

# THE PROCESS *Of Letting Go*

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40 DAYS OF  
REDISCOVERY &  
HEALING

A DAILY DEVOTIONAL  
BY  
JENEÉ "ROYALTY" PRICE



# THE PROCESS *Of Letting Go*



40 Days of  
Rediscovery & Healing

A Daily Devotional by Jeneé “Royalty” Price

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## DEDICATION

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For those who have experienced a spiritual stronghold that has left you feeling stuck in a place of complacency, fear, carelessness, and doubt this book is for you. For anyone who has forgotten how to call on the greatness that is within, and how to access the power that Yah has instilled in you; I pray this book helps to remind you how precious and valuable you are, and that God is not done with you yet!

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## INTRODUCTION

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This book was born from a place of pain. I was hurting, deeply, and I did not know how else to cope with the torment that I was dealing with. But from this pain, I realized how my understanding of the Holy Spirit was limited and very short-sighted. I hadn't experienced him yet as a living being, a spiritual person that is just as real as you, and I, and Christ, and the Most High Himself. I merely saw him as the moving power of the Great I Am and nothing more. But Christ called him the "comforter", and when I was in a place where I truly needed comfort, I realized that my perception of him was wrong. He is the only person that can truly offer comfort in dark times.

We've all been there. When something happens that completely shakes up our lives and makes us question everything. I had suffered from spiritual depression for years. Though I had gotten better, I noticed the darkness trying to resurface. This experience caused me to understand that in the midst of it all, part of the fear, discouragement, despair, and even anger was due to the truth that I was still focusing on me. It took 11 years for me to finally get it, but the cause of my frustration was based on the reality that I had been



chasing life more than the life-giver. I had become so focused on resolving the problems, it was as if I had exalted them, raised them to be placed higher than God as a priority in my heart, my thoughts, and my spirit. God wasn't my everything. He was seen as the solution to my everything, and I knew He could and would eventually help me, but He wasn't first preferred in my life.... At least not in action.

Part of the reason why I began this 40-day process was because I recognized that depression trying to rise again. Everything that I had been dealing with in my life up until that point left me in a state of complacency. I was living with 'false contentment', forcing myself to be okay with life as it was when really, I was feeling a sense of hopelessness. I knew with my mental understanding that "God could", but my spirit was not activated to the level where I felt and truly believed He would. So, I was waiting for Him to eventually do what He said He would do for me in my life with low expectancy.

This 40-day journey helped me to examine myself and confront those inner issues that I had been ignoring for years. It also forced me to release the areas in my life I had no control over and to truly submit them to God.

God knew I needed a "reality check". I needed to go through a process of purging and healing before I could move forward in the things that God has for me. Fasting turned the mirror on my inner soul. I saw my heart and spirit from angles that I never would have had I not committed to this journey. I laughed, I cried, I yelled,

and I learned. God revealed Himself to me in ways that I had never experienced before. Even more so, I experienced His love on such a deep level, it's impossible to describe. Most importantly, I became re-acquainted with the Holy Spirit.

During this fast, I realized how much I was holding God back due to my fears and my lack of action. I also gained clarity and new insight into the things of God and His thoughts and plans for my life. I was looking at life all wrong. Even my dreams and visions were telling me what I thought I already knew. I had those wrong too! I learned that life, among other things, is about our ability to endure and overcome; to be victorious in adverse situations; knowing who we are and using the power to cause change, to be influential, and to make impact. For that the Holy Spirit is the most important friend one can ever have. He makes sure we have the strength to continue, even when we don't feel like it. It's the grace we get from God that's sufficient for us to be able to take on the day, the assignment, and our purpose. He fuels us so we are comforted, encouraged, held, and healed. It's about us leaning not on our understanding, but on the truth that He is always there to carry us. When we feel like we don't have enough faith or energy to make it, we must surrender and rest in the comfort of the Holy Spirit. "His strength is made perfect in our weakness". "His grace is sufficient for me". "The joy of the Lord is my strength". Put this into practice. It means, when I feel pain, his grace will carry me through. If I try to move in it on my own, I will struggle. But, if I let go and

let Him take the wheel, I can go even farther, much, much farther than I ever could on my own.

I finally got to the point where I could take control of my life and use the power of my thoughts, will, and words to affect real change and healing in my life. I awakened a strong sense of urgency to activate the faith within me and use my power to manifest greatness. I was no longer afraid to pursue purpose, or take risks. I also felt powerful enough to confront the darkness and cast it down whenever it tried to take hold of my mind.

Let me begin by describing the darkness I had been dealing with, and why understanding who I am and venturing on a 40-day fast was what I needed to experience my deliverance.

I pray that this helps you as you embark on your own journey to discovering your identity in Christ and your deliverance from all that is holding you back.

## THE PAIN

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One thing about depression is that it's very difficult, seemingly impossible, to align how you feel with what you know. You are a prisoner in your mind and the battle in your soul is constant. The negative thoughts that consume you are endless. You get to a place of mental, spiritual, and emotional torment, with death being the only way to escape. Trust me. It is not a game. Mental health is a real thing, and we need to be just as intentional about taking care of our hearts, minds, and emotions (our soul), as we are about taking care of our bodies (maybe even more). Please, if you are suffering from depression or any mental or emotional struggles, consider speaking with someone. We visit doctors for our natural bodies, and pastors or other spiritual leaders for our spiritual health. We should also take action when we feel depleted in our souls.

Depression in particular is one of those challenges that is on a spectrum. There are different levels of depression and they don't necessarily present themselves the same way in every person. It also isn't necessarily caused by the same things, which is why it can manifest differently. I believe that on a spiritual level, depression takes different approaches based on the person it is targeting; with the ultimate goal being to destroy purpose and life. Mine was a spiritual assault

with an ongoing battle in the mind that stalled me and kept me from pursuing the vision that God had given me. The initial attack started a little over ten years ago.

I was a college student working on my undergraduate degree. I had known for a while that something was wrong, but I was unable to pinpoint or name my pain. I had just returned home from a study abroad trip and all I could do was cry. I cried day and night and could not say what was wrong. Honestly, my life was not in a bad place. My family was okay, I had a great time overseas, I had a job, was in school, and had no worries. And then one day, all of a sudden, this feeling of despair came over me. I began to question everything.... I was trying to understand things, trying to make things make sense, to make life make sense, to make God make sense, and to make life beyond death make sense. I could not. At that time, I did not have the capacity to understand, or accept, the infinite wisdom of an infinite being with my finite mind.

At times, I would think about life after death, what it meant, what it would be like, and that made me feel worse. I went through that academic year, which was the worse of my undergraduate career, skipping classes, leaving early, just so I could get in my car and cry... It was hard, and I did not understand why. I tried to talk to my friends to get their opinions on death and life after, without telling them that I was hurting. It would help for a while, but not enough to bring me back to normal. I would also think that this phase I was in wasn't supposed to happen to me. I was being too sensitive, crying over

things when other people were dealing with “real pain” that was much worse. To me, my problem was all in my head.

So, I tried to play it cool. I was at least able to act normal in front of other people. But, when I could, I would stay at home alone. At the same time, I knew I needed some kind of help. I did make an effort to meet up with friends. However, I was very nonchalant about it. I would arrive late, or extra early, but I would at least show up.

That fall, I got a new job. I was able to attend work regularly, on-time, and was very efficient at what I did. I think being in that role helped to lift my spirit at times. After dealing with this for about three months, I finally started feeling a little better. I wouldn’t hang out as much with people but would spend time with them on occasion, hoping that it would keep me from feeling down. I still didn’t do well in my classes, but I at least finished both semesters with decent GPAs. Shortly after, I decided to sign up for another study abroad trip.

The trip itself was wonderful. I made new friends and had great, positive experiences. I was doing very well there. I met new people, became closer to people I had met previously, and really put forth an effort to have a great time. However, right before I returned home, I was hit again by that feeling of despair. I recognized it this time and tried hard to go to war against it, to pray it away. I thought I succeeded...until I returned home.

Initially, I thought the change in time zones was what was keeping me awake. It turns out that the darkness that had been haunting me before had returned even stronger. I couldn't sleep. I had no appetite and didn't eat. I would skip showers regularly too. I didn't want to be alone but didn't care to be around other people. Sometimes, I would cry a lot, and at other times, could not cry at all. This was much deeper than what I had experienced before.

It occurred to me later that I was being oppressed by the very spirits that were oppressing other people that I had made close contact with. Those same thoughts, questions, and uncertainties about life were clouding the very minds of the people I had relationships with (this is why we must very careful with who we align ourselves). Fear, rebellion, and despair were very present. They were actively working to get me to walk away from God. We all know that the battlefield is in the mind. It's how we think that determines what we'll do. When we think on lies and believe them, we make decisions contrary to God's truth that can ultimately cause harm to ourselves and others; even unto death if they go unchecked. Mental health was never something I thought much about before this. I realized during this time, the focus of my meditations would determine my actions and the power those spirits could have over me. I had to get out of it, but I didn't know where to start.

I was dealing with a lot of doubts and insecurities during that time as well. At this time, I was in the third year of my undergraduate studies.

By the time I finished college two years later, I had expected my life to head in a certain direction. None of the plans I had made came to pass, which is what caused me to question my life's purpose even more. Life just wasn't where I had hoped it would be. I realized later that some of my issues were that I was holding on to a plan that I wrote for myself and never asked God about the plan and thoughts He had for me. I cried because I just knew that I would have achieved certain milestones by this point, marriage, a good career, etc., and none of that was my reality.

I became a victim. A victim of self-condemnation, beating myself up inside for not being as successful as I thought I should have been. My life was nowhere near what I had envisioned it would be the four years prior. I succumbed to the insecurity and downheartedness that comes along with the concept of being a "failure". None of my career goals were accomplished, or even "in process", and every other goal I had, professional, academic, and otherwise, seemed out of arm's reach. I had so many high school classmates who were immediately granted great opportunities and I was so proud of them. I was glad to see these young adults from my hometown go on to accomplish great and inspiring things. But I didn't understand why it was not happening for me.

Unfortunately, for me, I was constantly getting sick during those years as well, and not knowing why. I got so sick at one point that I missed a full month of work



and school (yes, it was my first day on-site at a new job when I got sick). The series of unexplainable illnesses set me back, and I got discouraged all over again.

I would also have days when my body would be in so much pain that I could not move. Everything would hurt. My back would lock up, my limbs would have spasms, and my neck and head would ache. It felt like my body was in utter torment and the doctors never had an explanation. I am a praise dancer. It's what I do. It's part of my worship. Imagine having your spiritual identity so wrapped in something that when you are no longer able to do it, you think you're worthless. I had to re-learn how to worship, how to truly worship, and how to express love for God without doing the one thing I did best – dance.

At this point, I gave up. Every personal and professional goal that was written down and added to my vision board seemed unattainable. I ripped my vision boards up and threw them in the trash. I was done! I no longer felt like I was good enough and no longer possessed the passion to motivate myself to try. Any desire I had to pursue greatness was gone. There was no hope and I was ready to leave this earth. I found myself asking for God to take me. I knew that I couldn't take my own life, but if He was willing, I was open to some random accident that ended me, or just, dying in my sleep. Multiple times, I quietly told God that He could take me at any time. I felt that I had no purpose and had no reason to stay here. That was the lowest I had ever been in my life spiritually,

emotionally, and physically. Of course, that prayer request was never granted.

Financial stability. My own home. A healed body. Marriage. Children. A family. All of these are what I have been praying for, for years. These are my heart's desires. I started on a mission to achieve what I could, to be in a position to receive those blessings once God released them to me. I wasn't living in the moment. I was living for the future, missing opportunities that were right in front of me because I was seeking to accomplish certain goals. I was so focused on getting to that next place, accomplishing that next task, receiving that next desire, that I wasn't enjoying my "now".

I felt like I was running out of time to see my vision come to fruition. Especially, since time is everyone's enemy, right? The world has us on a timed schedule and we're trying to keep up with this natural clock or calendar that reminds us when we're falling behind.

Eventually, I had to do something. I was so tired of feeling stuck as if I had no choice but to go through life only "existing"; being content with the fact that I was still alive. I hated it! I hated life and I could not understand why I was suffering the way I was. I had no zeal for God, could not feel His presence, and did not feel like putting forth the effort to strengthen our relationship. After all, everything I had done up until that point didn't seem to do anything to reduce my sorrow. My spirit still felt heavy and my body was still hurting.

During this time, I was getting spiritual visitations. I was seeing spirits and they were speaking to me. And I don't mean the good kind that we want to converse with either. These kinds were there to torment me, to inflict extreme fear, and physical oppression in my body. I would feel weighed down and even would enter states of paralysis where I couldn't move at all. I had had enough, but I did not know what to do.

One particular evening, I asked God for help on getting out of this situation. Now, I had cried out before and shared my frustrations, but I never actually asked Him for instructions on how to deal with my situation. He told me to reach out to others for prayer and intercession. To note, during this time, I didn't think anyone else noticed or cared. I did not want to burden others with my sorrows. So up to that point, I had not shared with anyone that I was hurting. But I obeyed and reached out to as many prayer warriors as I could text. The response was overwhelming. I cried deeply, hard, and long. I greatly appreciated the expression of love that was shown towards me during my time of need and was upset that I was so afraid to reach out sooner. I printed out those prayers and saved them, rehearsed them over and over again. One of the recommendations from this was to read, and not just the bible, but writings by other Christian authors.

My dear brother, Shon Hart, explained to me how reading other books often helped him. I eventually purchased the book, *In His Face: A Prophetic Call to*

*Renewed Focus* by Bob Sorge. That book saved my life! In one of his passages, he explained how many of his friends would suggest that he “war”, because part of what he was dealing with required spiritual warfare. He admitted that he didn’t have a warring bone in his body. In other words, he didn’t have the strength or energy to fight. I felt the same way. It was hard getting out of bed in the morning, let alone fighting an unseen enemy that required so much attention and focus. But there was one suggestion he gave I will never forget. He mentioned that even if it’s just one sentence, one phrase, or one word, continue to praise God. Every. Single. Day. So, I started doing just that. My spirit slowly began to lift.

It took about six years to get out of that dead season. Even though I didn’t feel Him, I knew that He wasn’t finished with me. After a series of incomplete “fast and prayer” sessions and one very beneficial prayer over me at church; what registered in my thoughts was this: “If God really had no use for me, He would have taken me by now. But, I’m still here. I’ve accomplished so much and I still have so much more to do”. Those words were processed more like a calculated reality. I didn’t feel the truth in them and didn’t fully believe them yet, but I accepted them and began looking at my life from a different perspective. This did not happen overnight. It was a process of choosing to meditate on positive things. Philippians 4:8 says “.... whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think on these things”. So, I chose to

intentionally do so. I spoke praises, even when I did not want to, did not care to, and did not feel like it.

I slowly progressed and was grateful for it. I had overcome such a stronghold, had returned from such a dark place, I assumed that moving forward, nothing would stop me if I stayed the course. I also knew that God would eventually grant me the blessings I was promised if I just kept speaking them into existence. Again, my attention was misdirected. This is where surrender came in. I had to accept that my fulfillment in life is not predicated on receiving these things, and I had to be willing to live for purpose regardless of the conditions of my life. Five years after that dark and despairing time I realized that I had more growing and more learning to do. As I stated before, I felt that spirit of depression trying to come over me again. This is why God had to remind me of who He is, and who I am in Him. More importantly, I had to re-evaluate my relationship with the Holy Spirit.

#### Relationship.

At the time, I didn't realize the level of importance of the relationship, as I understand it now. It was never about my pain, but about allowing myself to be comforted and strengthened in the midst of my pain through the power of the Holy Spirit. It was more about getting to that place where I realized that every need and desire I ever had was being fulfilled by the Holy Spirit, and no man on Earth could satisfy that desire. This revelation changed everything. I am not who I thought I was. I am better than that.





## THE HEALING PROCESS

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The culmination of that time of darkness was a total of 11 years. My initial healing process began when I obeyed God's instruction and reached out to others for help. Sharing with others that I had a problem and heeding to the voice of the Lord made a significant difference in my progress. That first step led to other actions I needed to take to fully come out of that dark place. There were five key things I did that helped me recover from that situation:

1. Confession – I had to admit that something was wrong. This started the process of enlightenment, where God revealed to me what I was fighting against.
2. Surrender – Part of my problem was that I was too afraid to fully trust God with my all. Surrendering to Him equates to trusting that He'll move on your behalf and work things out for your good.
3. Identity – I needed a new revelation of who I was in God. I had forgotten, or maybe never fully knew who I was as a person, as a follower of Christ. But, seeking God helped me in this area and empowered me to take hold of my life.



4. Trust (Faith and Focus) – Like surrender, it is difficult to operate in faith if we don't trust God to do what He said He would do. I had to recalibrate my focus and place Christ at the center of my world. It took time, but faith slowly increased and with that, healing and deliverance came as well.

5. Pursuit – initially, my mindset was about pursuing purpose. Having realized that I had allowed myself to be taken off course due to the attacks of the enemy, I needed to get back to the heavy pursuit of God and His purpose for my life.

The pursuit was only partially implemented. While I knew I needed to pursue God and purpose, I was still operating from my limited knowledge of what I thought my life's purpose was. After all those years of struggle God knew I needed to a) shift my focus and my faith, and b) purge and heal. Reconnecting with the Holy Spirit and increasing my understanding of the purpose and power of our relationship was vital in the expansion of my faith and the effectiveness of my healing.

God led me to study the Kingdom of heaven in the scriptures and ultimately instructed me to partake in a 40-day fast. Don't get me wrong. I wasn't necessarily expecting to all of a sudden receive all of my blessings and miracles because of my choice to pursue God and seek the Kingdom during these 40 days. But I did expect to have a change of heart, mind, and spirit, and to have an increased understanding of the God I thought I

knew, and His plans for my life. If nothing else, this process helped me realize how low God was on my priority list, and how selfish I had been.

I learned that I had to let go of my plans, my desires, and my way. Not because God wasn't going to bless me, but because I was too attached. I was angry at God for not granting me promises that I honestly valued more than I valued Him. He knew I needed a new understanding and a new mindset to fully grasp what He has for me. It's about finding joy in your identity in God, and not finding joy or identity in blessings.

It came later that my relationship with the Holy Spirit required more attention. It is true that I needed to shift my mindset and to focus on building for the sake of the Kingdom. But I also needed to learn how to trust the Holy Spirit to carry me through when my own physical and mental strength failed. I am finally at that place now, where I realize that everything I ever needed was inside of me all along. He had been there since the beginning, just waiting on me to lean on Him and fully trust Him with everything... Everything.... I forgot who I was, until I reintroduced myself to Him, and realized that the person I thought I knew, was nowhere near the greatness that He created me to be. Sometimes, hardships take us to a place where we have no choice but to lean on God. That's when the Holy Spirit is free to do His work in us. Sometimes, it takes the hardships for us to completely surrender and we ask the question; "Holy Spirit, how can I experience You in a greater capacity? How do I let go so you can be fully released in my life?"

Be intentional about seeking His presence every day. It is necessary.

## THE 40 DAYS

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### WHY FAST?

When I started writing this, I was in the middle of a 40-day fast. I had completed extended fasts like this in the past, but my focus and intentions were different. I also never did one on my own. With previous fasting sessions, I was being obedient by joining the church with its 21-day or 40-day Daniel fasts.

I looked into fasting myself while researching resources on the Holy Spirit. I was led to a video of Dr. Myles Munroe's teaching on fasting, the purpose of fasting, and the benefits of fasting. What I am sharing with you is what has been revealed to me, either through the teachings of others or directly from the Holy Spirit.

One thing Apostle Bobby Johnson of Divine Grace Ministries says often is that fasting "does not make God do anything, but it positions us to receive from God". Fasting helps to cleanse the body of many natural and spiritual impurities, and aids in shifting and resetting our focus, encouraging God to pour new things into us.

Fasting increases our capacity to receive and expands our spiritual intelligence, power, and confidence.

If there are areas in your life that you need help in, use this as an opportunity to release those to God. My main issues of concern were healing and depression. Determine what your main issues are and be prepared to surrender them over to Him.

God must be the focus during the fast. Pray, worship, and meditate on the things of God. Try to listen only to music that uplifts your soul. Music that praises God is always good!

## TRUST THE PROCESS

During this time, as you pursue God like never before, as you seek the Kingdom and all of its righteousness: Trust The Process. Make sure to enjoy the journey. Do not rush the 40 days. Give God time to reveal His heart to you. I pray that you will encounter Him in ways that you never have before. I pray that the scriptures will be illuminated as you read the Word and that your understanding will expand in ways that you never thought possible; giving you a fresh experience in knowing the mind of God, and seeing a new facet of who God is.

Lastly, do not rush life. Let it unfold, and take pleasure in even the little things. Life is for us to live, not to passively exist and survive. Never let the world's

schedule limit you. We serve the Father of time, who dwells in the realm of timelessness. Nothing happens without His acknowledgment, and when the seemingly impossible occurs, He equips us with the grace and capacity to function at the highest level of excellence. Time was created for man, not man for time. So, when the Father sees fit to pour out to you the desires of your heart, keep in mind that He has already established you. He has appointed a set time for which you will be most impactful in the earth. Be confident in your purpose here. Have faith so as you live your life you will find fulfillment in the midst of the journey.

God has instilled within all of us His purpose for our lives. Once the knowledge of that purpose is revealed, it is our job to pursue it. The world is going to work with extreme force to hinder and discourage us from pursuing purpose. Sometimes the vision that God gives us for our lives is only part of the plan. It's more like a glimpse of what's to come, or a seed to compel us to move and take action. At the right time, we must release that vision and expect God to do even greater than what we anticipated. In other words, allow God to do more with us than what we imagined.

## BEFORE YOU BEGIN

Please note that fasting is not something you should do lightly. If you have health concerns, and even if you don't, please consult a medical professional before

committing to this process. What you choose to fast from is between you and God. But I want you to be safe and healthy during this journey. It is no benefit if you pass out due to lack of nutrition, or other ailments. Most importantly, inquire of the Holy Spirit to learn if this is something you should be doing right now. He may want you to do a fast for three days, or 21 days. Be obedient to the voice of the Lord before you make any decisions in this area.

Before you officially start your 40-days, I encourage you to answer the following questions:

1. Confession – What is the problem? When did this pain, this darkness begin? What experiences lead me to this place? What am I worried about? What am I afraid of? What can I do about it?
2. Surrender – What can I do about the problem? Is it in my control? Do I need to release it all to God and tell Him how much I hurt? Is there someone else I can share my pain, thoughts, and concerns with that I trust? (For this, please be careful to choose someone who will not use your pain against you. You want to share with someone who will have a gentle ear and a comforting heart, and will help you let go of your frustrations.)
3. Identity – Who am I? Do I know who I am? What is my purpose on this earth? What was I created to do here? In what area am I most impactful?

4. Trust (Faith and Focus) – Where is my focus? In what areas am I using most of my energy? Am I confident in my skills and abilities to achieve my goals? Do I believe that God has blessed me with gifts and talents? What are they? How do I use those to make an impact? Do I trust that God will bless the works of my hands? Do I trust that God will support my actions?

5. Pursuit – What am I pursuing? Am I pursuing my purpose or someone else's dream for my life? Is what I am pursuing safe and healthy for me? Do I have any obsessions that are consuming me?

If you do not have an answer for each question yet, that is fine, just write as much as you can. Keep these in mind during your 40 days, as the questions that were difficult to answer in the beginning may be revealed throughout this process.

WRITTEN EXPRESSIONS:

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40<sup>0</sup> DAYS OF  
REDISCOVERY AND  
HEALING

“Your Father knows  
what you have need  
of.”

~ MATTHEW 6:8

## DAY 1 – PRAISE GOD

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The Lord's Prayer:

“OUR FATHER IN HEAVEN  
HALLOWED BE YOUR NAME  
YOUR KINGDOM COME  
YOUR WILL BE DONE  
ON EARTH, AS IT IS IN HEAVEN  
GIVE US THIS DAY OUR DAILY BREAD  
AND FORGIVE US OUR DEBTS  
AS WE FORGIVE OUR DEBTORS  
AND LEAD US NOT INTO TEMPTATION  
BUT DELIVER US FROM THE EVIL ONE.  
FOR YOURS IS THE KINGDOM AND  
THE POWER AND THE GLORY FOREVER  
AMEN.”

- MATTHEW 6:10

### BREAKDOWN

1. Praise God
2. Proclaim His will be done



3. Commit [to] His will
4. Speak He make provisions for us
5. Forgive and ask for forgiveness
6. Ask for covering to keep us from sin
7. Praise God, for it is all His

“THEREFORE I SAY TO YOU, DO NOT WORRY ABOUT YOUR LIFE, WHAT YOU WILL EAT OR WHAT YOU WILL DRINK; NOR ABOUT YOUR BODY, WHAT YOU WILL PUT ON. IS NOT LIFE MORE THAN FOOD AND THE BODY MORE THAN CLOTHING? LOOK AT THE BIRDS OF THE AIR, FOR THEY NEITHER SOW NOR REAP NOR GATHER INTO BARN; YET YOUR HEAVENLY FATHER FEEDS THEM. ARE YOU NOT OF MORE VALUE THAN THEY?”

– MATTHEW 6:25-26

QUESTION: What areas in my life am I being selfish and/or stubborn about? What am I choosing not to let go of? What worries do I have that I still have not trusted God with?

WRITTEN EXPRESSIONS:

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## DAY 2 - SURRENDER

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QUESTION: What is one thing I desire more than anything else? Is my desire for that thing greater than my desire for God?

God asked me this question on the first night of my fast. It took me a day to think about it. When I finally had an answer, it wasn't Him. Once I told Him what it was, He told me to let it go. That was hard yall! Especially since I know God wants to bless me with these things. I told God that I would feel betrayed if I didn't receive these things, especially those that He gave me the visions about. But I had to face reality. I wanted those things more than I wanted Him and those desires were in the way of our relationship. I have a change of heart now, but I had to get to the place where God was more than enough. So, what is it that you desire more than anything? Be honest. If it's not God, are you willing to let it go for Him?

[illegible]

[illegible]

[illegible]



“...nor will I offer  
burnt offerings to the  
Lord my God that  
which costs me  
nothing.”

~ 2 SAMUEL 24:24

## DAY 3 – COMMITMENT

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It's a sacrifice. I won't pretend that this journey won't cost you something because it will. A true offering will cost something. I know for me, I was initially afraid to pursue this journey because I was afraid of what I would have to give up for it. Even when I know that things will be better in the end, I dreaded the thought of having to commit to such a demanding process. But, Yeshua did it. He also knew the end. That night in Gethsemane when He cried so hard, he sweated blood, He knew that He would be resurrected, but the process He had to go through was still painful. This just shows that sometimes, even when we know God's plan, it doesn't necessarily guarantee that it'll be easy. But He did promise that He would be with us through it and that He'll give us the grace to finish.

**QUESTION:** What am I willing to give up for the sake of God's kingdom and His will?

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[illegible]

“And keep the  
charge of the Lord  
thy God, to walk in  
His ways, to keep His  
statutes, and His  
commandments, and  
His judgements, and  
His testimonies, as it is  
written in the Law of  
Moses, that thou  
mayest prosper in all  
that thou doeth...”

~ 1 KINGS 2:3

## DAY 4 – BE THOU STRONG

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QUESTION: What is hindering my strength? What areas in my life do I need deliverance from? Whether I am running from pain or hiding addictions, what actions/behaviors are detrimental to my health (spiritual and natural) and are weakening me?

WRITTEN EXPRESSIONS:

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[illegible]



[illegible]

“And His disciples  
came to Him, and  
awoke Him, saying,  
Lord, save us: we  
perish. And He saith  
unto them, Why are  
ye fearful, O ye of  
little faith? Then He  
arose, and rebuked  
the winds and the  
sea; and there was a  
great calm.”

~ MATTHEW 8:25-26



“

The God of  
peace gives  
us the ability  
to rest in the  
midst of  
turmoil.

”

## DAY 5 – PEACE

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QUESTION: What have I allowed in my life that is causing turmoil? Whether it be people, a job, etc., is it disrupting my peace?

WRITTEN EXPRESSIONS:

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[illegible]

[illegible]

## DAY 6 – REBUILDING AND RESTORING

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In Amos 9, God said He would “raise up the tabernacle of David that is fallen.” This is being able to return to a place of true worship, to that sacred, secret place where we can commune with God again. He said that He would “plant them [Israel] upon their land, and they shall no more be pulled up out of their land which He gave them”. This scripture means stability to me. Not only does the passage refer to riches, blessings, and overflow, but also God planting us in a place where we will not have to be uprooted again. There is peace in stability.

SCRIPTURE FOR REFLECTION: Amos 9

QUESTION: Am I spiritually rooted in God? Is my foundation stable? Why or why not?

WRITTEN EXPRESSIONS:

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[illegible]



[illegible]



“

## CONFESSION:

I am a citizen of the Kingdom of Heaven, and a child of the Great I AM. I claim the inheritance of the saints. No good thing will He withhold from me because I walk upright and obey His commands. I am more precious than rubies.

”

## DAY 7 – THE HOLY SPIRIT AND IDENTITY

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The bible says that the Holy Spirit is our comforter; that He will lead and guide us into all truth. I've realized that sometimes we make poor life decisions because a) we don't know who we truly are in God, and b) we don't inquire of the Holy Spirit first. My first name means "God has replied" and "The one who God answers." I have learned, and am still learning, how to walk in who I am according to who God says I am. I am also being more intentional about hearing the voice of the Holy Spirit when He speaks and gives instructions. When you know who you are and whose you are, you won't accept anything less!

QUESTION: "Holy Spirit, how can I experience You in a greater capacity? What new role do You desire to play in my life?"

Perhaps God is calling you by a new name that reflects your identity in Him. Have you asked Him to reveal that to you?

[illegible]

[illegible]

[illegible]



“

Don't allow  
the past to  
dictate how  
you  
approach  
the future.

”

## DAY 8 – DEALING WITH PAST HURT

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Let's talk about the past. What happened? What event or events occurred that caused you to feel this pain? How would you describe the pain? Have you shared this with anyone? Have you shared it with God? Have you allowed yourself to grieve over the loss that hurt caused you? Even if it is current, what is the source of this pain? Do you want to heal? Are you willing to forgive others? Are you willing to forgive yourself?

**ACTION:** Make a list of situations that have caused you pain.

**QUESTION:** How has past hurt affected how I manage my emotions? How does it affect how I treat others? How does it affect how I treat myself?

**WRITTEN EXPRESSIONS:**

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[illegible]

[illegible]



“

Healing  
starts  
within.

”

## DAY 9 – REST

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Rest is necessary for recovery. As you rest, take time to meditate on the Word of God and what He says about you and healing.

### SCRIPTURES FOR REFLECTION:

Proverbs 4:20-22

Exodus 15:26, 23:25

Psalms 30:2, 103: 2-4, 107:19-21

Isaiah 53:4-5

Matthew 8:5-17, 9:35

Mark 5:34

Luke 8:43-48, 8:49-56

Revelation 21:4

Question: When I sleep, am I truly resting? Am I trusting the Holy Spirit enough to share every secret with Him and allowing Christ to keep my mind in perfect peace?

### WRITTEN EXPRESSIONS:

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[illegible]

[illegible]

“In Him, we have  
redemption through  
His blood, the  
forgiveness of sins, in  
accordance with the  
riches of God's  
grace.”

~ EPHESIANS 1:7



“

Take  
ownership of  
your  
mistakes, but  
don't let  
them define  
your future.

”



## DAY 10 – REDEMPTION

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God is working on our hearts every day. His Spirit constantly reaches out to us, to remind us who we are in Him. There is no place we can go, nothing we can do that is so horrible that God will stop loving us.

Remember, He said that He would leave the 99 sheep to go after the one that was lost. If He values us that much, who are we to think even less of ourselves than He does?

QUESTION: How do I see myself? Do I believe that I am worthy of God's love? Do I believe that I am enough and that I am a change agent on the earth? Do I feel that my past has corrupted my ability to fulfill my purpose? Have I forgiven myself for the mistakes I've made? Have I confessed my sins to God and accepted His forgiveness?

WRITTEN EXPRESSIONS:

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[illegible]

[illegible]

“For though we walk in the flesh, we do not war after the flesh: For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strongholds; Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ; And having a readiness to revenge all disobedience, when your obedience is fulfilled.”

~ 2 CORINTHIANS 10:3-6

## DAY II – SPIRITUAL WARFARE

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Let's talk about spiritual warfare. It is necessary. In truth, as a follower of Christ, it is a regular part of our lives. I'll be honest, it is demanding. It does require our diligence and effort. It's our perseverance and boldness that makes the difference. But we're not doing it alone. The concept of spiritual warfare is this: Using the Word of God to fight against the powers of darkness through prayer, praise, and worship. We have already won, but we do have to do our part in realizing that victory.

I had a situation where I was interceding for a friend. Now, this friend was dealing with things they weren't necessarily aware of, and it manifested through their behavior. To be honest, I was ready to give up. After praying for them for so long, I didn't see how this friend was ever going to be healed and delivered from what was influencing them. But one night I had a dream. In that dream, a messenger of the Most High, an angel, said so plainly to me, "We are fighting a spiritual battle." I had to remember that a lot of times the people we encounter are only reacting to what's inside them, or what's influencing them. There is such a thing as spiritual oppression, and that oppression, especially from dark forces, can inflict pain that causes people to behave in harmful ways. I had to remind myself of the power that worketh in me to do what Christ has called us to do.

Please, always ask for discernment. Sometimes we must separate ourselves for our protection. Some people are influenced by spirits that are specifically assigned to interfere with our destinies. But no weapon formed against us shall prosper! He gave us the authority to cast out unclean spirits and to heal every sickness and disease. From worship to warfare, let the Holy Spirit be your guide.



“

## PRAYER:

Holy Spirit, teach me how to lean on you and not to my own understanding. Show me how to surrender all of me to you and to trust you to carry me through even when my strength fails. Show me how to cultivate a deep relationship with you. Strengthen my heart and encourage my soul. I know that I am more than a conqueror, but I do not feel like one right now. Show me how to overcome the enemy that is trying to hinder me. And teach me how to persevere when interceding in prayer for others.

”

[illegible]



[illegible]

## DAY 12 – DEALING WITH PAST HURT – 2

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**ACTION:** The list you made on Day 8, review that list. How do you feel now after reading about those situations that hurt you? Is there still some residue of pain? Do you still find it difficult to forgive? Be open and honest about how you feel. Express it in writing, ask the Holy Spirit for guidance on how to seek closure. Remember, the Holy Spirit is the comforter. He is always there for you, just cry out to Him.



“

## PRAYER:

Father, I admit that I am dealing with deep sorrow in my soul from situations that have caused great pain. I have tried to deal with it on my own and have failed. My heart aches to its core and I need you. I want to be healed from this pain and I know that Your Holy Spirit is the only one that can heal a broken heart. I relinquish control and surrender to You, Holy Spirit. I receive Your comfort, Your guidance, and Your healing.

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Written Expressions:

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[illegible]

“For I desire mercy,  
and not sacrifice;  
and the knowledge  
of God more than  
burnt offerings.”

~ HOSEA 6:6

## DAY 13 – FAITHFULNESS AND HUMILITY

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Mercy in this passage is faithfulness to me. In this case, the sacrifice was used for penance. As a result of someone who sinned, a sacrifice was required. God is saying here that He'd rather we be faithful to Him than for us to have to offer a sacrifice. I take this passage to heart. When you read the rest of the chapter, it states that Israel had "dealt treacherously against" God. The people had grown comfortable and weren't taking the Words of God seriously. That was me. I thought I was "untouchable" and didn't need to commit so hard to staying in prayer and reading the bible. I dismissed warnings from the Holy Spirit because I knew I would not falter. But I forgot that when you're called by God to do great things, spirits are attracted to you and will try to frustrate your purpose and prevent you from progressing in God. My haughtiness taught me a great lesson: Stay humble and take His warnings seriously the first time He reveals them. I also learned how ineffective I can be against the powers of darkness without the Holy Spirit. I understand now why praying constantly is so important.

QUESTION: Holy Spirit, in what areas in my life am I not faithful to God? In what areas am I haughty and need to be

humbled? How can I make it right? How can I humble myself before you and learn what I need to know?

WRITTEN EXPRESSIONS:

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[illegible]

[illegible]

“And when He called  
His twelve disciples to  
Him, He gave them  
power over unclean  
spirits, to cast them  
out, and to heal all  
kinds of sickness and  
all kinds of disease.”

~ MATTHEW 10:1

## DAY 14 – OBEDIENCE

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Reading Matthew 10, I somehow failed to notice, or forgot, that Matthew was a tax collector and Simon was a Canaanite. They were two people who were usually “enemies” of the Jews, branded as “heathens, gentiles, or sinners.” When God chose the twelve (well, eleven) He chose those who would follow and obey, and I mean obey with true action, having the mind of Christ. I pull two things immediately from this passage:

1. Jesus released to the apostles the power to cast out unclean spirits and to heal all kinds of sickness and disease. Then He sent them out to work. In other words, He empowered, prepared, and instructed them, before He sent them into ministry.
2. God can use anyone, even those that are written off as “worthless” or “too far gone” to be a person of positive impact. God writes our story, not man, and there’s always room for redemption.

QUESTION: What is God calling me to do during this season? Has He given me instructions? What are they? Am I following His instructions? Why or why not?

[illegible]

[illegible]

[illegible]

## DAY 15 – DO THE WORK

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Again, reading Matthew 10, I noticed that the Kingdom mandate wasn't necessarily about resources, but about power, healing, laying hands on the sick and casting out demons. Jesus told us to seek the Kingdom first because provisions from God are guaranteed. As His children, He's going to provide for us. We must preach the Kingdom and perform miracles, just like Jesus did. To preach the Kingdom is to preach repentance and the message of Jesus Christ. Be creative. You don't necessarily need a podium and a microphone to share the love of Christ. It's your lifestyle that makes the difference. Sharing God's love by loving others makes it easier to share the message of God with them.

QUESTION: How do I share the love of God to others? Am I willing and able to love unconditionally? Am I willing and able to correct my loved ones in love when they stray away from the will of God? Not by "fire and brimstone" death messages, but my standing firm on my faith while still entreating them with God's love?



[illegible]

[illegible]



“

Do not fear,  
for God has  
already  
equipped  
you with  
what you  
need to be  
successful.

”

## DAY 16 – FEAR

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I know it can be difficult, but we must name what we are working to overcome. Write your list, call them what they are, and begin to speak the opposite of those fears. For example, if I'm afraid that I'll be financially lacking all my life, I'll start to speak of financial increase and abundance, and will begin taking steps towards financial freedom by first inquiring of the Holy Spirit. Make sure to date this list so that when you are delivered from them, you can look back and remember how far you've come, and thank God for your progress.

## PRAYER:

GOD, PLEASE REVEAL TO ME ALL FEARS THAT  
I HAVE THAT HINDER ME. I DON'T WANT TO BE  
DISOBEDIENT TO YOUR WORD AND I WANT  
TO BE A GOOD STEWARD OF YOUR  
RESOURCES.

ACTIVITY: Make a list of everything that you are afraid of, that causes fear in you. Then cast them down. You can start by saying, "In the name of Jesus, I cast down and destroy..... These strongholds have no power over my life. I choose to live a life without fear, pain, sickness, and disease, or any ailment that contradicts the health that God promised me."

WRITTEN EXPRESSIONS:

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[illegible]

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## DAY 17 – SPEAK TO THOSE DEMONS

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We have the power to overcome the enemy, but we have to use it. Speak to those demons and command them to leave, for no matter how terrifying they appear we are more powerful than they are! Take charge of those areas in your life that have been blocked and halted by fear. Tell them to “Go wherever Jesus sends them!”

### PRAYER:

HOLY SPIRIT, TEACH ME HOW TO CAST DOWN  
DEMONIC FORCES THAT TRY TO INFLUENCE,  
DISCOURAGE, AND OPPRESS ME. REVEAL THEM  
TO ME SO I CAN CALL THEM BY NAME. ENABLE  
ME TO OVERCOME THE TEMPTATIONS THAT  
ARISE TO CAUSE ME TO STUMBLE. FUEL ME TO  
STAND FIRM IN YOU AND REMIND ME THAT HIS  
STRENGTH IS MADE PERFECT IN MY WEAKNESS.

QUESTION: Have I allowed my members to be used by agents of darkness? Have I relinquished self-control and allowed myself to be enticed by my fleshly desires?



Whether they be sexual, substance abuse, visual distractions, etc., will satisfying these desires edify me, or move me farther away from God? By satisfying these desires, am I causing harm to other people? Am I causing harm to myself?

WRITTEN EXPRESSIONS:

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“

Kingdom  
citizens  
produce  
good fruit.

”



“

## CONFESSION:

I am a citizen of the Kingdom of God. I have access to power from on high through Christ and I will use it to exercise my authority and dominion on the earth. I obey His Word and everything I set my hand to touch is blessed.

”

## DAY 18 – BE FRUITFUL

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SCRIPTURE FOR REFLECTION: Matthew 13:23

Question: Does my fruit reflect the Christ that is in me?  
If I ask my friends, family members, co-workers, etc.,  
will their witness of me support the “Me” that God is  
calling me to be?

WRITTEN EXPRESSIONS:

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[illegible]

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## DAY 19 – BE EXCITED ABOUT KINGDOM

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It is difficult for us to recognize the value of the Kingdom because, in our minds, it's not tangible, even though it produces real, visible results. But the Kingdom is where we receive our power. It's how we can speak things into existence. Be excited about the Kingdom, the work of the Kingdom, and the truth that we can be impactful; creating change because we are Kingdom citizens. Research the Kingdom in the scriptures, books, etc. to increase understanding of what it means to be a Kingdom citizen.

SCRIPTURE FOR REFLECTION: Matthew 13:44

QUESTION: What do I truly know and understand about the Kingdom of God? How can I operate as a Kingdom citizen on the earth and do the will of the Father?

WRITTEN EXPRESSIONS:

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[illegible]

[illegible]



“

Appreciate  
the process.  
It is our  
experiences  
that have  
led us to  
become  
who and  
what we are  
today.

”

## DAY 20 – GRATITUDE

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I know it hurts. I know that we've had experiences that were less than ideal. I know that we desire to realize a life filled with joy, peace, and love. But don't dismiss your experiences. They have shaped us in some way, and have taught us lessons that we might not have learned, or fully understood otherwise. Keep in mind that all things work together for the good of those that love Him... All things. Even the things that we wish had never happened. God has a way of using our pain to produce blessings as He refines us as diamonds and reveal the hidden treasures within us. He can use any circumstance to birth greatness out of us. We win in the end. Don't quit.

QUESTION: What have my experiences until now taught me? How have they matured me and developed my character?

WRITTEN EXPRESSIONS:

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[illegible]

[illegible]

## DAY 21 – MINISTRY

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God sometimes uses our passion to push us into ministry. Again, that does not necessarily mean we have to have a title and a pulpit. But our passions tend to determine who we minister to and how we minister to them. It may be something as simple as giving a stranger a ride home, or an old friend some new, unused equipment that they've been praying for. Think outside of the box when it comes to ministry. It may be within the church walls, but it may not be. Be led by the Holy Spirit and be obedient to His voice when He instructs you to minister to others.

**QUESTION:** Holy Spirit, what is my ministry? How can I use my passion to serve others?

**ACTION:** Make a list of what you are passionate about.

**WRITTEN EXPRESSIONS:**

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[illegible]

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“

No, you  
understand  
the mission  
of kingdom,  
but not the  
power of  
kingdom.

”

## DAY 22 – POWER

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God told me that my resources are limited, but His are endless. I had to understand that recognizing the purpose of the Kingdom is not the same as recognizing the power of the Kingdom. While the purpose is dominion, expansion, and overflow, the power includes infinite access to the heavens; having the ability to call Heaven down to Earth (let Heaven invade Earth), which is ultimately how the supernatural occurs, and how miracles are performed. We must be intentional about using the power within us to help others. Remember, as followers of Christ, we are charged with affecting the lives of others and expressing God's love and power to them. We can be the difference between whether someone lives or dies. Seems like a lot of pressure, right? But the truth is, we are equipped to handle the mission, and we have the tools we need to be successful. God would not call us to make an impact in this way if we were unable to complete the task. It's not as difficult as it seems. Just believe and obey. Use the gifts that God has placed inside of you to help others.

For example, I have the gift of the seer, the prophet's anointing. I know that I have dreams and receive visions regarding my life and the lives of others. I have shared those dreams, kept silent, and prayed about them,

depending on the instructions of the Holy Spirit. I have witnessed people's lives change just from me sharing my gift with them. There are many gifts that we have which can be used to help others. Be obedient and just believe.

QUESTION: Am I using the power that God has given me? What gifts do I possess? Am I cultivating those gifts? Am I using them to help others? Abba, what are my gifts? How can I use those gifts to serve You?

WRITTEN EXPRESSIONS:

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[illegible]

[illegible]



“

Sometimes,  
what we ask  
from God is  
less than  
what He  
desires to  
give us.

”



## DAY 23 – EXPECTANCY

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I want us to refer back to Day 7 when we discussed the Holy Spirit and our identities in God through Christ. I have come to believe that sometimes, our prayers are not answered because we request less than what God wants for us. In a way, it's a form of protection perhaps. I also believe that recognizing our identities in God, our purpose, and His will for our lives emboldens us to ask for the unimaginable. I believe He inspires us by giving us dreams and visions, or even connecting us with people who plant seeds. Those seeds eventually create desires within us for something greater. When we know and believe that we deserve better, we confidently ask for it. And because we know who we belong to, we can ask with expectancy.

**QUESTION:** What visions and dreams has God given me about my purpose? About my future? How does my plan for my life align with His? If there is a disconnect, how do I release those plans that do not line up with God's will? If there is full agreement, how do I take hold of the promise? How do I expand my imagination to desire the greater that God wants for me?

[illegible]

[illegible]



“

We are  
witness to  
the  
greatness of  
God.

”

## DAY 24 – REPENTANCE

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### PRAYER:

HEAVENLY FATHER, I ASK THAT YOU FORGIVE ME FOR MY DISOBEDIENCE. I CONFESS THAT I HAVE ALLOWED MYSELF TO INDULGE IN MY FLESHLY DESIRES, AND HAVE INTENTIONALLY HIDDEN FROM YOUR HOLY SPIRIT. I ACKNOWLEDGE MY SIN, AND I THANK YOU FOR THE REDEMPTIVE POWER OF YOUR SON. I ASK THAT YOU CLEANSE ME WHOLLY AND GIVE ME A NEW MINDSET. AS I AM OBEDIENT TO YOUR WORD, I KNOW THAT I MUST BE CAREFUL OF MY CONFESSIONS AND MY ACTIONS. FOR I AM ANOINTED AS A VESSEL FOR YOUR GLORY, AND I AM BLESSED TO BE A WITNESS TO YOUR GREATNESS.

[illegible]

[illegible]

[illegible]



“Be obedient, stay  
faithful to God and  
He will promote you,  
even in the midst of  
your enemies...”

~ DANIEL 3:28-30

## DAY 25 – DISTRACTIONS

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It is not uncommon for distractions to come our way when we are going through a spiritual detox. The enemy does not want us whole, so he will throw everything at us to get us off course. We've made it to Day 25, a little over half-way through the fast. Stay focused. If you must, call on someone you trust to keep you lifted in prayer and to encourage you to keep you on the journey. And never forget that the Holy Spirit is always there. We can call on Him always.

### PRAYER:

HOLY SPIRIT, PLEASE TEACH ME HOW TO  
DEAL WITH THE DISTRACTIONS THAT ARISE TO  
DETER ME. SHOW ME NEW WAYS TO  
CONFRONT THE ENEMY WHEN HE TRIES TO  
TEMPT ME. I THANK YOU, LORD, FOR YOUR  
GRACE, FOR I KNOW THAT YOUR GRACE IS  
SUFFICIENT FOR ME.

[illegible]

[illegible]

[illegible]

## DAY 26 – RELAX YOUR MIND

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I'm sure that your mind is processing a lot at this point. Revelations, emotions, new information, etc. But allow it to remain at peace. We are using this time to increase in wisdom, healing, and understanding. However, it is not intended to be so overwhelming that your mind is perplexed. Be sure to share your heart and thoughts with the Holy Spirit.

**QUESTION:** What is heavily on my mind that I want to talk about with the Holy Spirit?

**ACTION:** It is okay to write those thoughts down and revisit them later. Writing helps us to release them and relax our minds. Perhaps, while writing them and sharing them with the Holy Spirit, He will respond to you at the same time.

**WRITTEN EXPRESSIONS:**

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[illegible]

[illegible]



## DAY 27 – PAY ATTENTION TO DREAMS

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Dreams are one of the many ways God reveals His heart and plans to us. Oftentimes, God has given us dreams that inspire desires within us, but we do nothing with them. We must first make sure that the dreams and desires are of God. We then must inquire and ask what steps we must take to activate those dreams and manifest them.

SCRIPTURES FOR REFLECTION: Matthew 1, 2

QUESTION: What have I been inspired to do, what dreams or visions have I had that I have not moved on? What needs to be done for me to take action? Has God told me to move? If so, what am I waiting on?

WRITTEN EXPRESSIONS:

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[illegible]

“So he said, ‘I have  
been very zealous for  
the Lord God of  
hosts; for the children  
of Israel have  
forsaken Your  
covenant, torn down  
Your altars, and killed  
Your prophets with  
the sword. I alone am  
left; and they seek to  
take my life.’”

~ 1 KINGS 19:10

“Yet I have reserved  
seven thousand in  
Israel, all whose  
knees have not  
bowed to Baal, and  
every mouth that has  
not kissed him.”

~ 1 KINGS 19:18

## DAY 28 – YOU ARE NOT ALONE

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The passage from 1 King 19 about Elijah came to me early on in this process. I believe that part of the reason why God highlights certain people to us is to prove that He has reserved for Himself fellow believers who have not given in to the ways of the world. I know I have my few friends around me that are still standing strong. But it is also comforting to know there are some, even afar off, who are maintaining their confessions and are continuing to stand on the side of righteousness. Remember, also, that others are suffering with us as well. Pray for them when you think about them. We are united by the blood of Yeshua. You are not alone.



“

PRAYER:

Father, I praise You. I thank you that Your Spirit is with me and that I am not alone. I know that there are many like me, who are called and are doing Your work who are suffering persecution. I lift them up in prayer, asking that Your covering and protection be over them and that the Comforter rests upon them. In Your Son's name, I pray, Amen.

”

[illegible]

[illegible]



[illegible]

## DAY 29 – RECORD YOUR DREAMS

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I cannot stress enough how important dreams are. We all dream. I believe that in our dream state, we are more susceptible to receiving spiritual information. Pay attention to your dreams. Write them down. Record them. Do what you must to remember them. If needed, ask the Holy Spirit for the interpretation. After which, if action on your part is required, be obedient. Be careful not to dismiss the messages God gives us in dreams. I did that once and it led me down a spiral that was difficult to get out of. He sends us comfort in dreams. But He also sends us warnings. He wants to prepare us for what is to come and to keep us from being deceived.

**ACTION:** Be intentional about recording your dreams. Even if you have to buy a journal designated for your dreams, or use an application on your smartphone (or buy a recorder) make sure you're consistent. Make sure to pay attention to the details of colors, people (familiar faces and strangers), places, animals, every detail you can think of. Remember even how you felt in the dream, the atmosphere, the environment. Dreams can be connected to other dreams as well, so it helps to write the dates of the dreams.

[illegible]

[illegible]

[illegible]

“In those days I,  
Daniel, was mourning  
three full weeks. I  
ate no pleasant  
food, no meat or  
wine came into my  
mouth, nor did I  
anoint myself at all,  
till three whole weeks  
were fulfilled.”

~ DANIEL 10:2-3

## DAY 30 – FERVENCY

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You've made it to Day 30 of the fast. Fervency is very important. It is the fervent prayer that is effective. However, that doesn't mean we're shut in our rooms for 40 full days. But it does mean that we are diligent and sincere in our intentions. It also means we make our time with God a priority, and we don't cut our time with Him short because we have other plans. Consistency is key.

QUESTION: Up until now, have I been fervent and consistent during this fast? Have I given God all that He has asked of me? What should I do differently? What new strategies or information has been revealed to me that must be implemented?

WRITTEN EXPRESSIONS:

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[illegible]



This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

“...but the people  
who know their God  
shall be strong, and  
carry out great  
exploits.”

~ DANIEL 11:32

## DAY 31 – UNCONDITIONAL LOVE

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I know that for me, I had gotten to a point where I was afraid to approach God because I didn't know what He was going to say to me about me. I was afraid that I had dropped so low that He was gravely disappointed in my actions. God does correct His children. But His love transcends any chastisement. It is in His love that He disciplines us. Yes, He cares for us and will do what is necessary to encourage us to stay in His will. But He will never leave us nor forsake us. He will always respond to us in love. Trust that God already knows what decisions we are going to make, and He loves us anyway.

One time, I was in an unfavorable situation with another person. I was angry and I told God how this person offended me. God's response, "People offend Me all the time, but I still love them." It was at this moment that I first realized how far I had to go to truly understand unconditional love. Trust me when I tell you that God's unconditional love for us is real and He means it when He says "I love you with an everlasting love."

**QUESTION:** When I talk to God, do I expect to hear His voice? Do I sit and wait to listen to His response? Am I afraid to hear what He has to say about me?

[illegible]

[illegible]

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“Blessed be the name of God  
forever and ever.  
For wisdom and might are His.  
And He changes the times  
and the seasons.  
He removes kings and raises  
up kings  
He gives wisdom to those  
who have understanding.  
He reveals deep and secret  
things  
He knows what is in the  
darkness  
And light dwells with Him.  
I thank You and praise You.  
O God of my fathers.  
You have given me wisdom  
and might...”

~ DANIEL 2:20-23

## DAY 32 – BLESS HIS HOLY NAME - PRAISE

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Do not underestimate the power of praise. When we lift God up, the enemy is scattered and brought to confusion. God desires our praises. Furthermore, there is a benefit to us when we praise Him. Prayer and praise should be a part of our lives. We should always be praying for others, interceding on their behalf. Remember, the effective fervent prayers of the righteous availeth much. - James 5:16

QUESTION: Holy Spirit, what are you leading me to pray for during this period of my life? Who should I be interceding for in prayer? How can I expand the effectiveness of my prayers?

WRITTEN EXPRESSIONS:

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[illegible]

[illegible]

## DAY 33 – FOCUS

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Do not focus on your desires so much that you magnify them, even exalting them higher than the Father. We must let them go and trust that God will do what He said He will do. Our job is to remain diligent in obedience and follow the instructions He has given us concerning those desires, visions, and dreams.

QUESTION: Do I really trust that God will bless me? Do I expect Him to give me the desires of my heart? What is stopping me from fully trusting Him with everything? Holy Spirit, how can I break this bondage that is keeping me from fully trusting in God with everything? With my very life?

WRITTEN EXPRESSIONS:

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[illegible]

[illegible]

## DAY 34 – CONFESSIONS

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Be careful of your confessions. Our thoughts and our words affect our manifestations. We can't speak ill words and expect positive results. A seed produces after its kind. We need to protect our destiny and rebuke every toxic thought or emotion that causes us to speak words about ourselves that are contrary to what God says about us.

**QUESTION:** Have I been having toxic thoughts or speaking negative words? What are the positive opposites of those negative words?

**ACTION:** Keep track of the thoughts and words that are negative. Begin to write them down. Then, cancel them out by writing a positive antecedent to replace them. Write what God says about you and rehearse those sayings.

**WRITTEN EXPRESSIONS:**

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[illegible]

[illegible]



“Wait on the Lord’s  
timing. He will [shew]  
you (present you)  
when it is time.”

~ LUKE 1:80



“

Be faithful  
and have  
patience.  
Be patient  
and have  
faith.

”

## DAY 35 – THE LORD’S TIMING – PATIENCE

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Our main focus shouldn’t be on how to pursue our dreams. It should be on how to pursue the Kingdom and cultivating our relationship with the Holy Spirit. I believe that when we seek the Kingdom first and are obedient, God pours into us the vision and instructions to pursue our purpose and dreams. When that happens, we must write that vision and make it plain, and when it is time to pursue, we must do so without hesitation. God does things intentionally to inspire us and propel us to take action. When He does, just move! He’ll take care of the rest.

QUESTION: In the past six months what effort I have committed to fulfilling my purpose? Have I given other things more effort, more priority than my purpose? What can be done differently to increase my effort and focus on purpose?

WRITTEN EXPRESSIONS:

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[illegible]

[illegible]

“Be ye holy for I AM holy.”

~ 1 PETER 1:16

## DAY 36 – A LIFESTYLE OF HOLINESS

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God calls for us to live a lifestyle of worship. No, we are not perfect, and in our ability, we will never be good enough. But the Holy Spirit is our guide, our teacher, and He will show us how to live a life of holiness.

QUESTION: Am I allowing the Holy Spirit to guide me to follow the steps in my life that have been ordered by God?

WRITTEN EXPRESSIONS:

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[illegible]



[illegible]

“Your gift will make  
room for you and  
place you before  
great men.”

~ PROVERBS 18:16

## DAY 37 – MINISTRY EXPANSION

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Wake up! For too long we have been sleeping on our gifts. I admit I have been asleep as well. It has taken me too long to finish assignments God called me to complete years prior. We block our blessings by not tapping into our gifts. Now, we have natural gifts and spiritual gifts. I believe that our spiritual gifts are utilized to help heal others, while our natural gifts can be used to help others AND generate revenue streams. For example, I can prophesy and pray over someone, which can help edify them spiritually. Then, I can write a book that can help share information AND produces income. I believe that we possess in our hands the means by which God can propel us into financial prosperity. But we are sitting on these gifts, still waiting on God to provide when He already has! The gifts are within you! Use them! Put them to work! Don't hold back!

PRAYER:

LORD, HOW CAN MY GIFTS BE USED TO  
EXPAND THE KINGDOM? WHAT SHOULD I DO  
TO CULTIVATE MY GIFTS?

WRITTEN EXPRESSIONS:

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[illegible]

[illegible]



“

Don't be so  
focused on the  
future that you  
forget to enjoy  
your “now”.  
Learn from the  
past, plan for  
the future, live  
in the moment.

”

## DAY 38 – ENJOY THE MOMENT

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We can get anxious. We can become fixated on what's to come, that we almost become idle, waiting on the "future to arrive". It's what we do now, today, that affects the future that we will experience. We have work to do. In fact, it's the work we do now that activates and expresses our faith for what's to come. Be intentional about what you do now and the effort you put forth. A seed starts underground, and time passes before we see the tree. But there's a lot that transpires between the planting of the seed and the appearance of the plant. Be diligent and stay encouraged.

QUESTION: Am I living in the moment? Do I appreciate the blessings that are set before me now? Do I see how my "now" is preparing for my future?

WRITTEN EXPRESSIONS:

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[illegible]

[illegible]

“And blessed is she  
that believed: for  
there shall be a  
performance of  
those things which  
were told her from  
the Lord.”

~ LUKE 1:45

## DAY 39 – JUST BELIEVE

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Age has no limits with God. God is not bound by time. He hears our prayers. He answers our prayers. Desire to have faith that says “Lord, let it be as you say.” If Gold told you, then it is so! If I know Him well, I know that He’ll confirm it with two or three witnesses (1 Corinthians 13). Trust Him enough to believe Him when He speaks and have the peace to get out of His way so He can move accordingly. When you need a reminder, call out to the Holy Spirit. Remember, He will lead and guide us into all truth. All. Truth.

### PRAYER:

**LORD, I DESIRE TO HAVE THE FAITH THAT  
SAYS “LORD, LET IT BE AS YOU SAY.”**

**QUESTION:** Has your perception of yourself changed during this process? Have you gained new insight into the Father’s heart and His vision for your life? Have you obtained a deeper understanding of your identity in Christ? In what ways? What is the meaning of your name? How does it align with God’s purpose for my life? Or His promises?

[illegible]

[illegible]

[illegible]

## DAY 40 – THE HOLY SPIRIT

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We discussed this before on Day 7, but I want to discuss it again today. As this is the last day of the fast, have you been able to experience a new facet of the Great I AM? Have you cultivated a new relationship with the Holy Spirit? The journey doesn't end here. This is a catalyst for the beginning of something new. Create a habit of communing with the Holy Spirit and becoming acquainted with His voice. So, I ask the same question again below:

“Holy Spirit, how can I experience You in a greater capacity? What new role do You desire to play in my life?”

Holy Spirit, what new facet of You may I encounter now that I wasn't ready to experience before?

WRITTEN EXPRESSIONS:

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## CONGRATULATIONS!

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You have completed a journey that is just as rewarding spiritually as it is mentally, physically, and emotionally. Now, take a look at those earlier questions and answer them. Have any of your answers changed? Are you able to better answer those questions that were difficult to answer before? I have listed them again below:

1. Confession – What is the problem? When did this pain, this darkness begin? What experiences lead me to this place? What am I worried about? What am I afraid of? What can I do about it?
2. Surrender – What can I do about the problem? Is it in my control? Do I need to release it all to God and tell Him how much I hurt? Is there someone else I can share my pain, thoughts, and concerns with that I trust? (For this, please be careful to choose someone who will not use your pain against you. You want to share with someone who will have a gentle ear and a comforting heart, and will help you let go of your frustrations).
3. Identity – Do I know who I am? What is my purpose on this earth? What was I created to do here? In what area am I most impactful?

4. Trust (Faith and Focus) – Where is my focus? In what areas am I using most of my energy? Am I confident in my skills and abilities to achieve my goals? Do I believe that God has blessed me with gifts and talents? What are they? How do I use those to make an impact? Do I trust that God will bless the works of my hands? Do I trust that God will support my actions?

5. Pursuit – What am I pursuing? Am I pursuing my purpose or someone else's dream for my life? Is what I am pursuing safe and healthy for me? Do I have any obsessions that are consuming me?

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## ABOUT THE AUTHOR

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“CALL ME MS. ROYALTY.” IT’S A PHRASE I USE NOW TO EXPRESS THE NEW NAME GOD GAVE ME DURING MY FAST: ROYALTY. I AM A YOUNG ENTREPRENEUR FROM MOUNT MORRIS, MI. I AM A WRITER, DANCER, AND FITNESS ENTHUSIAST. I DESIRE TO ENCOURAGE OTHERS TO GROW CLOSER TO THE MOST HIGH THROUGH MY STORIES.  
HAS HE GIVEN YOU A NEW NAME?

FOR MORE INFORMATION ABOUT THE AUTHOR, PLEASE VISIT  
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