God. (Genesis 1:26)
 - ✓ I know the plans that God has for me, and for all those that I love. Plans to prosper us and not to harm us, plans to give us hope and a future. (Jeremiah 29:11)
 - ✓ I am not anxious about anything but in everything, by prayer and petition, with thanksgiving, I will present my requests to God. (Philippians 4:6)
 - ✓ Praise be to the Lord, my Savior, who daily bears my burdens. (Psalm 68:19)
 - ✓ If I lack wisdom, I will ask God for it in faith, and He will give it generously. (James 1:5)
 - ✓ I am a helper to those in need of my help just as my help comes from the Lord, the maker of heaven and earth. (Psalm 121:2)
 - ✓ Though the mountains be shaken and the hills removed, yet God's unfailing love for me will not be shaken, nor His covenant of peace be removed, for the Lord has compassion on me. (Isaiah 54:10)
- Amen.



4. DECLARATION ABOUT HUMILITY



Say this in front of the mirror if you can

- ✓ O Lord, who could stand if You kept a record of sins? (Psalm 130:3)
 - ✓ As far as the east is from the west so far have you removed our transgression from us? (Psalm 103:12)
 - ✓ I humble myself under Your mighty hand that You may lift me up in due time. (1 Peter 5:6)
 - ✓ Create in me a pure heart, O God, and renew a steadfast spirit within me. (Psalm 51:10)
 - ✓ The sacrifices of God are a broken spirit; a broken and contrite heart, O God, You will not despise. (Psalm 51:17)
 - ✓ Keep me from willful sins, may they not rule over me. Then I will be blameless and innocent of great transgressions. (Psalm 19:13)
 - ✓ Search me, O God and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting. (Psalm 139:23-24)
- Amen.



5. DECLARATION ABOUT IDENTITY IN CHRIST



Say this in front of the mirror if you can

- ✓ I am a child of God. (John 1:12)
- ✓ I am a friend of Christ. (John 15:15)
- ✓ I am justified through my faith. (Romans 5:1)
- ✓ I am unified with God and one spirit with Him. (1 Corinthians 6:17)
- ✓ I am a member of the body of Christ. (1 Corinthians 6:20)
- ✓ I am a saint. (Ephesians 1:1)
- ✓ I am accepted as a child of God. (Ephesians 1:5)
- ✓ I have direct access to God through the Holy Spirit. (Ephesians 2:18)
- ✓ I am forgiven and delivered from my sins. (Colossians 1:14)
- ✓ I am perfect in Christ. (Colossians 2:10)

Amen.



6. DECLARATION ABOUT INNER FREEDOM



Say this in front of the mirror if you can

- ✓ **Father I come to you, for I am weary and burdened. People have hurt me but I learn from You, for You are gentle, and humble in heart. (Matthew 11: 28-29)**
 - ✓ **I will not allow bitterness to appear in my heart, but I shall get rid of all disappointment, rage, anger and negativity. (Ephesians 4:31)**
 - ✓ **For my struggle is not against flesh and blood, but against the rulers in the heavenly realms. (Ephesians 6:12)**
 - ✓ **I choose to not take revenge, for it is Yours to avenge and You will repay. (Romans 12:19)**
 - ✓ **I forgive those who curse me and bless them. (Romans 12:14)**
 - ✓ **You are a forgiving God, gracious and compassionate. Slow to anger and abounding in love. (Nehemiah 9:17)**
 - ✓ **This is why I learn from You and will find rest for my soul.**
- Amen.**



7. DECLARATION FOR TIME'S OF TROUBLE



Say this in front of the mirror if you can

- ✓ **The Lord is my refuge and my fortress, I will trust in Him.**

(Psalm 91:2)

- ✓ **The Lord is my dwelling place, no evil shall befall me. No plague can come near me. The angels of God have charge over me. I would not even hit my foot against a stone. I am kept in all my ways. (Psalm 91:10-11)**

- ✓ **The Lord is a strong tower against the foe. I have refuge in the shelter of His wings. (Psalm 61:3-4)**

- ✓ **The Lord watches over me. He is my shade at my right hand.**

(Psalm 121: 5)

Amen.



8. DECLARATION ABOUT GOD'S GUIDANCE



Say this in front of the mirror if you can

- ✓ **Thank You Father for giving me the Holy Spirit to instruct me.
(Nehemiah 9:20)**
- ✓ **The Holy Spirit is my counsellor, teacher and helper. He will teach me all things and remind me of everything that Jesus has said. (John 14:26)**
- ✓ **The Holy Spirit will speak to me and tell me of what is to come. (John 16:13)**
- ✓ **The Holy Spirit helps me to pray to the Father. (Romans 8:26-27)**
- ✓ **You are my God and I will do Your will. Lead me on level ground.(Psalm 143:10)**
- ✓ **I am led by the Spirit of God so I am a child of God. (Romans 8:14)**

Amen.



9. DECLARATION ON BEING A SON OF GOD



Say this in front of the mirror if you can

- ✓ **Heavenly Father, I am Your son, I accept Your words and store up Your commands within me. Then I will understand what is right and just and fair, every good path. (Proverbs 2:1, 9-12)**
- ✓ **I acknowledge You in all my ways. (Proverbs 3:5-6)**
- ✓ **I am strong, courageous and I do everything in love. (1 Corinthians 16:13-14)**
- ✓ **I will love You with all of my strength, heart, mind and soul. (Deuteronomy 6:5)**
- ✓ **I will put on the new man, I am created to be like God in true righteousness and holiness. (Ephesians 4:24)**

Amen.



10. DECLARATION ABOUT GOD'S LOVE



Say this in front of the mirror if you can

- ✓ God Almighty is my Father. He made and formed me.
(Deuteronomy 32:6)
 - ✓ God predestined me to be His child and adopted me in love.
(Ephesians 1:5)
 - ✓ He is my Father and I am His child. (2 Corinthians 6:18)
 - ✓ He knows what I need before I ask it. (Matthew 6:8)
 - ✓ God has compassion on me. (Psalm 103:13)
 - ✓ I have received the Spirit of sonship and by the Holy Spirit, I
cry "Abba Father". (Romans 8:15)
- Amen.

