

THE JERICHO WALK MANIFESTATION BLUEPRINT



A FAITH-BASED GUIDE TEACHING NEW BELIEVERS
HOW TO MANIFEST GOD'S PROMISES

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THE JERICHO WALK MANIFESTATION BLUEPRINT

"Dedicated to every woman (and brave man) who feels one prayer away from a breakthrough. May this guide be your trumpet."

Learn how to How to Hear God, Build Faith, and Walk Into Your Breakthrough.



SUCCESS METRIC

You'll know this is working when you start walking around your living room like a Holy-Ghost filled warrior and your life actually starts to shift.

When these shifts begin happening, **CONGRATULATIONS** –
The blueprint is blueprinting.

YOU'LL NOTICE:

Your faith will change

Dreams feel less like 'wishful thinking' and more like strategy

You'll hear God with clarity

Experience less "Was that me or the fridge?" moments

Adios fear!

Fear stops leading your decisions

Breakthroughs starts showing up

Divine movement in relationships, finances, your purpose, and sweet mental clarity

The best is yet to come

You start expecting good things instead of bracing for disaster

AND MOST IMPORTANTLY

Your walls get nervous!

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WELCOME TO YOUR BREAKTHROUGH WALK

If you're reading this, you're probably standing in front of a wall.

Not a "fresh paint, eggshell finish" wall. I'm talking about a life wall.

Maybe it's finances doing the cha-cha in the wrong direction.

Maybe it's your love life looking like the book of Lamentations.

Maybe your mental health has been holding onto you like a toddler clinging to a Target cart.

Maybe you just want clarity, peace, or a sense of direction that doesn't require decoding the entire Bible with a magnifying glass.

Wherever you are on your faith journey, welcome. You're in the right place.

And no, you don't need to be a seasoned Christian with a prayer closet, oil collection, or a degree in Hebrew. You just need willingness. A teachable heart. And maybe some comfortable shoes.

This guide is all about walking (literally) into the promises God already wrote your name on.

So let's begin.

CHAPTER 1: WHAT THIS BLUEPRINT WILL HELP YOU DO

Inside this blueprint, you'll learn:

- How to hear and align with God's direction
- How faith and manifestation work together biblically
- How to perform the Jericho Walk in a modern, practical way
- How to pray with power and expectancy
- How to overcome fear, doubt, and spiritual resistance
- How to apply these steps to relationships, finances, mental health, and purpose

In short:

You'll stop living on "Lord, please help me," and switch to "Lord, I'm walking in it already." And yes, we will laugh a little along the way. God invented joy. I'm just borrowing it.

CHAPTER 2: MY JERICHO WALK TESTIMONY

Joshua 6:2

"Then the Lord said to Joshua, 'See, I have delivered Jericho into your hands...'"

Let me take you back.

Not to a cute, aesthetic prayer retreat. Not to a mountaintop moment. Jail. County jail, to be exact. With fluorescent lights humming like they needed deliverance and air so cold it could start its own complaint ministry.

There I was, in a place where hope felt like it needed a visitor's pass, sharing a room with women whose life stories could humble the strongest person. One woman in particular — my unexpected roommate-turned-spiritual-coach — introduced me to the Jericho Walk.

She explained the biblical story: Joshua. Walls. Obedience. Shouting.

And then she said, "We can do that right here." And we did. Every day for six days, we walked around the day room. Just one lap. No rush. No rushing God.

On day seven, we walked seven laps and shouted like we were announcing the spiritual eviction of every chain holding us back.

And soon after, I was bonded out. Set free. A chapter closed. A woman renewed. The walls of that season didn't stand a chance.

And neither will yours.

CHAPTER 3: WHY THE JERICHO WALK STILL WORKS TODAY

Joshua 6:20

"When the people shouted... the wall collapsed; so everyone charged straight in, and they took the city."

Despite the sandals-to-sneakers time gap, the spiritual principle hasn't aged a day.

Why it still works:

- God honors faith that moves
- Your walk is the physical evidence of your belief
- Obedience unlocks spiritual strategy
- Praise breaks atmospheres the enemy relies on
- Consistency tells Heaven, "I'm serious about this breakthrough"

When you walk, you're not "manifesting" in the trendy sense. You're aligning with the Kingdom strategy God gave Joshua — and it still works, region-free and Wi-Fi independent.

CHAPTER 4; WHAT MANIFESTATION ACTUALLY MEANS (THE BIBLICAL WAY)

MANIFESTATION IS NOT:

Telling the universe
what to do

Visualizing something until
it panics and shows up

Detaching God from
your desires

Idly waiting for your desire to
magically fall from the sky

MANIFESTATION IS:

Faith → Alignment → New Identity → Action → Visible Results.

BIBLE STYLE

“Faith without works is dead.”

Translation: You can pray, but eventually, you have to get up and walk.

Faith is the belief. Action is the Jericho Walk. The manifestation is what God builds behind the scenes while you obey.

CHAPTER 5: HOW TO HEAR GOD'S VOICE CLEARLY

You don't need prophetic binoculars. God speaks in simple, peaceful ways.

Here's how He communicates:

- 1 The Whisper**

A quiet thought, idea, or feeling that brings peace, not fear.
God's voice doesn't stress you out — that's usually you or caffeine.
- 2 The Nudge**

A tug on your spirit:
"Don't do that."
"Try this instead."
"Let that person go... yes, that one."
- 3 The Block**

Closed doors are answers too.
God isn't rejecting you; He's protecting you.
- 4 The Confirmation**

Scripture.
Repeated signs.
Opportunities aligning.
A moment where you think, "Okay God... I see You."
- 5 The Gentle Interruption**

You're mid-text, mid-scroll, mid-snack, or mid-bad-decision... and your spirit suddenly goes, "Let's not do that."
It's the Holy Spirit giving you a soft spiritual side-eye.

**MAJOR
TAKE AWAY**

Your job isn't to force His voice.
It's to quiet your life enough to hear it.

CHAPTER 6: HOW TO DO A MODERN JERICHO WALK

HERE'S YOUR PRACTICAL GUIDE:

MINIMUM EFFECTIVE DOSE

Daily: 30 minutes total movement (can be 3×10 minutes).

Weekly: 2–3 strength sessions + 1 mobility session + 1 low-intensity cardio.

7 STEPS FOR MIRACLE

1. **Choose your “wall.” (any obstacles standing between you and victory)**
2. **Pick a walking route (living room, track, backyard, block, etc.).**
3. **Walk one lap around the designated area for six days.**
4. **On day seven, walk seven laps.**
5. **Set intention and pray while walking.**
6. **At the end of day 7: praise God like you already got your breakthrough.**
7. **Write down any shifts, signs, or answered prayers.**

SIDE NOTE:

If your neighbors see you walking in circles, let them wonder.

Breakthrough looks strange *until it arrives.*

CHAPTER 7: THE 7 STEP MANIFESTATION CYCLE

THIS IS YOUR DAILY SYSTEM FOR HOLY ALIGNMENT:

STEP 1: HEAR

Ask God:

“What are You saying about this situation?”

Then journal what comes up.

Don't overthink it.

STEP 2: ALIGN

Ask:

“What actions match the promise I'm believing for?”

Sometimes alignment looks like rest.

Sometimes it looks like discipline.

Sometimes it looks like letting go.

STEP 3: BELIEVE

Faith isn't a feeling. It's a decision.

You tell your spirit:

“I don't need to see it yet to trust God with it.”

STEP 4: WALK

Take physical action. Move. Do the Jericho Walk.

Let Heaven watch your obedience.

STEP 5: PRAY EFFECTIVELY

Pray like the miracle has already been shipped,
and you're just waiting on the tracking number.

STEP 6: FIGHT RESISTANCE

Doubt, fear, old habits, and spiritual interference
will try to make an appearance.

Don't argue with them. Just refuse to stop walking.

STEP 7: PRAISE IN ADVANCE

Praise collapses walls faster than stress ever will.

Praise says, “God, I trust You even before it
happens.”

CHAPTER 8: APPLYING THE BLUEPRINT TO REAL LIFE

RELATIONSHIPS

God removes counterfeits before sending the real thing.

Let Him.

Walk for clarity, healing, boundaries, and a love that mirrors Christ.

FINANCES

God isn't broke, and He isn't panicking.

Walk for wisdom, stewardship, opportunities, and restored financial confidence.

MENTAL HEALTH

Spiritual battles often disguise themselves as emotional storms.

Walk for peace, stability, rest, clarity, protection, and strength.

PURPOSE

Your calling doesn't hide from you; it usually waits for you to get still enough to listen.

Walk for identity, direction, and divine instruction.

THE TRUTH IS SIMPLE:

There is no area of your life that God can't touch, heal, redirect, or completely transform.

Your job is just to keep walking, keep listening, and keep aligning — even on the days when your faith feels like it woke up without coffee.

THE SECRET KEY TO MANIFESTING ANYTHING

MARK 11:24 FORMULA:

Pray → Believe → Receive

There's a moment in scripture where Jesus basically hands us the blueprint in one sentence. No riddles. No parables. No decoding required. Just a divine three-step process:

Mark 11:24 *"Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours."*

Let's pause and appreciate how God made this simple enough for even our distracted, scrolling 2025 brains. Here's the Kingdom formula:

PRAY

This is where you tell God the desire of your heart. Not the polished version. Not the "church voice."

Just the real request that's been camping in your spirit. Prayer is your petition, your conversation, your moment of clarity. God doesn't need your grammar — He wants your honesty.

BELIEVE

Here's the part that unlocks miracles.

You believe before you see it. You believe while nothing has changed yet.

You believe even when you're like, "Lord... are You sure You sent this to the right address?"

Belief is spiritual currency. You spend it before the blessing ships. This is the faith that moves things in the unseen realm long before they show up in the physical one.

RECEIVE

Jesus makes this simple: Believe like it's already yours. Receiving isn't waiting — it's walking in expectation.

You carry yourself like the blessing is on the truck and out for delivery.

It's the shift from "Lord, please" to "Lord, thank You."

BRINGING IT TOGETHER

When you combine this formula with your Jericho Walk, you're not just walking – you're walking in alignment with the spiritual laws Jesus Himself laid out.

Your process becomes:

1. **Pray:** Tell God the wall you're targeting.
2. **Believe:** Walk around it like it's already crumbling.
3. **Receive:** Praise like the victory is already in your hands.

This is the walk that makes walls nervous.

And this is where breakthrough becomes inevitable.



CHAPTER 9: PRAYERS THAT MOVES WALL

1 John 5:14-15

"This is the confidence we have in approaching God: that if we ask anything according to His will, He hears us. And if we know that He hears us—whatever we ask—we know that we have what we asked of Him."

PRAYER FOR DIRECTION

"Lord, steady my thoughts and steer my steps. Make Your will clear and my obedience quick."

PRAYER FOR STRENGTH

"God, I don't always feel strong, but I know Your strength fills the gaps. Help me keep walking."

PRAYER FOR BREAKTHROUGH

"Walls fall in Your presence. Show me where to walk, how to walk, and when to shout."

PRAYER FOR PEACE

"Quiet the noise around me and silence the noise within me."

PRAYER FOR PURPOSE

"God, reveal why You placed me on this earth. Show me my gifts, strengthen my steps, and align me with everything connected to my calling."

PRAYER FOR CLARITY

"Lord, make the next step so clear that even I can't overthink it. Remove confusion, quiet the noise, and highlight Your will like a bright neon sign for my spirit."

PRAYER FOR EMOTIONAL HEALING

"Lord, reach the places in me that I've been avoiding. Heal the wounds I've learned to function with. Restore me gently and fully."

PRAYER FOR PROTECTION

"God, place Your shield around my mind, my home, my purpose, and my relationships. Block anything not sent by You — even if I accidentally invited it."

CHAPTER 10: FAITH DECLARATIONS

Proverbs 18:21

"The tongue has the power of life and death, and those who love it will eat its fruit."

This scripture teaches that your words are powerful. What you choose to focus on the most and speak out loud will eventually become your reality.

Translation:

"Say it out loud. What you speak, you'll see."

It reinforces why faith declarations matter. Here are a few declarations you can use to make those stubborn walls crumble so fast you'll think you have supernatural powers:

"I WALK WITH GOD, SO WALLS DON'T INTIMIDATE ME."

"MY BREAKTHROUGH IS ON SCHEDULE."

"I EXPECT GOOD THINGS BECAUSE I SERVE A GOOD GOD."

"MY STEPS ARE ORDERED, STEADY, AND BLESSED."

"WHAT GOD PROMISED ME CANNOT BE STOLEN."

Affirm these daily to keep doubts, fears, and worries far away. Return those negative thoughts back to the enemy where they came from. You don't have any room for nothing that keeps you from God's promise. Today is a new day.

CHAPTER 11: JOURNAL PROMPTS

Habakkuk 2:2

"Write the vision and make it plain,"

Scripting is your spiritual pen-to-paper partnership with God — the moment you write the vision so clearly, Heaven starts nodding in agreement.

Just like Habakkuk 2:2 says, "Write the vision and make it plain," your journal becomes the place where faith turns into instructions, intentions, and blueprints. When you script, you're not just dreaming... you're documenting what God is already preparing.

And every written word becomes a step toward the breakthrough you're walking into.

GRAB A JOURNAL:

Keep it real and answer honestly. This is for you (and God) alone. Take a deep breath then write it out...

- **WHAT WALL AM I WALKING AROUND THIS WEEK?**
- **WHAT FEAR AM I RELEASING TODAY?**
- **WHAT PROMISE AM I STANDING ON?**
- **WHERE HAVE I ALREADY SEEN GOD MOVE?**
- **WHAT IS GOD ASKING ME TO TRUST HIM WITH RIGHT NOW?**

CHAPTER 12: 7-DAY BREAKTHROUGH CHECKLIST

Put a check mark beside every step you completed today. Reflect after you've completed your breakthrough walk for the day.

If you missed something, don't stress – simply bring it into tomorrow with intention.

The goal isn't perfection. The goal is progress, consistency, and spiritual alignment.

I LISTENED FOR GOD

I ALIGNED MY ACTIONS

I PRAYED EXPECTANTLY

I RESISTED DOUBT

I STAYED CONSISTENT

I PRAISED BEFORE THE BREAKTHROUGH

I WALKED EVEN WHEN I DIDN'T FEEL LIKE IT

If you checked most of these, congratulations:
Your breakthrough is officially nervous.

CHAPTER 13: SUCCESS METRIC

You'll know this is working when...

You start walking around your house like a sanctified Roomba and your life actually starts shifting.

Peace shows up early.

Breakthrough plays peekaboo.

People ask, "Why do you look so calm?"

And you say, "Because God is handling it, sweetie."

You'll notice:

- Your decisions become wiser
- Your prayers hit Heaven with more confidence
- You stop panicking and start expecting
- You feel spiritually grounded, not spiritually guessing
- And most importantly – the walls that used to intimidate you now look... small

If that's happening?

The blueprint is blueprinting.

THE 7-DAY JERICHO WALK PLAN

SUNDAY — DAY 1: HEAR GOD'S DIRECTION

- Focus: What is God saying about your “wall”?
- Scripture: “My sheep listen to my voice; I know them, and they follow me.” — John 10:27
- Walk: Take one lap, slow and intentional. This is your tuning-in day. No rushing God, no overthinking. Just breathe and listen.
- Prayer: “Lord, speak to me clearly. Highlight the wall You want to bring down and the steps I need to take.”
- Journal Prompt: What situation do I need God’s direction on? What did I sense or feel during today’s walk?

MONDAY — DAY 2: ALIGN YOUR ACTIONS

- Focus: Bring your thoughts, habits, and choices into agreement with God.
- Scripture: “Commit to the Lord whatever you do, and He will establish your plans.” — Proverbs 16:3
- Walk: One lap, focusing on alignment. Imagine handing your plans to God like, “Here... before I mess this up.”
- Prayer: “God, align my steps with Your will. Remove whatever pulls me off course.”
- Journal Prompt: What actions or habits need adjusting to match what I’m believing for?

TUESDAY — DAY 3: ACTIVATE YOUR FAITH

- Focus: Believe before you see.
- Scripture: “For we walk by faith, not by sight.” — 2 Corinthians 5:7
- Walk: One lap, walking with confidence. Shoulders back. Spirit steady. Heaven watching.
- Declaration: “I trust God even when the evidence hasn’t shown up yet.”
- Journal Prompt: Where do I need to strengthen my faith this week?

WEDNESDAY — DAY 4: STRATEGY & OBEDIENCE

- Focus: Listen for God's next instruction.
- Scripture: "In all your ways acknowledge Him, and He will direct your paths." — Proverbs 3:6
- Walk: One lap, asking God, "What's my next step?" Don't worry if the answer is simple. God gives wisdom in bite-sized pieces.
- Prayer: "Lord, give me a clear strategy. Show me what to start, stop, or shift."
- Journal Prompt: What step is God nudging me to take right now?

THURSDAY — DAY 5: PRAY WITH EXPECTANCY

- Focus: Pray like it's already done.
- Scripture: "Whatever you ask for in prayer, believe that you have received it..." — Mark 11:24
- Walk: One lap, praying for your breakthrough as if it just got delivered to your doorstep.
- Prayer: "God, thank You that the answer is already in motion."
- Journal Prompt: What am I expecting God to do in this season?

FRIDAY — DAY 6: OVERCOME RESISTANCE

- Focus: Push past fear, doubt, and spiritual pushback.
- Scripture: "No weapon formed against you shall prosper." — Isaiah 54:17
- Walk: One lap, deliberately stepping through resistance. If thoughts arise saying, "This isn't working," answer back, "Watch me keep walking."
- Declaration: "I refuse to quit. What God promised me cannot be blocked."
- Journal Prompt: What resistance did I feel today? How can I push back spiritually?

SATURDAY — DAY 7: SEVEN LAPS OF PRAISE & BREAKTHROUGH

- Focus: Complete obedience and joyful praise.
- Scripture: “When they shouted, the wall collapsed.” — Joshua 6:20
- Walk: Today is your seven-lap day. Each lap symbolizes completion, obedience, and faith that cannot be shaken.
On the seventh lap, praise. Out loud.
With confidence. With energy. With expectation.
- Prayer: “Lord, I praise You for the breakthrough that’s already unfolding. Let this wall fall in Your timing and Your power.”
- Journal Prompt: What am I thanking God for in advance? What signs or shifts have I noticed?

OPTIONAL SUNDAY REFLECTION — After the 7 Days

- What breakthroughs happened internally or externally?
- What did God show you during the week?
- Which lap was the hardest and why?
- How will you continue walking in faith moving forward?

CLOSING

FINAL LOVE NOTE FROM ME TO YOU

You are not walking alone.

Every lap you take, Heaven is watching. Every prayer you whisper is heard. Every act of obedience is building something you cannot yet see.

Your walls will fall. Your breakthrough will come. Your story will shift.

And when it happens, I want you to look back at this moment and say: "That was the day I chose to walk."

Now lace up. We've got ground to take.

THE JERICHO WALK MANIFESTATION BLUEPRINT

A Step-by-Step Guide to manifest God's promises

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