

# SANCTIFICATION FOR MANIFESTATION

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*Guide to a 21 Day Transformational Fast.*

*And Joshua said to the people, “Sanctify yourselves, for tomorrow the Lord will do wonders among you.” Joshua 3:5*

BY: PASTOR NATACHA BYRAMS

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8720 E. 61<sup>st</sup> Street

Tulsa OK 74133

918-574-1979

[www.zionsgates.com](http://www.zionsgates.com)



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## INTRODUCTION & A CASE FOR CHRIST:

Look around! Do you see the condition of the church – God’s people? Do you see the apostasy, the idolatry, materialism, hedonism, lack of righteousness and fear of God? Do you see how many live their personal version of the scriptures and have become rebels of the truth while still identifying as believers. Have you seen how the LGBTQ narrative and philosophy has infiltrated the church, how the world’s culture is now the culture of the church? Have you seen the migration away from biblical doctrine and holiness? In the midst of this, the world grows darker by the day: child and human trafficking, corruption in our government, addictions and mental illness are on the rise, mass shootings and homicides are also more prevalent, not to mention international tensions and economic instability.

If we don’t see the devastation, the Father sure does! And while many will think that it does not affect God, that is not what his word teaches. The father is grieved, and sorrows over the state of his church. Listen to his words when Israel went after other gods:

Jeremiah 3:6-7, 12-15 <sup>6</sup>The Lord said also to me in the days of Josiah the King: “Have you seen what backsliding Israel has done? She has gone up on every high mountain and under every green tree, and there played the harlot. .... <sup>12</sup>Go and proclaim these words toward the north, and say: ‘Return, backsliding Israel,’ says the Lord; ‘I will not cause My anger to fall on you. For I am merciful,’ says the Lord; ‘I will not remain angry forever. <sup>13</sup>Only acknowledge your iniquity, That you have transgressed against the Lord your God, And have scattered your <sup>[b]</sup>charms To alien deities under every green tree, And you have not obeyed My voice,’ says the Lord. <sup>14</sup>“Return, O backsliding children,” says the Lord; “for I am married to you. I will take you, one from a city and two from a family, and I will bring you to Zion. <sup>15</sup>And I will give you shepherds according to My heart, who will feed you with knowledge and understanding.

This is not a God who is a detached, doesn’t care and flippantly moves on when we abandon him. He is in covenant with his people and loves his people deeply. In this world we have forgotten covenant and we tend not to grasp the concept of love from a divine perspective. The father has been disappointed enough. It’s time for a remnant to rise up and say: For Christ we live and for Christ we die. Our lives are no longer our own.

The Lord wants his name to be known in earth, and rightfully so. It’s his creation. He wants the nations to know him, love him and serve him – and rightfully so, he is our creator, the one who gives us both physical and spiritual life. There is no other. He wants to manifest his glory in the earth and the only way to do that is through individuals who are completely surrendered to him.

That is the purpose of this fast: THAT WE MAY BE VESSELS OF HONOR FIT FOR THE MASTER’S USE!

But in a great house there are not only vessels of gold and silver, but also of wood and clay, some for honor and some for dishonor. <sup>21</sup>Therefore if anyone cleanses himself from the latter, he will be a vessel for honor, <sup>[a]</sup>sanctified and useful for the Master, prepared for every good work. - 2 Timothy 2:20-21

## A FEW WORDS ABOUT SANCTIFICATION

Our theme scripture for this fast is: Joshua 3:5 *And Joshua said to the people, “Sanctify yourselves, for tomorrow the Lord will do wonders among you.”*

To “sanctify” is to “cleanse from corruption; to purify from sin; to make holy by detaching the affections from the world and its defilements and exalting them to a supreme love to God.” God is holy and he requires holy vessels through which he can manifest his glory. Your participation in this fast is a declaration to the Father that you want to please him by making yourself available for his processing in accordance with his will for your life.

There are two parts to sanctification: our part and the Father’s part. Our part is to separate ourselves from the world, lusts, appetites, etc and delve into a time with the Lord in prayer, fasting and his word so he can do a work in us that will draw us closer to him. God’s part is done through his word and by his spirit. They work together to regenerate, revive, re-order and restore areas of our lives. We must avail ourselves to this process. If we follow the protocols in scripture we will see the manifestation of the Holy Spirit in our lives.

*“But we have this treasure (THE HOLY SPIRIT) in earthen vessels (US), that the excellence of the power may be of God and not of us.” 2 Corinthians 4:7*

## KEY TERMS AND CONCEPTS:

*Definitions taken from online sources including: Noah Webster Dictionary and Google definitions.*

### I. SANCTIFY:

- a. Definition: In a general sense, to cleanse, purify or make holy.
  - i. To separate, set apart or appoint to a holy, sacred or religious use.
    - 1. God blessed the seventh day and sanctified it. Genesis 2:3.
  - ii. To purify; to prepare for divine service, and for partaking of holy things.

### II. AFFECTIONS:

- a. Definition: Desire; inclination; propensity, good or evil; as, virtuous or vile affections.
- b. Affections are sanctified so we can love the Lord more fervently.

### III. ATTACHMENTS:

- a. Definition: Close adherence or affection; fidelity; regard; any passion or affection that binds a person; as, an *attachment* to a friend, or to a party.
- b. Negative Examples: T.V., People, Soul-Ties, Events, Trauma

### IV. ADDICTIONS:

- a. Definition: The fact or condition of being addicted to a particular substance, thing, or activity.
- b. physically and mentally dependent on a particular substance, and unable to stop taking it without incurring adverse effects

c. Examples: Drugs, Food, People, Spending, Medication, Porn

V. AVERSIONS:

- a. Definition: A person or thing that arouses strong feelings of dislike.
- b. Ex: Prejudices, Biases, Offenses

VI. AVOIDANCE:

- a. Definition: Avoidant behavior refers to behaviors that people engage in in order to escape activities, occurrences, or emotions that make them upset or anxious. Instead of facing a problem, they choose to evade it or defer it. This habit may provide a short-term relief, but in the long term, it tends to aggravate the problem
- b. Ex: Refusal to deal with personal issues, Confront Individuals, Accept Responsibility for Wrongs.

VII. ADULTERATIONS:

- a. Definition: To render (something) poorer in quality by adding another substance, typically an inferior one.
- b. Spiritual Ex: Mixture in Character, Compromise, Private interpretation of the word

VIII. AFFLICTIONS:

- a. Definition: Something that causes pain or suffering.
- b. Ex: Sickness, Mental Torments, Bondages

IX. ASSETS:

- a. Definition: a useful or valuable thing, person, or quality.
- b. Ex: Finances, Marriage, Children

## FASTING LOGISTICS

This is a three-week fasting journey. Twenty-one days starting, Tuesday January 13<sup>th</sup> – February 3<sup>rd</sup>. We will fast from 6 AM – 6 PM daily.

The first week is designed to biblically address issues that hinder and sabotage our walk with the Lord. It's time to go deeper and higher in order to manifest our true divine nature. The second week focuses on cleansing and freedom. This will be a time of directly addressing bondages, strongholds, and various forms of oppression and afflictions. The third week is sanctification and empowerment through the Holy Spirit. This will focus on thoroughly shifting our consciousness, removing mentalities of inadequacy, insecurity, and fear. There will be a focus on living and becoming the word just like our leader Jesus Christ. It's the year of manifestation. No more wallowing in mere humanity. We are divine and must demonstrate the life of God. We were created to manifest his glory!



WHY FAST? – Fasting combined with prayer and the word of God, is the most efficient way to deal with the flesh. By flesh, I mean appetites, attitudes, dispositions, mentalities, issues, fears, etc. ... anything that is out of order in your life. This is because most appetites are tied to the stomach, and as we feed the stomach other appetites thrive. When a person is hungry, they rarely care about other appetites until that need is met. By starving this appetite and feeding on the Word of God instead, the spirit is nourished while the flesh is crucified.

Fasting strengthens the inner man, making the person strong on the inside, and increases the fear of God by increasing sensitivity to his presence, his nature and culture. TRY IT! You Won't Be The Same!

### WHAT TO DO ON A FAST:

- Set aside specific times to pray, read and meditate. Don't leave this up to whatever your schedule allows. Your schedule will never allow it. You have to make the time.
- Do not watch television at all during your fast. Do not listen to secular music, jazz, love songs, rap, etc during your fast. For married people, there is usually abstinence from sexual activity. However, you must both agree to abstain.
- Do not spend a lot of time on the phone or fellowshipping with friends.
- Attend as many of the church prayer meetings as possible. This will help you to pray, and promote growth.
- **DON'T QUIT!!!** Be A Finisher! Even if you slip up, get back on track. Part of fasting is teaching your soul discipline and stewardship. Sometimes when we are trying to bring order to chaos, we have a few accidents. It's OK, just don't give up. The frustration, shakes, light-headedness, crankiness, are all part of your cleansing process, they will pass. Become a better, cleaner, spiritual you!

**IMPORTANT DATES:** See the calendar included in this manual! Participate in corporate prayer events to help you grow strong.

**TYPE OF FAST – JUICE/WATER FAST:** This fast requires only liquids for its entirety. It is more challenging to the flesh and puts pressure on you to deal with the demands of your body and any appetites that may be out of balance. It's excellent for deliverance, getting rid of mental strongholds and patterns, fear, apathy, etc. If you feel distant and cold in your spiritual walk, do this fast! Have faith that God will meet you! **WE ARE FASTING 6 AM – 6 PM DAILY, FOR 21 DAYS!**

**WHAT YOU CAN HAVE:** Smoothies, Protein drinks, broth, 100% Juice, Lots of water. For a more challenging fast rotate with days of just water.

**WHAT TO READ:** Your Bible. To simplify this matter, scriptures have been provided for each portion of the fast. For an extensive list of scriptures by topics and categories go online to: <http://www.jesusfolk.com/Bible/Topics/>. Click on the topic you are interested in and it will give you a list of scriptures you can study.

## JUICES AND CLEANSING THE BODY

Information Provided by: Bro. Charles Williams

*“What? know ye not that your body is the temple of the Holy Ghost which is in you... therefore glorify God in your body, and in your spirit, which are God’s.” 1 Corinthians 6:19–20 (KJV)*



### Introduction

As we commit to a daily 6am–6pm fast, we are not only denying the flesh spiritually—we are allowing the body to rest, cleanse, and reset. Fasting is not just about prayer; it is also about stewardship. God designed the body with systems that work every day on our behalf, and during fasting, those systems work even harder, requiring wisdom and support.

#### ➤ Juicing Supports Detoxification & Cleansing During the Fast

During fasting hours, the body enters a natural detox mode. The liver processes toxins, the kidneys filter waste, and the digestive system rests. Fresh juices provide hydration, vitamins and mineral; and nourishment without heavy digestion. Juicing allows the body to receive life while remaining light. Not all juices do the same thing—each one is designed to support a specific need during the fast. Daniel’s simple, plant-based nourishment resulted in clarity, strength, and favor.

*Daniel 1:12–15 “Let them give us pulse to eat, and water to drink...”.*

**Four Juices:** Each juice plays a role in helping the body remain energized, cleansed, and spiritually focused during the fast. (Please contact Bro. Charles Williams if you would like to purchase any of these juices.)

1. Liquid Gold: (*Orange, Carrot, Beet, Ginger, Lemon, Turmeric, Pineapple*)

- Boosts circulation and blood health
- Provides natural energy without crashes
- Supports liver detox and inflammation reduction

2. Green Detox: (*Celery, Pineapple, Cilantro, Parsley, Ginger, Fennel*)

- Supports kidney and liver cleansing
- Helps remove toxins and excess fluids
- Reduces bloating and water retention

3. Summer Glow: (*Cucumber, Celery, Pineapple, Mint, Lemon*)

- Deeply hydrates at the cellular level
- Cools inflammation and supports skin health
- Encourages gentle, steady cleansing

4. Digestive Delight (*Pineapple, Lemon, Ginger, Cayenne Pepper*)

- Stimulates digestive enzymes
- Reduces gas and sluggish digestion
- Awakens digestive fire

### ➤ Foods to Avoid and Why

Many people struggle during fasting not because of hunger, but because their digestive system is stressed. Certain foods inflame the stomach, strain the kidneys, and delay cleansing.

- Refined sugar & sweets – disrupt blood sugar and drain energy
- Soft drinks – acidic, high in sugar, and stressful to the kidneys
- Pasteurized beverages – lack live enzymes and nutritional vitality
- Microwaved products – reduced nutritional integrity and food structure
- Fried foods – inflame digestion
- Processed foods – increase toxic load
- Dairy – increases mucus and digestive discomfort
- Heavy meats late in the day – slow digestion during fasting hours

When these foods are removed, many experience: Reduced Bloating, Improved Sleep, Increased Energy and Better Focus During Prayer! This is why stomach support is essential during fasting. Please see Bro. Charles if you would like more information on stomach support.

- Stomach 1 Formula: Regenerative digestive tract
- Stomach 2 Formula: Supports cleansing and regular elimination

## ➤ Supporting Kidneys & Weight Systems Ensure a Safe & Balanced Fast

As fasting and juicing release stored toxins, the kidneys must filter more waste. Without support, people may experience fatigue, headaches, or fluid imbalance. Weight challenges are not about vanity—they often reflect metabolic and hormonal imbalance that fasting begins to correct.

See below for available products that enable body detox smoothly, safely, and sustainably.

- Green Detox and Summer Glow support kidney filtration and hydration
- Kidney 1 & 2 Formulas assist detoxification and fluid balance
- Weight Loss Formula supports metabolism, blood sugar balance, and fat utilization

## ➤ Herbs: Their Benefits & How to Use Them

### DETOXIFIERS

<u>HERB</u>	<u>BENEFITS</u>	<u>HOW TO USE</u>
Dandelion Root/Leaf	Liver & kidney detox	Brew tea or infusion
Burdock Root	Blood purifier & lymph support	Tea or added to juice
Red Clover	Cleanses lymph & blood	Tea infusion
Cilantro	Heavy metal detox	Add to juice/salad
Parsley	Kidney detox & fluid balance	Tea or juice addition

### ORGAN STRENGTHENERS

<u>HERB</u>	<u>BENEFITS</u>	<u>HOW TO USE</u>
Milk Thistle	Liver support & regeneration	Brew tea or tincture
Nettle Leaf	Supports kidneys & minerals	Tea or infusion
Licorice Root	Supports adrenal glands & digestion	Tea infusion
Turmeric	Anti-inflammatory, liver & joint support	Tea, infusion, or juice addition

## ENERGIZERS / STRENGTHENERS

<u>HERB</u>	<u>BENEFITS</u>	<u>HOW TO USE</u>
Moringa Leaf	Energy & nutrients	Tea or powder in water/juice
Ginger	Circulation & energy	Tea or juice slices
Peppermint	Mental clarity & digestion	Brew tea or fresh leaves
Rooibos	Antioxidant support, gentle energy	Brew tea
Ginseng	Boosts energy, stamina	Brew tea or infusion
Fo Ti	Supports vitality and longevity	Brew tea or tincture
Kola Nuts	Natural stimulant, increases alertness	Chew small amounts or brew tea
Damiana	Mild energy and mood enhancer	Tea or infusion
Yohimbe	Supports circulation and energy	Tea or extract (use carefully)

## DIGESTIVE SUPPORT

Herb	Benefits	How to Use
Ginger	Digestive stimulant	Tea or juice slices
Peppermint	Reduces bloating & gas	Tea or add to water
Fennel Seed	Soothes stomach, reduces gas	Brew as tea
Cayenne Pepper	Stimulates digestive enzymes	Add a pinch to juice/tea

 Tip: Combine herbs for multiple benefits (e.g., Dandelion + Ginger + Peppermint).

WEEK #1:  
IDENTIFY WHAT'S HOLDING YOU BACK



## PRAYER FOR INTERNAL LIGHT

By Pastor Tacha

Father, I come humbly before your throne of grace today. I repent of all sin and all unrighteousness. I pray that you would light the lamp of my spirit (Psalms 18:28). Vanquish the darkness within my soul and expose the lies and misbeliefs that anchor them (Matthew 6:21-23). You are my light and my salvation (Psalm 27:1). Without you, I grope in spiritual darkness which impacts everything I do. Lord I need you, I need the life of your spirit to shine the light on everything that I am and that I carry within (John 1:4).

Father have mercy upon me and remove every veil; every veil in my heart and soul (2 Corinthians 3:14). Remove blinders, filters and ungodly perspectives. You said “as a man thinks in his heart, so is he.” (Proverbs 23:7). Lord I repent of all iniquity, transgression and sin bound up in the deepest parts of my heart (Psalm 51). Father lay the axe to the root of every ungodly belief, fear, anxiety and bitterness, every seed or tree that you did not plant, let it be uprooted in my soul (Matthew 15:13). Deliver me from myself. Expose the darkness within (John 1:4). Teach me to walk in your light so true communion with you and others can be restored (1 John 1:7). Let your word take root in my heart.

Let your word guide me and light my path (Psalms 119:105). I will no longer be guided by pain, my past, fear or the voice of the enemy in any form. I need you Lord. You are my glory and the lifter of my head (Psalm 3:3). You are my light! Shine bright in my life. Thank you for your grace and your strength. Thank you for a renewed perspective. A GODLY Perspective.

## PRAYER AGAINST FEAR

Father God, I come to you in the name of your Son, Jesus Christ who died and shed his blood for me, that I might have life and life more abundantly.

I repent of all unbelief and doubt in your love, grace and power towards me. I choose to believe your word over what I see, for your word says in 2 Corinthians 5:7 “we walk by faith, not by sight.” Lord help me not to be moved by what I see, but to put my faith and hope in you.

Lord, I know I can trust you, because your love for me is unconditional, you gave your life for me. You said in Matthew 6: 31-34 “do not worry, about ‘What I will eat or drink, or ‘what I will wear. For after all these things the Gentiles seek. But my heavenly Father knows that I need all these things. But to seek first the kingdom of God and His righteousness, and all these things shall be added to me. Therefore, I should not worry about tomorrow. I choose not to worry about issues of my life! You know I need all of these things and you will lead and guide me. You will provide. From now on, I refuse to worry. I WILL TRUST YOU LORD!.

Lord you said in 2 Timothy 1:7 that you have not given me a spirit of fear, but of power, of love and of a sound mind. I have been walking in fear. Fear has been my master and is rooted in my heart. This is not from you... You said, in Matthew 6:24 “No one can serve two masters; for either he will hate the one and love the other, or else he will be loyal to the one and despise the other.” I have listened to the voice of fear for too long. I ask and receive your forgiveness. You admonished us to build our house, our lives upon the rock of your word. I repent for putting my circumstances above your word and allowing fear to dictate my future. Today, and every day, I renounce the spirit of fear. Amos 3:3 says, “how can two walk except they agree.” I no longer agree with fear and choose not to walk with it. I renounce its hold on my mind, my emotions and my memories. I will no longer consult issues in my past to determine your faithfulness in my future. I repent for being anxious, for you said in Philippians 4:6 to be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let my requests be made known to you. You said in Proverbs 12:25 that anxiety in the heart of man causes depression, but a good word, (the word of God) makes it glad!” TODAY I RECEIVE AND ACCEPT YOUR WORD! I receive your word that I am more than a conqueror. I receive your word that you shall supply all of my needs according to your riches in glory by Christ Jesus. I receive your word that you will never leave me nor forsake me. I receive your word that I am blessed and highly favored. I receive your word that by your stripes I am healed! I will come to you in faith and not in fear. I will trust your love for me.

## TUESDAY, JANUARY 13

- CHURCH EVENT: 7:30 PM PRAYER @ ZGM
- SANCTIFICATION FOCUS POINT: AVOIDANCE
  - We are starting our fast telling the Lord that we are willing to face and acknowledge anything he brings to our attention. This portion of the fast has to do with being honest with ourselves and God and allowing Him to cleanse, restore and build those areas in us that have been weak and overlooked.
  - KEY SCRIPTURES FOR PRAYER & MEDITATION:
    - Psalm 139:23-24 Search me, O God, and know my heart; Try me, and know my anxieties; 24 And see if there is any wicked way in me, and lead me in the way everlasting. (This is our prayer today and tomorrow!)
    - Hebrews 12: 5-11 And you have forgotten the exhortation which speaks to you as to sons: "My son, do not despise the [c]chastening of the Lord, Nor be discouraged when you are rebuked by Him; 6 For whom the Lord loves He chastens, and scourges every son whom He receives." 7 If you endure chastening, God deals with you as with sons; for what son is there whom a father does not chasten? 8 But if you are without chastening, of which all have become partakers, then you are illegitimate and not sons. 9 Furthermore, we have had human fathers who corrected us, and we paid them respect. Shall we not much more readily be in subjection to the Father of spirits and live? 10 For they indeed for a few days chastened us as seemed best to them, but He for our profit, that we may be partakers of His holiness. 11 Now no chastening seems to be joyful for the present, but painful; nevertheless, afterward it yields the peaceable fruit of righteousness to those who have been trained by it.
    - The entirety of Psalms 51. You can even pray through this Psalm.
- CHRIST CONSCIOUSNESS:
  - This aspect of the fast is to help us see GOD again. We must shift our consciousness to BEHOLD HIM! In other words, see him and hold that picture in your mind and meditate on it.
  - Today we are beholding the Son, Jesus Christ and his sacrifice for us!
    - John 1:14 And the Word became flesh and dwelt among us, and we beheld His glory, the glory as of the only begotten of the Father, full of grace and truth.
    - Look at Jesus' heart towards us. Look at his love and compassion. Meditate on how much the Father loved us, that he gave up his son to pay the price for our sins and how Jesus willingly did it and even interceded on the cross for us. Now that's love!
      - Luke 23:33-35 And when they had come to the place called Calvary, there they crucified Him, and the criminals, one on the right hand and the other on the left. 34 Then Jesus said, "Father, forgive them, for they do not know what they do." And they divided His garments and cast lots. 35 And the people stood looking on. But even the

rulers with them sneered, saying, “He saved others; let Him save Himself if He is the Christ, the chosen of God.”

- THE WORD IN ACTION:
  - James 5:16 Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much.
  - Have a discussion with those closest to you, who love and care about you (spouse, parent, dear friend). Ask them if they noticed anything glaring that you need to address that you have not addressed in the past. Acknowledge their concerns and take it to the Lord in prayer.
- PERSONAL NOTES:  

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## WEDNESDAY, JANUARY 14

- CHURCH EVENT: FACEBOOK LIVE AT 8:30 PM
- SANCTIFICATION FOCUS POINT: AVOIDANCE AND AVERSIONS
  - Today we are continuing with avoidance and allowing the Holy Spirit to reveal those hidden things of the heart and while adding the focus point of aversions. If you are not sure what is meant by “aversions” please refer to the “key terms” section of this manual. Here we are dealing with offenses, prejudices, judgments and ungodly biases.
  - KEY SCRIPTURES FOR PRAYER & MEDITATION:
    - Matthew 18:21-35 Matthew 18:21-35 Then Peter came to Him and said, “Lord, how often shall my brother sin against me, and I forgive him? Up to seven times?” <sup>22</sup>Jesus said to him, “I do not say to you, up to seven times, but up to seventy times seven. <sup>23</sup>Therefore the kingdom of heaven is like a certain king who wanted to settle accounts with his servants. <sup>24</sup>And when he had begun to settle accounts, one was brought to him who owed him ten thousand talents. <sup>25</sup>But as he was not able to pay, his master commanded that he be sold, with his wife and children and all that he had, and that payment be made. <sup>26</sup>The servant therefore fell down before him, saying, ‘Master, have patience with me, and I will pay you all.’ <sup>27</sup>Then the master of that servant was moved with compassion, released him, and forgave him the debt. <sup>28</sup>“But that servant went out and found one of his fellow servants who owed him a hundred denarii; and he laid hands on him and took *him* by the throat, saying, ‘Pay me what you owe!’ <sup>29</sup>So his fellow

servant fell down at his feet and begged him, saying, ‘Have patience with me, and I will pay you <sup>[b]</sup>all.’ <sup>30</sup>And he would not, but went and threw him into prison till he should pay the debt. <sup>31</sup>So when his fellow servants saw what had been done, they were very grieved, and came and told their master all that had been done. <sup>32</sup>Then his master, after he had called him, said to him, ‘You wicked servant! I forgave you all that debt because you begged me. <sup>33</sup>Should you not also have had compassion on your fellow servant, just as I had pity on you?’ <sup>34</sup>And his master was angry, and delivered him to the torturers until he should pay all that was due to him. <sup>35</sup>“So My heavenly Father also will do to you if each of you, from his heart, does not forgive his brother his trespasses.”

- Romans 12:19 Beloved, do not avenge yourselves, but rather give place to wrath; for it is written, “Vengeance is Mine, I will repay,” says the Lord.
- Hebrews 12:15 looking carefully lest anyone fall short of the grace of God; lest any root of bitterness springing up cause trouble, and by this many become defiled.
- **CHRIST CONSCIOUSNESS:** Meditate on how the Lord has forgiven you. Think about how he is showing and extending mercy towards you on this fast.
- **THE WORD IN ACTION:**
  - Matthew 6:15 But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.
  - Time to forgive. Remember forgiveness is NOT resolving the problem, or the person apologizing, or restoration of relationship. Forgiveness has to do with YOUR HEART condition towards the other person and your expression of that. You must release all bitterness, grudges, judgments, dislike and ill will towards the individual.
  - Go to the person, ask for forgiveness if you are in the wrong and extend forgiveness if they hurt you.
- **PERSONAL NOTES:**  

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## THURSDAY, JANUARY 15

- CHURCH EVENT: NONE
- SANCTIFICATION FOCUS POINT: AVERSIONS CONTINUED
- CHRIST CONSCIOUSNESS: Same meditation as yesterday. See the depth of the Lord's forgiveness. How he causes the sun to shine on the just and the unjust, giving ample time for people to respond to his mercy. The Lord is kind. He is love! We must be the same.
- THE WORD IN ACTION:
  - Identify those whom you have judged. There is a difference between identifying ungodly behavior and judging a person. Judging someone is not only pointing out what they have done, but also personally labeling them, and pass severe sentencing on their actions. Only God can determine the penalty for sin. That's why he's the only true judge!
  - Our goal is to love like Christ. Sanctify these people in your heart. They may not change, but you can allow your heart to change towards them.
- PERSONAL NOTES:

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## FRIDAY, JANUARY 16 – SATURDAY, JANUARY 17

- CHURCH EVENT: LATE NIGHT PRAYER 9:00 PM – MIDNIGHT
- SANCTIFICATION FOCUS POINT: AFFECTIONS & ATTACHMENTS
  - So far we have addressed some areas of denial and forgiven offenses held towards others, and received forgiveness for ourselves. We're making good progress. Stay on those focus points if you need to.
  - Today we are introducing the focus points of affections and attachments. Affections refer to our desires and appetites. Desires need to be godly and align with God's will for our lives. Our appetites should not be inordinate and out of control. This is the time to subject all of our desires to the word. Attachments refer to things that mentally, spiritually or emotionally influence us in the areas of comfort, distraction, entertainment, or consumption. We may be inordinately attached to social media, our phones, people, trauma or events.
- KEY SCRIPTURES FOR PRAYER AND MEDITATION:
  - Psalm 37:4-5 Delight yourself also in the Lord, And He shall give you the desires of your heart. <sup>5</sup>Commit<sup>[a]</sup> your way to the Lord, Trust also in Him, and He shall bring *it* to pass.

- Matthew 6:19-21 “Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal; <sup>20</sup>but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. <sup>21</sup>For where your treasure is, there your heart will be also.
- CHRIST CONSCIOUSNESS:
  - Why do you love the Lord? Today, take some time to write down the attributes of God that speak to you the most. Don't be religious about it. Let it come from your heart and meditate on who the Father, Jesus Christ and the Holy Spirit are to you. How have they changed your life. How do you engage with each. How much do you know about them.
  - Daniel 11:32.... the people that do know their God shall be strong, and do exploits.
- THE WORD IN ACTION:
  - Joshua 7: <sup>10</sup>So the Lord said to Joshua: “Get up! Why do you lie thus on your face? <sup>11</sup>Israel has sinned, and they have also transgressed My covenant which I commanded them. For they have even taken some of the <sup>[g]</sup>accursed things, and have both stolen and deceived; and they have also put *it* among their own stuff. <sup>12</sup>Therefore the children of Israel could not stand before their enemies, *but* turned *their* backs before their enemies, because they have become doomed to destruction. Neither will I be with you anymore, unless you destroy the accursed from among you. <sup>13</sup>Get up, sanctify<sup>[h]</sup> the people, and say, ‘Sanctify yourselves for tomorrow, because thus says the Lord God of Israel: “*There is an accursed thing in your midst, O Israel; you cannot stand before your enemies until you take away the accursed thing from among you*
  - Go through your home and get rid of anything that that doesn't align with where the Lord is taking you on this fast. Such things may include: items from past ungodly relationships, items that represent death (skulls, t-shirts with ungodly symbols or words), items affiliated with witchcraft, dead plants, broken items that need to be thrown out, items given by family members who are associated with occultic darkness, pornographic materials, trash, drug paraphernalia, drugs, alcohol, etc.
- PERSONAL NOTES:

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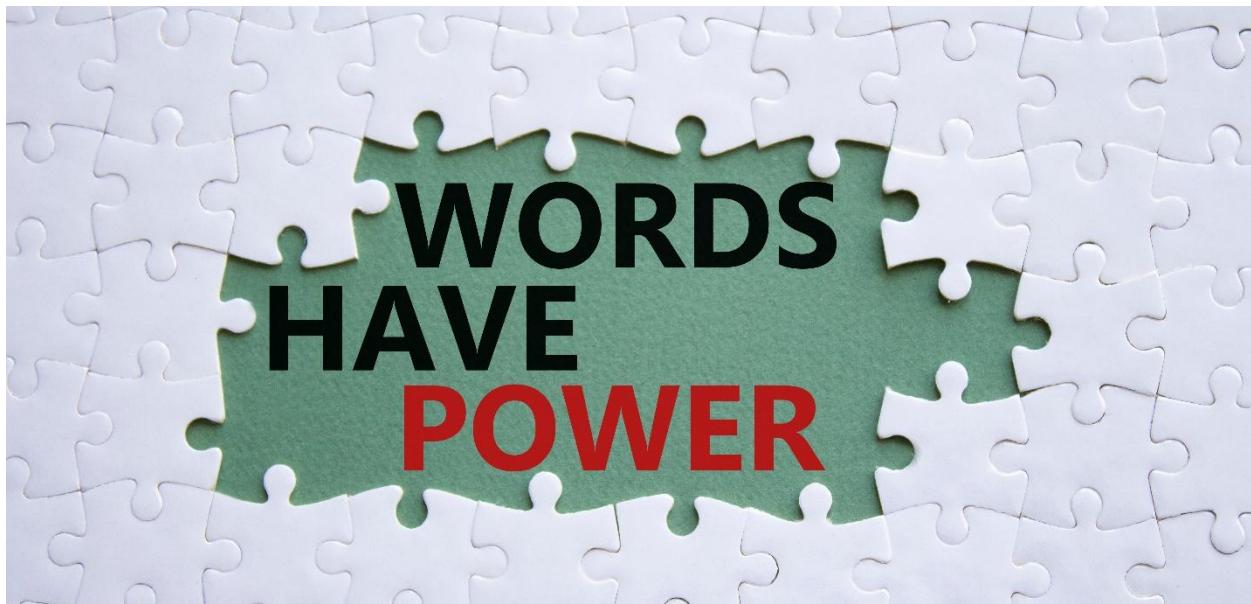
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## AFFIRMATIONS FOR FORGIVENESS

- The Lord is giving me a new heart and putting a new spirit in me.
- He has removed the heart of stone and given me a heart of flesh.
- I refuse to be hardened by my past experiences or how people have treated me.
- My heart is in the palm of God's hands.
- He is making me again. He is renewing me. He is healing me.
- I release the control I feel I need to have in order not to be hurt. I give that control to the one who will never hurt me.
- I choose not to be a bitter person.
- I release all bitterness and resentment.
- I choose not to be an angry person.
- I renounce all anger, bitterness and unforgiveness.
- I am a forgiving person.
- I forgive all those who hurt and offended me.
- I am not hardened by the past.
- I am bold and unafraid.
- I love like my heavenly father.
- I forgive like my heavenly father.
- My heart is good ground and can receive truth.

## SUNDAY, JANUARY 18 – MONDAY, JANUARY 19

- CHURCH EVENT:
  - SUNDAY MORNING PRAYER – 9:45 AM/ SUNDAY SERVICE @ 10:30 AM
  - MONDAY – NONE
- SANCTIFICATION FOCUS POINT: TRAUMA
  - a. Defining Trauma - A traumatic event is an incident that causes physical, emotional, spiritual, or psychological harm. The person experiencing the distressing event may feel physically threatened or extremely frightened as a result.
  - b. There are three main types of trauma:
    - i. Acute trauma: This results from a single high stressful or dangerous event. Examples include: Witnessing a Death, Physical Abuse, Almost Drowning, Car Accident, Molestation.
    - ii. Chronic trauma: This results from repeated and prolonged exposure to highly stressful events. Examples include cases of child abuse, bullying, evil and hurtful things being said repeatedly, or domestic violence.
    - iii. Complex trauma: This results from exposure to multiple traumatic events. Both chronic and acute happening simultaneously or at alternating times.
  - c. Trauma often arrests an individual's spiritual, emotional and mental growth, because it reprograms the heart at the time of the traumatic event. This reprogramming shifts the individual's worldview; God view and self-perception. Sanctification is needed here because, the negative heart program often causes debilitating mindsets and behaviors that hinder the life of Christ to be expressed.
- SCRIPTURES FOR PRAYER AND MEDITATION:
  - FEAR – 1 John 4:18 There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love.
  - Psalm 23 The Lord is my shepherd; I shall not want. 2 He makes me to lie down in green pastures; He leads me beside the still waters. 3 He restores my soul; He leads me in the paths of righteousness For His name's sake. 4 Yea, though I walk through the valley of the shadow of death, I will fear no evil; For You are with me; Your rod and Your staff, they comfort me. 5 You prepare a table before me in the presence of my enemies; You anoint my head with oil; My cup runs over. 6 Surely goodness and mercy shall follow me All the days of my life; And I will dwell in the house of the Lord Forever.
  - Psalm 27:1 The Lord is my light and my salvation; whom shall I fear? the Lord is the strength of my life; of whom shall I be afraid?
- CHRIST CONSCIOUSNESS:
  - Use the portal of your imagination and see yourself healed in Christ. See the Lord removing the trauma from your soul, cleansing the defilement that it caused and healing your soul. This is important. You have to give your heart a different picture than what it has. Meditate on the life of Christ permeating your soul and spirit, producing life. Life produces virtue. Virtue is usually taken through trauma. Examples of virtue are: love, courage, peace, fortitude, stability, etc. See virtue being restored to your heart and soul and by faith receive it.

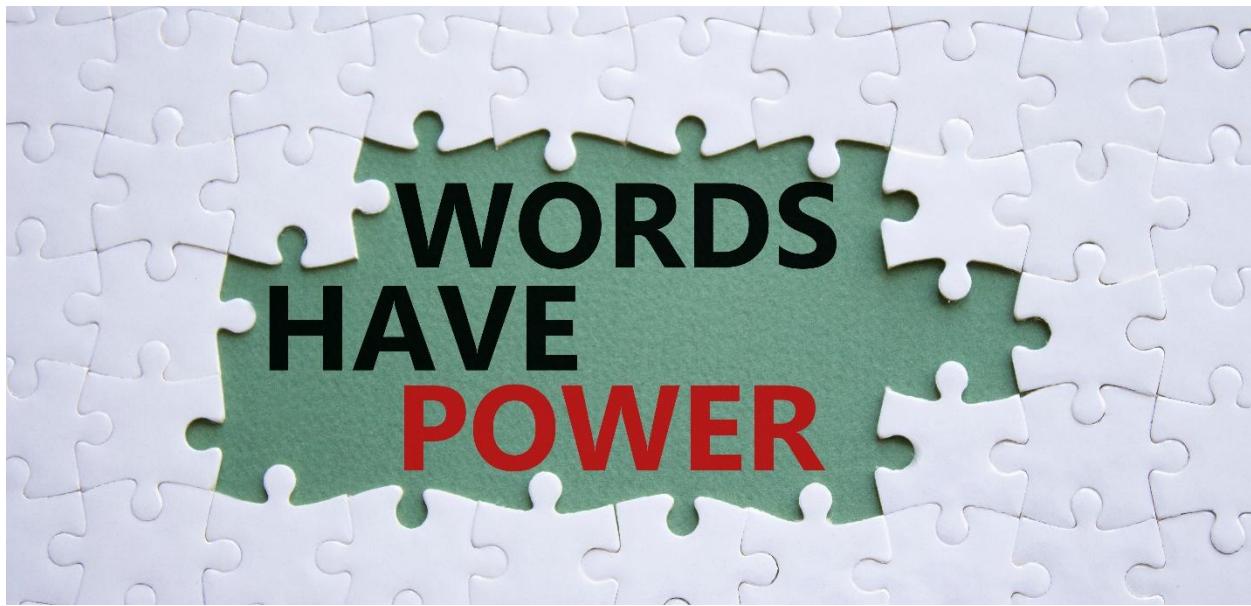
- John 1:4 In Him was life, and the life was the light of men.
- THE WORD IN ACTION:
  - 1 John 4:18 There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love.
  - What were you afraid to do before? Trust? Love? Forgive? Believe in yourself? Whatever it is, do something moving in the direction of healing. Open your heart to receive and believe that God is big enough to protect, keep and anchor you. His love will help you overcome anything you will face in this world.
- PERSONAL NOTES:  

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## AFFIRMATIONS TO DECLARE FOR TRAUMA

Confession to be made daily:

### AFFIRMATIONS TO MEDITATE ON AND SAY OUT LOUD!

- The Lord is giving me a new heart and putting a new spirit in me.
- He has removed the heart of stone and given me a heart of flesh.
- I am not what happened to me or what I did.
- I am not defined by my mistakes, failures or weaknesses.
- I refuse to be hardened by my past experiences.
- I will not give any traumatic event the advantage of claiming another day of my life.
- I renounce and reject every lie that the Lord exposes in my heart.
- I break and nullify every vow that I've made to lock my heart, soul and destiny up.
- I renounce all lies of rejection and self-rejection.
- My heart is good ground and can receive truth.
- I am not bound by fear.
- Fear has no hold on me.
- I am choosing LIFE!
- I am stepping into greater LIGHT.
- I am cleansed of all defilement in the name of Jesus.
- My emotions are stabilizing.
- My thoughts are at rest.
- I have inner peace and fortitude.
- I walk in TRUTH not my emotions.
- I abide in Christ, and not in Fear.
- I abide in his love and not in isolation.
- I can do all things through Christ who is my strength!

## WEEK #2:

### FOCUS ON FREEDOM & CLEANSING

*WEEK OF INTENSIVES – NIGHTLY SERVICES @ ZGM*





## PRAYER FOR HEART CONSTRUCTS AND MANIPULATION OF PARTS

BASED ON: MATTHEW 13: 24-30

Let every other kingdom, structure and construct established in the realm of my subconscious and my heart be dismantled in Jesus name. Let all territories in my heart deeded over to the enemy through generational curses, alliances, ancestral and personal sin, iniquitous patterns, vows, oaths, judgments, altars, covenants, and contracts with fallen entities, satanic powers and evil persons be released by the blood of Jesus. I declare those deeds nullified and revoked in Jesus name. I surrender those territories of my heart to Jesus Christ. Let the ground of my heart be plowed this day. By your spirit penetrate hardened ground, stony ground, thorny ground. Let my life bring forth fruit, through the impact of your word to my spirit (Matthew 13). Give me a new heart.

King Jesus, you hold the key of David and can shut doors that no man or evil agent can open, and you can open doors that no entity can shut (Revelation 3:7). Shut doors in the chambers of my heart that have been trafficked in my dreams, imaginations, and daily activities by the kingdom of darkness. Let evil chambers, facilities, schools, houses, regions, lands, buildings, and any other constructs that I interface with in ungodly realms be destroyed now. Let every spiritual pit, prison, and stronghold in which I have been a prisoner release my soul and every part of me of me Now in Jesus name. Let the consuming fire of God, consume the chains that have held me bound and scatter the enemy who has trafficked regions of my heart (Psalms 18).

Let any device placed within my temple be unplugged, ruined, and consumed in your holy fire. I declare that every related document, covenant, contract, agreement, certificate, oath, or vow that exists to permit the maintenance of this device and the access to my heart is made null and void and has no power starting now and throughout eternity.

I know my Redeemer lives. Lord redeem my life from destruction. Let my soul be redeemed from every dungeon, pit, cave, dry well, desert region, where I am chased, tormented, oppressed, manipulated, and deceived. Let the water realms, dry realms, heavenly realms release me now (Philippians 2:10) and let their respective agents flee at the name of Jesus. I put on the full armor. Any part of my armor that was taken, let your angels retrieve now in Jesus name. I put on the breastplate of righteousness, the helmet of salvation, the belt of truth, my feet are shod with the preparation of the Gospel of peace, I take up my shield of faith and the sword of the spirit and declare, I will stand, and I am standing in Jesus Name (Ephesians 6).

## TUESDAY, JANUARY 20

- CHURCH EVENT: FIRST NIGHT of INTENSIVES - 7:30 PM
- SANCTIFICATION FOCUS POINT: TRAUMA
  - We are continuing with trauma from the previous two days. This evening during prayer we will address: healing trauma, overcoming it and freedom from words spoken, images and events that adversely impact the heart.
  - Trauma is used by the enemy to distort your view of God and life. Such distortions must be identified and renounced.
- CHRIST CONSCIOUSNESS: Continue with meditations from Sunday and Monday. Focus on God as healer. Use your faith to receive what has already been made available to you.
- THE WORD IN ACTION:
  - Psalm 27:1 The Lord *is* my light and my salvation; Whom shall I fear? The Lord *is* the strength of my life; Of whom shall I be afraid?
  - Go back in your mind and see the traumatic event with new eyes. You may feel overwhelmed for a moment but know that the Holy Spirit is right there with you. See Jesus right there with you, determined to bring you out. Let the Lord change your perspective of the situation. Whatever lie or emotion came in, release it and receive truth. For example, a loved one dying might bring in a spirit or belief of rejection. Renounce this and say, I am not rejected because they are no longer here. I am in Christ and he is in me. I am never abandoned.
- PERSONAL NOTES:  
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## WEDNESDAY, JANUARY 21 – FRIDAY, JANUARY 23

- CHURCH EVENT: EVENING SERVICES - INTENSIVES - 7:30 PM
- SANCTIFICATION FOCUS POINT: AFFLICTIONS
  - These next three nights will focus on various forms of affliction including: spiritual bondage, torments, oppression, deceptions, emotional walls. This is a time of seeking and crying out to the Lord for freedom in areas where you may feel that there are external forces impacting your life. It is also a time to be free from soul-ties, generational bondage and iniquity. **DO NOT BE SILENT! CRY ALOUD!!**
  - Revelation 12:11 And they overcame him by the blood of the Lamb and by the word of their testimony, and they did not love their lives to the death.
  - Isaiah 61:1 “The Spirit of the Lord God is upon Me, Because the Lord has anointed Me To preach good tidings to the poor; He has sent Me to [a]heal the brokenhearted, To proclaim liberty to the captives, And the opening of the prison to those who are bound; 2 To proclaim the acceptable year of the Lord, And the day of vengeance of our God; To comfort all who mourn, 3 To console those who mourn in Zion, To give them beauty for ashes, The oil of joy for mourning, The garment of praise for the spirit of heaviness; That they may be called trees of righteousness, The planting of the Lord, that He may be glorified.”
- CHRIST CONSCIOUSNESS:
  - John 8:32 And you shall know the truth, and the truth shall make you free.”
    - All bondages are rooted in lies. What lies anchored the bondage in your heart? Lies can be about your identity, the Father’s love, etc. Identify the lies you believed as a result of your struggles and replace them with the truth in God’s word. Meditate on the truth actively unrooting the misbeliefs you had.
- THE WORD IN ACTION:
  - Isaiah 58:6-10 “Is this not the fast that I have chosen: To loose the bonds of wickedness, To undo the heavy burdens, To let the oppressed go free, and that you break every yoke? <sup>7</sup>Is it not to share your bread with the hungry, And that you bring to your house the poor who are <sup>[d]</sup>cast out; When you see the naked, that you cover him, And not hide yourself from your own flesh? <sup>8</sup>Then your light shall break forth like the morning, Your healing shall spring forth speedily, and your righteousness shall go before you; The glory of the Lord shall be your rear guard. <sup>9</sup>Then you shall call, and the Lord will answer; You shall cry, and He will say, ‘Here I am.’ “If you take away the yoke from your midst, The <sup>[e]</sup>pointing of the finger, and speaking wickedness, <sup>10</sup>If you extend your soul to the hungry And satisfy the afflicted soul, Then your light shall dawn in the darkness, And your <sup>[f]</sup>darkness shall be as the noonday.
    - Every day this week, do something kind for someone else. A deliberate act of relieving someone else’s suffering. Seal your own freedom by helping someone else get free and see life. Examples: Pray for someone in person, lend a listening ear, bring groceries to a family, give a ride to someone, feed the hungry, visit a nursing home, call someone who may be in distress.

- On Saturday, January 31<sup>st</sup> the church will embark on a community outreach. Get involved! Help others. The fast that moves God's heart is not just focused on our personal needs but one that causes the person fasting to see others. LET'S DO THIS!

- PERSONAL NOTES:

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## SATURDAY, JANUARY 24 – MONDAY, JANUARY 26

- CHURCH EVENT:
  - SATURDAY – NONE
  - SUNDAY – SUNDAY MORNING PRAYER – 9:45 AM/ SUNDAY SERVICE @ 10:30 AM
  - MONDAY – NONE
- **SANCTIFICATION FOCUS POINT:** OVERCOMING AFFLICTIONS
  - Allow the Word of God to continue to cleanse your heart from all the lies, words spoken, etc. (continue from previous section).
- CHRIST CONSCIOUSNESS:
  - Ephesians 2:19-22 Now, therefore, you are no longer strangers and foreigners, but fellow citizens with the saints and members of the household of God, <sup>20</sup> having been built on the foundation of the apostles and prophets, Jesus Christ Himself being the chief cornerstone, <sup>21</sup> in whom the whole building, being fitted together, grows into a holy temple in the Lord, <sup>22</sup> in whom you also are being built together for a dwelling place of God in the Spirit.
  - Once you renounce generational bondage, curses and are free from its hold. You must identify with Christ, your healing and your NEW BLOODLINE! Don't identify with your carnal (natural) bloodline and all the issues in it. Identify with your spiritual bloodline and the life that flows through the blood of Jesus. Meditate on this. See your new family and your place in this family of overcomers, warriors, firebrands, anointed and chosen ones of the Lord. No sickness, bondage or oppression. You are of God!
- PERSONAL NOTES:

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WEEK #3:  
SANCTIFICATION AND EMPOWERMENT



# IT'S EMPOWERMENT WEEK! BUILD YOUR SPIRIT!



## SCRIPTURE REFERENCES FOR PRAYER:

Isaiah 60:1 Arise, shine; For your light has come! And the glory of the Lord is risen upon you.  
2 For behold, the darkness shall cover the earth, and deep darkness the people; But the Lord will arise over you, And His glory will be seen upon you. 3 The Gentiles shall come to your light, And kings to the brightness of your rising. 4 “Lift up your eyes all around, and see: They all gather together, they come to you; Your sons shall come from afar, and your daughters shall be nursed at your side.

Psalm 18:32-40 *It is* God who arms me with strength and makes my way perfect. <sup>33</sup> He makes my feet like the *feet* of deer and sets me on my high places. <sup>34</sup> He teaches my hands to make war, So that my arms can bend a bow of bronze. <sup>35</sup> You have also given me the shield of Your salvation; Your right hand has held me up, your gentleness has made me great. <sup>36</sup> You enlarged my path under me, so my feet did not slip. <sup>37</sup> I have pursued my enemies and overtaken them; Neither did I turn back again till they were destroyed. <sup>38</sup> I have wounded them, so that they could not rise; They have fallen under my feet. <sup>39</sup> For You have armed me with strength for the battle; You have <sup>40</sup>subdued under me those who rose up against me. <sup>40</sup> You have also given me the necks of my enemies, so that I destroyed those who hated me.

## PRAYER FOR SPIRIT FORTIFICATION:

My spirit is filled with the light of God, for it is written, nations will come to your light, and kings to the brightness of your rising (Isaiah 60:3). The Light of the Holy Spirit shines through me, dispelling all darkness in and around me. My spirit is a flame of fire, for it is written, the spirit of man is the lamp of the Lord searching all the inmost parts of his being (Proverbs 20:27). I am baptized in the

Holy Ghost and fire! The Holy Spirit, consumes the chaff in my life, He dwells within me producing fruit, He rests mightily upon me performing healings, deliverances, rescue missions, impartations, resurrections and teachings. I have unwavering faith, believing God in all things and for all things. The Lord will never leave me nor forsake me. Every promise stands.

I am strengthened with might by the Spirit in my inner man (Ephesians 3:16) The wind of his Spirit blows on me and I am born of the Spirit. My spiritual faculties are activated. My eyes are enlightened, my ears hear His voice, my heart understands and I have increased capacity. I have the mind of Christ and all the portals of my spirit are open to the Lord. (John 3:8). The power of the risen Christ within me creates an atmosphere charged with his nature wherever I go. The one who gives power to the weak, renews my strength; causes my spirit to mount up with wings like eagles into realms glory. I abide in Christ, continually cultivating and conscious of the presence of the Holy Spirit. The Holy Spirit is my counselor, guide, teacher and empower-er. I overcome all challenges with his enablement.

The presence of the Holy Spirit in my life, nurtures my spirit and causes me to run this race and not be weary, He causes me to walk and not faint (Isaiah 40:29-31). For the Lord is my rock, my fortress and my deliverer; He is my strength, in whom I will trust; My shield and the horn of my salvation, my stronghold (Psalm 18:2). The horn of my salvation is raised this day and I walk in the high places (Ps. 18:33). The word of the Lord is the truth that anchors my soul. I will not be moved by people, circumstances or challenges.

When I pray the Lord hears me. The Christ in me agrees with the seated Christ! Through Jehovah Jireh I have all that I need for life and godliness. I will not be dismayed or discouraged! I resist the enemy every day and he flees every day! I am fully submitted to the Christ within. As a result my eyes are opened to see deep spiritual matters. My ears are open to hear the voice of God and the sound of heaven. My hands are anointed to heal the sick and cast out demons.

I speak to my spirit to arise. Be healed. Be restored. Be quickened by the Word of the Lord (Psalm 119:107). The spirit of the Lord, the spirit of wisdom and understanding, the spirit of counsel and might, the Spirit of knowledge and of the fear of the Lord sharpen, awaken, quicken and challenge my spirit (Isaiah 11:1-2). I abide in the realm of Christ, his secret place prepared for me (Psalms 91, John 14). I receive the Father's love. The wells of my spirit are unclogged and run deep. My spirit mingles with the Spirit of life in Christ. I increase and am strengthened with power. I am strong in the Lord and in the power of his might.

The Lord covers my nakedness. Therefore, I boldly declared: I can do all things through Christ (Philippians 4:13). I am clothed in glory, power, strength, honor, grace, wisdom, light, authority, righteousness. I am clothed in Christ. I put on light. I put on strength. I will and must conquer (Romans 8:37). No giant, snake, dragon or evil agent of darkness will stand before me. I take my place in heavenly places in Christ Jesus. The Lion of Judah roars through me!

## TUESDAY, JANUARY 27 – SATURDAY, JANUARY 31

- CHURCH EVENT:
  - TUESDAY - EVENING PRAYER @ 7:30 PM
  - WEDNESDAY – FACEBOOK LIVE @ 8:30 PM
  - FRIDAY – EVENING PRAYER @ 7:30 PM
  - SATURDAY – CHURCH COMMUNITY OUTREACH
- SANCTIFICATION FOCUS POINT: DIVINE CONSCIOUSNESS AND EMPOWERMENT
  - This is our week to ask the Lord to fill us again and endow us with the necessary grace for the work he has for us to do this year. Our prayer is Father, here we are, ready to do your service. Sanctify us. Make us clean for your use. Speak your word to us and let your will be made clear in our hearts.
- CHRIST CONSCIOUSNESS:
  - Colossians 1:27 To them God willed to make known what are the riches of the glory of this mystery among the Gentiles: which is Christ in you, the hope of glory.
  - John 15: <sup>7</sup>If you abide in Me, and My words abide in you, you<sup>[b]</sup> will ask what you desire, and it shall be done for you. <sup>8</sup>By this My Father is glorified, that you bear much fruit; so you will be My disciples.
  - Joshua 1:8 This Book of the Law shall not depart from your mouth, but you<sup>[a]</sup> shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.
    - For Christ to be in us, his word has to be in us. No Word, No Christ. Choose an aspect of the Word of the Lord and meditate on it. See it coming alive in you. See yourself walking in it. When you walk out the word, you have put on Christ because he is THE WORD! Isn't that AWESOME!
    - HEAR IT, SPEAK IT AND MEDITATE ON IT!
    - Write scriptures and place them in key places in your home or office to help you keep your mind on the word.
      - Deuteronomy 6:6-9 “And these words which I command you today shall be in your heart. 7 You shall teach them diligently to your children, and shall talk of them when you sit in your house, when you walk by the way, when you lie down, and when you rise up. 8 You shall bind them as a sign on your hand, and they shall be as frontlets between your eyes. 9 You shall write them on the doorposts of your house and on your gates.
- THE WORD IN ACTION:
  - Matthew 25:36-40 I was naked and you clothed Me; I was sick and you visited Me; I was in prison and you came to Me.’ 37 “Then the righteous will answer Him, saying, ‘Lord, when did we see You hungry and feed You, or thirsty and give You drink? 38 When did we see You a stranger and take You in, or naked and clothe You? 39 Or when did we see You sick, or in prison, and come to You?’ 40 And the King will

answer and say to them, ‘Assuredly, I say to you, inasmuch as you did it to one of the least of these My brethren, you did it to Me.’

- In keeping with the fast that “the Lord loves”, and understanding this fast is for his glory to be seen in us, we will embark on a community outreach Saturday, January 31<sup>st</sup>. Let’s feed our community. We can’t ask God to use us and do nothing about the suffering around us. It’s time for us to be about our Father’s Business!

■ LET’S DO THIS!

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- PERSONAL NOTES:

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# WE ARE BETTER TOGETHER

## SATURDAY, JANUARY 31<sup>ST</sup> ZGM COMMUNITY OUTREACH

**DON'T MISS THIS OPPORTUNITY TO MAKE AN IMPACT!**

*"Is this not the fast that I have chosen: To loose the bonds of wickedness, To undo the [c]heavy burdens, To let the oppressed go free, And that you break every yoke? <sup>7</sup>Is it not to share your bread with the hungry, And that you bring to your house the poor who are [d]cast out; When you see the naked, that you cover him, And not hide yourself from your own flesh? <sup>8</sup>Then your light shall break forth like the morning, Your healing shall spring forth speedily, And your righteousness shall go before you; The glory of the Lord shall be your rear guard. <sup>9</sup>Then you shall call, and the Lord will answer; You shall cry, and He will say, 'Here I am.' Isaiah 58:6-9*



## SUNDAY, FEBRUARY 1 – TUESDAY, FEBRUARY 3

- CHURCH EVENT:
  - SUNDAY MORNING PRAYER – 9:45 AM/ SUNDAY SERVICE @ 10:30 AM
  - TUESDAY EVENING PRAYER – 7:30 PM
- SANCTIFICATION FOCUS POINT: DEDICATION OF ASSETS
  - And if it seems evil to you to serve the Lord, choose for yourselves this day whom you will serve, whether the gods which your fathers served that were on the other side of the river, or the gods of the Amorites, in whose land you dwell. But as for me and my house, we will serve the Lord.” Joshua 24:15
  - An asset is anything of value to us. Our family, homes, cars, finances, everything entrusted into our care. We must dedicate these back to God and get his mind on how he wants them managed for his glory. We must also dedicate ourselves to the Lord for his service.
- CHRIST CONSCIOUSNESS:
  - Colossians 3:16 Let the word of Christ dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.
  - Deuteronomy 10:14-18 Indeed heaven and the highest heavens belong to the Lord your God, *also* the earth with all that *is* in it. <sup>15</sup>The Lord delighted only in your fathers, to love them; and He chose their <sup>[a]</sup>descendants after them, you above all peoples, as *it is* this day. <sup>16</sup>Therefore circumcise the foreskin of your heart, and be stiff-necked<sup>[b]</sup> no longer. <sup>17</sup>For the Lord your God *is* God of gods and Lord of lords, the great God, mighty and awesome, who shows no partiality nor takes a bribe. <sup>18</sup>He administers justice for the fatherless and the widow, and loves the stranger, giving him food and clothing.
  - Meditate on the sovereignty and power of God. The entire earth is filled with his glory. Everything belongs to him.
- THE WORD IN ACTION:
  - Take the time to dedicate everything to the Lord. Pray and anoint your family. your assets and dedicate them to the Father.
- PERSONAL NOTES:

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## SANCTIFICATION FOR MANIFESTATION CONFESSION

I am the temple of the Holy Spirit. Created to manifest the glory of God. I am a brand plucked from the fire. Redeemed by the blood of Jesus and cleansed by his word. I am a partaker of his divine nature. As Jesus is, so am I in this world. Therefore, I embark on this season of sanctification and alignment to the fathers will for my life, with great zeal, sobriety, reverence, and sincerity of heart; understanding that without sanctification I cannot manifest the nature of Christ within.

All defilement from trauma, failures, rejections, mistakes, abandonment, addictions and bondage is cleansed from my life. Righteousness, peace, faith, hope, love and every virtue compromised by my past is being restored.

I intentionally put on Christ by walking in his word. His word is inscribed on my heart. I am full of zeal, fervency, devotion, and loyalty to the Father. I am committed to bringing glory to his name. Because I know that I have been chosen for this very purpose. He is counting on me and I will not disappoint him. I do not rely on my own ability to please Him, but I daily yield to his guidance, leading and grace that creates capacity in me to be more than a conqueror. This is my time to manifest the glory of God. This is his time to glorify his name through me.