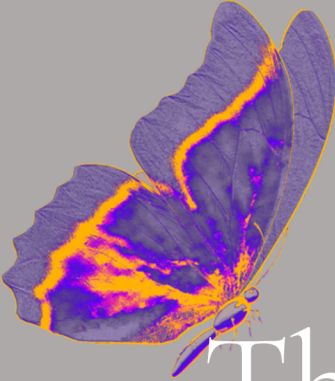




The 90 Day Clutter Free Life *Journal*

*A Devotional and Prayer Journal
for Christ Discovery, Transformation and Growth*

©The HomeWorks

THIS BOOK
BELONGS TO:

FIRST PUBLISHED BY INDEPENDENT PUBLISHING NETWORK 2025
COPYRIGHT © 2025 BY THE HOMEWORKS

ALL RIGHTS RESERVED. NO PART OF THIS PUBLICATION MAY BE REPRODUCED, STORED
OR TRANSMITTED IN ANY FORM OR BY ANY MEANS, ELECTRONIC, MECHANICAL,
PHOTOCOPYING, RECORDING, SCANNING, OR OTHERWISE WITHOUT WRITTEN
PERMISSION FROM THE PUBLISHER.

IT IS ILLEGAL TO COPY THIS BOOK, POST IT TO A WEBSITE, OR DISTRIBUTE IT BY ANY
OTHER MEANS WITHOUT PERMISSION.

SCRIPTURE QUOTATIONS TAKEN FROM THE HOLY BIBLE, NEW INTERNATIONAL VERSION
ANGLICISED COPYRIGHT © 1979, 1984, 2011 BIBLICA, INC, UNLESS OTHERWISE NOTED.

INTRODUCTION:

Welcome to your Clutter Free Life!

This journal serves as a companion to the 90 Day Clutter Free Life Program but can be used for your own personal journey to a life free of thoughts, feelings and habits that are obstructing the path and perspective of your purpose-full, peace-full, power-full *and* beauty-full life!

The foundation of this book is rooted in God and in His provision through Christ for everything you need for life and godliness (2 Peter 1:3). He invites you, a spirit being, to dwell in Him, and He also places His very Spirit within you. Understanding this symbiotic relationship is critical for the transformation you seek because true transformation of any kind begins on the INSIDE and works its way OUT.

Essentially - God is your Dream Home and you are God's Dream Home!

And the renovation of your heart, home and environment are directly impacted by this reality. As you deepen your revelation and knowledge of all the implications of this extraordinary truth - that you are now a new creation in Christ and a citizen of His Kingdom and that your identity is in Him - the greater the freedom you will experience both internally and externally. You will appreciate the responsibility and significance of stewarding a clutter-free environment for the Holy Spirit living within you and you will enjoy the freedoms, benefits and rights of Son-ship and citizenry.

The challenge lies in the fact that we have all been shaped by cultures, educational systems, media, and families that have influenced the paradigms and programming affecting our mindsets, thought patterns, and worldviews. We have been continuously 'hypnotized' into the identities we have adopted, which often differ from who God declares us to be. We have forgotten—or perhaps never realized—who we truly are: the righteousness of God in Christ, more than conquerors, cherished children...

Introduction (cont):

This means:

WE ARE NOT OUR SICKNESSES, DEBTS OR ADDICTIONS.

WE ARE NOT OUR CHALLENGES OR LIMITATIONS.

WE ARE NOT EVEN THE THOUGHTS OR FEELINGS WE MAY EXPERIENCE.

AND WE ARE NOT BROKEN!

The real CLUTTER in our lives stem from those mindsets, thought patterns and perspectives - the blind spots - that have made us feel like powerless victims and obscured the truth of our identity in Christ.

The Clutter Free Life is about partnering with God to reject these lies and limiting beliefs, then dismantling and decluttering the destructive imaginations and thought patterns and replacing them with the faith-filled truth that is the Word of Good.

When we form new neural connections through repetition and meditation on truth, then our thoughts and feelings will eventually align with the Word and this creates new mindsets and beliefs that inform new emotions, behaviors and embodied habits.

We become HOMES the Holy Spirit loves to dwell in!

And this is how we become purpose-full and peace-full Believers living power-full lives, having been transformed - internally and externally - by renewing our minds.

...Meditate on it day and night so you will be sure to obey everything written in it. Only then will you prosper and succeed in all you do. (Joshua 1:8)

Before You Begin:

This journal is the result of a dedicated search, of testing, and investments of time, money, and energy into a Biblical framework for Personal Development that practically and prophetically empowers Believers to step into the upgraded versions of themselves in line with Scripture.

Sprinkled throughout the journal, references have been made to the story in Numbers 13 in the Bible. This is how 12 spies went out from the camp of the Israelites in the Wilderness to spy out the Promised Land that God said He had given them. Ten of the Spies returned thinking and believing like they could not defeat the ‘giants’ that were on their land. They perceived themselves as grasshoppers in comparison, and they had a mindset that impacted their emotions, actions and subsequent outcomes. They ended up dying in the Wilderness - along with all the company of the Israelites who believed their bad report.

By contrast, Joshua and Caleb were able to possess their Promised Places, even after waiting patiently for 40 years. This demonstrates that the only ‘giant’ that can prevent you from receiving your inheritance in Christ is your MINDSET.

“Stop imitating the ideals and opinions of the culture around you, but be inwardly transformed [metamorphoō = root word for METAMORPHOSIS] by the Holy Spirit through a total reformation of how you think. This will empower you to discern God’s will as you live a beautiful life, satisfying and perfect in his eyes”. (Romans 12:2)

This journal is more than just a collection of pages—it’s your chrysalis. Over the next 90 days, you will be transformed from a caterpillar (or should we say a grasshopper..?) into a butterfly, embodying the truth of who God says you are.

When you know your IDENTITY and purpose, you will walk in your AUTHORITY more effectively, and this will enable you to take the TERRITORY God gave you as your inheritance in Christ - your health, wealth, well-being and relationships.

Before You Begin (cont.):

Over the next 90 days, you will cultivate giant-slaying habits, desires, and mindsets by renewing your thoughts to align with the Word of God—one neuron at a time.

Through practical steps you will:

AIM FOR THE FOLLOWING GOALS:

- **START** and stay with God by deepening your relationship with Him.
- **STEWARDSHIP** your **PURPOSE** and **VISION** of the Promised Land
- **SLAY THE GIANTS** by identifying and demolishing **OBSTACLES** in the way

ESTABLISH THE FOLLOWING GODLY HABITS:

- Quiet times for meditation, reflection and intimacy with God
- Practices of gratitude, visualisation and declarations
- Journalling - to enhance a greater awareness of your predominant thoughts.

While this may appear overly simple and straightforward, embracing these practices can transform your life. Research indicates that it takes an average of 63 days to adopt a new habit.

Now, imagine what you can accomplish in 90 days:

- ✔ Break out of cycles and setbacks keeping you stuck
- ✔ Cultivate the habits needed to shift you into your next season
- ✔ Connect to your purpose and discover your God-given desires
- ✔ Develop mindsets and strategies for true transformation
- ✔ Gain the clarity and peace to shift out of overwhelm and stress
- ✔ Find the motivation to dream
- ✔ Dismantle obstacles keeping you from connecting with God, yourself and others

First, it will be helpful to understand how habits are formed and how your emotions impact you, so you can be mindful of your state of being and intentional about shifting from a negative state to a positive one.

The Power of Thoughts, Feelings and Choices

Your thoughts are powerful and creative. They are the seeds from which your emotions grow, influencing the choices you make and the behaviors you adopt. Ultimately, these elements work together to shape your outcomes and the results you experience in your life - in your health, wealth, well-being and relationships.

Before you embark on this 90 day journey, you need to explore how this cycle operates and how this journal can guide you into intentionally renewing your mind to align your thoughts with God's truth so you can step into a life of transformation.

The Cycle of Thought-Emotion-Behavior-Outcome

Imagine your mind as the starting point of an intricate chain reaction. The cycle develops when a significant or impactful event, trauma or strong motivation takes place. Your subconscious mind makes an interpretation of the impact on you.

Your thoughts impact how you feel

- The Bible teaches us, "For as he thinks in his heart, so is he" (Proverbs 23:7). Your thoughts impact how you feel and if your interpretation of the events that have happened lead to positive expectations, your emotions will reflect peace, joy, and hope. However, negative or limiting expectations will lead to feelings of anxiety, frustration or fear.

Your emotions influence the choices you make and your ultimate behavior

- The emotions you experience will either empower you or hold you back. Positive emotions foster a sense of capability and inspire proactive choices that align with the Word. Negative emotions may trigger avoidance, indecision, or actions not in line with your purpose, leaving you stuck in resistance instead of allowing the emotions to re-direct you to your real desired thoughts and feelings.

Your behavior determines your outcomes

- The behavior you engage in consistently will determine your results. When your actions are rooted in a positive mindset and godly confidence, you set yourself up for success and growth. On the other hand, behavior driven by fear or doubt can lead to outcomes that reinforce the cycle with thoughts and feelings of defeat.

Habit Formation

Embodiment of Habits: How Repeated Thoughts and Emotions Shape Your Being

Habits are not formed overnight, They are the result of repeated cycles of thoughts, emotions, behaviors, and outcomes. When we consistently think the same thoughts and experience the same emotions, our bodies become conditioned to anticipate these emotional states. This repetition embeds habits deep within us until they become part of our automatic responses.

How the cycle leads to embodiment:

Repetitive Thoughts Create Familiar Emotions

- When you think the same thoughts daily, such as “I am overwhelmed,” or “I trust in God’s provision,” these thoughts signal to your brain to release chemicals that match the emotion associated with them. Over time, the body ‘memorizes’ the feeling of these emotions, whether they are positive - like peace or confidence - or toxic - like fear, depression or anxiety.

Anticipation of Emotions

- With continuous repetition, your body begins to anticipate these emotional states without you consciously initiating the thoughts. For instance, if you regularly practice gratitude, you will start feeling thankful naturally. The process of *embodying* habits begins when your body becomes an extension of your thoughts, automatically feeling familiar emotions arising from the same thought patterns. **You can also intentionally imagine and experience the emotions that accompany the thoughts and Biblical beliefs you are choosing to adopt. This hack will enable you to shift out of a negative state of being into a positive state.**

Behavioral Automation

- Once your body anticipates certain feelings, your behavior starts to align with those emotions. Repeated negative thought patterns will anchor behavior rooted in fear or hesitation. But conversely, positive, faith-driven thoughts will lead to emotions of joy, peace or courage, prompting actions that reinforce this state.

Habit Formation (cont.)

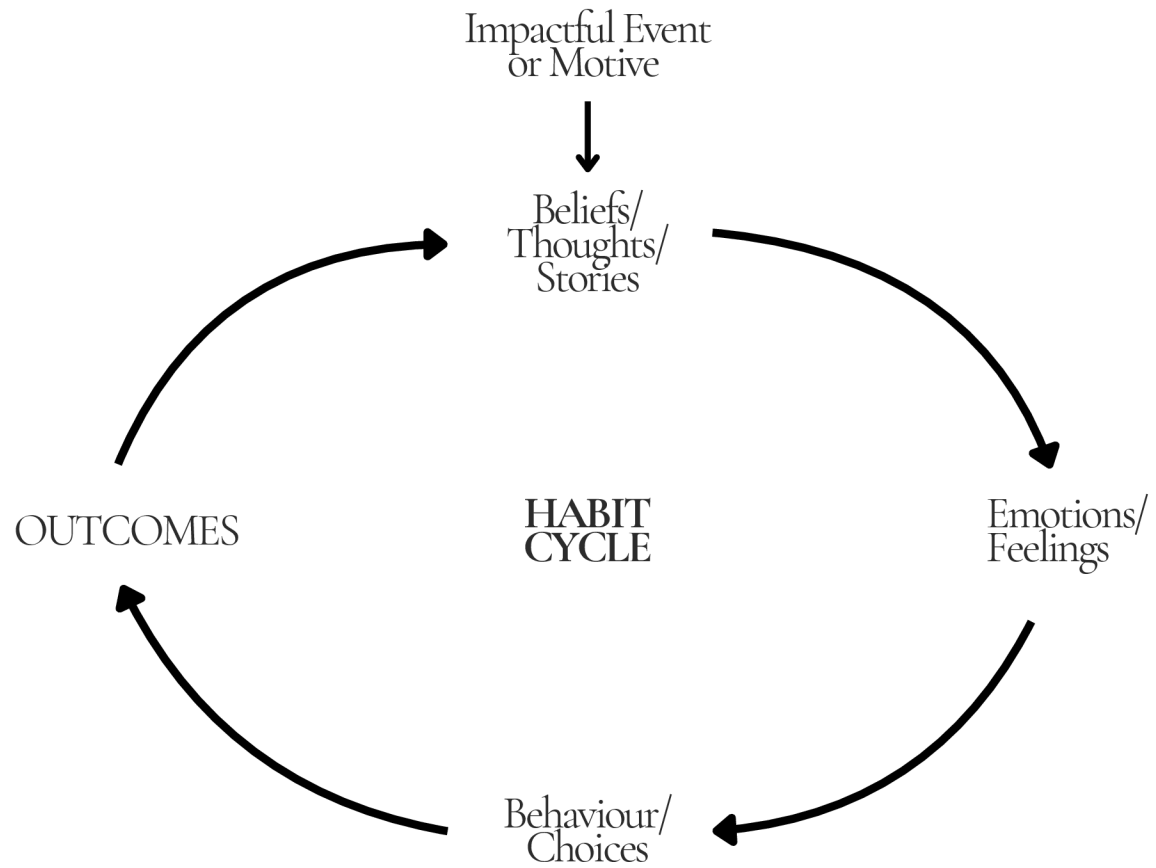
Reinforcement of Outcomes

- The cycle continues as your outcomes mirror your behavior, reinforcing the original thoughts and essentially becoming self-fulfilling prophecies. Successful outcomes linked to faith-based and Biblical thinking encourage more of the same thought patterns, thereby embedding these habits deeper.

The Clutter Free Journey

- Over the next 90 days, you are mindfully forming new, positive habits by being aware of your predominant thoughts, re-aligning these to Biblical truths and being intentional about visualising and experiencing the accompanying emotions. This will eventually lead to behavior and choices in line with these new beliefs and expectations.

THE HABIT CYCLE



Change your thoughts and feelings to change your outcomes and habits.

Diagram 1

Shifting Your Emotions: The Home of Rest

A startling study from the University of Virginia revealed that when left alone in a room without distractions, 67% of men and 25% of women preferred to give themselves electric shocks rather than think their own thoughts and feel the accompanying emotions for just 15 minutes! This surprising result highlights a universal tendency: the discomfort of facing one's own emotions and thoughts.

This avoidance is often tied to fear—fear of encountering unresolved or past memories, traumas, or negative feelings. Yet, avoiding these emotions doesn't diminish their impact; it often magnifies their power. The truth is that the emotions we avoid are rarely as painful as we imagine. While emotions may feel overwhelming, they are inherently transient, often rooted in faulty perceptions, and subject to change—sometimes in an instant. Think about how a good Hollywood movie can make you laugh, cry, or feel fear in a matter of moments!

The key is not to resist or suppress emotions but to acknowledge, shift and redirect them. Emotions can become stepping stones rather than stumbling blocks when we process them in light of God's Word. Instead of being stuck in the cycle of thoughts and feelings we *don't* want, we can gain clarity on what we *do* want—often the complete opposite of what we fear or dread.

This shift is crucial for realigning our thoughts, feelings, and choices with God's truth.

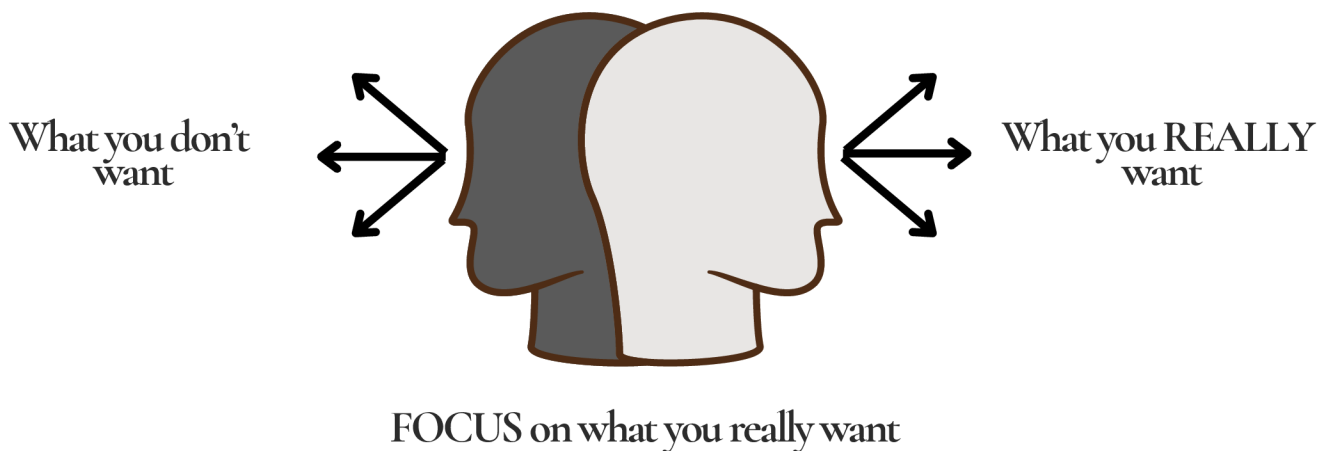


Diagram 2

Shifting Your Emotions (cont.)

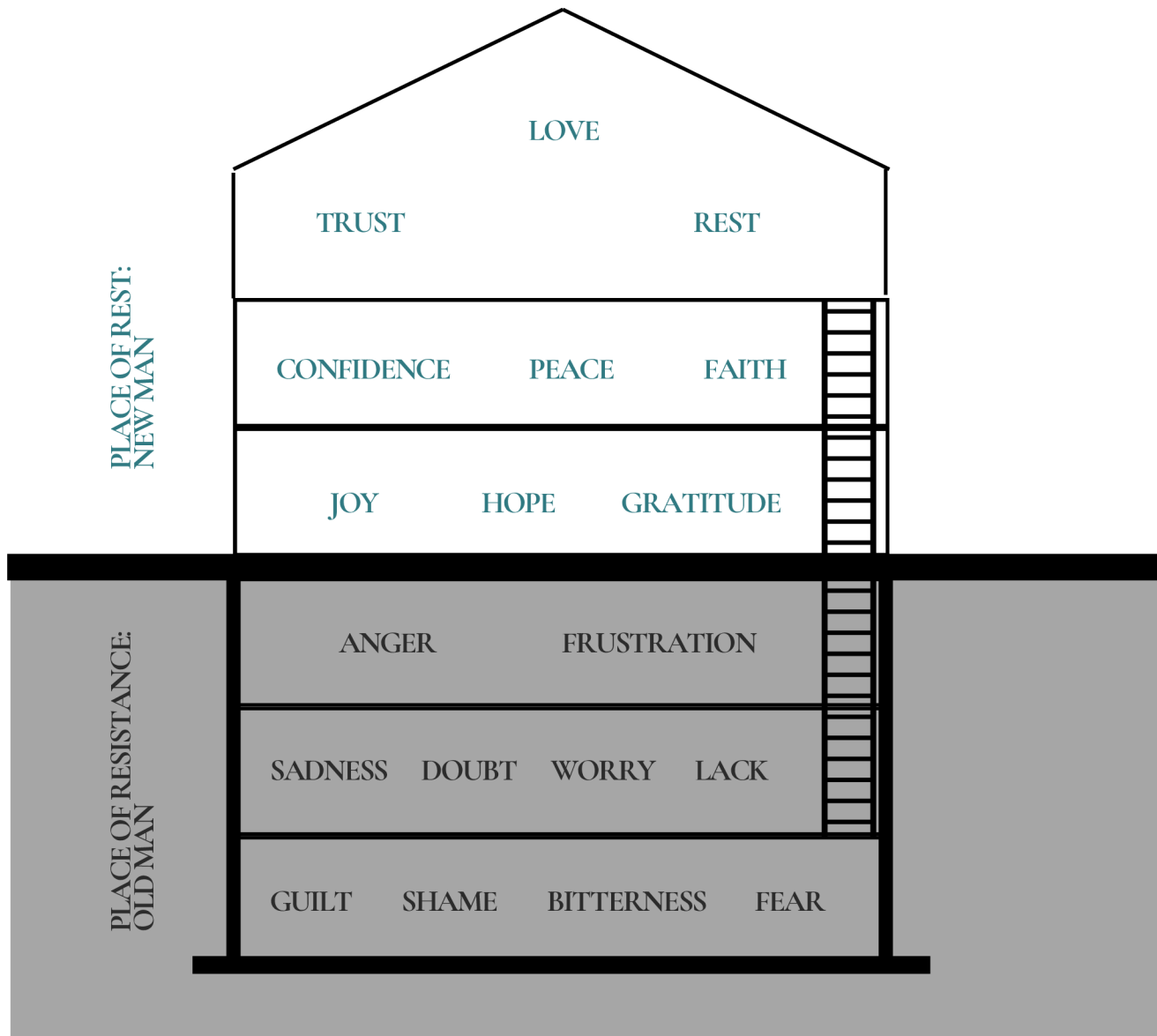
4 Steps to Acknowledge and Shift Your Emotions

By choosing to face discomfort head-on, you can break free from its power over you. You can become more equipped to live in alignment with God's will, guided by His Word, and empowered by His Spirit. Every emotion you face is an opportunity for growth, leading you closer to the beautiful, satisfying, and powerful life He has designed for you as you choose gratitude, love or forgiveness over destructive feelings.

1. Identify the Emotion you are feeling: When discomfort or tensions arise within you, name the emotion you're feeling. (For suggestions, Use Diagram 3-The Home of Rest). Acknowledge it with compassion rather than judgment. Be honest about how and why you feel this way. Remember, naming the emotion lessens its grip on you.
2. Understand Its Source: Reflect on the thoughts that triggered the emotion. Is it tied to a past experience, a fear, or a limiting belief? Use this moment to discern what the emotion is revealing about what you don't want in your life. Ask questions like, "Is this really true?" or "Does this align with God's Word?"
3. Redirect Your Thoughts: Once you've acknowledged the emotion and its source, intentionally shift your focus to God's truth. What does the Word say about your situation? What promise from God speaks the opposite of what you fear? Visualize the outcome you really desire and align your thoughts with His promises.
4. Re-locate Yourself in the Home of Rest: Bring yourself into rest, love and trust in God. Visualize yourself moving up by faith, filled with gratitude for what He is doing in your life—using everything to work for your good. This is the essence of renewing your mind—transforming your inner reality to align with God's abundant truth.

And now these three remain: faith, hope and love. But the greatest of these is love.
2Corinthians 13:13

The Home of Rest:



The Home of Rest is a visual representation to help you become more aware of your emotional states.

At the bottom are the toxic emotions such as fear, doubt, and worry, which can keep you captive and tethered to the Old Man.

As you move upward by faith through greater Christ awareness and with gratitude, the emotions become more positive and light, bringing you closer to spiritual rest and emotional freedom-your identity in Christ realities.

At the top of the home is REST, TRUST and LOVE, the ultimate goals. This is where you rest in God's promises, fully surrendered and confident in His plan, without bitterness to anyone, and able to connect to God, yourself and others.

Rising through the levels requires acknowledgement and awareness of where you are, reframing negative thoughts, and intentionally choosing gratitude, faith and love.

Diagram 3

Tips for Using This Journal

Transform Your Thinking Patterns:

Use this journal as a tool to simplify your thought life by breaking free from unhealthy thought patterns and dissipating toxic emotions so you can get clear on what you want in your life and cultivate a mindset anchored in Christ, your identity in Him and His plans and purpose for you. By the end of 90 days, you want to feel confident and comfortable connecting with God, with yourself and ultimately with others.

Here's how you can maximize your experience:

Daily Reflections and Mindfulness

- Start with a minimum of 5-10 minutes reading your Bible and connecting with God. Use the Weekly or Daily Word as a basis for your meditations.
- Daily write down what you are grateful for and your reflections on the Bible. Journal on what you're thinking about. Are these aligned with God's Word? If not, seek after and replace them with scriptural truths.

Make Emotional SHIFTS

- As you journal, note how certain recurring thoughts trigger emotions of discouragement or stress in you. Identify these patterns and re-direct them to work out what you *really* desire in the situation. Shift your focus. Do not underestimate how powerful this is!

Intentional Choices and Actions

- Recognise these thought-emotion patterns and make conscious choices to act in ways that align with your renewed way of thinking and accompanying feelings, especially choosing thanksgiving, gratitude and joy by faith.

Celebrate Positive Outcomes

- Keep track of the positive changes you witness as you realign your thinking and behavior. This will reinforce the cycle of growth and motivate you to continue this transformative journey.
- Cultivate an attitude of GRATITUDE!

And don't forget to BREATHE.. Deep breathing exercises help you relax, stay mindful and fill your body with much needed, stress reducing oxygen.

Practical Example of the Process:

Consider this scenario: You wake up feeling overwhelmed by a long to-do list. Your initial thought might be, “I can’t handle this,” leading to worry and procrastination. As you spend time with God and as you journal, you recognize that this thought doesn’t align with God’s truth.

Recall previous victories you (or others) have had in this area and choose gratitude to shift your location in the Home of Rest (See Diagram 3). Replace the initial thought with, “I can do all things through Christ who strengthens me” (Philippians 4:13).

Visualise your successful and productive day in line with this new belief, and let this new thought and accompanying emotions shift you into calm confidence, allowing you to prioritise and approach your tasks with renewed motivation and gratitude.

Final Encouragement:

Your journey to a renewed mind and transformed life is an ongoing process.

Remember, this journal is your companion for deepening your awareness and understanding of how your thoughts, emotions, and behavior are intertwined and how they affect your results and outcomes.

The Clutter Free Life will help expose and remove the thoughts we *don’t* want and replace them with the ones we *do* want. As we become more mindful and present with ourselves, we will find it easier to “Be still and know.. God” and we will live more comfortably from His presence in the place of REST.

This is all vitally important. But I would also strongly highlight the benefit of COMMUNITY to support you on this journey. The Clutter Free Life is a growing community of people who have made the decision to get unstuck to live purpose-full, peace-full and power-full lives. (Join the community [HERE](#))

By intentionally partnering with the Holy Spirit and like-minded people, and applying these practices, you will witness the metamorphosis that Romans 12:2 promises—a life that is beautiful, satisfying, and aligned with God’s perfect will.

www.theclutterfree.life

WEEK 1: START with God
and SURRENDER.

WEEK 2: STAY in God.

WEEK 3: STUDY with God.

WEEK 4: STEP into your new IDENTITY in Christ.

WEEK 5: STEWARD your purpose and trust God.

WEEK 6: SAFEGUARD your purpose with humility.

WEEK 7: SPY out your land.

WEEK 8: SEE and survey your land.

WEEK 9: SCRIBE the vision.

WEEK 10: SLAY the giants!

WEEK 11: SECURE your land.

WEEK 12: SETTLE in your land.

FINAL WEEK: SERVE others.



What do you **REALLY** want?

What is your DREAM outcome
for the next 90 days?

Dream Outcome...

[illegible]

MY WEEKLY *Word*

LUKE 15:17-20

*And when he came to himself, he said, How many hired servants of my father's
have bread enough and to spare, and I perish with hunger!*

*I will arise and go to my father, and will say unto him, Father, I have sinned
against heaven, and before thee,*

*And am no more worthy to be called thy son: make me as one of thy hired
servants.*

*And he arose, and came to his father. But when he was yet a great way off, his
father saw him, and had compassion, and ran, and fell on his neck, and kissed
him.*

WEEK 1: START with God and SURRENDER!

Come to your senses and admit you are powerless and your life is
unmanageable without God.

Make a quality decision (each day) to arise and be with your
Father, knowing He is waiting to welcome you.

Reflections

[illegible]

MY DAILY

Devotion-1

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to
BELIEVE to shift?

Action steps + prayer points

For this son of mine was dead and is alive again; he was lost and is found.' So they began to celebrate.

Luke 15:24

MY DAILY

Devotion-2

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

'Quick! Bring the best robe and put it on him.

Luke 15:22

MY DAILY

Devotion-3

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to
BELIEVE to shift?

Action steps + prayer points

Put a ring on his finger...
Luke 15:22

MY DAILY

Devotion-4

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to
BELIEVE to shift?

Action steps + prayer points

*Put... sandals on his feet.
Luke 15:22*

MY DAILY

Devotion-5

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to
BELIEVE to shift?

Action steps + prayer points

*So they began to celebrate.
Luke 15:24*

MY DAILY

Devotion-6

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to
BELIEVE to shift?

Action steps + prayer points

“My son,” the father said, “you are always with me, and everything I have is yours.”

Luke 15:24

MY WEEKLY *Word*

JOHN 15: 1, 4-7

I am the True Vine, and My Father is the Vinedresser.

...Dwell in Me, and I will dwell in you. [Live in Me, and I will live in you.] Just as no branch can bear fruit of itself without abiding in (being vitally united to) the vine, neither can you bear fruit unless you abide in Me.

I am the Vine; you are the branches. Whoever lives in Me and I in him bears much (abundant) fruit. However, apart from Me [cut off from vital union with Me] you can do nothing.

If a person does not dwell in Me, he is thrown out like a [broken-off] branch, and withers; such branches are gathered up and thrown into the fire, and they are burned.

If you live in Me [abide vitally united to Me] and My words remain in you and continue to live in your hearts, ask whatever you will, and it shall be done for you.

WEEK 2: STAY in God! He has restored us to HOPE and to our union and communion with Him through the Cross and Resurrection. He loves us, sees us and accepts us in Christ.
We have to believe this!

Reflections

[illegible]

MY DAILY

Devotion-7

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

Dwell in Me, and I will dwell in you. [Live in Me, and I will live in you.]

John 15:4

MY DAILY

Devotion-8

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

Just as no branch can bear fruit of itself without abiding in (being vitally united to) the vine, neither can you bear fruit unless you abide in Me. John 15:4

MY DAILY

Devotion-9

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to
BELIEVE to shift?

Action steps + prayer points

Whoever lives in Me and I in him bears much (abundant) fruit.

John 15:5

MY DAILY

Devotion-10

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

*If you live in Me [abide vitally united to Me] and My words remain in you and continue to live in your hearts,
ask whatever you will, and it shall be done for you. John 15:7*

MY DAILY

Devotion-11

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to
BELIEVE to shift?

Action steps + prayer points

I have loved you, [just] as the Father has loved Me; abide in My love [continue in His love with Me].

John 15:9

MY DAILY

Devotion-12

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

I have chosen you and I have appointed you [I have planted you], that you might go and bear fruit and keep on bearing John 15:16

MY DAILY

Devotion-13

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to
BELIEVE to shift?

Action steps + prayer points

...for the Father himself loves you dearly because you love me and believe that I came from God.

John 16:27

MY WEEKLY *Word*

EPHESIANS 1:17-18 TPT

I pray that the Father of glory, the God of our Lord Jesus Christ, would impart to you the riches of the Spirit of wisdom and the Spirit of revelation to know him through your deepening intimacy with him.

I pray that the light of God will illuminate the eyes of your imagination, flooding you with light, until you experience the full revelation of the hope of his calling—that is, the wealth of God's glorious inheritances that he finds in us, his holy ones!

WEEK 3: STUDY with God! Daily choose Him by faith, submitting to Him and inviting Him to grant you the revelation and wisdom you need in order to know Him more intimately.

Reflections

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

MY DAILY

DATE:

Devotion-14

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to
BELIEVE to shift?

Action steps + prayer points

May God our Father and the Lord Jesus Christ give you grace and peace.
Ephesians 1:2

MY DAILY

Devotion-15

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

All praise to God, the Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly realms because we are united with Christ. Ephesians 1:3

MY DAILY

Devotion-16

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

Even before he made the world, God loved us and chose us in Christ to be holy and without fault in his eyes.

Ephesians 1:4

MY DAILY

Devotion-17

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

God decided in advance to adopt us into his own family by bringing us to himself through Jesus Christ. This is what he wanted to do, and it gave him great pleasure. Ephesians 1:5

MY DAILY

Devotion-18

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

He is so rich in kindness and grace that he purchased our freedom with the blood of his Son and forgave our sins.

Ephesians 1:7

MY DAILY

Devotion-19

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

*He has showered his kindness on us, along with all wisdom and understanding.
Ephesians 1:8*

MY DAILY

Devotion-20

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

I pray for you constantly, asking God, the glorious Father of our Lord Jesus Christ, to give you spiritual wisdom and insight so that you might grow in your knowledge of God. Ephesians 1:17

MY WEEKLY *Word*

ROMANS 6:6-14 MSG

Could it be any clearer? Our old way of life was nailed to the cross with Christ, a decisive end to that sin-miserable life—no longer captive to sin's demands! What we believe is this: If we get included in Christ's sin-conquering death, we also get included in his life-saving resurrection. We know that when Jesus was raised from the dead it was a signal of the end of death-as-the-end. Never again will death have the last word. When Jesus died, he took sin down with him, but alive he brings God down to us. From now on, think of it this way: Sin speaks a dead language that means nothing to you; God speaks your mother tongue, and you hang on every word. You are dead to sin and alive to God. That's what Jesus did.

That means you must not give sin a vote in the way you conduct your lives. Don't give it the time of day. Don't even run little errands that are connected with that old way of life. Throw yourselves wholeheartedly and full-time—remember, you've been raised from the dead!—into God's way of doing things. Sin can't tell you how to live. After all, you're not living under that old tyranny any longer. You're living in the freedom of God.

WEEK 4: STEP into your new IDENTITY in Christ!
This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun! (2Cor 5:17)
Put off the OLD and put on the NEW.

Reflections

[illegible]

*And this is the secret: Christ lives in
you. This gives you assurance of
sharing his glory.*

COLOSSIANS 1:27

MY DAILY

DATE:

Devotion-21

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.

1Corinthians 5:17

MY DAILY

Devotion-22

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me. Galatians 2:20

MY DAILY

Devotion-23

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to
BELIEVE to shift?

Action steps + prayer points

But he who is joined to the Lord becomes one spirit with him.

1Corinthians 6:17

MY DAILY

Devotion-24

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

*For you have died, and your life is hidden with Christ in God.
Colossians 3:3*

MY DAILY

Devotion-25

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

For He made Him who knew no sin to be sin for us, that we might become the righteousness of God in Him.

2Corinthians 5:21

MY DAILY

Devotion-26

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

*Even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved—
and raised us up with him and seated us with him in the heavenly places in Christ Jesus, Ephesians 2:5-6*

MY DAILY

Devotion-27

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to
BELIEVE to shift?

Action steps + prayer points

Do you not know that you are God's temple and that God's Spirit dwells in you?

1Corinthians 3:16

MY WEEKLY *Word*

*For if by one man's offence death reigned by one; much more they which receive abundance of grace and of the gift of righteousness shall reign in life by one, Jesus Christ.
(Romans 5:17)*

For it is [not your strength, but it is] God who is effectively at work in you, both to will and to work [that is, strengthening, energising, and creating in you the longing and the ability to fulfil your purpose] for His good pleasure. (Philippians 2:13)

And now there is nothing between you and Father God, for he sees you as holy, flawless, and restored, if indeed you continue to advance in faith, assured of a firm foundation to grow upon. Colossians 1:22-23 (TPT)

As for us, we have all of these great witnesses who encircle us like clouds. So we must let go of every wound that has pierced us and the sin we so easily fall into. Then we will be able to run life's marathon race with passion and determination, for the path has been already marked out before us.

Hebrews 12:1 TPT

WEEK 5: STEWARD your purpose and trust God.
Turn these Bible verses into declarations and repeat them to yourself and others often enough until you believe.

Reflections

[illegible]

MY DAILY

Devotion-28

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to
BELIEVE to shift?

Action steps + prayer points

For the sin of this one man, Adam, caused death to rule over many. But even greater is God's wonderful grace and his gift of righteousness, for all who receive it will live in triumph over sin and death through this one man, Jesus Christ. Romans 5:17

MY DAILY

Devotion-29

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

For God is working in you, giving you the desire and the power to do what pleases him.

Philippians 2:13

MY DAILY

Devotion-30

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

Yet now he has reconciled you to himself through the death of Christ in his physical body. As a result, he has brought you into his own presence, and you are holy and blameless as you stand before him without a single fault. Colossians 1:22

MY DAILY

Devotion-31

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to
BELIEVE to shift?

Action steps + prayer points

...let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Hebrews 12:1-2

MY DAILY

Devotion-32

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

By his divine power, God has given us everything we need for living a godly life. We have received all of this by coming to know him... 2Peter 1:3

MY DAILY

Devotion-33

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to
BELIEVE to shift?

Action steps + prayer points

"For it will be like a man going on a journey, who called his servants and entrusted to them his property. To one he gave five talents, to another two, to another one, to each according to his ability. Then he went away.

Matthew 25:14-15

MY DAILY

Devotion-34

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

But for this purpose I have raised you up, to show you my power, so that my name may be proclaimed in all the earth. Exodus 9:16

MY WEEKLY *Word*

*For I know the plans and thoughts that I have for you,' says the LORD, 'plans for peace and well-being and not for disaster, to give you a future and a hope.
(Jeremiah 29:11)*

*Delight yourself in the LORD, and he will give you the desires of your heart.
(Psalm 37:4)*

And we know that for those who love God all things work together for good, for those who are called according to his purpose. (Romans 8:28)

For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them. (Ephesians 2:10)

WEEK 6: SAFEGUARD your purpose with humility.
Be willing and available to submit to God's plans, believing that
He gives you the desires of your heart, and these desires could
indicate your next steps.

Reflections

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Biblical Meditation:

Remember that habits are established when our thoughts and emotions (our beliefs) are repeated, reinforced and embodied. Ultimately, these beliefs influence our decisions, actions, and subconscious responses, creating neural pathways that shape behaviors and habits. Toxic thought patterns are the primary reason why people get stuck in patterns of overwhelm and stress. Along with the associated emotions, this ends up defining our core identity.

It is essential to disrupt and challenge these patterns (or programming) in order to align the subconscious mind with the truths and beliefs we genuinely wish to embrace. Many of these patterns, along with their accompanying feelings, were established during our childhood and repeated so often, we have identified with them. Feelings like shame, fear, rejection, or isolation. We can compassionately address and acknowledge the root causes of these beliefs then take them captive to yield to the higher truth found in the Word.

Biblical meditation will help us renew and reprogram our minds by replacing old patterns with new thoughts grounded in the Word of God. It requires dismantling the old neural pathways associated with the 'Old Man' beliefs and rendering them redundant. Then building new neural 'highways' that lead to your desired destination - your New Man identity in Christ.

Meditation works through:

- *Repetition: The brain solidifies what it frequently repeats and focuses on.*
- *Visualisation: A powerful and effective tool used by elite athletes and high achievers. As the brain can't differentiate between imagined scenarios or memories with heightened and accompanying emotions, you can be intentional in visualising—connecting imagination, thoughts and emotions rooted in the Word, to positively redirect your state and outcomes.*
- *Programming: To Help you align your subconscious mind with what the Bible says about three core beliefs that shape your identity: Am I worthy? Am I loved? Am I enough?*
- *Declarations: Use your mouth to declare truth of who God says you are, especially where you feel uniquely stuck and need to shift your beliefs. (Joshua 1:8)*

So here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out.

ROMANS 12:1-2

MY DAILY

Devotion-35

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to
BELIEVE to shift?

Action steps + prayer points

And we know that for those who love God all things work together for good, for those who are called according to his purpose. Romans 8:28

MY DAILY

Devotion-36

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

For I know the plans and thoughts that I have for you,' says the LORD, 'plans for peace and well-being and not for disaster, to give you a future and a hope. Jeremiah 29:11

MY DAILY

Devotion-37

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

Delight yourself in the LORD, and he will give you the desires of your heart.

Psalm 37:4

MY DAILY

Devotion-38

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them. Ephesians 2:10

MY DAILY

Devotion-39

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?



What do I need to
BELIEVE to shift?

Action steps + prayer points

Look carefully then how you walk, not as unwise but as wise...
Ephesians 5:15

MY DAILY

Devotion-40

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

"Before I formed you in the womb I knew you, and before you were born I consecrated you; I appointed you a prophet to the nations." Jeremiah 1:5

MY DAILY

Devotion-41

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ.

Philippians 1:6

MY WEEKLY *Word*

NUMBERS 13:17-20

When Moses sent them to explore Canaan, he said, “Go up through the Negev and on into the hill country. See what the land is like and whether the people who live there are strong or weak, few or many.

What kind of land do they live in? Is it good or bad? What kind of towns do they live in? Are they unwalled or fortified? 20 How is the soil? Is it fertile or poor? Are there trees in it or not?

Do your best to bring back some of the fruit of the land.”

WEEK 7: SPY out your land.

Visualise your purpose-full, peace-full and power-full LIFE.
Be ready for God to remove the obstacles that are in the way and obscuring the view of your desires. Pray with the end in view.

Reflections

[illegible]

MY DAILY

Devotion-42

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

Then Moses sent them to spy out the land of Canaan, and said to them, "Go up this way into the South, and go up to the mountains, and see what the land is like... Numbers 13:17-18

MY DAILY

Devotion-43

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

Then they came to the Valley of Eshcol, and there cut down a branch with one cluster of grapes; they carried it between two of them on a pole. Numbers 13:23

MY DAILY

Devotion-44

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

Then they told him, and said: "We went to the land where you sent us. It truly flows with milk and honey, and this is its fruit. Numbers 13:27

MY DAILY

Devotion-45

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to
BELIEVE to shift?

Action steps + prayer points

Then Caleb quieted the people before Moses, and said, "Let us go up at once and take possession, for we are well able to overcome it." Numbers 13:30



What do you REALLY want?

What is your DREAM outcome
and DESIRE for the next 45 days?

[illegible]

MY DAILY

Devotion-46

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

But Joshua the son of Nun and Caleb the son of Jephunneh, who were among those who had spied out the land... spoke to all the congregation of the children of Israel, saying: "The land we passed through to spy out is an exceedingly good land. Numbers 14:6-7

MY DAILY

Devotion-47

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

If the Lord delights in us, then He will bring us into this land and give it to us, 'a land which flows with milk and honey.' Numbers 14:8

MY DAILY

Devotion-48

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

Only do not rebel against the Lord, nor fear the people of the land, for they are our bread; their protection has departed from them, and the Lord is with us. Do not fear them." Numbers 14:9

MY WEEKLY *Word*

MARK II:24

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

WEEK 8: SEE and survey your land.
Spy it out in your imagination as you accept responsibility to
receive this God given desire. Visualise and document your
Purpose-full, peace-full and power-full LIFE.

Reflections

[illegible]

MY DAILY

Devotion-49

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

*See, I have given you this land.
Deuteronomy 1:8*

MY DAILY

Devotion-50

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

Open my eyes, that I may behold wondrous things out of your law.

Psalms 119:18

MY DAILY

Devotion-51

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

I will give you every place where you set your foot, as I promised Moses.

Joshua 1:3

MY DAILY

Devotion-52

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to
BELIEVE to shift?

Action steps + prayer points

Your territory will extend from the desert to Lebanon, and from the great river, the Euphrates—all the Hittite country—to the Mediterranean Sea in the west. Joshua 1:4

MY DAILY

Devotion-53

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

Be strong and courageous, because you will lead these people to inherit the land I swore to their ancestors to give them. Joshua 1:6

MY DAILY

Devotion-54 DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?



What do I need to
BELIEVE to shift?

Action steps + prayer points

Wherever you set foot, that land will be yours.
Deuteronomy 11:24

MY DAILY

DATE:

Devotion-55

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

Thus the LORD gave Israel all the land He had sworn to give their fathers, and they took possession of it and settled in it. Joshua 21:43

MY WEEKLY *Word*

HABAKKUK 2:2-3

And then God answered: "Write this.

Write what you see.

*Write it out in big block letters
so that it can be read on the run.*

*This vision-message is a witness
pointing to what's coming.*

It aches for the coming—it can hardly wait!

And it doesn't lie.

If it seems slow in coming, wait.

It's on its way. It will come right on time.

WEEK 9: SCRIBE the vision.

Document it and review until it is engraved in your imagination
and you are emotionally connected to the life God has for you.

Reflections

[illegible]

MY DAILY

Devotion-56

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to
BELIEVE to shift?

Action steps + prayer points

*And the Lord answered me: "Write the vision; make it plain on tablets, so he may run who reads it."
Habakkuk 2:2*

MY DAILY

Devotion-57

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

For still the vision awaits its appointed time; it hastens to the end—it will not lie. If it seems slow, wait for it; it will surely come; it will not delay. Habakkuk 2:3

MY DAILY

Devotion-58

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to
BELIEVE to shift?

Action steps + prayer points

For the Lord God does nothing without revealing his secret to his servants the prophets.

Amos 3:7

MY DAILY

Devotion-59

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

'And in the last days it shall be, God declares, that I will pour out my Spirit on all flesh, and your sons and your daughters shall prophesy, and your young men shall see visions, and your old men shall dream dreams; Acts 2:17

MY DAILY

Devotion-60

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

The word of the Lord came to me: "What do you see, Jeremiah?"

Jeremiah 1:11

MY DAILY

Devotion-61

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

The Lord said to me, "You have seen correctly, for I am watching to see that my word is fulfilled."

Jeremiah 1:12

MY DAILY

Devotion-62

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

And he who was seated on the throne said, "Behold, I am making all things new." Also he said, "Write this down, for these words are trustworthy and true." Revelations 21:5

MY WEEKLY *Word*

2CORINTHIANS 10:4-5

*We use our powerful God-tools for smashing warped philosophies,
tearing down barriers erected against the truth of God, fitting every
loose thought and emotion and impulse into the structure of life
shaped by Christ.*

*Our tools are ready at hand for clearing the ground of every
obstruction and building lives of obedience into maturity.*

WEEK 10: SLAY the giants!

Make a personal inventory of the thoughts and beliefs that make
you feel you cannot possess your Promised Land.

Reflections

[illegible]

The Power of the Imagination:

The Bible speaks about the power of the imagination, both as a creative tool and a battleground, and we see positive as well as negative uses of the imagination in it. In Genesis 15:5, God called Abraham out to look at the stars as an invitation to use his imagination to grasp the enormity of God's plan for his life and legacy. Joshua was told, "See, I have delivered Jericho into your hands" (Joshua 6:2). Joshua had to envision victory before a single stone fell.

Every verse giving an instruction to 'SEE', 'BEHOLD', 'LOOK' is an invitation to use your imagination to see God's promises and plans from His perspective.

Proverbs 4:23 says, "Be careful how you think; your life is shaped by your thoughts." Your imagination is where your future is formed and is the canvas where God can paint His vision for your life. It is also where the enemy tries to sow ungodly images. As you get clear on the desires that God is giving you, I invite you to be mindful about using your will to hold these visions in your mind's eye.

TIPS to harness the power of your imagination and to keep God's promises in front of you, to encourage your faith and faith-filled actions in line with the vision:

- *Create a vision board: This is a physical or digital collection of images and words (or even a mind movie) representing your God-given goals and dreams. Choose pictures, scriptures, and declarations that resonate with what God has put in your heart. Place it somewhere visible to keep your vision in view.*
- *Pull down ungodly imaginations: 2 Corinthians 10:5 instructs us to, "Cast down imaginations, and every high thing that exalts itself against the knowledge of God." Recognise when your mind is filled with fear, doubt, or ungodly visions. Replace these thoughts with scripture and images of a victorious outcome.. Avoid sources of negative images (like the news or social media) to minimise their input into your imagination.*
- *Develop a habit of Visualisation: Spend time daily creating new neural pathways by picturing yourself walking in the fullness of God's promises. Imagine yourself healthy, whole, prosperous, and fulfilling your purpose. What would your purposeful, peaceful and powerful life look like and feel like? The more you visualize, the more you activate faith and align your thoughts, emotions, and actions with God's Word.*

*Finally, my friends, keep your minds on
whatever is true, pure, right, holy, friendly, and
proper.*

*Don't ever stop thinking about what is truly
worthwhile and worthy of praise.*

PHILIPPIANS 4:8

MY DAILY

Devotion-63

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

Submit yourselves therefore to God. Resist the devil, and he will flee from you.

James 4:7

MY DAILY

Devotion-64

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to
BELIEVE to shift?

Action steps + prayer points

For although we live in the natural realm, we don't wage a military campaign employing human weapons, using manipulation to achieve our aims . 2Corinthians 10:3

MY DAILY

Devotion-65

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

Instead, our spiritual weapons are energized with divine power to effectively dismantle the defenses behind which people hide. 2Corinthian 10:4

MY DAILY

Devotion-66

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

We can demolish every deceptive fantasy that opposes God and break through every arrogant attitude that is raised up in defiance of the true knowledge of God. We capture, like prisoners of war, every thought and insist that it bow in obedience to the Anointed One. 2 Corinthians 10:5

MY DAILY

Devotion-67

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

Put on God's whole armor [the armor of a heavy-armed soldier which God supplies], that you may be able successfully to stand up against [all] the strategies and the deceits of the devil. Ephesians 6:11

MY DAILY

Devotion-68

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

Behold, I give you the authority to trample on serpents and scorpions, and over all the power of the enemy, and nothing shall by any means hurt you. Luke 10:19

MY DAILY

Devotion-69

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

In conclusion, be strong in the Lord [be empowered through your union with Him]; draw your strength from Him [that strength which His boundless might provides]. Ephesians 6:10

MY WEEKLY *Word*

EXODUS 23:30

*I will drive them out before you little by little, until you
have increased and are strong enough to take possession
of the land.*

WEEK 11: SECURE your land.

Make yourself at home in this territory - even before you
experience it physically. WHO ARE YOU IN THIS PLACE and
how will you increase to keep what God has given you?

Reflections

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

MY DAILY

Devotion-70

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well.

Psalms 139:14

MY DAILY

Devotion-71

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to
BELIEVE to shift?

Action steps + prayer points

But to all who did receive him, who believed in his name, he gave the right to become children of God
John 1:12

MY DAILY

Devotion-72

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

To put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and to be renewed in the spirit of your minds, and to put on the new self, created after the likeness of God in true righteousness and holiness. Ephesians 4:22

MY DAILY

Devotion-73

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

And the angel of the LORD appeared to Gideon and said, "The LORD is with you, O mighty man of valor."

Judges 6:12

MY DAILY

Devotion-74

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to
BELIEVE to shift?

Action steps + prayer points

As it is written: "I have made you a father of many nations." He is our father in the presence of God, in whom he believed, the God who gives life to the dead and calls into being what does not yet exist. Romans 4:17

MY DAILY

Devotion-75

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

*For the promise to Abraham and his offspring that he would be heir of the world was not given through the law,
but through the righteousness that comes by faith. Romans 4:13*

MY DAILY

Devotion-76

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to
BELIEVE to shift?

Action steps + prayer points

*And if you belong to Christ, then you are Abraham's seed and heirs according to the promise.
Galatians 3:29*

MY WEEKLY *Word*

GENESIS 1:26-28

Then God said, "Let Us make man in Our image, according to Our likeness; let them have dominion over the fish of the sea, over the birds of the air, and over the cattle, over all the earth and over every creeping thing that creeps on the earth."

So God created man in His own image; in the image of God He created him; male and female He created them.

Then God blessed them, and God said to them, "Be fruitful and multiply; fill the earth and subdue it; have dominion over the fish of the sea, over the birds of the air, and over every living thing that moves on the earth."

WEEK 12: SETTLE in your land.
You were made for dominion and to occupy until the Lord
returns. (Luke 19:13)

Reflections

[illegible]

MY DAILY

Devotion-77

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to
BELIEVE to shift?

Action steps + prayer points

...let them have dominion ... over all the earth and over every creeping thing that creeps on the earth.

Genesis 1:26

MY DAILY

Devotion-78

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to
BELIEVE to shift?

Action steps + prayer points

*Then God blessed them, and God said to them, "Be fruitful and multiply; fill the earth and subdue it;
Genesis 1:28*

MY DAILY

Devotion-79

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to
BELIEVE to shift?

Action steps + prayer points

*Your kingdom come. Your will be done On earth as it is in heaven.
Matthew 6:10*

MY DAILY

Devotion-80

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to
BELIEVE to shift?

Action steps + prayer points

You have given him dominion over the works of your hands; you have put all things under his feet
Psalm 8:6

MY DAILY

Devotion-81

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to
BELIEVE to shift?

Action steps + prayer points

The highest heavens belong to the Lord but the earth he has given to mankind.

Psalms 115:16

MY DAILY

Devotion-82

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

*He has delivered us from the domain of darkness and transferred us to the kingdom of his beloved Son
Colossians 1:13*

MY DAILY

Devotion-83

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the Home of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

And he made from one man every nation of mankind to live on all the face of the earth, having determined allotted periods and the boundaries of their dwelling place, Acts 17:26

MY WEEKLY *Word*

JOSHUA 1:14-15

But all your mighty men of valor must be armed for battle to cross over ahead of your brothers and help them, until the LORD gives them rest as He has done for you, and your brothers also possess the land that the LORD your God is giving them.

Then you may return to the land of your inheritance and take possession of that which Moses the servant of the LORD gave you on the east side of the Jordan.”

FINAL WEEK: SERVE others.
With humility, love and a sense of responsibility.

Reflections

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

MY DAILY

Devotion-84

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the House of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. Matthew 28:18-19

MY DAILY

Devotion-85

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the House of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to
BELIEVE to shift?

Action steps + prayer points

We love because he first loved us. If anyone says, "I love God," and hates his brother, he is a liar; for he who does not love his brother whom he has seen cannot love God whom he has not seen. 1John 4:19-20

MY DAILY

Devotion-86

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the House of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to
BELIEVE to shift?

Action steps + prayer points

But if anyone has the world's goods and sees his brother in need, yet closes his heart against him, how does God's love abide in him? Little children, let us not love in word or talk but in deed and in truth. 1John 3:17-18

MY DAILY

Devotion-87

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the House of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God.

Hebrews 13:16

MY DAILY

Devotion-88

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the House of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

And whoever would be first among you must be slave of all. For even the Son of Man came not to be served but to serve, and to give his life as a ransom for many." Mark 10:44-45

MY DAILY

Devotion-89

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the House of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

Action steps + prayer points

When he had washed their feet and put on his outer garments and resumed his place, he said to them, "Do you understand what I have done to you? You call me Teacher and Lord, and you are right, for so I am. If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. John 13:12-14

MY DAILY

Devotion-90

DATE:

Things I am
grateful for

1.

2.

3.

Bible reflections

Where am I emotionally in the House of Rest?

SHIFT:

Negative: What am I resisting?

Positive: What do I really want?

What do I need to

BELIEVE to shift?

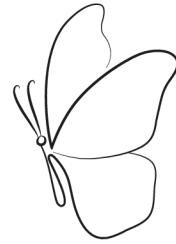
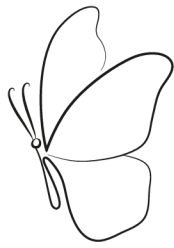
Action steps + prayer points

As each has received a gift, use it to serve one another, as good stewards of God's varied grace: whoever speaks, as one who speaks oracles of God; whoever serves, as one who serves by the strength that God supplies—in order that in everything God may be glorified through Jesus Christ. To him belong glory and dominion forever and ever.

Amen. 1Peter 4:10-11

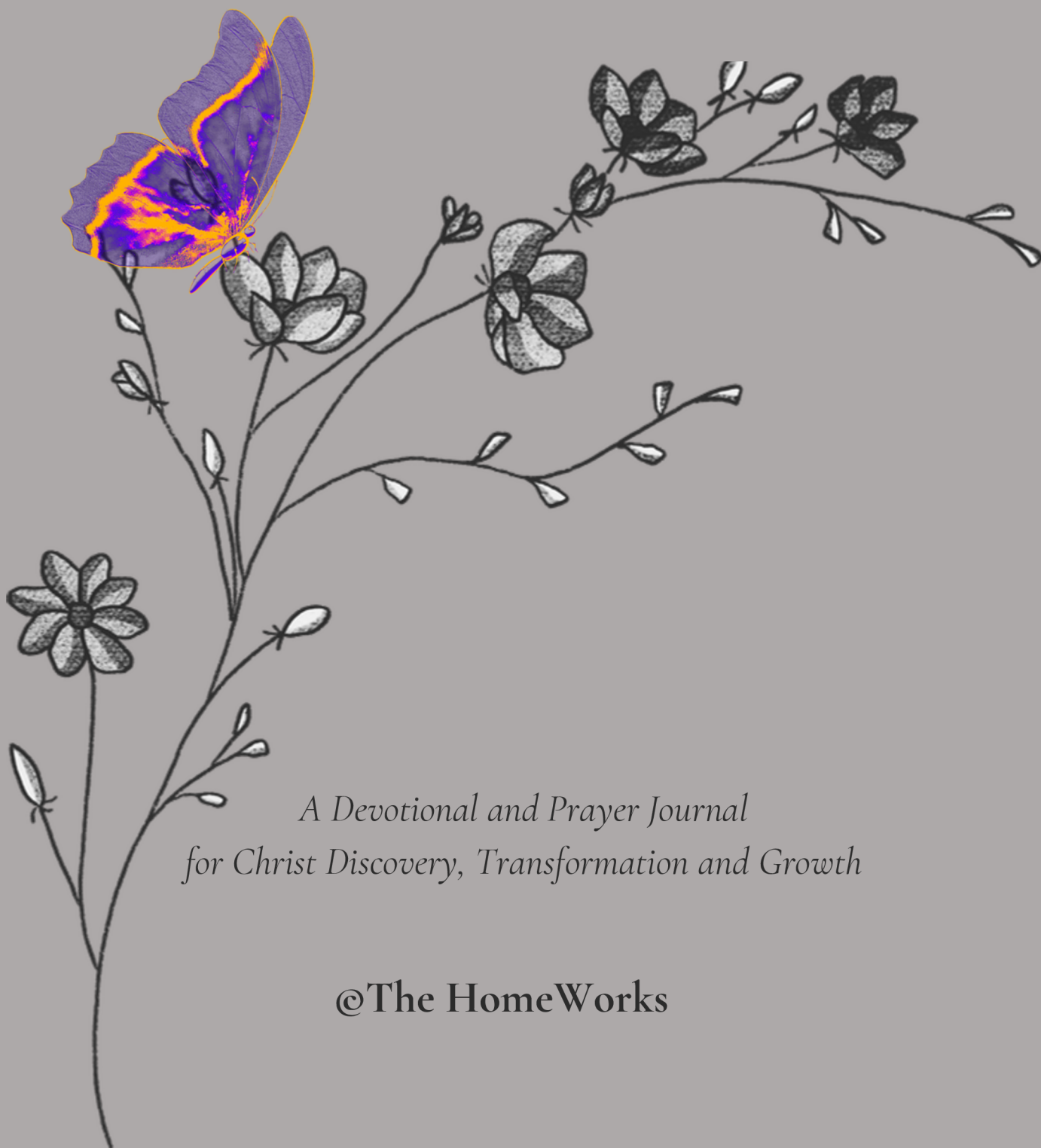
“The latter glory of this house will be greater than the former,’ says the Lord of hosts, ‘and in this place I shall give [the ultimate] peace and prosperity,’ declares the Lord of hosts.””

HAGGAI 2:9



**Don't forget what you REALLY
want!**

Keep your DREAM outcomes
and DESIRES for the future in
view.



*A Devotional and Prayer Journal
for Christ Discovery, Transformation and Growth*

©The HomeWorks