



**FOR THE HUNGRY.
FOR THE CALLED.
FOR THE REMNANT.**

A 7-DAY TRANSFORMATION WORKBOOK

IGNITE

A 7-DAY TRANSFORMATION WORKBOOK

**THIS ISN'T A STUDY.
IT'S A SPARK.
NOT JUST A DEVOTIONAL.
A SPIRITUAL CATALYST.**

RW
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GET READY TO BE IGNITED

Before you begin this 7-Day Transformation Workbook, there are a few things that you need to know.

- ◆ Although I call this a workbook, it's really a devotional. The thing is: I've never used a devotional — at least not that I can remember. So, I really don't know how devotionals work. That said, chances are great this devotional is nothing like the devotionals that you've used before.
- ◆ Each day comes with *a lot* of reading and work. I didn't want to create something that people zoomed through and leave unchanged. True transformation takes work, dedication, and consistency. My advice is to carve out 30 to 45 minutes each day to complete each reading and activity. You'll need a good-writing pen, too. Because there will be plenty of writing each day.
- ◆ I use lots of scriptures to support each devotional. But I could be lying to you. Don't trust me so much that you don't verify what I say. I would admonish you to have your bible(s) with you while reading and working through this workbook. When you see me mention a scripture, read it in your bible so that you'll have a full understanding. When you see me type out a scripture, double check in your bible to make sure I didn't change anything. This will help train you up as the Bereans in the bible — those who examined the teachings of Paul and Silas instead of taking them at face value.
- ◆ Transformation only happens when you don't skimp out, rush through, and lie to yourself. Take your time each day and really do the work — inwardly and outwardly. Take these 7 days and contend for your transformation. Allow God to speak to you and work through you. Some of you may even be lead to fast during these 7 days.

Welcome to your transformation!

"Is not My word like fire [that consumes all that cannot endure the test]?" says the LORD, "and like a hammer that breaks the [most stubborn] rock [in pieces]?"

Jeremiah 23:29 (AMP)

DAY 1

FOCUS ON THE 1

"Come and join me," Jesus replied.

So Peter stepped out onto the water and began to walk toward Jesus. But when he realized how high the waves were, he became frightened and started to sink. "Save me, Lord!" he cried out.

Jesus immediately stretched out his hand and lifted him up and said, "What little faith you have! Why would you let doubt win?"

Matthew 14:29-31 (TPT)

Day One is focused on your focus. Before you can see a transformation in your life, I want you to take inventory of Who, What, When, Why, and How.

- (1) On whom is your focus fixated?***
- (2) In what areas are you drowning?***
- (3) When did you lose focus?***
- (4) Where did you lose focus?***
- (5) Why did you lose focus?***
- (6) How can you get back focused?***

Seriously, take a moment to reflect on what has been on your mind as of late. Who have you been worried about? What situation have you found yourself perseverating on? Who and what has been at the forefront of your mind?

In Matthew 14 starting at verse 26, we see the disciples fixated on Jesus, who they thought was a ghost. Whether it was out of curiosity or out of faith, Peter challenged Jesus in verse 28 when he said, "Lord, if it's really you, then have me join you on the water!" (TPT).

By the time Peter stepped out of the boat and onto the surface of the water, it is safe to say that Peter operated in faith. And as long as his focus was on the One — the Messiah — Peter continued doing the miraculous. It wasn't until he took his focus off of Christ and onto his current reality that he began to drown.

In what areas have you found yourself drowning? In what areas have you found yourself consumed with doubt, worry, anxiety, and trouble? In what areas have you found yourself crying out, "Save me, Lord,"?

Chances are great that these are the very areas that reveal where you stopped focusing on the Lord. It is possible to believe God in some areas of your life but not in other areas. It is possible to trust God with some situations but not with other situations. It is possible to allow God to rule and reign over certain circumstances while attempting to sweep other circumstances under the rug.

And this is when we have a Peter experience. But why did you lose focus? Why did you stop looking to God?

Is it because you never started looking to God, and instead started in your own strength from the beginning? If this is the case, it was only a matter of time before your strength ran out, because only God's strength is perfect and everlasting.

Is it because your pride caused you to remove God from His rightful place of reigning, and you placed yourself in His seat? Or is it because you started to listen to others, and as a result, you placed their opinions above God's commands? If either of these are the case, God is not truly Number One in this area and failure is inevitable.

Is it because, like Peter, you started to look at your present circumstances? Or in other words, you started to look at reality? Looking at reality can make *you* determine what is possible vs. impossible and what is real vs. fake. Peter wasn't walking on still waters; Jesus told Him to step out of the boat while the waters were troubled and winds raging. And everything was fine until Peter said, "Hold up, this makes no sense. This is impossible!" That was his "when". His faith dissipated and WHOOSH — he started to drown.

But why should God be our main focus?

- (1) Everything that we need is found in Him — according to II Peter 1:3 (KJV)
- (2) He is the One with the master plan for all things pertaining to your life — according to Romans 8:28 (KJV)
- (3) God's plan is perfect and tailor-made for us — according to Jeremiah 29:11 (NLT)
- (4) God is the One who should be giving us guidance on where to go and what to do — according to Proverbs 16:9 (AMP) and Psalm 32:8 (KJV)
- (5) God is a covenant-keeping God — according to II Peter 3:9 (KJV)
- (6) It's best to focus on and lean on the God who knows everything and is everywhere — according to Psalm 139 (AMP)

So, today, do a thorough assessment and look at a number of things:

- ◆ What is God's will for your life?

- ◆ What promises did God make to you that have yet to come to pass?
- ◆ What (true) prophecies have you been given that you don't yet see?
- ◆ Who has God called you to be right now?
- ◆ Who is God calling you to become?
- ◆ What dreams/aspirations have you given up on?
- ◆ What projects have you neglected?
- ◆ What business plan has dust on it? What manuscript is sitting in your computer? What book have you stopped writing? What anointing and gifts are lying dormant inside of you?

Then, I want you to ask God to reveal the when, the where, and the why:

- ◆ When did you lose focus?
 - ▶ The "when" includes a specific timeframe. It could have been during a career shift. Or after the start or failure of a relationship. Maybe it was after someone planted a negative seed. Ask God to show you the event linked to the timeframe that you took your focus off of Him for the above areas of your life.
- ◆ Where did you lose focus?
 - ▶ This includes where you lack total focus on God. Not everyone is in total unfocus; like I mentioned above, there are people who have simply replaced God only in certain areas of life. For some people, you may have lost focus and faith in the area of your finances; you just cannot comprehend how God will increase your financial situation. For others, you may have lost focus and faith in the area of love; you cannot see a happy, healthy marriage in your future so you've given up on it. There are those whose area is peace; it has become easier to live with anxiety, depression, loneliness, addiction, and/or hopelessness than to take the risk in believing for and fighting for peace that surpasses all understanding (according to Philippians 4:6-7). Ask God to clearly show you specific areas of unfocus and faithlessness.
- ◆ Why did you lose focus?
 - ▶ If you never understand the "why", you won't best be able to avoid falling back into that trap. There is always a "why", whether it is a person who has influence in your life, a place that triggers regression, or a thing that captivates you and holds you hostage in your mind, your will, or your emotions. Some people's "why" includes their love of helping others; they focus so much on helping others that they neglect their own assignment(s). Others can include fear: fear of failure, fear of embarrassment, fear of discomfort, fear of success, fear of losing others, fear of scheduling conflicts, fear of self, fear of others, etc. When

God reveals your “why”, He’s revealing people, places, and/or things that you need to avoid, to reassess, and/or to be delivered from so that He can be your main focus.

Tips on How to Fix Your Focus:

1. Focus on God, not on your problems

Because he has focused his love on me, I will deliver him. I will protect him because he knows my name. When he calls out to me, I will answer. I will be with him in his distress. I will deliver him, and I will honor him. I will satisfy him with long life; I will show him my deliverance.

Psalm 91:14-16 (ISV)

2. Out-pray your adversaries

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

Mark 1:35 (NIV)

3. Cut Out Distractions

So be very careful how you live, not being like those with no understanding, but live honorably with true wisdom, for we are living in evil times. Take full advantage of every day as you spend your life for his purposes.

Ephesians 5:15-16 (TPT)

4. Use What YOU Have

Every gift God freely gives us is good and perfect, streaming down from the Father of lights, who shines from the heavens with no hidden shadow or darkness and is never subject to change.

James 1:17 (TPT)

5. Surrender to God

Yet if you devote your heart to him and stretch out your hands to him, if you put away the sin that is in your hand and allow no evil to dwell in your tent, then, free fault, you will lift up your face, you will stand firm and without fear.

Job 11:13-15 (NIV)

Today's Assignment:

I've already encouraged you to ask God to reveal a number of things to you. I want you to spend the remainder of the day (or several days, if necessary) notating God's answers. He may answer you audibly, through other people, through emotions, through situations, etc. However He reveals these things to you, I want you to make notes so that you (a) don't forget and (b) remain focused on assessing those things to ensure that your focus is totally fixated on the Father. Don't just highlight the revealed issues and neglect to notate the revealed solutions — and vice versa. Whatever God reveals, document it and ask Him to help you to deal with each thing accordingly.

DAY 2

2 OR MORE

Friends... who needs them? Well, contrary to what many people believe, we all *need* friends. We have all likely heard Matthew 18:19-20 (KJV): "Again I say unto you, That if two of you shall agree on earth as touching any thing that they shall ask, it shall be done for them of my Father which is in heaven. For where two or three are gathered together in my name, there am I in the midst of them."

This shows the importance of not being alone. Gathering together, whether in large numbers or in few, is a powerful tool when all are in harmony and of one mind. Unity moves and pleases God; and Psalm 133:1 (TPT) says, "How truly wonderful and delightful it is to see brothers and sisters living together in sweet unity."

But do *all* of your relationships move and please God? Are *all* of your relationships Godly relationships? Are they even beneficial to you? When is the last time that you conducted a relationship assessment, where you took inventory of each person with whom you have a relationship to determine, with the help of the Holy Spirit, whether they are correctly placed in your life?

The thing is, many relationships are strained and/or displeasing to God either because the person should no longer be in your life or because you have incorrectly placed the person where they do not or no longer belong. It's not about having a multitude of friends. Remember, the minimum that the Lord of Hosts is looking for is two who gather in His name. But it should be the correct two or more.

Your choice of connections could be the determining factor in whether you succeed or fail, grow wealthier or poorer, live or die. Those with whom you're connected are destiny-shapers — for better or for worse.

Let's look at Jonathan and David. Their friendship is one that I often refer to when discussing friends. These two were friends between the time when David was anointed king and the time when David became king. So, it's safe to say that David was in a transitioning period during his connection to Jonathan. David was fresh out of his victory over Goliath, but he was still working in the palace under King Saul. Jonathan was Saul's son.

1 Samuel 18 starts off talking about Jonathan and David's friendship by explaining that Jonathan's soul was bonded to David's soul, and, because of that love, Jonathan made a covenant with David. This covenant led to Jonathan removing his own robe and armor (sword, bow, belt) and giving it to David. After this, David was promoted by Saul to a leadership position over the men of war. But it also led to Saul becoming angry and jealous because of David's warrior reputation.

When Saul became angry and jealous, he turned against David and aimed to murder him. But because the Lord was with David, not only could Saul not murder him but he also became afraid of David (1 Samuel 18:12).

One thing led to another, and, in 1 Samuel 19, Saul instructed his son, Jonathan, and his servants to murder David. Jonathan warned David of his father's plans and became an internal spy in efforts to protect David. Jonathan spoke up on David's behalf, getting Saul to swear an oath that David wouldn't be put to death. But an evil spirit of the Lord came upon Saul, resulting in him reneging on this promise. Saul, again, sent his servants out to kill David. Michal, David's wife and Saul's daughter (yep, I know... plot twist), helped David flee their house. But David wasn't in the clear. In 1 Samuel 20, we see David and Jonathan reconnect. And because of the favor that David had with Jonathan and because of the covenant made in 1 Samuel 18, we see Jonathan risking his life to help David escape for good.

Some may say that Jonathan did not risk his life in these actions, but if you go back and read 1 Samuel 14:39-45, you'll see that Saul had already once sentenced Jonathan to death for what he considered a wrongdoing. At that time, it was the people of Israel who convinced Saul not to kill his son. So that man didn't care anything about Jonathan being his son; he'd murder whoever.

We also see other examples of good and bad friendships/connections in the Bible through Samson and Delilah (Judges 16), Jethro and Moses (Exodus 18: 13-27), Ruth, Orpah, and Naomi (Ruth 1-4), Paul and Timothy (Romans 16:21), and Deborah and Barak (Judges 4).

Do each of your relationships emulate love?

Before we move on to the 6 categories of relationships, I want to leave you with this passage to hold up to each of your relationships as a determination tool:

Love is large and incredibly patient. Love is gentle and consistently kind to all. It refuses to be jealous when blessing comes to someone else. Love does

not brag about one's achievements nor inflate its own importance. Love does not traffic in shame and disrespect, nor selfishly seek its own honor. Love is not easily irritated or quick to take offense. Love joyfully celebrates honesty and finds no delight in what is wrong. Love is a safe place of shelter, for it never stops believing the best for others. Love never takes failure as defeat, for it never gives up. Love never stops loving.

I Corinthians 13: 4-8a (TPT)

Relationship Assessments:

Today, I want you to take an assessment of all of your current friendships/connections. If God takes pleasure in unity and if two or more people gets His attention, you want to make sure that all of your relationships are properly aligned. This should be the first step in discovering who need to be released. It should also be the first step in discovering which category you're facing lack in and need to work on.

I want you to write down at least two people who serve in each of the six categories and why you've placed them there. Before you write their name, I want you to assess the relationship with the help of the Holy Ghost — who knows all things. Someone can be a good person (in your eyes, at least) and just not be a good person for you. This is why you need the Holy Ghost, the Great Revealer, to assist you in this exercise. The reason that I've said to write down two per category is because I don't want you to think that you need to have dozens and dozens of people down per category. Remember, God's minimum requirement for His presence in Matthew 18:19-20 is two.

But there's also power in the 12. Remember the 12 disciples who Jesus ordained? But also, 1 Kings 4:7 lets us know that King Solomon had 12 governors (*or deputies, officers*) who secured provisions for his entire household. Revelation 21: 12-14 reveals a vision of New Jerusalem — which had 12 gates and an angel at each gate (*12 angels in total*); and the names of the 12 tribes of Israel was inscribed on the gates while the names of the 12 disciples were written on the 12 fountains.

So, today, let's try to focus on just 2 per category — 12 in all. Be open to hear from God concerning each person. Be honest in your assessment. Be confident enough to assess each relationship as God leads.

You should be sure to more deeply analyze *all* of your relationships and connections to remove who God wants removed and properly place those who remain.

1. ADVOCATES

Those who will always be there; those who are called to be by your side; called to be your aid; they plead your cause with another (or serve as an intercessor); they are helpers and comforters.

Biblical Example: Ruth to Naomi

a. _____

b. _____

2. PROMOTERS

Those who speak highly of you; those who honor and celebrate you; those who lift you up; those who cause you to grow; those who create opportunities and cause doors to be opened for you; those who favor you.

Biblical Example: Jonathan to David

a. _____

b. _____

3. ENHANCERS

Those who help with personal development; those whose actions bring improvements to your personal value and desirability; those who increase your personal quality; those who cause you to grow was a person.

Biblical Example: Naomi to Ruth

a. _____

b. _____

4. ASSOCIATES

Those who serve as a professional colleague; those who join forces with you; those who join their efforts with your efforts so that your God-given assignments and purpose are fulfilled; those whose relationship leads to more Godly connections, mainly in professional areas of life.

Biblical Example: Paul to Timothy

a. _____

b. _____

5. MENTORS

Those who serve as trusted guides and/or counselors; those who provide influence, guidance, wisdom, and directions; those who pour knowledge into you; those who tutor on a myriad of topics; those who invest in your overall success.

Biblical Example: Deborah to Barak

a. _____

b. _____

6. COACHES

Those who help with professional development; those who push you beyond your limits; those who stretch you pass your comfort zone to enhance your professional skills; those who lead by example; those who are fundamental for your God-assigned path; those who teach, motivate, and demonstrate.

Biblical Example: Mordecai to Esther

a. _____

b. _____

DAY 3

A 3-PART SOUL

In church and church-adjacent settings, we often hear people talk about the soul. Even outside of those areas, the word “soul” gets thrown around so much. But, what is the soul? Is it just something floating around in our belly-region? Is it a spirit the lives inside of us? Is it us — are we each a tangible soul?

In actuality, the soul is composed of three parts: *the mind, the will, and the emotions* of a person. Out of the soul are one’s passions, feelings, pleasures, appetites, and overall essence. Each person has a 3-part soul — some are illuminated and some are dark. Some reflect the essence of God and some reflect the bowels of Satan, if we’re being honest.

Our life is a consistent cycle of doing soul work. With every decision, we are feeding or training our mind, our will, and our emotions. This gives a refined outlook on the phrase “what you consume may be consuming you.” If you live life constantly consuming garbage, you will reap the consequences of that garbage continuously being in your system. If you live life consuming healthy, profitable nutrition, you will reap the benefits of those good things being in your system. This is why people tend to act out what they watch on shows and movies, what they listen to in music, what they hear from friends and family, and more. That which you allow into your gates — your ear gates, your mouth gate, your eye gates, and even your nose gate — can become embedded, and it starts to change you for better or for worse.

Now that we understand that the soul is made up of 3 parts, it’s only appropriate that we dive into the complexities of the mind, the will, and the emotions.

Mind:

Philippians 2:5 (KJV) says, “Let this mind be in you, which was also in Christ Jesus.” The Greek definition of “mind” in that verse includes “*to have understanding, be wise,*” “*to feel, to think,*” “*to have an opinion of one’s self, think of one’s self, to be modest, not let one’s opinion (though just) of himself exceed the bounds of modesty,*” “*to think or judge what one’s opinion is,*” “*to be of the same mind i.e. agreed together, cherish the same views, be harmonious,*” “*to seek, to strive for,*” “*to entertain or have a sentiment or opinion,*” “*to set the affection on.*”

As you can see, the mind is for more than thinking. It's deeper than comprehending.

Additionally, our mind has a spirit, according to Ephesians 4:23 (KJV) — *"And be renewed in the spirit of your mind."*

It is God's desire that our mind be changed and renewed so that we emulate Him. No, we can never match His thinking. He has no equal. But we can strive to have the mind of Christ according to I Corinthians 2:16b (AMP): "...But we have the mind of Christ [to be guided by His thoughts and purposes]."

A challenge for every believer: Ask and allow God to transform your mind back to His original desires, intents, purposes, and will.

"And do not be conformed to this world [any longer with its superficial values and customs], but be transformed and progressively changed [as you mature spiritually] by the renewing of your mind [focusing on godly values and ethical attitudes], so that you may prove [for yourselves] what the will of God is, that which is good and acceptable and perfect [in His plan and purpose for you]."
— Romans 12:2 (AMP)

Will:

Luke 22:42 (KJV) presents Jesus on the cross: *"Saying, Father, if thou be willing, remove this cup from me: nevertheless not my will, but thine, be done."* The Greek definition of "will" in that verse includes *"what one wishes or has determined shall be done," "what God wishes to be done by us,"* and *"will, choice, inclination, desire, pleasure."*

So, in a nutshell, your will is your desire.

It's normal for your will to differ from God's will. If it were not so, Jesus — who is God in flesh — wouldn't not have made the statement "remove this cup from me." This showed Christ's humanistic desire and response to his situation. What is vital, though, is that Jesus submitted to the will of God. Something that I find so interesting is that Jesus had the power to get down off of that cross with ease. In fact, he could have stopped from being arrested and beaten to begin with.

Matthew 26:53 (TPT) records Jesus saying, "Don't you realize that I could ask my heavenly Father for angels to come at any time to deliver me? And instantly he would answer me by sending more than twelve legions of angels to come and protect us." It is said that one legion represented 6,000 Roman soldiers; so what

Jesus was saying is that he could speak a word and 72,000 angels would come to his aid.

With all of that power, he still dismantled his will and took on the will of the Father. In verse 54, he goes on to explain, “but that would thwart the prophetic plan of God. For it has been written that it would happen this way” (TPT).

If Christ — who received arguably the most gruesome, humbling, and public betrayals, arrests, beatings, piercings, and crucifixions of all time — could determine that he wouldn’t go against the will of God, it should be easy for us to rid of our fleshly desires and take on the perfect will of God.

Emotions:

While the word “emotions” isn’t explicitly in the Bible (at least not in the KJV), we see emotions all throughout biblical stories. According to the topical encyclopedia, emotions encompass the range of feelings experienced by humans.

God’s emotions are shown in many ways — love in Romans 5:8, compassion in Jonah 3:10, anger in Exodus 32:10, sorrow in Genesis 6:6, joy in Zephaniah 3:17, disgust in Revelations 3:16, and amusement in Psalm 37:13.

Like our Creator, we have an array of emotions. In fact, being that God is omniscient (all knowing) and we are not, it can be argued that we have more emotions than God — life fear, surprise, and wonder to name a few examples.

Having emotions is no problem at all. The true challenge of believers is ensuring that our emotions are communicated, demonstrated, and handled in ways that are pleasing to God. We cannot allow emotions to activate our sin nature and get us to depart from biblical principles. Will we be perfect in that task? No, never. If we were ever perfect in any task, we wouldn’t need God. In fact, we’d start to exalt ourselves above God. But, our lacks and imperfections are where the beauty of repentance comes in.

Soul Work Checkpoint

1. Rank Your Soul: Where are you feeding most?

Rank the following from 1-3 based on where you currently invest the most energy or attention. (1 = most fed | 3 = least fed)

- ____ My Mind (what I think, study, consume mentally)
- ____ My Will (my desires, choices, resistance/surrender to God)
- ____ My Emotions (how I process feelings, express myself, handle triggers)

Which of these would Jesus say needs the most attention in your life right now?
And how can you feed that area with God's truth this week?

2. Fill in the Gates

Complete each sentence with what you've allowed into your gates this week and how it affected you.

- My eye gate was exposed to _____, and it made me feel _____.
- My ear gate heard _____, which led me to think _____.
- My mouth gate spoke _____, after experiencing _____.
- My mind kept replaying _____, which affected my choices by _____.

What gate needs the most protection right now, and how will you guard it?

3. Will Check: Choose the Response

Choose the response that most aligns with the will of God. Then reflect on what you usually choose and why.

Scenario 1:

You feel strongly about quitting something God hasn't told you to quit. You...

- | | |
|---------------------------------------|--|
| a. Quit anyway because it's too hard. | c. Seek God in prayer and wait for clarity. |
| b. Stay, but complain every day. | d. Ask others what they think and follow the majority. |

Scenario 2:

You feel tempted to act out in emotion. You...

- | | |
|---|---|
| a. Fight now, repent later. | c. Suppress your feelings and fake peace. |
| b. Hold your peace and seek God's wisdom first. | d. Do what feels right in the moment. |

Scenario 3:

You've prayed for God to use you, but now you're being overlooked while others are promoted and praised. And you know some of them aren't even living right. You feel unseen and under-appreciated. You...

- | | |
|--|--|
| a. Start promoting yourself online and highlighting your good deeds. | c. Celebrate others, but secretly resent God's delay. |
| b. Distance yourself from the assignment until you're publicly affirmed. | d. Stay faithful in the shadows, asking God to refine you, even if nobody sees it yet. |

Scenario 4:

God has clearly told you to leave a relationship, partnership, or habit. But it's familiar, comfortable, and still technically "functional." You...

- | | |
|--|---|
| a. Stay and pray it gets better. | c. Set a deadline for leaving that works better with your schedule. |
| b. Obey immediately, even though it hurts and leaves questions unanswered. | d. Leave eventually, but entertain backup plans and justifications in the meantime. |

Bonus: Which answers do you usually choose in everyday life? What's God inviting you to choose next time?

4. Match the Truth

Match each part of the soul with the description that most accurately captures its biblical function. Be careful...some options sound good, but they're subtly flawed.

Part of the Soul

A. Mind

B. Will

C. Emotions

Scripture/Summary

1. The control center of logic and knowledge only.

2. "Be renewed in the spirit of your mind." — Eph. 4:23

3. The emotional landscape where "follow your heart" leads to truth.

4. A neutral force that doesn't affect your spiritual walk.

5. Handled properly, they reflect God's character and heart.

6. "Not my will, but Yours be done." — Luke 22:42

7. The seat of desires that can either be submitted or self-serving.

8. The place where thoughts, attitudes, and spiritual alignment reside.

9. The part of you that, when not surrendered, will sabotage obedience.

Which of the three do you misunderstand the most: your mind, will, or emotions? What's one truth from today's lesson that reshaped how you view that part of your soul?

Answer Key on Page 47

DAY 4

4 AREAS OF SPEED OF GOD

There are times when God tests our patience and causes us to wait for breakthroughs. But have you ever noticed how many of the instances of waiting in the Bible came as a result of the person's actions? Two examples that come to mind are:

- (1) The Israelites murmured, complained, and refused to believe in God's faithfulness and power, leading to 40 years of wandering in the wilderness — according to Numbers 14 (KJV).
 - (a) Had the Israelites kept their focus on the God who freed them from the grips of slavery under Pharaoh, perhaps they would have skipped the wandering process and quickly entered into the promised land.
- (2) Moses broke faith with God and didn't treat Him as holy, leading to him dying before entering the land that God had promised him and the Israelites — according to Deuteronomy 32: 50-52 (AMP)
 - (a) Had Moses' faith remained intact with him keeping the Master on His rightful throne, perhaps he would have lived to see the goodness of the Lord in the land of the living.

Alternatively, there are instances in the Bible that shows when obedience and faith lead to quick results. Two examples that come to mind are:

- (1) The captain of the Roman army, whose son was paralyzed and suffering, astonished Jesus because of his level of faith in Jesus' healing power, leading to his son being healed in that very hour — according to Matthew 8: 5-13 (TPT)
 - (a) Had the captain remained silent with no boldness and faith, perhaps his son would have continued to be paralyzed and to suffer until his death.
- (2) Abraham quickly obeyed God's instruction to offer Isaac as a sacrificial burnt offering, leading to God sparing Isaac's life and God making a powerful covenant with Abraham, one that we still benefit from to this very day — according to Genesis 22 (NKJV)
 - (a) Had, instead of obeying, Abraham's heart turned against God after hearing the awful instructions, perhaps God would have never promised to bless Abraham and make him the Father of Many Nations with such a powerful, long-lasting covenant.

The thing is, God is a God of speed. But, sometimes, we can delay miracles, blessings, promises, etc. because of our actions. This is not to say that all waiting is because of us; but it is to say that there is a speed of God that is accessible through faithfulness and obedience.

In fact, there are at least four types of speed as it pertains to God recorded in the Bible. But what is speed?

The Hebrew translation for "speed" is "qārâ", pronounced *kaw-row'*. This word means to encounter, meet, befall, happen, come to meet; chance to be present; appoint; to light upon; to bring about; to meet; to send good speed.

Another Hebrew translation for "speed" is "m^hhērâ", pronounced *meh-hay-row'*. This word means to haste; quickly; soon; shortly; a hurry; promptly; to make with speed; properly.

And the Greek translation for "speed" is "tachista", pronounced *takh'-is-tah*. This word means very quickly; with all speed; as soon as possible; most quickly.

So now that you better understand "speed", what are the four areas of speed of God?

1. GOD COMES TO OUR RESCUE AND DELIVERS US SPEEDILY

In thee, O LORD, do I put my trust; Let me never be ashamed: deliver me in thy righteousness. Bow down thine ear to me; deliver me speedily: Be thou my strong rock, for an house of defence to save me.

Psalms 31:1-2 (KJV)

Definitions

To deliver: to snatch away, to rescue, to defend; to deliver from enemies, troubles, and death; to deliver from sin and guilt; to snatch out of danger; to recover cities and property

To save: to make wide, spacious, or sufficient; to set free and preserve

When I studied the act of God coming to our rescue and delivering us speedily, I broke it down into three categories: (1) What I want to be rescued and delivered from [Revelation], (2) Biblical reference to support God rescuing and delivering me from that thing [Impartation], and (3) What must I do to receive that rescuing and deliverance [Activation].

Below, I provide some examples of this:

REVELATION	IMPARTATION	ACTIVATION
<i>The need to be delivered from enemies, troubles, and death</i> <i>The need to be snatched out of the hand and power of danger</i>	<i>Scriptural support comes from Exodus 14:27 -- And Moses stretched out his hand over the sea; and when the morning appeared, the sea returned to its full depth, while the Egyptians were fleeing into it.</i>	In verse 26, God gave Moses instructions, and Moses obeyed in v.27. I need to operate in obedience to God; outside of obedience, there is no safety.
<i>The need for deliverance from sin and guilt</i>	<i>Scriptural support comes from Romans 8:1-2 -- Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death.</i> <i>And from I John 1:9 -- If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.</i>	There must be confession; after confession comes deliverance and reformation.
<i>The calling to recover cities and property</i>	<i>Scriptural support comes from 2 Chronicles 7:14 -- If my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land</i>	I must present myself with humility through prayer, seek God's face, and turn from sin.

2. GOD GRANTS HEALTH AND HEALING SPEEDILY

Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy rereward.

Isaiah 58:8 (KJV)

Definitions

Health: healing, restoration; the sense of restoring to soundness; wholeness (literally and figuratively)

Spring forth: grow abundantly; to cause deliverance; to exist

To thoroughly understand God granting health and healing speedily, one must read Isaiah 58: 1-7. The entire chapter provides instructions on true fasting; but verses 1-7 lay the foundation and provide the prerequisite for the promises found starting in verse 8. When reading your “health shall spring forth speedily”, I want you to think even beyond your physical health. Every area of life that needs healing, restoration, restoring to a state of soundness, and wholeness (both literally and figuratively) qualifies for speedy abundance of growth, deliverance, and existence.

So if your finances look sick, ask God to allow the health of your finances to spring forth speedily. If your marriage seems to be headed toward its deathbed, ask God to allow the health of your marriage to spring forth speedily. If your ministry is on its last leg, ask God to allow the health of your ministry to spring forth speedily. If your womb seems to have shut up, ask God to allow the health of your womb to spring forth speedily. If your mind has been in a disarray, ask God to allow your mental health to spring forth speedily.

Whatever Godly area of your life is not in abundance, have faith and declare that it shall spring forth speedily as your light breaks forth as the morning!

3. GOD AVENGES US SPEEDILY

And shall not God avenge his own elect, which cry day and night unto him, though he bear long with them? I tell you that he will avenge them speedily. Nevertheless when the Son of man cometh, shall he find faith on the earth?

Luke 18:7-8 (KJV)

Definition

To avenge: revenge, vengeance, punishment (Greek) or justice

But Jesus called them unto him, and said, Suffer little children to come unto me, and forbid them not: for of such is the kingdom of God. Verily I say unto you, Whosoever shall not receive the kingdom of God as a little child shall in no wise enter therein

Luke 18:16-17 (KJV)

For God to avenge you, trouble HIM, not them. When people do you wrong or when you face any type of injustice, don't feel that you have to retaliate in your flesh. Many times, we feel like we have to fight our own battles our own way when done wrong. But God said that He will avenge us speedily. Trouble God, because Luke 18:7 says that His own elect "cry day and night unto Him". And Isaiah 62:7 (AMP) literally says "And give him no rest, till he establish, and till he make Jerusalem a praise in the earth."

To be avenged speedily, we are to be like the persistent widow in Jesus' parable found in Luke 18: 1-8. She asked the judge to avenge her of her adversary, but he ignored her request. This judge neither feared God nor regarded man, but he was moved by the widow's persistence. In verse 5 (KJV), he said, "Yet because this widow troubleth me, I will avenge her, lest by her continual coming she weary me." This is what leads us to Luke 18:7-8 (KJV):

And shall not God avenge his own elect, which cry day and night unto him, though he bear long with them? I tell you that he will avenge them speedily. Nevertheless when the Son of man cometh, shall he find faith on the earth?

We are to be to God as the widow was to the judge — persistent with faith that we will be avenged speedily. She found herself like children who keep coming back asking for what was promised to them or what they expect from their parents. This is why Luke 18: 16-17 let's us know that we are to be as little children. With this comes humility. One cannot be as a child if he or she is plagued with pride.

Our faith is the deposit; but it is our humility that serves as the final payment. See your persistent prayers are likened unto you beating on heaven's door to get God's attention. Take your focus off of the one who wronged you and focus on your Father who promised to avenge you speedily.

4. GOD HEARS AND ANSWERS US SPEEDILY.

Hear me speedily, O LORD: my spirit faileth: Hide not thy face from me, lest I be like unto them that go down into the pit.

Psalms 143:7 (KJV)

Definition

To hear: to answer, respond, speak; to lift up the voice; to sing

While David's petition to God begins at the seventh verse of Psalm 143, it's not until the verses that follow that he (David) stated that he was believing that God would:

- (1) let him hear lovingkindness (*goodness, good news, mercy*),
- (2) inform him of the way (*give direction for the course of life*),
- (3) lift up his soul (*support and ease his mind, will, and emotions*),
- (4) deliver him (*rescue, recover, deliver from sin & guilt, deliver from enemies or troubles or death*),
- (5) hide him (*cover, conceal, protect, clothe*),
- (6) teach him (*train, instruct*),
- (7) lead him (*govern, guide, transport*),
- (8) quicken him (*revive and let live safe and sound, restore to life, preserve, let live, cause to grow*),
- (9) bring his soul (*mind, will, emotions*) out of trouble (*distress, affliction, adversity, tribulation, anguish*),
- (10) cut off his enemies (*annihilate and put an end to his adversary*), and
- (11) destroy those that afflict his soul (*exterminate and blot out all accusers, vexers, harassers, binders, besiegers, and enemies of the mind, will, and emotions*).

In chapters that follow this request, we begin to see David praising and thanking God for doing exactly that which he had asked and believed for.

If you feel stuck or like God isn't moving on your behalf, you first need to ask God to hear you. It's not necessary to ask God to hear us speedily, but why not access that gifting that He has provided to us? And after He hears you, how can you get God to answer you speedily?

Ask, Praise, and Thanksgiving

This entire day's focus centers around God hearing us. As a matter of fact, our entire lives are centered around God hearing us. Now, you're going to activate Him hearing you *speedily*. Most have heard Psalm 100:4 (KJV), which says, "*Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name.*" But have you read that same verse in The Passion Translation? It says, "*Enter with the password: 'Thank you!' Make yourselves at home, talking praise. Thank him. Worship him.*"

Today's Assignment:

That was A LOT of reading for Day 4, so your assignment today won't be too drastic. Prayerfully, you began assessing things and even began to pray while reading today's devotional. And prayerfully, you received deliverance through the learning, according Proverbs 11:9b.

I want you to take the table shown on page 22 and recreate your own — but applying all four areas of the speeds of God. So first, you need revelations. Ask God to show you the areas that you need:

- (1) **Rescuing and Delivering from:** This could be areas of struggle (addiction, sin, guilt, lethal relationships, toxic workplaces, etc.) and/or the recovering of cities or property (be it physical property, intellectual property, etc.). You can include areas that you already know you need rescuing and delivering from; but I want you to ensure to seek God so that He can reveal areas that you either forgot about, overlook, or don't view as displeasing to Him.
- (2) **Health & Healing in:** Of course, this may include physical health and healing in your body or in the body of a loved one. But it can also include mental health, financial health, spiritual health, relational health (marriage, friendships, work colleagues, extended family), ministerial health, etc. Ask God to show you areas that lack soundness, wholeness, and good health.
- (3) **Avenging in:** Ask God to remove all bitterness, unforgiveness, stoniness, hatred, and ungodliness out of your heart and out of your memory towards anyone who has wronged you. Instead of you holding ill feelings towards those who have harmed or wronged you, release them back to God. Cry out to God to be your avenger and watch Him move on your behalf as your hands remain clean. *In my opinion, this does not mean to drop the lawsuit for instance (unless God instructed you to). But go to God about that.*
- (4) **To be Heard & Answered in:** This will include stubborn areas in your life that have remained unmoved and unchanged despite your previous prayers. Ask God to remind you of prayer requests that you've given up on due to the lapsed time of not having seen results.

After formulating that list, find scriptures that support God performing those miracles. God actively watches over His word to perform it, according to Jeremiah 1:12. So activate God by putting Him in remembrance of His words and promises found in scripture, according to Isaiah 43:26.

Then, activate the word of God by using it to plead your case to Him, again according to Isaiah 43:26. God is righteous and honest, and He has promised that His word will not return unto Him void/empty, but will accomplish and prosper that which He desires and pleases, as stated in Isaiah 55:11. Don't be afraid to put a time demand on your prayers and decrees. Time is of the essence — so stand before the Great Judge of Heaven to plead your case for the speed of God and see the manifestations of God.

REVELATION	IMPARTATION	ACTIVATION

DAY 5

5 KEY WORDS

Have you ever found yourself in a place where nothing made sense? Things were not working in your favor. Goals and missions were failing. Family seemed to be out of wack. Work was horrid. It seemed like what could go wrong was actually going wrong. And on top of it all, God seemed to have gone quiet.

If not careful, many believers who have found themselves in such a state have turned to divination. Desperation to hear lead to depending on third eye charms (aka, evil eyes), tarot cards, psychics, astrology, horoscopes, crystals, fortune cookies, mediums, palm readings, ouija boards, and more. And, of course, these things don't please God.

He made his son pass through the fire and burned him [as an offering to Molech]; he practiced witchcraft and divination, and dealt with mediums and soothsayers. He did great evil in the sight of the LORD, provoking Him to anger.

II Kings 21:6 (AMP)

Many believers will also turn to false prophets, false doctrine, and man-made prophecies — whoring after answers from any source, even if the source is a familiar spirit instead of the Spirit of God.

But God's desire is for us to be sober-minded and alert, even in times of chaos. We are to be self-disciplined and keep watch, understanding that He is still speaking even when we don't feel that He is. He is still speaking even when He isn't speaking in the way we have become accustomed to. Often times, we get so accustomed to God speaking audibly that we stop studying the bible as much. The bible isn't called "The Word of God" for fun; it's called that because God speaks through His word. But if we are all over the place mentally, emotionally, and spiritually, we can easily miss what God is saying in a situation or in a season.

Casting all your care upon him; for he careth for you. Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour

I Peter 5: 7-8 (KJV)

Instead of being in a disarray with griping and complaining and murmuring and throwing pity parties, stop (or pause) and ask yourself the 5 Key Words: **What is God Saying Here?**

Imagine going through a tough time in life and coming out without having learned a thing. It's similar to the age-old example of being in grade school and not paying attention in class. If you don't pay attention to your 6th grade math teacher and don't learn your math lessons, you'll fail 6th grade math and likely have to retake the class all over again. There are times when you can go to summer school and only take a remedial math class to be placed back in your rightful standing as an upcoming 7th grader. And there are times when you would have to retake all of 6th grade again during the next school year while your friends and former classmates advance to the 7th grade. Often, the decision isn't up to you — it's up to the school. Well, apply this with spiritual lessons. Don't pass the test? One way or another, you'll most likely have to keep retaking it and/or reliving it until you grasp and apply what God is saying in the midst of it to teach you a lesson.

Too many times do we become so fixated on what we see that we ignore what God is trying to say (or what God has said). Someone in my life often says, ***"What you see doesn't cancel out what God said."*** But you need to know **What is God Saying Here?**

Remember, God is always speaking through His word (the Bible). So, the first way to figure out what God is saying in any situation (good or bad) is by reading and studying the Word of God. Studying and applying God's word is a powerful warfare tactic against the enemy.

My people are destroyed for lack of knowledge: because thou hast rejected knowledge, I will also reject thee, that thou shalt be no priest to me: seeing thou hast forgotten the law of thy God, I will also forget thy children.

Hosea 4: 6 (KJV)

Is not my word like as a fire? saith the LORD; and like a hammer that breaketh the rock in pieces?

Jeremiah 23:29 (KJV)

Side Note: You need to figure out what God is saying not only in hard times, but also in good times.

Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths. Be not wise in thine own eyes: fear the Lord, and depart from evil.

Proverbs 3: 5-7 (KJV)

*On a good day, enjoy yourself;
On a bad day, examine your conscience.
God arranges for both kinds of days
So that we won't take anything for granted.*

Ecclesiastes 7:14 (MSG)

Tips for Hearing God Clearly:

- 1. Read Your Bible:** God is ALWAYS speaking through His word. There are times when He will go silent to get His people to open their Bibles and read/study. The Bible should be our first and final authority — it's the rulebook.

For the word of God is living and active and full of power [making it operative, energizing, and effective]. It is sharper than any two-edged sword, penetrating as far as the division of the soul and spirit [the completeness of a person], and of both joints and marrow [the deepest parts of our nature], exposing and judging the very thoughts and intentions of the heart.

Hebrews 4:12 (AMP)

- 2. Silence Outside Interference:** Stop itching for others to tell you what thus saith the Lord and seek Him for yourself. Sometimes listening to others can cause you to miss what God is saying to you. Even if you view the person as a trusted, Godly voice — the Bible lets us know to test every spirit (1 John 4:1). Because a trusted voice this morning could have become a deceived voice this evening.

For the time will come when people will not tolerate sound doctrine and accurate instruction [that challenges them with God's truth]; but wanting to have their ears tickled [with something pleasing], they will accumulate for themselves [many] teachers [one after another, chosen] to satisfy their own desires and to support the errors they hold, and will turn their ears away from the truth and will wander off into myths and man-made fictions [and will accept the unacceptable].

II Timothy 4: 3-4 (AMP)

- 3. Rid of Your Idols:** God will not stand in the way of your idols; and if you have idols, God has no guarantee to invite you into His presence. What is an idol? An idol is *anything* that you put before God. It's also anything that you worship or revere. An idol is a false god.

Who may ascend into the hill of the Lord? Or who may stand in His holy place? He who has clean hands and a pure heart, Who has not lifted up his soul to an idol, Nor sworn deceitfully.

Psalms 24: 3-4 (NKJV)

*"Therefore speak to them, and say to them, 'Thus says the Lord God:
'Everyone of the house of Israel who sets up his idols in his heart, and puts*

before him what causes him to stumble into iniquity, and then comes to the prophet, I the Lord will answer him who comes, according to the multitude of his idols, that I may seize the house of Israel by their heart, because they are all estranged from Me by their idols."

Ezekiel 14: 4-5 (NKJV)

- 4. Build a Relationship with God:** If you meet someone in the grocery store and you both exchange numbers, will you recognize his/her voice the first time they call? I doubt it. How about the second? Not likely. You two have to communicate on a consistent basis in order for you to recognize his/her voice. The same is so with God. You have to communicate consistently and build a relationship in order to hear and recognize his voice.

Then you will call upon me and come and pray to me, and I will hear you. You will seek me and find me, when you seek me with all your heart.

Jeremiah 29: 12-13 (ESV)

"Let me set this before you as plainly as I can. If a person climbs over or through the fence of a sheep pen instead of going through the gate, you know he's up to no good—a sheep rustler! The shepherd walks right up to the gate. The gatekeeper opens the gate to him and the sheep recognize his voice. He calls his own sheep by name and leads them out. When he gets them all out, he leads them and they follow because they are familiar with his voice. They won't follow a stranger's voice but will scatter because they aren't used to the sound of it."

John 10: 1-5 (MSG)

- 5. Stop Ignoring God:** For many people, it's not that you don't hear God. It's that you ignore Him. He speaks and you say, "lalalala," will continuing with life. But ignoring God will cause several repercussions, including His refusal to answer when you call.

Because I have called and you refused to listen, have stretched out my hand and no one has heeded, because you have ignored all my counsel and would have none of my reproof, I also will laugh at your calamity; I will mock when terror strikes you, when terror strikes you like a storm and your calamity comes like a whirlwind, when distress and anguish come upon you. Then they will call upon me, but I will not answer; they will seek me diligently but will not find me. Because they hated knowledge and did not choose the fear of the Lord, would have none of my counsel and despised all my reproof, therefore they shall eat the fruit of their way, and have their fill of their own devices. For the simple are killed by their turning away, and the

complacency of fools destroys them; but whoever listens to me will dwell secure and will be at ease, without dread of disaster."

Proverbs 1: 24-33 (MSG)

Bonus Nugget: It's hard to hear God's voice when you've already decided what you want Him to say.

Today's assignment is simple:

1. Figure out (with God's revealing help) what blockages you have from hearing God clearly.
2. Start building the habit of asking God what He's saying in every situation.

NOTES:

[illegible]

DAY 6

DON'T STOP AT 6

Jericho was shut up tight as a drum because of the People of Israel: no one going in, no one coming out. God spoke to Joshua, "Look sharp now. I've already given Jericho to you, along with its king and its elite forces. Here's what you are to do: March around the city, all your soldiers. Circle the city once. Repeat this for six days. Have seven priests carry seven ram's horn trumpets in front of the Chest. On the seventh day march around the city seven times, the priests blowing away on the trumpets. And then, a long blast on the ram's horn—when you hear that, all the people are to shout at the top of their lungs. The city wall will collapse at once. All the people are to enter, every man straight on in."

Joshua 6:1-5 (MSG)

The priests blew the trumpets. When the people heard the blast of the trumpets, they gave a thunderclap shout. The wall fell at once. The people rushed straight into the city and took it.

Joshua 6:20 (MSG)

Let's recap what just happened in Joshua 6. God instructed Joshua to tell the troops to walk around the city for 6 days; then, on the 7th day, the priests were to blast the trumpets and the troops were to make a loud sound.

When you get some spare time, I want you to read all of Joshua 6. When you read the chapter in its entirety, you'll realize that Joshua never told the troops the stipulations. He only told them to march around the city. The Bible never said that Joshua even told the troops how many days they were to walk around the wall before they saw it miraculously fall. So, I imagine that once Joshua told his troops about walking around, they ran home to tell their wives that the wall was coming down. The troops were excited. Their wives were excited. There was hope throughout the land. After all, the war was about to be over!

So here we are... Day 1. The troops are walking around the wall but nothing happens. But they're still excited. "Maybe not today, but we'll try again tomorrow."

Day 2... They're walking, but nothing happened. Nevertheless, they still had faith.

Then Day 3... Nothing.
Day 4... Nothing.

By Day 5, I imagine troops started quitting.

Day 6, more are leaving and going home for good. All hope was lost. They're frustrated because surely they should have the victory by now. But not even a stone is out of place within the wall. There's no sign of breakthrough.

I imagine by now, there are some who started this 7-Day Transformation Workbook who have quit. They did each day's prompts and assignments. They prayed. Some even fasted. But they saw nothing changing in their situation. So, they quit a day or so ago. Hope was lost. Faith was gone.

But only the strongest can endure until the end.

By Day 7, it has gotten harder for the troops because they're about to walk around for a seventh day when they expected it to take only one day. Many troops started to question the process, but others walked by faith and obedience.

And it was on the 7th day that the wall came down — without warning, without signs, without budging at all on the previous days.

Many of you are in your 6th phase of the season that you're in. You're walking by faith, but it's getting hard. People have fallen by the wayside. Family members have stopped talking to you. Friends have left you. The cat is acting crazy and the dog won't stop barking. You're being challenged on every hand.

But God's message to many of you is that you're one step away from reaching your 7th phase. And it's in your 7th phase that He is going to perfect and complete every thing that He promised.

God is not a man, that he should lie; neither the son of man, that he should repent: hath he said, and shall he not do it? or hath he spoken, and shall he not make it good?

Numbers 23:19 (KJV)

For as many as are the promises of God, in Christ they are [all answered] "Yes." So through Him we say our "Amen" to the glory of God.

II Corinthians 1:20 (AMP)

It's in the 6th phase that the pros are separated from the little league. It's in the 6th phase that you step up, step out, and stand on the front line. Everybody couldn't come this far with you because the front line is where the strongest fighters are. It's on the front line that you're bound to take a few lashings and leave with a few battle scars.

But if you can hold on in spite of all adversities, you will overcome. It may get hard and you may shed blood, but you'll inherit everything that God promised you if you can withstand these things.

Once you reach phase 7, you'll be celebrated just like Mordecai was paraded and celebrated in Esther 6:11. You will testify, "For I consider [from the standpoint of faith] that the sufferings of the present life are not worthy to be compared with the glory that is about to be revealed to us and in us!" according to Romans 8:18 (AMP). You'll declare like Moses in Exodus 14, "for the Egyptians that [I] see today, [I] will see them no more for ever!"

You won't face the same giants. You won't fight the same battles. Because after God completes His work in your 7th phase, He'll give you a new beginning in your 8th phase just like He gave Noah and his seven family members after the flood.

Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.

II Corinthians 5:17 (NKJV)

For he says, "In a favorable time I listened to you, and in a day of salvation I have helped you." Behold, now is the favorable time; behold, now is the day of salvation.

II Corinthians 6:2 (ESV)

"If you'll hold on to me for dear life," says God, "I'll get you out of any trouble. I'll give you the best of care if you'll only get to know and trust me. Call me and I'll answer, be at your side in bad times; I'll rescue you, then throw you a party. I'll give you a long life, give you a long drink of salvation!"

Psalms 91:14-16 (MSG)

Work It Through

How do you see yourself, your life, and your situations changing over the next year? Where do you see yourself this time next year? Take the following 7 areas of your life and jot down your vision for each one year from today. Be as specific as possible. Don't limit or minimize yourself; and definitely don't limit or minimize God and His possibilities.

Personal Growth

Spiritual Growth

Health & Fitness

Career & Business

Financial Stability

Companionship/Family

Recreation & Renewal

DAY 7

DAY OF REST

Congrats — you've made it to day 7!!!

Just imagine this... The very thing you've been wanting God to do is already done and waiting for you. But it just hasn't been revealed to you yet. So you've been stressing and worrying and working, but the work is already finished.

Years ago, I was working on a project with a team of people. I told them that I would type out two very important letters — my contribution to the project. I gave myself a deadline of about May 25th. The entire week of the deadline, I found myself stressing.

I'd made a promise.
The deadline had passed.
But I just couldn't make myself do the work.

The night of May 28th, around 11p, I forced myself to sit down and type them out. I was a few sentences in, and I stumbled upon those very letters — already complete with perfect wording and formatting. And they had a completion stamp for earlier in May! All that week, I'd been worrying about something that I forget I had already done.

Through that happening, God showed me that just as the work that I was stressing over and struggling to sit down and complete appeared to me already finished, His promises would be the same way.

In other words:
What you're stressing about, sad about, wrecking your mind to figure out... God has it finished and ready for you. God's promises to you are still valid, and the work really is finished.

The best part:
You're getting ready to walk in it.

But many are distracted because you're too busy looking to get to the finish line one way when God said, "I have it right here ready for you, but

that way isn't My way." Your actions in trying to make it happen your way are blinding you from what God has stored. Today, remove those distractions so that the veil will be lifted from your eyes.

Many are too busy doing physical work when you need to do spiritual work as well. Begin to sever the hand and dismantle the plans of the enemy.

May God's finished work never again be withheld due to you living under a brass heaven. Rout out every demonic distraction that keeps you from seeing and accessing the finished works of God.

Lastly, stop letting what you see distract you from what God said. Stop letting the opinions of others distract you from what God said. Stop letting your past mistakes and present downfalls distract you from what God said.

It doesn't matter what "they" say.
It doesn't matter what your eyes see.
It doesn't matter what your mind thinks.
It doesn't matter how your current situations look.

God can do more for you in one second that you can do for yourself in a lifetime. He's the Conductor of Time, so what would take humanly years can take Him mere seconds to manifest.

When He moves, nothing (*your credit score, your finances, your lack of influence, your lack of connections, etc.*) can stand in His way and stop Him.

God can owe no man. He is not a God of unpaid debts. Open your eyes and look around. Find your rest in the finished works of God.

But wait! What is rest??

There are 3 main types of rest:

- Physical rest: literal ceasing from labor
- Spiritual rest: trusting in God's finished work through Jesus
- Eternal rest: final dwelling with God after this life

Once you enter into spiritual rest, that doesn't mean you completely stop moving and working. It means that you turn your attention to God, knowing that there are certain promises and works that were completed

through Jesus Christ. This should shift you from reaching goals through slaving to seeking God and all His righteousness *first*.

With this said, you must begin to labor into that rest. And you do so by using the word of God to beat the head of the enemy each time things like doubt, worry, unbelief, and fear, set in.

Today, you're going to labor into rest — because, again, the work is finished.

Scripture Hunt:

For many people, rest is difficult — which is why Hebrews 4:11a (KJV) says, “Let us labour therefore into that rest...”. For many, when things get too quiet, the enemy starts talking and sowing seeds of doubt, anxiety, fear, strife, worry, and more. So today’s task is simple. I want you to find at least 3-to-5 scriptures that counteracts each listed item. The listed items represent things that the enemy (be it the devil, enemies, frenemies, ourselves, coworkers, etc.) tell us in hopes that we believe them over God. Use these scriptures as weapons to fight the enemy. Remember, when Jesus was tempted and tested by the devil in Matthew 4, He didn’t fight the devil with his opinions, with his beliefs, with his background, with his education, or with his upbringing. He fought the devil with scripture. So this exercise will allow you to fight the voice of the enemy by saying, “It is written...” followed by the word of God — which is quick, powerful, and sharper than any two-edged sword according to Hebrews 4:12 (KJV). Use these scriptures so that your spirit finds rest.

1. You’re worthless and will never be anything.

Counteracting Scriptures:

2. Your praying and fasting is in vain; God isn’t going to come and see about you.

Counteracting Scriptures:

3. God has abandoned you and doesn’t care about you.

Counteracting Scriptures:

4. Your sins are too big; God will never forgive you.

Counteracting Scriptures:

5. Those fears and feelings of anxiety that you have... you'll never overcome them.

Counteracting Scriptures:

6. Look at you — all alone with no one who understands or cares about your struggles.

Counteracting Scriptures:

7. Your situation is hopeless. There's no way out for you.

Counteracting Scriptures:

8. There's no purpose for your life. Your life is pointless.

Counteracting Scriptures:

9. Insert something that the enemy has told you: _____

Counteracting Scriptures:

10. Insert something that the enemy has told you: _____

Counteracting Scriptures:

11. Insert something that the enemy has told you: _____

Counteracting Scriptures:

12. Insert something that the enemy has told you: _____

Counteracting Scriptures:

Additional Work and Prophecy

Over the next 40 days, I challenge you to determine what you will do to start seeing changes toward the vision for your life as you described on Day 6.

Also, during those 40 days, prophesy over your next 12 months. Prophecy that each vision will come to fruition as God pleases.

Tip:

Create a wall of sticky notes that have these prophecies. Or, purchase a trifold poster (like the ones children use for reading and science fairs) and fill it with your prophecies. This will encourage consistency and structure. It is also a great way to remember exactly what your visions are.

Many have given over spiritual authority to other people. You wait for others to speak the word of God over your life. You wait for others to prophesy over your life and over your situation.

But over these next 40 days, take back your spiritual authority in Christ Jesus. Prophecy over yourself. And find scriptures to support each prophecy. Remember, God responds to HIS word — so use His word to support and strengthen the prophetic words that you speak over yourself.

About Reggie Whitley:

As a prophetic voice and teacher, Reggie Whitley calls believers to live with courage, holiness, and purpose. He is the founder of REFORMED, a ministry dedicated to Refining the Remnant and reaching the churched, unchurched, and mis-churched with the truth of the Gospel.

Known for blending prophetic clarity with practical guidance, Reggie equips Christians to break free from fear, embrace obedience, and walk boldly in their Kingdom assignments. His words don't stop at inspiration — they bring empowerment, evoke transformation, and ignite activation.

Reggie also serves in the marketplace as an entrepreneur, leading ventures that empower visionaries and build stronger communities.

About REFORMED:

REFORMED is a prophetic and reformational ministry committed to Refining the Remnant and calling the churched, the unchurched, and the mis-churched back to authentic worship of Jesus Christ.

Founded by Reggie Whitley, REFORMED carries a prophetic voice that both confronts and builds. Through teaching, preaching, and Spirit-led counsel, the ministry helps believers tear down deception, embrace truth, and walk boldly in their Kingdom assignments.

REFORMED is not about stages or status. It is about worship that transforms lives, obedience that shifts atmospheres, and reformation that strengthens the Body of Christ.

Answer Key for Day 3's Soul Work Checkpoint

Scenario 1:

- c. Seek God in prayer and wait for clarity.

Scenario 2:

- b. Hold your peace and seek God's wisdom first.

Scenario 3:

- d. Stay faithful in the shadows, asking God to refine you, even if nobody sees it yet.

Scenario 4:

- b. Obey immediately, even though it hurts and leaves questions unanswered.

Match the Truth

A. Mind

- ✓ 2. "Be renewed in the spirit of your mind." — Eph. 4:23
- ✓ 8. The place where thoughts, attitudes, and spiritual alignment reside.

B. Will

- ✓ 6. "Not my will, but Yours be done." — Luke 22:42
- ✓ 7. The seat of desires that can either be submitted or self-serving.
- ✓ 9. The part of you that, when not surrendered, will sabotage obedience.

C. Emotions

- ✓ 5. Handled properly, they reflect God's character and heart.

Decoys:

- ✓ 1. The control center of logic and knowledge only. — *The mind is more than logic. It involves spiritual discernment, attitudes, and inner alignment with God's truth (Romans 12:2). Logic-only reduces it to intellect, ignoring the Holy Spirit.*
- ✓ 3. The emotional landscape where "follow your heart" leads to truth. — *Jeremiah 17:9 warns that the heart is deceitful above all things. Without discernment, following emotions can lead to destruction, not truth.*
- ✓ 4. A neutral force that doesn't affect your spiritual walk. — *Emotions absolutely affect your spiritual walk. Emotions aren't neutral. They need to be submitted (Galatians 5:16-26).*