

# BREAK FREE OF STRONGHOLDS

Handbook



3 Ways To Change And Control  
The Desires Of Your Body And Mind

DEBORAH FEARON

# **BREAK FREE OF STRONGHOLDS**

*Are you attracted to the wrong people or things?*

*Getting disappointing results?*

***Master the Control of Your Thoughts and  
Desires to Produce Your Good, Happy,  
Healthy, Successful life!***

*DEBORAH FEARON*

*Copyright © 2020 by Debbie Fearon*

ISBN 978-173555848-3-6

All publishing rights belong exclusively to Beauty Of Healing

1800 779-8615

*Get a free newsletter for more wellness tips at*

[BlogBeautyofHealing.com](http://BlogBeautyofHealing.com)



## **WHY I WROTE THIS BOOK**

Anyone who can make a choice can choose to master the control of their thoughts and desires. To produce your successful life, make this choice. The subconscious thoughts of past expediencies have too long controlled our lives. Leaving us feeling alone and helpless. This hampers our God given potentials and limit our prosperity. You are neither alone or helpless. I wrote this book to put an end to this bondage. You can get back the control of your thoughts, desires, face your fears and destroy these strongholds. It is necessary to tap back into your God given power of potential energy flow to accomplish your true happiness. True freedom comes when we refuse to let our happiness be stolen. We have the power within us to win. With the right tools and a little practice, we can experience our good results. This is why I wrote this book. To provide these tools so we can win.

## WHY I WROTE THIS BOOK

### CHAPTER ONE FREEDOM FROM STRONGHOLDS

The solution

Enough is enough. Time to take back what was stolen.

Sexual Gratification

Adulthood is shaped by childhood experiences. If a child

Everyone should be free to be the person they were born

Brain and Body Connection

How Your Mind Controls Your Body

The body has memory cells which are controlled by the

“The human brain can change in response to

### CHAPTER TWO TRANSFORMING THE MIND

The human brain can change

Three Tools For Changing The Human Brain

Brain Training

## PART 2

### CHAPTER THREE CREATE A NEW EXPERIENCE

A New Learning Experience

What Must I Do with These Negative Thoughts?

Deep Breathing and Relaxation

Give and Receive Forgiveness

Forgiveness Affirmation

### CHAPTER FOUR THERE IS A KING IN YOU

Finding Peace In Your Identity

Speaking Retrains The Mind

Identity Affirmation

## CHAPTER FIVE INCREASE YOUR ABILITY TO RECEIVE

Faith Is The Key To Manifest Change

Faster Manifestation

Vision Affirmation

You Are Called And Chosen

Avoid Pride

You Have The Blessing Promises

The Blessing Of The Lord Makes You Rich

Wealth Affirmation

Creativity Affirmation

Divine Favor Affirmation

## CHAPTER SIX HEALING SCRIPTURES

Your Gift Will Put You In Great Demand

How To Handle Accusers

Never Be Ashamed Of Your Gift

Bold Like The Lion

Remember Whose You Are

Healing Affirmation

## CHAPTER SEVEN RETRAINING SEXUAL ATTRACTION

Verbalization For Retaining Sexual Attraction

Life Affirmation

## CHAPTER EIGHT HEART AFFECTIONS

Turn on Natural Affections In The Memory Cells

Happy With Lovemaking

Redemption Time

God Will Meet Your Needs

Natural Affection Affirmation

## CHAPTER NINE WALKING IN YOUR AUTHORITY

Walking In The Authority Of Your Supernatural Power

It is the will of God for you to be transformed. Take the time to

Present your body, a living sacrifice holy and acceptable unto

It is impossible for offences to come to you, but woe

Power over fear Affirmation

The Supernatural Flow For The Saving Of Souls

Fully Cloth In The Supernatural

Supernatural Power affirmation

Claim Your Inheritance

Blessing Affirmation

## CHAPTER TEN MORE THAN A CONQUEROR

Fasting And Praying Prepares For Dominion

Pressing Through Blockages

## CHAPTER ELEVEN PRIORITIZE GOD IN YOUR LIFE

Prioritize God

The person who can rule his tongue can rule a city. I have

How To Handle Temptation

## CHAPTER TWELVE PURSUE THE GIFTS OF THE SPIRIT

Pursue The Gifts

Who Will Get Into The Kingdom?

Your Daily Walk Brings Success





*BREAK FREE OF STRONGHOLDS*

**PART 1**

**THE ATTRACTION MECHANISM**

**AND HOW IT WORKS**



# CHAPTER ONE FREEDOM FROM STRONGHOLDS

## **The solution**

To master your good results, you must first understand what is limiting your success and how to remove it. This book is about taking back the controls of what happens inside our bodies and our world. This includes easing the body, mind, and spirit from the effects of past negative experiences. If these experiences are never truly addressed and resolved, they can control one's behavior, desires, and health. The solution also helps to wither the branches of other related diseases that could result from those negative experiences.

**Enough is enough.** Time to take back what was stolen.

Negative experiences can produce unhealthy memories, which are often called strongholds. The affected person may not recognize the connection between the present ill effects and the unhealthy memories of a specific traumatic event suffered. Often this is expressed in experiences of sexual trauma,

abandonment, trauma, and growing up with fear. Strongholds control what and who the individual is attracted to. These also control how the individual views and interacts with his/her world. If it was your innocence, self-esteem, time, money, love, or anything else stolen, it is time to take it back. You are the one who can take responsibility for your health and happiness.

### **Sexual Gratification**

“When a person’s sexual gratification is highly or completely dependent on fantasies, urges, or behaviors that fall outside the socially acceptable range of sexual behavior, the person is said to have a paraphilia. Typically, these individuals come to the attention of mental health professionals only when their behavior leads to ramifications such as a conflict with their sexual partner, family members, coworkers, or law enforcement.” (Hockenbury)

**Adulthood is shaped by childhood experiences.** If a child were to experience sexual abuse, especially of the same sex, it tampers with their sexuality. This book will explain and identify some effects of early childhood trauma, brain, and sex organ connection, the psychological root of disorders, and the methods used for the transformation of the mind.

**Family members and friends** who were abandoned in childhood by a parent, and not growing up with a nurturing stepparent, I have personally seen them struggle with maintaining deep relationships. Even when married their partner is held at a distance emotionally. Fear is a factor in those relationships.

**This book will explain** the physical, psychological, and spiritual aspects of the mind and body connection. It will serve to explain the effects of trauma, especially childhood trauma that carries over into adulthood. This book also provides spiritual methods that address these issues down to its' cellular level. I have used these methods in my own life and have had remarkable results in the improvement of my health, happiness, and success. I know you will too.

**Everyone should be free to be** the person they were born to be. The negative effects of traumatic events can restrain one from being in control of self. This vicious cycle of strongholds must be turned off, and the person must be set free. By regrating freedom from trauma, an individual can in turn, positively affect others around them. This is a ripple effect. My prayer is for all to know Almighty God within themselves, and

to receive the benefits of having The Almighty God in their life. I take on this sensitive issue with the gravity it deserves.

**Children are our most valuable resources** for the preservation and continuation of humanity. The obligation to protect, ensure the good health, growth, and development of children is the responsibility of the present adult generation. Every citizen of planet Earth influence society for the future generation. I believe the ripple effects are profound as it passes one to another, and as it continues on through the whole world. Let's face it. We all have emotional baggage. Christ has made us free. Why are we still in bondage to our baggage?

**The purpose** of this book is to promote positive mental and spiritual functioning. To improve health and happiness. To also access affected areas of the brain and switch off their negative motivation for behavior. These ultimately provide healthy mental growth as well as spiritual growth. Thus, your good results can break free and destroy what is standing in your way of success. When you are laser-focused, nothing in hell can stop you. Get on with it. Fight your good fight of faith. Let's go claim our inheritance.

## **Brain and Body Connection**

Experiences, whether real or imagined, of the mind, underlies physical processes in the body, desire, and behavior. The brain regulates the hormone system of the body. When the body is not at ease it also signals the brain of a problem. Trauma experienced, even in childhood is recorded in the cells of the body. Yes, the cells of our body have a memory. This is why one may still be experiencing physical symptoms even though the traumatic event has already passed or even forgotten by the conscious mind.

The psychological controls the physical and vice versa, like a vicious cycle. The body always tries to be at equilibrium; a stable state of normal functioning. So, it tries to expel or express what is unhealthy. These unhealthy memories may be expressed in symptoms like pain, skin problems, unnatural behaviors, desires, and other manifestations.

“Biological psychologists investigate the physical processes that underlie psychological experience and behavior. Their stance is that all thoughts, feelings, and behavior ultimately have a biological cause.” (Hockenbury)



***The nervous system*** activates and controls all the functions of the body. It is divided into two parts: *the central nervous system (CNS) and the peripheral nervous system (PNS)*. This system is a complex network.

***The CNS is composed of the brain and the spinal cord.***

**The brain regulates** the endocrine system which is composed of glands that secrete **hormones** into the bloodstream regulating **bodily functions** such as physical growth, **stress** response, and **sexual development**. The gonads are endocrine glands that secrete hormones that regulate sexual characteristics and reproductive processes.

**The spinal cord produces reflexes.** Nerve fibers carry impulses from the CNS to **muscles** and other **organs**. Afferent nerve-fibers carry sensory impulses to the CNS. Efferent nerve fibers carry motor (movement) impulses from the CNS to the muscles and other organs.

**The PNS consists of all the nerves in the body that are outside** of the central nervous system (CNS). The peripheral nervous system (PNS) includes the cranial nerves and the spinal nerves. The somatic fibers carry impulses to **bone, muscle, and skin**. The visceral fibers are associated with internal **organs**, the blood vessels, and the mucus membrane. (Mosby's)

## **How Your Mind Controls Your Body**

Let us first look at how the body is controlled. The endocrine system under the control of the brain (hypothalamus and pituitary gland) directly controls hormone production within the body. The pituitary gland is the master gland of the brain. It controls our internal organ system. In other words, the mind controls the body.

**Our memories are in the unconscious mind.** Unresolved and stressful negative memories create mind-body responses. We will refer to these as strongholds. If not resolved, the continuous automatic response of the body to the mind's negative view creates a vicious cycle. The body sending signals to the mind that it is not at ease and the mind sending out chemical reactions to cope with the situation. This results in malfunction and excessive release of chemical substances in the body. Our memory cells have direct involvement in the immune system's response. The immune system response could become excessive in this situation of the vicious cycle.

**The body has memory cells which are controlled** by the mind's memory cells. The cells of our body and mind still have a memory of all our past hurts. The memory has all the information and sensations that have been consciously learned. Whether you have a conscious memory of an event or not, the memory has your mind's attention.

If the mind views the painful memory situation as unresolved, it still will be regulating your endocrine system in an attempt to resolve the problem. Since the mind may be responding to a memory and not a current event, both the body and mind may eventually result in exhaustion or even organ failure. It is imperative for the mind's view to be transformed, and a different action associated with that situation. Then, the mind's instruction of behavior, attractions, and physical health will be based on a positive memory view.

**“The human brain can change in response to environmental stimulation, training, or experience** displaying both functional and structural plasticity.” (Hockenbury)

It is critical to master the control of your mind's view when addressing this change in both structure and function. Thus, you will control the lust of the flesh, the lust of the eye, and the

negative pride of life as the Holy Bible gives reference. Brain training is accomplished as the mind's view is transformed.



## **CHAPTER TWO TRANSFORMING THE MIND**

### **The human brain can change**

The human brain can change in response to environmental stimulation, training, or experience and we will use all three to make a change even to the cellular level. We will use the techniques of meditation for training, verbalization (speaking) for environmental stimulation, and visualization to create an experience. Your mind responds the same to a real or virtual experience as mentioned.

### **Three Tools For Changing The Human Brain**

*And Pulling Down Strongholds*

#### **1. Meditation: focus attention**

Meditation is simply to focus our attention. Any action done with mindfulness can be meditative. This technique is used to train the brain. Meditation time is where you set a goal of a designated time for meditation. It is helpful to schedule meditation time before or after something you must do every day, like waking up, going to bed, or showering. Set meditation time for daily or twice daily over 21 days. 30 minutes per day

can be divided 15min in am and 15 min in pm if desired.

## **2. Verbalization: speaking**

Speaking out loud provides the external stimulation to pull down strongholds. Confessing specific affirmations can create a positive new experience. Your brain's thought can be interpreted by sound (hearing). In other words, hearing changes the thoughts of the brain, which then proceed on to form a picture of those words spoken. The memory of a negative experience creates strongholds of abnormal desires in the body. So, this tool helps to provide the stimulation for a new memory experience in the brain.

## **3. Visualization: imagine vividly**

Try to use all your senses to experience your affirmation in your mind. Create a mental experience in your body. For example, see the green grass, smell its fresh-cut aroma, and feel its softness as you stroke your hand gently across it. Find a quiet place. It can be helpful to confess your affirmations before a mirror if desired. Start with some deep breathing and relaxation to focus your mind on your breathing. Then, read your affirmation aloud seven times. When you can speak it from memory, you have now created a new memory. Continue

to use all your senses to create your mental experience.  
Visualize (see) what you are saying.

## **Brain Training**

**Brain training is accomplished** as the mind's view is transformed. According to published author Ana Werner, “The right side of the brain is the creative side. Negative childhood experiences, even as minor as the foul or negative language spoken to or about the child, causes blockage” (Ana Werner). The technique used as simple prayer affirmation and positive language (speaking) can produce positive changes.

### **If you are praying for yourself, personalize your prayer.**

Personalize your prayer by saying “I”. If you are praying for someone else, say the persons’ name. Confessing words of healing create a new picture of health in the mind.

Practiced for 21 days straight, prayer affirmation creates a new avenue. With this new avenue, the body now can receive new healing. These new words of healing interrupt the vicious negative cycle of thoughts and renew the mind’s unconscious thoughts.



**When the renewed mind conceives**, which is to imagine the picture of the new words spoken, then the body is now able to respond. The new thought can now carry out the behaviors associated with it. Thus, the mind-body reactions will be changed to a healthy course. This may sound simple, but it does take commitment and willingness to see it through. Even when the body does not feel to change, your set goal and commitment will help you to stay focused.

**Writing out the words you are confessing (affirmation)**

will help you to stay focused. Carry it with you throughout your day as a reminder. Monitor your language to keep it positive, and in line with your affirmation. Also, what you are seeing and hearing, as movie, magazine, or music. Scripture is used to help you to form your affirmations because these are already words of power and puts you at an advantage. To maintain your transformed state of mind after your 21 days, you can continue to choose scripture verses to make your affirmations as needed. Be transformed by the renewing of your mind.

(Romans 12)



**PART 2**

*NEW LEARNING*

***EXPERIENCES***

## **CHAPTER THREE CREATE A NEW EXPERIENCE**

### **A New Learning Experience**

We will create a new learning experience by using affirmations. These affirmations are confessions of Bible scripture made personal to you and spoken aloud. See verbalization example. You can also create your own affirmation. See the peace affirmation example. Using personalized words of scripture provides a reference tool that can be intensely emotional and intimate to you.

The stronger the emotion expressed, the quicker the results of change.

To create your affirmation and retrain your mind is a goal.

It is important to break up large goals into smaller goals.

Practiced often enough it will become a habit, which is now automatic in the subconscious mind. When each goal is complete, push a little past that goal into the next goal.

Reward yourself after each accomplishment. This will keep up the momentum and increase your energy to continue. Thus, desire will shift focus. Reward system could be any healthy pleasure. It could be time spent with a loved one, activity in the fresh open air, or any other healthy pleasure. It is also important to get a good

night's sleep. This is the time for the mind and body to repair and heal. Gratitude promotes optimism and a feeling of pleasure. This could be expressed in praise and thanksgiving to the creator and to others who have helped you. It could be simply, being thankful for a sunny day, family, or life.

### **What Must I Do with These Negative Thoughts?**

What must I do with these negative thoughts I have about myself and others? you may ask. Face them. Before beginning brain training, acknowledge who or what has caused you difficulty or pain. I suggest getting a sheet of paper. Fold it in two, from the top down. On the left half, list the most traumatic things that have happened to you and the negative thoughts you are having. On the right half of the paper, correspond to each negative thing you wrote on the left, write a positive affirmation for each. Biblical affirmations are amazingly effective in this process. Some are listed in this book for your use.

When you are finish never look at the negative side of paper again. You can even destroy the negative side if desired. Speak out the positive affirmations you wrote, on the right of the paper, for twenty-one days. This will help you to let go of

the pain and move on into your healing. If those thoughts try to return, remind yourself that you have dealt with them. Then speak your positive affirmations aloud. This has helped me tremendously to overcome negative thoughts.

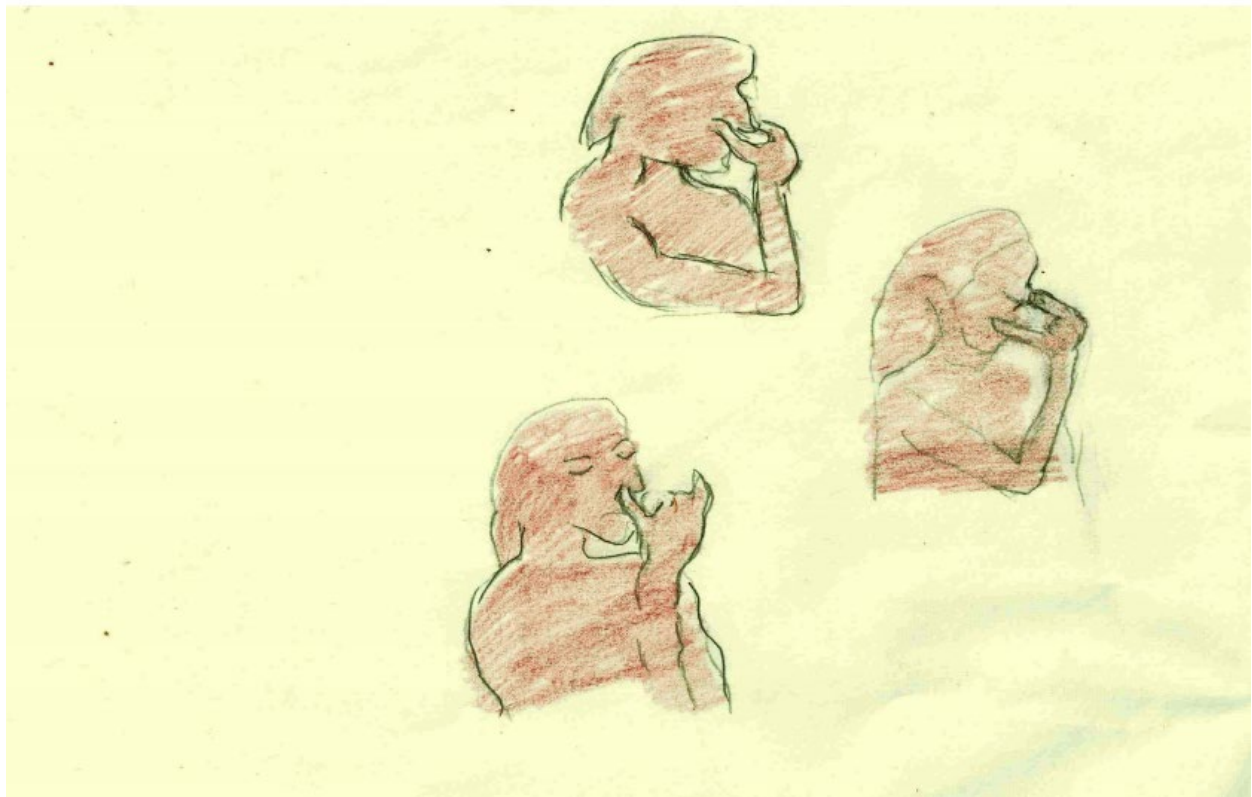
### **Deep Breathing and Relaxation**

Calm and shift you from a state of stress is what deep breathing and relaxation exercises do. Breathing exercise also prepares you to be focused. The breathing technique can be used anytime, anywhere, when you feel stressed or agitated. But for the purpose of meditation, a quiet place is preferred for the alternate nostril breathing technique. See the Breathing Technique Exercise.

The action of finding a quiet place and preparing for meditation already starts the mind-body connection. Also does the act of doing your breathing exercise. These actions are deliberate and within your control. A new positive experience has already begun. You are already taking back control. Pat yourself on the shoulder and tell yourself you have done well. Be sure to celebrate each accomplishment.

**Continue to utilize your tools** of meditation (think on it), verbalization (speak it continually), and visualization (imagine it

vividly) for all your affirmations. This will create a new thought in which the body, desire, and behavior now have a point of reference to respond to. The greater the emotion expressed when speaking your affirmation, the quicker the effects begin in your body. Your strong emotions speed the process. A time of prayer is often very emotional. This a great time to speak your affirmations.



### ***BREATHING TECHNIQUE EXERCISE***

Nadi Suddhi Pranayama (alternate nostril breathing): This

exercise acts as a purification of the energy channels, balance the nervous system, calm the mind while leaving you mentally alert.

- 1) Sit comfortably. Curl your index and middle finger of your right hand into the palm and inhale fully through both nostrils.
- 2) Close the right nostril with the thumb of the right hand and exhale fully through the left nostril, then inhale.
- 3) Close the left nostril with the ring and little finger. Release your thumb and exhale through the right nostril, then inhale through the right.
- 4) Close the right nostril and exhale through the left. This is one cycle. Complete three to seven cycles before resting your arms and breathing through both nostrils. Rest and relax. Allow your body to settle. (Christina Brown)

## **Give and Receive Forgiveness**

### *VERBALIZATION EXAMPLES*

My heart is comforted in love, in all riches, in understanding the full assurance and knowledge of the mystery of God the Father and of Christ. (Colossians chapter 2)



## ***Peace Affirmation***

The peace of Christ is within me. I have peace in my mind, and in every cell of my being. I am free.

**Finding peace provides a start of wellness.** Especially in your spiritual state of being. Inner peace can be found when there is freedom from guilt and shame. The forgiveness affirmations can provide the avenue for this to occur. To be spiritually minded is life and peace. You are in the spirit if the Spirit of God dwells in you. The goal of the forgiveness and identity affirmations are for you to find your place of peace and true Biblical identity. Finding your place of peace also provides freedom from condemnation.

It may be tempting not to forgive; but when you forgive the person who has hurt you, you free yourself to let go of the hurt. Those who embrace forgiveness free themselves to overcome adverse experiences of the past. When you accept that you are freely forgiven, you are now ready to transform your mind. Freely receive forgiveness and freely give forgiveness. The following release affirmations are helpful for receiving forgiveness and releasing oneself from the person who has caused hurt. Say the person's name in the space

provided below. Also, see the sections on forgiveness and peace affirmations.

***Release Affirmation***

'I let go of----- to go on and do their better good in life.' (Ponders)

***Release affirmation***

The Lord forgives all my iniquities (sin). (Psalm 103:3)

And I forgive all those who have done iniquity against me. In

Jesus' name.

**MEDITATION**

As you prepare for your meditation, you can start with a few deep breaths to promote relaxation and calming. Focusing on your breathing will help you to center yourself. To center yourself means to focus your mind on receiving and releasing.



*Amethyst stone*

## **VISUALIZATION**

The crown (top of the head) is the body area of focus. The colors of focus are white and violet that flows together, as does the element amethyst stone above. The brain, pineal gland, and entire nervous system are energized in this process. This is where freedom of the soul takes place.

Those who accept forgiveness free themselves to overcome adverse experiences of the past.

## **SCRIPTURE: FORGIVENESS**

**Christ says, Come** unto me all ye that labor and are heavy laden, and I will give you rest. (Mathew 11:28,29) You shall find rest for your soul, the real inner you.

It is God who forgives us, heals us, redeems our life, crowns us with His loving kindness and tender mercies, satisfies our mouths with good things, renews our youthfulness. As heaven is high above the earth, so great is His mercy toward us.

(Psalm 103:11)

As far as the east is from the west, so far has He removed all transgression (sin) from us. (Psalm 103:12)

As a father pities his children who love Him, so does God the Lord our Father pity us, because He knows us. (Psalm 103:13, 14)

**The mercy of the Lord is from everlasting** to everlasting upon them that love Him. His righteousness extends to His children who keep His covenant and remember to do them. The kingdom of God rules over-all. (Psalm 103:17, 18, 19)

Come. (Revelation 22:17)

God freely gives us all things. (Romans 8:32)

In all things we are more than conquerors through Him, that loves us. (Romans 8:37)

**If God be for us who can be against us.** (Romans 8:31)

Now we have received the Spirit of God, that we know those things that are freely given to us from God.

(1 Corinthians 2:12)

These things also we speak, that which the Holy Spirit teaches. (1 Corinthians 2:13)

The natural man does not receive the things of the Spirit of God. They are foolishness to him. Neither can he know them, because they are spiritually discerned. (1 Corinthians 2:14)

He who is spiritual judges all things. No man can judge him.

(1 Corinthians 2:15)

For he knows the mind of the Lord, the Lord instructs him. He has the mind of Christ. (1 Corinthians 2:16)

**God sent His own to condemn the sin of the flesh** (body), so righteousness can be fulfilled in us who live daily in the spirit.

(Romans 8: 3)

(Gods' own flesh is Christ Jesus). We who are born after the Spirit mind the things of the Spirit. (Romans 8:5)

To be spiritually minded is life and peace. (Romans 8: 6)

You are in the spirit if the Spirit of God dwells in you.

(Romans 8:9)

Therefore, there is no condemnation to those who are in Christ Jesus, who walk after the Spirit. (Romans 8: 1)

The Spirit of Christ in us made us free. (Romans 8:2)

The Spirit is life and righteousness. (Romans 8: 10)

The Spirit of Him who raised up Christ from the dead dwells in you, and He shall quicken your mortal flesh body by His Spirit.

(Romans 8: 11)

**Those who are led by the Spirit of God**, are the sons of God (mature offspring). (Romans 8: 14)

These have received the Spirit, whereby we call, "Abba Father."

(Romans 8: 15)

The Spirit bears witness that we are the children of God and thus, heirs of God, joint-heirs with Christ. We are glorified together with Christ, and the glory shall be revealed in us.

(Romans 8: 16, 17, 18).

Whom God calls He justifies, and whom He justifies He glorifies.

(Romans 8: 30)

If All-Mighty God be for us, who can be against us?

(Romans8: 31)

He, who delivered up His own for us, shall freely give us all things. (Romans8: 32)

**It is Christ within us who makes intercession for us.**

(Romans8: 34)

(The king lives in you.) Who can separate us from the love of Christ? (Romans 8: 35)

In whom are hid all the treasures also of wisdom and knowledge. (Colossians22:3)

For in Christ dwell all the fullness of the Godhead bodily.

(Colossians 2:9)

The head from which all the body has nourishment; God gives the increase. (Colossians 2:19)

If you confess with your mouth the Lord Jesus Christ and believe in your heart that God raised Jesus from the dead, you shall be saved. (Romans 10:9)

**God provided better things for us** so that we become perfect.

(Hebrews 11:40)

There is none righteous (all are in need of God's righteousness).

(Romans 3:10)

All have sinned and come short of the glory of God.

(Romans 3:23)

The faith of Jesus Christ comes upon all who believe.

(Romans 3:21, 22)

**For we are more than conquerors** through Him that loves us.

Nothing can separate us from the love of God which is in Christ

Jesus. (Romans 8: 37-39)

We are changed from glory to higher glory by the Spirit of the

Lord. (2 Corinthians 3:18)

## **PERSONALIZED SCRIPTURE**

Choose the affirmation that you need to use for verbalization, visualization, and meditation.

### **Forgiveness Affirmation**

Let God be true to me (God's work manifests truth), as it is written. I have the advantage of profit in circumcision (the

cutting away of all sin and born again into the kingdom of God).  
(Romans 3:1,4)

To me, is given the oracles (divine wisdom) of God.  
(Romans 3:27)

Christ the expressed image of God the brightness of His glory,  
the expressed image of His person, upholding all things by the  
power of His word. He purged my sins and I am seated with  
Him on the right hand of Majesty on high. (Hebrew 1:3)

In Jesus' name. Thank you, Lord

Father Gods' own flesh is Christ Jesus. Christ Jesus took all my  
sins on to His flesh for me, so I can be free. He freely gives me  
forgiveness.

He who delivered up His own for me freely gives me all  
things. (Romans 8:32)

God sent His own to condemn the sins of my flesh (body). So,  
righteousness can be fulfilled in me who live daily in the Spirit.  
(Romans 8: 3,4)

The Lord forgives all my iniquities (sin). (Psalm 103:3)

He redeems my life from destruction. He crowns me with loving  
kindness and tender mercies. (Psalm 103:4)



I confess with my mouth the Lord Jesus Christ and I believe in my heart that God raised Jesus from the dead. I am saved.

(Romans 10:9)

I believe God, who has removed all my shame.

(Romans 10:11)

I accept the gift of Christ Jesus and I am born after the Spirit.

I mind the things of the Spirit. (Romans 8:5)

I am in the spirit, and the Spirit of God dwells in me.

(Romans 8:9)

To be spiritually minded is life and peace. (Romans 8:6)

The Spirit of Christ in me has made me free. (Romans 8:2)

There is no condemnation to me. I am in Christ Jesus. I live in the Spirit. (Romans 8:1,2)

I am holy and acceptable unto God. (Romans 12:1).

I am changed from glory to higher glory by the Spirit of my Lord. (2nd Corinthians 3:18).

My body is of Christ. (Colossians 2:17).

In whom, I am also circumcised in putting off all sin, which was buried with Him. With the baptism, I have risen with Him through faith in God who has raised Him from the dead.

(Colossians 2:11,12).

We are quickened together. I have forgiveness of all trespasses.

(Colossians 2:13)

The handwriting that was against me is blot out. Sin is dead to me. He took it out of my way and nailed it to the cross (tree).

(Colossians 2:14).

No man therefore can judge me. (Colossians 2:16)

It is Christ within me that makes intercession for me. The king lives in me. Who can separate me from the love of Christ?

(Romans 8:34)

The Spirit of Him who raised up Christ from the dead dwells in me, and He quickens my mortal body by His Spirit that dwells in

me. (Romans 8:11)

In Jesus' name. Thank you, Lord.

I am led by the Spirit of God. I am a child of God. I have received the Spirit, whereby I call, "Abba Father." (Romans 8:15)

The Spirit bears witness that I am a child of God and thus the heir of God, a joint heir with Christ. (Romans 8:17)

I am glorified together with Christ, and the glory shall be revealed in me. (Romans 8:18)

I, whom God calls, He justifies and whom He justifies, He glorifies. (Romans 8:30)

If God be for me, who can be against me? (Romans 8:31).

I am more than a conqueror through Him who loves me (Romans 8:37)

Nothing can separate me from the love of God which is in Christ Jesus. (Romans 8:39)

The kingdom of God rules over-all. (Psalm 103:19)

The mercy of the Lord is from everlasting to everlasting upon us who reverence Him. His righteousness extends to my children's children. (Psalm 103:17)

I keep His covenant and I remember to do His commandments. (Psalm 103:18)

I bless the Lord and forget not all His benefits. (Psalm 103:2)

The Lord satisfies my mouth with good things and renews my youthfulness. (Psalm 103:5)

My heart is comforted in love, in all riches, in understanding the full assurance and knowledge of the mystery of God the Father and of Christ. (Colossians 2:2).

I receive Christ Jesus the Lord, and I walk in Him.

(Colossians 2:6)

I am rooted and built up in Him, established in the faith,  
abounding with thanksgiving. (Colossians 2:7)

I am complete in Him, who is the head of all principality and  
power. (Colossians 2:10)

My God shows me wisdom in His will, and I worship Him in  
humility. (Colossians 2:22)

Thank You, Lord. Praise Your Holy Name



## CHAPTER FOUR THERE IS A KING IN YOU

### **Finding Peace In Your Identity**

You are not your experience. Finding peace in your identity provides confidence. After you have found your freedom from guilt through receiving forgiveness, you have already started retraining your mind and body's memory cells. The identity affirmations are used to provide a reference for the truths of who you are in the kingdom of God. Find a scripture that pertains to your situation which needs to be corrected and start working on it. Identity affirmation confirms your true identity, position, and ability according to scripture. Continue to utilize your tools of verbalization, visualization, and meditation to create your new experience.

### SCRIPTURE OF YOU IN CHRIST

**Christ is in you, and you have His image.** Christ is the brightness of God's glory. The miracle is God in Christ, born into the world to save humanity. You can also have God in you through spiritual birth in Christ. As Christ is the expressed image of God, so are you in the image of Christ. All that Christ has you have. You are an heir of all things. You also have the power of the word to uphold things. God is to you a Father. You

belong to God's family. Christ in you is already a miracle. You are the brightness of God's glory. You have inherited the kingdom and you are seated on the right hand of Majesty. You are royalty. Conform to this image so you can walk in the power of God and start utilizing your authority.

**Where the word of a king is there is power.**

(Ecclesiastes 8: 4)

God in these last days spoken by His son, whom He has appointed heir of all things, also the worlds. (Hebrews 1:2)

The brightness of God's glory. The expressed image of His person, upholding all things by the word of His power. He purged our sins, sat down on the right hand of The Majesty on High. (Hebrews 1:3)

Much higher than the angels, by inheritance. (Hebrews 1:4)

You are my Son. This day have I begotten you. I am to you a Father and you are to me a Son. (Hebrews 1:5)

**Let all the angels of God worship Him.** (Hebrews 1:6)

His angels, ministers of the flame of fire. (Hebrews 1:7)

His son, the throne of God forever and ever a scepter of the Kingdom. (Hebrews 1:8)

God anointed you with the oil of gladness above your fellows.

(Hebrews 1:9)

Sit on my right hand, I make your enemies your footstool.

(Hebrews 1:13)

## **Speaking Retrains The Mind**

Speaking out loud provides external stimulation. Your brain's thought can be interrupted by sound (hearing) and then proceed to form a picture from those words spoken. As was noted earlier, the human brain can change in response to environmental stimulation, training, or experience. So, visualize what you are saying. Try to use all your senses to experience it in your imagination. See yourself doing and being what you are saying. Meditate on it by repeating it seven times. The following is a list of personalized scriptures in which you can find validation of your true Biblical identity. You can choose from the list, those you desire to meditate on.

## **PERSONALIZED SCRIPTURE**

### **Identity Affirmation**

God makes me know the mystery. Now it manifests the riches and all wisdom of Christ the king in me. The hope of glory.

(Colossians 1:25-28)



The kingdom of God is within me. (Luke 17:20)

God has given me His Spirit of power, love, and a sound mind. I am a believer. (2 Timothy 1:7)

The exceeding greatness of His power is given to me who believe. (Ephesians 1:19)

I am the temple of God and the Spirit of God dwells in me. (1 Corinthians 3:16)

I accept what Christ has done for me; He took all my sin. (2 Corinthians 5:19)

God in Christ, reconciling me unto Himself, not imputing my trespasses (sins) unto me. (2nd Corinthians 5: 19)

He purged my sins and sits majesty on high. (Hebrews 1:3)  
He who knew no sin, became sin for me, so I am made the righteousness of God in Him. I am the righteousness of God in Christ. (2 Corinthians chapter 5: 21)

Father God, you also have given me the earnestness of your Spirit. (2 Corinthians 5:5)

I walk by faith. I am confident. I glory in my heart, for the love of Christ constrains me. He died and rose again for me.

Therefore, I am in Him and He is in me. (2 Corinthians 5:7,8)

I am a new creation. All things are passed away, behold all things are new. (2 Corinthians 5:17)

God reconciles me to Himself by Jesus Christ and has given me the ministry of reconciliation. (2 Corinthians 5:18)

God in Christ, reconciling the world unto Himself, not imputing our trespasses (sins) unto us. He who knew no sin, became sin for us, so we are made the righteousness of God in Him.  
(2 Corinthians 5:21)

The throne of God is forever. The scepter of righteousness is the scepter of His kingdom. (Hebrews 1:8)

My God has anointed me with the oil of gladness above others.  
(Hebrews 1:9)

Thank you, Lord

Christ in us, heir of all things. By whom the worlds were made.  
(Hebrews 1:2)

By inheritance, He obtained a more excellent name.  
(Hebrews 1:4)

The first begotten into the world. All angels of God worship Him. (Hebrews 1:6)

Christ sits in the kingdom and His enemies are His footstool. (Hebrews 1: 13)

The throne of God is forever and ever. The scepter of the kingdom is His righteousness. (Hebrews 1:8)

I am the righteousness of God in Christ. (2nd Corinthians 5:21)

I have an eternal body in the heavenly Kingdom of God. (2 Corinthians 5:1)

Christ in me, the heir of all things, loves righteousness. By whom the worlds were made. (Hebrews 1:2)

By inheritance, I obtained a more excellent name, the first begotten into the world. (Hebrews 1:4)

All angels of God worship Him. I am anointed with the oil of gladness. (Hebrews 1:6, 9)

I sit in the kingdom and my enemies are my footstool. (Hebrews 1:13)

I am the brightness of His glory, the expressed image of His person. I uphold all things by the word of His power. (Hebrews 1:3)

I shall decree a thing and it shall be established on to me. The light shines upon my way. (Job 22:28)

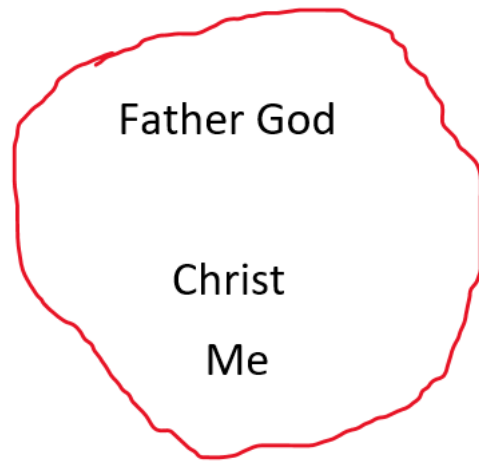
I have the mind of Christ. (1 Corinthians 2:16)

**Dear Father, God open my eyes so I can see** (visualize), my ears so I can hear, my heart so I can receive the things which you have prepared for me. I love you. It is written, now it is said. Thank, you God. I am the righteousness of God because I accept what Christ has done for me. I have an eternal body in the heavenly Kingdom of God.

The Spirit that raised Jesus Christ from the dead dwells in me and quickens my mortal body, by His Spirit who dwells in me.

(Romans 8:11)

I am Christ's and Christ is God's. (1 Corinthians 3:23)



*Testimony for God:*

I know Christ, He who was crucified. My speech is a demonstration of His Spirit and power. My faith stands in the power of God. I speak the wisdom of God in a mystery, which God ordained for His glory from before the world was made.

In Jesus' name thank you, Lord



## **CHAPTER FIVE INCREASE YOUR ABILITY TO RECEIVE**

### **Increase Your Ability to Receive**

Increasing your ability to receive from God takes practice. Make time to spend with God in the kingdom. You can meet with the persona God the Father, Jesus, or the Holy Spirit. Have a heavenly experience in the heavenly kingdom. Ask God to show you the kingdom. You can also ask to see more. If you see something you are not sure about or don't understand, ask God "what is that about?" Some visions will seem like watching a movie in which you are in, others may be like a picture or photograph. You may see something in the spiritual realm with your eyes open or closed, but with your eyes closed, you can limit distractions.

**Renewing your mind** to be spiritually minded provides healing and access to the kingdom of God within you. Here is where your inheritance is. Go for it. Visualize it. Call it to come to be here on earth as it is in the heavenly kingdom. There is plenty in the kingdom, unlimited supply.

**Have a joyful time** creating your new reality. The vision

affirmation can help you to enlarge your vision ability. Start creating your kingdom here on earth, as it is in the heavenly kingdom of God.

## **SCRIPTURE: RECEIVE**

### **Faith Is The Key To Manifest Change**

Faith is the key to manifest change, the Blessing, and all the promises of God. Believe what God has done for you to make you worthy of His promises. If you believed to be saved, you can believe in His promises. Spend some time visualizing and experiencing the promises of God that you already have inside you. Go to work using your tools for manifestation and allow the Holy Spirit to reveal what God has for you.

It is written eyes have not seen, ears have not heard, neither has it entered into the heart of man, the things which God has prepared for those who love Him. (1 Corinthians 2:9)

God has revealed by His Spirit to us, to know the things which He has freely given us. (1 Corinthians 2:10)

These things we speak, which the Holy Spirit teaches us. (1 Corinthians 2:13)

These things of the Spirit of God are spiritually discerned. (1 Corinthians 2: 14)



Those who are spiritual, judge all things and have the mind of Christ. (1 Corinthians 2:15)

God gave the increase. (1 Corinthians 3:6)

### **Faster Manifestation**

If two of you shall agree on earth touching anything you shall ask, it shall be carried out by my Father.

(Mathew 18:19)

Ask and it shall be given to you. Seek and you shall find. Knock and it shall be open unto you. (Mathew 7:7)

For every one that asks, receives, and he that seeks finds.

(Mathew 7:8)

Whatever you believe, say it. Speak it and keep speaking it. This will increase belief and increase confidence. (Psalms 107:2)

Your Father in the kingdom of heaven gives good things to them that ask Him. (Mathew 7:11)

### **SCRIPTURES: INCREASING FAITH**

You have the king of kings, Christ, and the kingdom of God. If you believe you have been made righteous through Christ Jesus, the gift of salvation, you can ascend into the heavenly

kingdom anytime you choose. Faith is the highway that takes you there.

**Faith comes by hearing the word of God.** (Romans 10: 17)

Righteousness is faith. Who can ascend into the heavenly kingdom and bring Christ down to earth? (Romans 10:6)

Without faith, it is impossible to please God, for he that comes to God must believe that He is and that He is a rewarder of them that diligently seek Him. (Hebrews 11:6)

The word of faith is in your mouth and your heart.

(Romans 10:8)

Faith is the substance of things hoped for, the evidence of things not seen. (Hebrews 11:1)

**By faith,** the elders obtained a good report. (Hebrews 11:2)

Through faith we understand that the worlds were made by the word of God, things which are seen were not made of things which do appear. (Hebrews 11:3)

**By faith,** Abel offered to God a more excellent sacrifice than Cain by which he obtained witness that he was righteous. God testifying of Abel's gifts, and being dead yet Able speaks.

(Hebrews 11:4)

**By faith,** Enoch was translated that he did not see death. God

translated him, before his translation he had this testimony that he pleased God. (Hebrews 11:5)

**By faith**, Noah being warned of God saved his house and being an heir of righteousness, prepared an ark. (Hebrews 11:7)

**By faith** Abraham when he was called to go out into a place, not knowing the place, went and received it for an inheritance. (Hebrews 11:8)

**By faith**, he sojourned in the land promised, in a strange country. Isaac and Jacob, the heirs of the same promise. (Hebrews 11:9)

He looked for a city which had foundations whose builder and maker was All-mighty God. (Hebrews 11:10)

**Through faith**, Sara received the strength to conceive a child when she was past childbearing age because she believed Him faithful. (Hebrews 11:11)

**By faith, Moses was hidden three months after birth. They** were not afraid of the King's commandment. (Hebrews 11:23)

**By faith**, Moses refused to be called the son of Pharaoh's daughter. (Hebrews 11:24)

Moses chose the people of God, rather than to enjoy the pleasures of sin for a season. (Hebrews 11:25)

He esteemed Christ's greater riches and had respect for the recompense of the reward. (Hebrews 11:26)

**By faith**, he endured, as seeing Him who is invisible.

(Hebrews 11:27)

**By faith**, he kept the Passover and the sprinkling of blood that the firstborn was not destroyed. (Hebrews 11:28)

**By faith**, they passed through the red sea on dry land, which the Egyptian pursuer drowned. (Hebrews 11:29)

**By faith**, the wall of Jericho fell after they were compassed about seven days. (Hebrews 11:30)

**By faith**, the harlot Rahab received the spies with peace. (Hebrews 11:31)

## WHAT FAITH CAN DO

**Faith is like a seed that you speak.** For example, say to a sycamine tree, be plucked up by the root, and be cast into the sea and it will obey you. (Luke 17:6)

Gedeon and Barak, Samson, Jephthah, David, Samuel, and the prophets, who through faith subdued kingdoms, quenched the violence, escaped the edge of the sword, out of weakness made strong, waxed valiant in fight, turned to fight the armies of the aliens, and raised the dead to life again. (Hebrews 11:32- 35)

The king spoke and said to Daniel, servant of the living God, is your God whom you serve continually able to deliver you from

the lions? Daniel answered, my God has sent His angels and has shut the lion's mouths and they have not hurt Me. Before God innocence was found in me and also before you. I have done no hurt. (Daniel 6:20 – 22)

**Faith: What you say, obey you.** (Luke 17:6)

Jesus said, your faith has made you whole. (Luke 17:19)

The mercy of the Lord is from everlasting to everlasting upon them that reverence Him. His righteousness extends to His children's children, and to those who keep His covenant. Also, to those that remember to do His commandments.

(Psalm 103:17, 18)

The kingdom of God rules over all. (Psalm 103:19)

## **PERSONALIZED SCRIPTURE**

### **Vision Affirmation**

Oh God thank you for blessing me, enlarging my vision; letting your hand be with me, and thank you for keeping me from evil.

(1 Chronicle 4:10)

I am raised and made to sit together in heavenly places in Christ Jesus. (Ephesians 2:6)

In my Father's house are many mansions. Christ prepares a

place for me. (John 14:2)

Where Christ goes, I know and the way I know.

(John14:4)

That which God shows me manifest. (Romans 1:19)

I clearly see the invisible thing of God, which was created from the creation of the world. (Romans 1:2)

My eyes see, my ears hear, my heart believes, the things which God has prepared for me because I love Him.

(1 Corinthians 2:9)

God has revealed by His Spirit to me, to know the things which He has freely given me. (1 Corinthians 2:12)

These things I speak, which the Holy Spirit teaches me. (1Corinthians 2:13)

These things of the Spirit of God, I spiritually discerned (1 Corinthians 2:14)

I, who is spiritual, judge all things. (1 Corinthians 2:15)

I have the mind of Christ. (1 Corinthians 2:16)

The light of the body is the eye (spiritual eye of imagination). I use my single eye, and my whole body is full of light.

(Mathew 6:22)

**I look at the things which are not seen.** For the things which are seen are temporal, but the things which are not seen are eternal (eternal kingdom of God). (2 Corinthians 4:18)

The throne of God, the Lamb, His face I see, and His name is in my forehead. (Revelation 22:4)

Seeing, I have this ministry. I receive mercy and have renounced the hidden things of dishonesty. I manifest the truth, commending conscience in the sight of God.

(2 Corinthians 4:1)

I pray the light of the glorious gospel of Christ, who is the image of God, should shine on to those who are lost.

(2 Corinthians 4:4)

I preach Christ. (2 Corinthians 4:5)

God commands the light to shine out of darkness, shine in my heart light of knowledge. I am beautiful because I preach the gospel of peace and bring happy news of good things.

(Romans 10:15)

The Lord gave ministers to me. (1 Corinthians 3:5)

I take heed of how I build. (1 Corinthians 3:10)

The foundation is laid, which is Jesus Christ.

(1 Corinthians 3:11)

My work shall be made manifest, by the fire of the Holy Spirit.

(1 Corinthians 3:13)

My work abides, I receive my reward. (1 Corinthians 3:14)

I am the temple of God and the Spirit of God dwells in me.

(1 Corinthians 3:16)

The temple of God is holy. (1 Corinthians 3:17)

All things are mine, the world, life, things present, and things to come. (1 Corinthians 3:21)

I am Christ's and Christ is God's. (1 Corinthians 3:23)

I am rooted and built up in Him, established in faith, abounding with thanksgiving. (Colossians 2:7)

Christ Jesus, whom God the Father has set to regain to us His righteousness, through the law of faith in His blood which separates us from sin and forgives us. (Romans 3:25)

Mankind is justified by faith. (Romans 3:28)

In this, I see one God, who justifies the circumcision by faith.



(Romans 3:30)

I establish the law of faith. (Romans 3:31)

Righteousness is faith. Who can ascend into the heavenly kingdom and bring Christ down to earth? (Romans 10:6)

The word of faith is in my mouth and my heart. (Romans 10:8)

I confess with my mouth and believe in my heart that God has raised Jesus Christ from the dead, I am saved. (Romans 10:9)

With the heart, man believes and receives righteousness. With the mouth, confession is made for salvation. (Romans 10:10)

(This is the same process needed to receive your inheritance from the kingdom of God.) Whosoever believes God shall not be ashamed. (Romans 10:11)

Christ is Lord over-all and is rich to all who call upon Him.

(Romans 10:12)

Whosoever call upon the name of the Lord shall be saved.

(Romans 10:13)

Beautiful are the feet of those who preach the gospel of peace and bring happy news of good things. (Romans 10:15)

## **SCRIPTURE: WEALTH**

**Patience** means to constantly and consistently stay the same in unwavering faith. Jesus said it is finished. Stand on the word. Meditate it, speak it, no matter what is happening around you. This is rest in the midst of chaos. Renew your mind with the word of God. Continue to visualize yourself doing the word that you are speaking, and you will have good success.

For all things are yours. (1 Corinthians 3:21)

You are Christ's and Christ is God's. (1 Corinthians 3:23)

You need patience, that after you have done the will of God, you receive the promise. (Hebrews 10:36)

You can't fail if you meditate on the word and see it (visualize it).

**Meditate until you observe** and do (see yourself doing it and do it). Then you will make your way prosperous and have good success. (Joshua 1:8)

Always pray in confidence, worship, and praise for what God has already done in the finished work of Christ Jesus. Also, intercede for others. (Luke 18:1)

You will have the profit that everyone will see. (1 Timothy 4:15)

**LAUNCH OUT INTO THE DEEP, LET DOWN YOUR NET AND PLAN ON THE SUPERNATURAL.**

BECKON TO YOUR PARTNERS THAT THEY SHOULD COME AND HELP YOU.

### **You Are Called And Chosen**

Called to be an apostle of Jesus Christ through the will of God.

(1 Corinthians 1:1)

Sanctified in Christ Jesus and called Saint. In every place call upon the name of Jesus Christ Your Lord. (1 Corinthians 1:2)

Grace and peace from God our Father and Lord Jesus Christ be to you. (1 Corinthians 1:3)

In everything, you are rich by Him in all utterance and all knowledge. (1 Corinthians 1:5)

Christ is confirmed in you. (1 Corinthians 1:6)

Wait on Him. (1 Corinthians 1:7)

God is faithful. We who are called unto the fellowship of Christ, all speak the same. (1 Corinthians 1:9)

No division among us. We are perfectly joined in the same mind. (1 Corinthians 1:10)

The preaching of the cross to us who are saved is the power of God. (1 Corinthians 1:18)

After the wisdom of God, which the world knows not.

Preaching saves them that believe. (1 Corinthians 1:21)

We preach Christ crucified. (1 Corinthians 1:23)

Christ the power of God. (1 Corinthians 1:24)

You see your calling. (1 Corinthians 1:26)

### **Avoid Pride**

Do your diligence in your visualization, verbalization, and meditation. Take the word of God with you. The Spirit of God is in His word. He is profitable for the ministry. Keep God first priority each day and know that it is He who does the work.

The flesh should not boast, but glory in Christ Jesus.

(1 Corinthians 1:29)

Christ Jesus of God made unto us wisdom, righteousness, sanctification, and redemption. (1 Corinthians 1:30)

It is written, he that glorifies, let him glory in the Lord.

(1 Corinthians 1:31)

God, Lord Jesus Christ judges quickly at His appearing and His kingdom come. (2nd Timothy 4:1)

Endure, do the work of an evangelist, make your ministry full proof. (2nd Timothy 4:5)

Fight the good fight of faith. (2nd Timothy 4:7)

Receive your crown of righteousness. The Lord is the righteous judge that gives to all them that love Him. (2 Timothy 4:8)

All the people of the earth shall see that you are called by the name of the Lord. (Deuteronomy 28:10)

## LITTLE FAITH

If you are fearful, you will not speak to the storm. Fear diminishes faith. If fear tries to come, speak to it, and tell it to leave. Call peace to come into that situation. All must bow to the name of Jesus. God does the work when you speak to the thing. See how Jesus handle the storm.

In the storm, the disciples could have done what Jesus did, but they chose little faith. Jesus asked His disciples, why are you so fearful? O you of little faith. Then Jesus arose and **rebuked** the wind and sea. Then there was a great calm. (Mathew 8:24 – 26)

## **You Have The Blessing Promises**

**The blessing** of Abraham comes on every believer. The blessing

of Abraham comes through Jesus Christ, that we can receive the promise through faith. (Galatians 3:14)

To Abraham and his seed were the promises made. The seed which is in Christ. (Galatians 3:16)

The seed comes to whom the promise was made.

(Galatians 3:19)

The promise by faith of Jesus Christ is given to those who believe. (Galatians 3:22)

**Get to a land** that I will show you, God said to Abraham. I will make of you a great nation. I will bless you and make your name great. You shall be a blessing. (Genesis 12:1)

I will bless them that bless you and curse them that curse you.

In you shall all families be blessed. (Genesis 12:3)

**The Lord appeared and said** your seed will I give the Land.

(Genesis 12:7)

I will bless you, multiply your seed as the stars of heaven, and as the sand of the seashore. Your seed shall possess the gate of his enemies and in your seed, all nations of the earth are blessed. Because you have obeyed my voice. (Genesis 22:17)

I am the God of Abraham your father, fear not for I am with you. I bless you and multiply your seed. (Genesis 26:24)

## ABRAHAM THE FATHER OF ALL WHO BELIEVES

**Abraham, the father of all them that believe;** righteousness is imputed to them. (Romans 4:11)

They also walk in the steps of the faith of Abraham.

(Romans 4:12)

Abraham believed God, and this was counted unto him righteousness. (Romans 4:3)

**For the promise given to Abraham and his seed,** that he be the heir of the world through the righteousness of faith.

(Romans 4:13)

For those who believe in God, their faith is counted as righteousness. (Romans 4:5)

It is written, I have made you a father of many nations who believe God, and who call those things that are not as though they were. (Romans 4:17)

To David, God imputed righteousness. (Romans 4:6)

Blessed are they whose iniquities are forgiven, and whose sins are covered. (Romans 4:7)

**Abraham being strong in faith,** considered only the promise.

He considered not his own body, being about one hundred

years old. Neither did he consider the deadness of Sarah's (his wife) womb. (Romans 4:21)

It was written for his sake and for us who have the promise.

(Romans 4:23)

Believe in God who raised Jesus from the dead. (Romans 4:24)

Jesus, who was delivered for our offenses and was raised again for our justification (righteousness). (Romans 4:25)

### **The Blessing Of The Lord Makes You Rich**

The blessing of the Lord makes you rich without sorrow.

(Proverbs 10:22)

Through faith and patience (staying the same in steadfast faith) inherit the promises. Speak the word and keep speaking the word until it manifests. Be thankful for the manifestation.

(Hebrew 6:12)

Hear diligently the voice of the Lord your God, to observe and to do all He says. The Lord your God will set you on high above all nations of the earth. (Deuteronomy 28:1)

The Lord establishes you a holy people unto Himself, as He has sworn unto you. Hear Him and walk in His way.

(Deuteronomy 28:9)

You shall be above only and stay with all the words which I (the Lord) say to you to do. You turn away from all other gods, do



not serve them. (Deuteronomy 28:14)

## **PERSONALIZED SCRIPTURE**

### **Wealth Affirmation**

My righteousness is faith. I can ascend into the heavenly kingdom and bring Christ down to earth. (Romans 10:6)

God gives me the increase. (1 Corinthians 3:6)

God has chosen me to bring things which are not and to bring to naught things that are. (1 Corinthians 1:28)

All these blessings shall come on me and overtake me.  
(Deuteronomy 28:2)

I am blessed in the city and blessed in the field.

(Deuteronomy 28:3)

Blessed be the fruit of my body. Blessed be the fruit of my ground, the fruit of my cattle, the increase of my flock.

(Deuteronomy 28:4)

Blessed be my basket and my store. (Deuteronomy 28:5)

I am blessed coming in and blessed going out. (Deuteronomy 28:6)

The Lord commands the Blessing upon me in my storehouse,

and in all that I set my hand to do. I am blessed in the land which the Lord my God has given me. (Deuteronomy 28:8)

The Lord makes me plenteous in goods. (Deuteronomy 28:11)

The Lord opened to me His good treasure, the heaven to give rain to my land in its season, and blessed all the work of my hands. I shall lend to many nations, and I shall not borrow. (Deuteronomy 28:12)

The Lord makes me the head, not the tail. (Deuteronomy 28:13)

**Pray in This Manner:**

Our Heavenly Father, glory be to your name. Your Kingdom comes, and all that I ask of you from your kingdom also comes. Your will be done here on earth, as it is in the heavenly kingdom. Thank you for giving us this day, our daily bread, and forgiving our sins. Help us to forgive those who sin against us. Lead us away from all temptation and deliver us from all evil. For yours is the Kingdom, the power and the glory forever. In Jesus' name. (Mathew 7:9)

The word of faith is in my mouth and my heart.

(Romans 10:8)

I confess with my mouth and believe in my heart, that God has

raised Jesus Christ from the dead; I am saved. (Romans 10:9)

With my heart, I believe and receive. With my mouth  
confession is made. (Romans 10: 10)

I receive my inheritance from the kingdom of God.

Christ is Lord over-all and is rich to me because I call upon Him.

(Romans 10:12)

I call upon the name of the Lord and I am saved.

(Romans 10:13)

I decree a thing, and it is established unto me. The light shines  
upon my way. (Job 22:28)

I am mighty. My generation is blessed. Wealth and riches are in  
our generational house forever. (Psalms 112:1,2,3)

My God supplies all my needs, both in riches and in glory.

(Philippians 4:19)

The Lord over all is rich unto all who call upon Him. .

(Romans 10:12)

Promotion comes from God. God is Judge. He promotes me.

(Psalms 75:6,7)

Let the Lord be magnified who have pleasure in the prosperity of His children. (Psalms 35:27)

Whatever things I desire, when I pray, I believe that I receive them, and I shall have them. (Mark 11:24)

The Spirit that raised Jesus Christ from the dead dwells in me and quickens my mortal body by His Spirit who dwells in you. (Romans 8:11)

### **Creativity**

Renewing your mind to be spiritually minded provides healing and access to the kingdom of God within you. Here is where your inheritance is.

He has borne our grief and carried our sorrows. He was wounded for our transgressions, bruised for our iniquities, the chastisement of our peace was upon Him and by His stripes (whipping) we are healed. (Isaiah 53:4,5)

### **Creativity Affirmation**

This prayer has helped me to improve my self-esteem and has encouraged me to tap back into my creative side. I love to

draw, sing, and write now. I hope you are also blessed with this prayer.

'All blockages, curse words spoken, hurt, and shame, I break off me now, and bind them, be destroyed. Touch that creativity in me Lord, I speak healing to it now in Jesus' name.' (Ana Werner.)

### *Personalized Testimony Affirmation*

I know Christ, He who was crucified. My speech is a demonstration of His Spirit and power. My faith stands in the power of God. I speak the wisdom of God in a mystery, which God ordained for His glory before the world was made.

### AFFIRMATION MEDITATION

Affirmations used in meditation helps to form visualization when speaking aloud. The body reacts the same to a real or virtual experience. It does not differentiate. Creating a new positive memory in the cell focuses attention and thereby changes the attention capacity.

### MEDITATION TIME

Set meditation time daily over a 7 days period at a time. Thirty minutes per day may be divided into 15 minutes in am and 15 minutes in pm if desired, as was previously noted. When attempting to change a behavior continue for 21 days.

Have a comfortable space to relax and meditate. It has been helpful for me to link this time to something I must do every day like after a shower and before bed. I have recently started meditation time as soon as my eyes open when I wake up. I have used the Divine Favor affirmation to help in the visualization of myself. To see myself the way God sees me has helped me greatly to overcome some tremendously difficult situations and has increased my self-esteem. I share it with you here. May it also bless you as you develop your self-Image of Christ within you.

### **Divine Favor Affirmation**

“In the name of Jesus, I decree from this moment forward I see myself the way God sees me. I am highly favored by the Lord. I am crowned with glory and honor. I am the righteousness of God in Christ Jesus. I am reigning as a king in life through the one man, Jesus Christ the messiah. Now in Jesus’ name, I declare by faith that I walk in divine favor. I have preferential treatment, supernatural increase. I have restoration. I have

prominence. I have petitions granted, laws changed, policies and rules changed and battles won which I do not have to fight all because of favor. The blessing and the favor of God are on me, in Jesus' name. Every morning when I arise, I will speak and expect divine favor to go before me and surround me with a shield, with goodwill and pleasures forevermore. Doors are now open for me that men said were impossible to open. No obstacle can stop me. No hindrance can delay me, in Jesus' name. I am honored by my Father as I receive genuine favor that comes directly from God. I am special to Him. I am the object of His affection. I am the apple of His eye. I am blessed and highly favored by the Lord in Jesus name." (Bill Winston)





## **CHAPTER SIX HEALING SCRIPTURES**

### **How To Focus On Healing**

Like the woman with the issue of blood disease, she kept on saying and moving toward Jesus and her goal. She kept pressing through the blockages to get to her healing. I believe she pulled the opportunity to herself by her act of saying her desire and moving towards it. This is faith in action. She kept at it until what she was saying had come to pass. (Mathew 9: 20, 21, 22)

In this same way, we must be relentless, when going after the flow of healing power. We should continue to say our desire and continue to move towards it until it is fulfilled.

Thanking God for receiving our desire is a catalyst for the flow of Gods' power. He inhabits our praises.

### **SCRIPTURE: HEALING**

**When pressing into God's supernatural** power against sickness, you must be fearless and be free from all unforgiveness. Just make up in your mind that nothing can stop you. Press your way through any blockages. And, make up in your mind to forgive the whole world. That should cover everyone in the past present and future. free everyone to seek God and do better.

Jehovah Rapha (God), I am the Lord that heals you.

(Exodus 15:26)

Healing Power: The man that was full of leprosy, seeing Jesus, fell on His face saying Lord if you will do it, you can make me clean. (Luke 5:12)

Jesus put forth His hand and touched him saying, I will for you be clean. **Immediately** the leprosy departed from him.

(Luke 5:13)

### **Your Gift Will Put You In Great Demand**

When your gift puts you in great demand, it is necessary at times to withdraw from the crowd to be with God intimately.

Make sure you are filled with the presence of God. Then proceed to help others from your overflowing presence of God.

This is to prevent burnout and exhaustion. See how Jesus handled the crowd:

Fame went abroad. A great multitude came together to hear, and to be healed by Him of their infirmities. (Luke 5:15)

He withdrew Himself into the wilderness and prayed.

(Luke 5:16)

## **How To Handle Accusers**

When the accusers come to spy, they too can be delivered. Continue to let the Holy Spirit of God work. Be fearless, knowing that God is doing the work. The whole world needs salvation. God loves the world. We must be led by the Spirit of love and continue to work as the Holy Spirit leads. Do all the good you can for as long as you can, regardless of the accusers. See how Jesus handled this situation.

On a day when He was teaching, the Pharisees and lawyers sat by, which came in from every town. The power of the Lord healed them. (Luke 5:17)

A man was taken in a bed with palsy. They who brought him could not find a way to bring him in because of the multitude. They went up on the housetop and let him down through the tiling with his couch into the midst of Jesus.

(Luke 5:18)

When He saw their faith, He said to him, man your sins are forgiven. (Luke 5:20)

Know that the Son of man has power upon the earth to forgive sins. I say to you, arise, take up your bed, and go into your house. (Luke 5:24)

Immediately, he rose before them, took up his bedding, and departed to his own house glorifying God. (Luke 5:25)

All were amazed and glorified God. (Luke 5:26)

Jesus answered and said, they that are whole need not a physician, but they that are sick. (Luke 5: 31)

I came not to call the righteous, but sinners to repentance.  
(Luke 5:32)

**Jesus went into the leper's village**, ten stood afar off and lifted their voices, said Jesus, master have mercy on us; and when he saw them, He said to them, Go show yourselves to the priest.

As they went, they were cleansed and healed. (Luke 17:12)

One of them turned back with a loud voice glorified God and fell down on his face at His feet giving Him thanks.

(Luke 17:15)

Jesus said, your faith has made you whole. (Luke 17:19)

Christ is for righteousness to everyone who believes.

(Romans 10: 4)

### **Never Be Ashamed Of Your Gift**

God calls who He wills. Never think you are not good enough.

God so loves you and wants you into His family, He gave all that

it took to get you back. Now it is up to you to receive, and know God sees you as perfect in Christ Jesus. See how Jesus calls His followers.

Jesus went forth. He saw Levi, a customs officer, and publican. Jesus said to him, follow me; he rose up and followed Him.

(Luke 5:27)

Levi made Him a great feast in his house. Scribes and Pharisees murmured against His disciples saying, He drank and ate with publicans and sinners. (Luke 5:29)

### **Bold Like The Lion**

If anything is trying to convince you that you don't measure up, rebuke and condemn it. If there is a sin that you are struggling with, speak to it: tell it you have no more need of it. Cast it on the altar of Christ within. You must be bold, fearless, having nothing to cause doubt in your mind. Cast it all on the altar of Christ to be burned up and destroyed.

We have an altar (Christ). (Hebrew 13:10)

Jesus, our high priest who burned up our sins. (Hebrew 13:11)

We boldly say, the Lord is my help; man cannot do anything to me. (Hebrew 13:6)

Remember those who have spoken the word of God to you.  
Faith follows you; consider their conversation (Hebrew 13:7)  
Do good and communicate. Forget not, because with such  
sacrifice God is well pleased. (Hebrew 13:16)

Obey, submit yourselves for those who watch for your soul.  
(Hebrew 13:17)

Pray, we have a good conscience in all things, willing to live  
honestly. (Hebrew 13:18)

Jesus also sanctifies us with His own blood. (Hebrew 13:12)  
By Him, let us offer the sacrifice of praise to God continually,  
that the fruit of our lips gives thanks to His name.  
(Hebrew 13:15)

### **Remember Whose You Are**

If God does not condemn you, don't accept condemnation from  
others who try to belittle you. Furthermore, don't let your  
thoughts condemn or belittle you. All condemnation is  
destroyed. You are new in Christ.

The God of peace raised Lord Jesus from the dead through the  
blood of the everlasting covenant; the great shepherd of the  
sheep. (Hebrew 13:20)

Who makes you perfect in every good work for you to do His

will. This is well-pleasing in His sight through Jesus Christ, to whom glory forever and ever (Hebrew 13:21)

New Garment:

Once you have received Christ, you are a new creation. The old way and old image of you do not match the new you.

Therefore, it is necessary to put on the image of Christ. You are now royalty and of the royal family. You are clothed in His righteousness. The renewing of your mind is necessary for you to manifest the power and presence of God you now have within. Put on, Christ.

Disciples are the children of the bridegroom (Christ).

(Luke 5:34)

Put on your new garment. You can't put on a new garment with old clothes, they don't agree. (Luke 5:36)

You can't put new wine into old bottles else, the new wine will burst the bottles and all spill and perish. (Luke 5:37)

## **PERSONALIZED SCRIPTURE**

### **Healing Affirmation**

He has borne my grief and carried my sorrows. (Isaiah 53:4)

He was wounded for my transgressions, bruised for my iniquities, the chastisement of my peace was upon Him.

(Isaiah 53:5)

By His stripes (whipping) **I am healed.** (Isaiah 53:5)

Bless the Lord, O my soul and all that is within me bless His holy name. (Psalms 103:1)

He forgives all my sin and heals all disease. (Psalms 103:3)

He crowns me with loving kindness and tender mercies.

(Psalms 103:3-5)

He satisfies my mouth with good. My youth is renewed like the eagles. (Psalms 103:5)

My flesh is fresher than a child and I am youthful. (Job 33:25)

The Lord renews my youthfulness. (Psalms 103:5)

With Father God nothing is impossible. (Luke 2:37)

I shall live and declare the works of the Lord. (Psalms 118:17)

Peace be still; Jesus took the chastisement for my peace.

(Isaiah 53:5)

I condemn grief and sorrow. Jesus bore all my grief and sorrow.



(Isaiah 53:4)

I condemn sin and iniquity; Jesus was wounded for all my transgressions and bruised for all my iniquities. (Isaiah 53:5)

I condemn all sickness; Jesus took the stripes for my healing.

(Isaiah 53:5)

The Lord strengthens me upon my bed. (Psalms 41: 3)

Thank you for healing my soul. (Psalms 41: 4)

I shall praise God, who is the health of my countenance and my God. (Psalms 43:5)

The Lord is my refuge; the Most-High is my habitation. There no evil can befall me; no plague can come near me.

(Psalms 91:9,10)

He gives His angels charge over me. With long life, He satisfies me and shows me His salvation. (Psalms 91:11, 16)

I have an altar (Christ). Jesus, our high priest who burned up my sins. (Hebrew 13: 10, 11)

Jesus also sanctifies us with His own blood. (Hebrew 13:12)

I confess with my mouth the Lord Jesus and believe in my heart that God raised Him from the dead. I am saved. (Romans 10: 9)

While I look not at the things which are seen, but the things which are not seen. For the things which are seen are temporal, but the things which are not seen are eternal.

(2 Corinthians 4:18)

By Him, let us offer the sacrifice of praise to God continually, that the fruit of our lips gives thanks to His name.

(Hebrew 13:15)

I do good and communicate because with such sacrifice God is well pleased. (Hebrew 13:16)

I Obey, I submit myself to God, who watches for our soul.

(Hebrew 13:17)

I pray we have a good conscience in all things, help us dear Lord to live honestly. (Hebrew 13:18)

The God of peace raised again Lord Jesus from the dead, through the blood of the everlasting covenant my great

shepherd of the sheep. (Hebrew 13:20)

I, who believes in Him, shall not be ashamed. (Romans 10: 1)

Grace is with me. (Hebrew 13:25)

Thank You, God, in Jesus' name.





## **CHAPTER SEVEN RETRAINING SEXUAL ATTRACTION**

### **Retraining The Sexual Attractions**

In the retraining of sexual attraction, strongholds from past negative experiences are being interrupted and turned off. This is done by focusing on a new positive experience for the mind-body reaction. Our objective is for the mind's view to be transformed, into a positive experience. Then, the mind's instruction of behavior, attractions, and physical health will be based on the new positive memory.

**The chakra** is the center of spiritual power in the human body. An area of increased energy. Each chakra has a related nerve and endocrine (hormone) connection. The sexual chakra (svadhisthana) governs the urinary system and reproductive system of the sexual organs (gonads). By addressing the mind power connection of "life" located at this life-giving sexual organ in the lower abdomen, we address the memories for that area. If one is unbalanced in this chakra, they could have difficulty giving or receiving emotionally. Obesity can be a result of a lack of balance between giving and receiving. Feelings of

guilt, anxiety, unpredictability, and clinging are signs of unbalance. When balanced, one will find it easier to have a joyful life, a greater state of well-being and peace.

(Brown 148, 149)

**If you have not done the work** of facing your negative thoughts as was instructed earlier, please acknowledge who or what has caused you difficulty or pain:

I suggest getting a sheet of paper. Fold it in two, from the top down. On the left half, list the most traumatic things that have happened to you and the negative thoughts you are having. On the right half of the paper, corresponding to each negative thing you wrote, write a positive affirmation. See the list of life affirmations and the list of peace affirmations to help you to choose your positive affirmations. When you are finished, fold and turn down the left side; never look at the negative side of the paper again. We will work on the right side of the paper to help create a new positive experience.

**We will use our three tools** of verbalization, visualization, and meditation to create a new positive experience. In focusing on the sexual chakra, we will focus on the color orange and the element water. Prepare a quiet area for meditation. Utilize deep breathing and relaxation exercise to center your focus.

See Breathing Technique Exercise in chapter 3 page 16.



### **Verbalization For Retaining Sexual Attraction**

*STARTING AFFIRMING: I AM A GOOD PERSON IN CHRIST JESUS*

*Do this as you focus on the color orange and the element water.*

#### ***Life Affirmation Example***

Life changes flow through my veins, my eyes are bright, my skin glows. My whole body radiates good health. Thank you, God.

(Ponder)

#### ***Peace Affirmation Example***

The peace of Christ is within me. I have peace in my mind, and in every cell of my being. I am free. Thank you, God.

THE PEACE OF CHRIST SPIRIT IS POURED OUT UPON ME. I HAVE

PEACE IN MY BODY AND ALL THAT HAS TO DO WITH ME.  
RIGHT NOW. THANK YOU, LORD.

**Peace can be found when there is freedom** from guilt and shame. See chapter 3 forgiveness affirmations.

The life and peace affirmations will start to create a new learning experience. You can speak these affirmations 7 times for 21 days and choose from the list of personalized life affirmations provided.

You can look at the orange color while visualizing vividly the words you are speaking. Repeating your affirmations and seeing yourself doing the action or seeing the action taking place. In doing this you are using your 3 tools. By visualizing in your imagination what you are speaking, starts the reaction. The mind and body respond the same to a real or virtual experience. It does not differentiate. Start creating your new experience.

**Remember to speak with emotion.** The greater the intensity of emotion expressed the quicker the mind-body reaction happens. Try to make this a part of your daily routine. When you can speak your affirmations from memory a new memory has been created. Now we want to solidify this



experience with meditation. Think about it. Keep speaking it and moving towards it in your actions. You will draw your good results to you. Reading through this entire chapter is greatly suggested.

### **SCRIPTURE: TESTIMONY OF CHRIST**

**Christ speaks**, “I am Alpha and O-meg-a, the beginning and the end, the first and the last. Revelation 22:13

I, Jesus, have sent my angel to testify to you these things in the churches. I am the root and the offspring of David, the bright and morning star. Revelation 22:16

### **REVELATION OF YOU**

**It is God who does the work of transformation**, but you must do your part by making yourself available and participating. By speaking the word of God, meditating on God, and visualizing your good results, you are partnering with God. This great power is in you. Jesus speaks of the kingdom’s benefits.

The kingdom of God comes not with the observation of the outer eyes, neither shall any say it is over there because the kingdom of God is within you. (Luke 17:20)

### **IN THE KINGDOM IS SPIRIT OF GOD, COMFORT, INHERITANCE**

OF THE WHOLE EARTH, FILL WITH RIGHTEOUSNESS, MERCY,  
PURE IN HEART, SEE GOD, PEACEMAKER CHILDREN OF GOD,  
KINGDOM OF HEAVEN, GREAT REWARD, REJOICE, SALT OF THE  
EARTH, LIGHT OF THE WORLD. LET YOUR LIGHT SHINE BEFORE  
MEN, THAT THEY MAY SEE YOUR GOOD WORKS AND GLORIFY  
YOUR FATHER. (Mathew 5:3-16)

**NEW HOLY JERUSALEM** HAVING THE GLORY OF GOD. HER  
LIGHT LIKE PRECIOUS STONES, CLEAR AS CRYSTAL. WALLS  
GREAT AND HIGH. TWELVE GATES WITH THE NAMES OF THE  
TWELVE TRIBES OF ISRAEL, AND TWELVE ANGELS. THE TWELVE  
FOUNDATIONS NAMES THE TWELVE APOSTLES OF THE LAMB.  
WALLS IS JASPER. THE FOUNDATIONS OF THE WALL IS WITH  
ALL MANNER OF PRECIOUS STONES. THE CITY PURE GOLD LIKE  
CLEAR GLASS. (Revelations 21:10)

## **PERSONALIZED SCRIPTURE**

### **Life Affirmation**

The pure river of water of life proceeding out of the throne of  
God and the Lamb. (Revelation 22:1)

The inward me is renewed day by day. (2 Corinthians 4:16)

I am made justified freely by grace through the redemption that is in Christ Jesus. (Romans 3:24)

With my heart, I believe righteousness, and with my mouth confession is made to redemption. (Romans 10:10)

Now the righteousness of God is manifest. (Romans 3:21)

I am the righteousness of God in Christ. (2 Corinthians 5:21)

Christ came that I may have life abundantly. (John 10:10)

Jesus is the bread of my life. (John 6:35)

I receive eternal life from Christ Jesus. (John 10:28)

The reverence of the Lord is a fountain of life. (Proverb 14:27)

In the reverence of my Lord is strong confidence where I have a place of refuge. (Proverbs 14:26)

Tree of life (Father God), tree of life (Son Christ Jesus), tree of life (Holy Spirit). (Revelation 22:2)

The leaves of the tree are for my healing and the healing of the nations. (Revelation 22:2)

I am always bearing above, so the life of the Lord Jesus is made manifest in me. (2 Corinthians 4:10)

The life of the Lord Jesus is made manifest in my mortal flesh.

(2 Corinthians 4:11)

Blessed I am, who have right to the tree of life and enter  
in through the gates into the city. (Revelation 22:14)

The Lord God gives me light; we reign forever and ever.

(Revelation 22:5)

God has given me His Spirit of power, love, and a sound mind.

(2 Timothy 1:7)

The exceeding greatness of His power is given to us who  
believe. (Ephesians 1:19)

I am an overcomer. (Romans 3:4)

I am given the faith of God. (Romans 3:3)

God takes vengeance for me, who is righteous. (Romans 3:5)

God judges the world. (Romans 3:6)

The truth of God abounds. (Romans 3:7)

There is no condemnation in me. I am in Christ Jesus.

(Romans 1:17)

There is no more curse. (Revelation 22:3)

I wait on my Lord. I am of good courage and He strengthens my

heart. (Psalms 27:14)

Thank you for your mercy upon me, O Father God according to your loving-kindness and tender-mercies. (Psalms 51:1)

I am more than a conqueror through Him who loves me.

(Romans 8:37)

I go speedily to pray and seek my Lord. God is with me.

(Zachariah 8:21, 23)

Come let us sing unto the Lord and make a joyful noise. For the Lord is a great God and a great King above all gods. The earth and the sea are His. (Psalms 95:1, 3)

I hear diligently the voice of the Lord my God, to observe and to do all He says. The Lord my God set me on high above all nations of the earth. (Deuteronomy 28:1)

Today, if I hear His voice, my heart loves. (Psalms 95:7)

I love you God and I keep your word. (John 14:15)



## **CHAPTER EIGHT HEART AFFECTIONS**

### **Turn on Natural Affections In The Memory Cells**

Creating new memory cells by using these tools of visualization, verbalization, and meditation allows for unnatural feelings and desires to dry up from the root, leaving room for natural desires to grow and flourish. Affirmations focused on glorifying God and being thankful is used for this purpose.

### **SCRIPTURE: AFFECTIONS**

**Setting your affection for God** is increased as you spend time thanking God for everything good in your life. Even for life itself. It is very easy to take the goodness of God for granted and go on about our day without giving thanks. This is because of all the distractions in the world. It is a conscious decision to make time for God. Even if it is two thousand times for the day you give thanks to the Lord, that is fine. It will become a habit and done automatically. God inhabits our praise. Giving thanks will help you to overcome any adverse situation. This will also, help you to get to know God intimately.

Jesus speaks, I am the way, the truth, and the life. No man

comes to the Father but by me. (John 14:6)

If you know me, you know the Father. (John 14:7)

He who has seen me has seen the Father. (John 14:9)

If you love me, you will keep my words. God will come to you.

(John 14:23)

The comforter, who is the Holy Spirit. Whom the Father will send in my name. He will teach you all things, and bring all things to your remembrance of whatsoever I have said to you. (John 14:26)

**Let God lead you.** Then arise and do what He told you to do.

That still quiet voice that always brings peace within, take a listen. Do not ignore. You will come to know God as He reveals Himself to you. You are His and He knows you.

My sheep hear my voice, and I know them and they follow me.

(St. John 10:28)

As the Father gave me commandment, so I do. Arise, let us go.

(St. John 14:31)

Keep my Father's commandments and abide in His love.

(John 14:10)

After you have accepted Jesus, God's grace into your heart,



your love will grow greater and greater. Establish this daily by spending time communicating with God.

It is a good thing that your heart may be established with grace.

(Hebrew 13:9)

Jesus Christ the same yesterday today and forever.

(Hebrew13:8)

Let brotherly love continue. (Hebrew 13:1)

Entertain strangers, for some have entertained angels

unawares. (Hebrew 13:2)

Remember those in prison and those who suffer adversity who

are in the body of Christ. (Hebrew 13:3)

### **Happy With Lovemaking**

God wants you to be happy with lovemaking. He created it to be pleasurable and for the creation of life. This is express when He instructs mankind to be fruitful and multiply. Having children in marriage is God's desire for mankind.

God created male and female. Said to them: be fruitful, and multiply. (Genesis 1:27, 28)

Marriage is honorable and the marriage bed undefiled. (Hebrew 13:4)

### **Redemption Time**

Glory in God in a time where He can be found. Now is the time for redemption. A total transformation. You must take the time to seek the presence of God. He has opened the door. Jesus Christ is the door. Now you can go in and out of the kingdom of God freely for your provision.

**Jesus Christ speaks:** I am the door. By me, if any man enters in, he shall be saved. He shall go in and out, and find pasture.

(St. John 10: 9)

The days will come when you shall desire to see the son of man, Jesus. (Luke 17:22)

They shall say to you, see Him here or there, do not go or follow. (Luke 17:23)

As lightening lights out and shines to other parts in the sky, so shall the son of man, Christ, be in His day. (Luke 17:24)

**The time of salvation is now.** Warning after warnings has been going out to the world. The good news of the gospel must be preached to all the world for mankind to receive the opportunity to be saved. No greater time than now is knowledge increasing and traveling all over the world. I believe every continent has received or is receiving the gospel (the salvation of Jesus Christ) now.

As it was in the day of Noah, so shall it be in the day of the son of man. (Luke 17:26)

Until the flood came and destroyed them all. Noah was in the ark. The ark of our covenant is in Christ. (Luke 17:27)

As was in the day of Lot (in Sodom and Gomora), they ate, they drank, they bought, they sold, they planted, they build: on the same day Lot went out, it rained fire and brimstone from heaven and destroyed them. (Luke 17: 28, 29)

Thus, shall it be in the day when the son of man is revealed. (Luke 17:30)

In the night there shall be two in one bed, one shall be taken and the other left. (Luke 17:34)

Two grinding together, one taken one left. (Luke 17:35)

### **God Will Meet Your Needs**

Trust God to meet your needs. Seek God; spend time with Him. Let Him be the focus of your heart's desires. Listen to His instructions. God gives the increase. I know it gets hard at times while you wait; seeing others enjoying the thing you desire. To avoid being covetous, I suggest celebrating as if you already have your desire. Stay in praise mode and give thanks to God. A double-minded man gets nothing. You must stay focused on

faith, believing you already have your good results, and you are just waiting for it to manifest.

Be content with the things you have. Let your conversation be without covetousness. Father said I will never leave you nor forsake you. (Hebrew 13:5)

Heavenly Father knows that you need these things.

(Mathew 7:32)

Which of you by worrying can add one cubit to your stature?

(Mathew 7:27)

Heavenly Father feeds the fowls of the air. (Mathew 7:26)

lilies grow and toil not. (Mathew 7:28)

Solomon in all his glory was not arrayed like one of these.

(Mathew 7:29)

**The spirit of mammon** focus on money. It wants to be God.

There is a personality change when this spirit inhabits a person.

The anger, pouting, irrational behavior when it does not get the money it seeks to have. This could get dangerous. Money is a thing. Seek God first and you will get all things.

No man can serve two masters. You can't serve God and mammon. (Mathew 7:24)

Where your heart is, there is your treasure. (Mathew 7:21)

Seek first the kingdom of God and His righteousness and all these things will be added unto you. (Mathew 7:33)

The word of the Lord came. (1 King 18:1)

Renew your mind with the word of God and the image of the covenant. What you are confident about within your heart, you will say and attract. Continue to speak the word.

## **PERSONALIZED SCRIPTURE**

### **Natural Affection Affirmation**

I am filled with the righteousness of God. (Romans 1:29)

I am filled with understanding. I am filled with natural affection.

(Romans 1:31)

I have this treasure in my body, where the excellency of the power of God is. (2 Corinthians 4:6)

I lay up for myself treasures in the kingdom. (Mathew 6: 19)

Where my treasure is, there my heart is also.

(Mathew 6: 21)

It is written, the eye has not seen, nor ear heard, neither entered into the hearts of man, the things which God has prepared for me, who love Him. (1 Corinthians 2:9)

The Spirit of the Lord carries me. (1 King 18:12)

The Lord delivers me from every evil work and preserves me unto His heavenly kingdom. Glory forever and ever.

(2 Timothy 4:18)

The Lord Jesus Christ is with my spirit (quicken).

(2 Timothy 4:22)

I am quickened together in Christ. (Ephesians 2:5)

Father God makes me perfect in every good work for me to do His will, through Jesus Christ, to whom glory be forever and ever (Hebrew 13:21)

Father God said to me, I will never leave you nor forsake you.

(Hebrew 13:5)

I know God, I glorify Him, I am thankful. Vanity is far from me. I have wisdom in my heart. (Romans 1:21)

I profess the word of God and the glory in the incorruptible God. (Romans 1:22)

My body is the temple of God. (1 Corinthians 6:19)

The Spirit of God dwells in me. (1 Corinthians 3:16)

The temple of God is Holy. (1 Corinthians 3:17)

I honor my body. (Romans 1:24)

I retain God. (Romans 1:28)

My God is a righteous God. (Romans 1:32)

Whatever things I desire, I pray, I believe, I receive, and I have them. (Mark 11:24)

I have the same Spirit of faith as it is written, I believe therefore I speak. (2 Corinthians 4:13)

I take no thought what I shall eat, drink, or put on; God so clothes me. I have much faith. (Mathew 6: 25, 30)

I seek first the Kingdom of God and His righteousness, and all these things are added unto me (I have sufficient).

(Mathew 6:33)

God commands the light of knowledge to shine in my heart.

(2 Corinthians 4:6)

The love of God is in my heart by His Holy Spirit.

(1 Corinthians 5:5)

The love of God is in Christ Jesus our Lord. (Romans 8:39)

**All things are for me through thanksgiving.**

(2 Corinthians 4:15).

Let my soul be subject unto my Higher Power. The Power is of

God and ordained by God. (Romans 13:1)

I accept the power of God. (Romans 13:2)

I do that which is good and have praise of the same.

(Romans 13:3)

The ministry of God is for my good. (Romans 13:4)

For my conscience, I pay tribute. (Romans 13:5)

Tribute to whom tribute is due, honor to whom honor is due.

(Romans 13:7)

I owe no man anything, but to love them. For he that loves another has fulfilled the law. (Romans 13:8)

I love my neighbor as myself. (Romans 13:9)

love work no ill. (Romans 13:10)

Now is time to awake out of sleep; now is my salvation.

(Romans 13:11)

All work of darkness is cast off from me, I put on the armor of light. (Romans 13:12)

I walk honestly. (Romans 13:13)

I put on the Lord Jesus Christ. (Romans 13:14)



I am renewed inwardly day by day. (2 Corinthians 4:16)

Thank you, Lord.



## **CHAPTER NINE WALKING IN YOUR AUTHORITY**

### **Walking In The Authority Of Your Supernatural Power**

Walking daily in the authority of your kingship, rulership power is a daily practice. If you believe it, you will speak it and if you speak it, it will come to pass. As you partner with God daily, God does the work. Prepare yourself to partner with God in your verbalization, visualization, and meditation. What you are believing for is already in the kingdom. Start visualizing and keep whatever you say in agreement with your affirmation.

### **SCRIPTURE: POWER**

**Whosoever shall say** unto this mountain be removed and cast into the sea, no doubt in heart, believe those things you say, and those things shall come to pass. (Mark 11:23)

Whatever things you desire when you pray, believe that you receive them and you shall have them. (Mark 11:24)

When you make your stand praying, forgive, so as your Father has forgiven you. (Mark 11:25)

**Authority is given** to Christ by the Father. (Mark 11:29)

Jesus said to the fig tree, no man eats of you hereafter forever.

(Mark 11:14)

In the morning they saw the fig tree dried up from the root.

(Mark 11:20)

The fig tree which was cursed is withered away, said peter.

(Mark 11:21)

**It is the will of God for you to be transformed.** Take the time to present yourself to God. It is a sacrifice of your time, and of your desire to do something else. God honors this sacrifice. Use your tools of verbalization, visualization, and meditation to help you to see yourself doing your good results.

Be transformed by the renewing of your mind, that you may prove what is the good, acceptable, and perfect will of God.

(Romans 12:2)

**Present your body, a living sacrifice holy and acceptable unto** God. (Romans 12: 1)

Grace has been given. God has dealt to every human, the measure of faith. (Romans 12: 3)

**You have been given the faith of God.** As a believer, you are in

Christ Jesus and you have the faith of God to manifest your good results. As you continue to use your faith, faith increases. All those who are in Christ are a part of His body. Your spirit and your mind work together in unity to rule your body and accomplish your will. So does the body of Christ work together to accomplish the will of God.

Many members of one body in Christ. (Romans 12: 5)

Members having different gifts according to the grace given us.

Gifts as prophecy, ministering ministry, teaching, an exhortation for us to give with simplicity and to rule with diligence. (Romans 12: 6-8)

## **PLAN ON THE SUPERNATURAL POWER OF THE LORD IN YOU**

### **SCRIPTURE: SUPERNATURAL**

**When you are being obedient** to the instructions of Jesus, prepare for abundance. Start positioning your partners to receive the overflow. Always be sensitive to the instructions of God. Do not be distracted. You may have to stop what you are

doing to obey His instructions. There is reward in obedience to God.

**Notice how Simon handled the instructions** that did not make sense to him: People pressed upon Jesus to hear the word of God. He stood by the lake. (Luke 5:1)

He saw two fishermen washing their nets. (Luke 5:2)

Jesus entered into one of the ships, which was Simon's, and asked him to thrust out a little from the land. Jesus sat down and taught the people out of the ship. (Luke 5:3)

When he left the speaking, he said to Simon, launch out into the deep and let down your nets. (Luke 5:4)

Simon answering said, master, we have toiled (worked hard) all night, and have caught nothing nevertheless, I will let down the net as you said. (Luke 5:5)

**When they let down the net**, they enclosed a great multitude of fishes and their net broke. (Luke 5:6)

They had to beckon to their partners in the other ship to come and help them. They came and filled both ships until they began to sink. Simon Peter was astonished, fell at Jesus's feet, and said, I am a sinful man Lord. (Luke 5:7)

Simon Peter was astonished and so were his partners.

(Luke 5:8)

You shall catch men, said Christ. (Luke 5:10)

The partners and James were so astonished, that they forsook all and followed Jesus. (Luke 5:11)

**In your walk with God, there is no need for fear.** Situations at times may seem impossible to solve. That is because it is God who solves the problem. If you are relying on your own wisdom to solve the problems without God, this is dangerous.

Dangerous because you are idolizing yourself to be first in front of God. Here you have become your own god, and out of the will of God. It is clearly written and spoken by God:

Have no other gods before me. (Exodus 20: 2)

**Confidence in God increases with faith.** Continue to practice using His word to build your faith. You have the power over every situation, but it is God who does the work. Your responsibility is to keep God first. Verbalization, visualization, and meditation with God accelerate this process.

**Complete each task as God instructs,** and God will lead you to the next work. Patiently wait on the Lord and let Him take the lead. To be patient means to stay the same in praise

and worship with God. Partner with God and continue in worship, songs of praise, and thanksgiving. God is very protective of His people. You must protect the words you are hearing, avoid negative words. Notice how Jesus builds the confidence of His disciples, as He gives His word:

**It is impossible for offences to come to you,** but woe through whom they try to come. (Luke 17:1)

It would be better for him if a millstone were hanged about his neck, and he cast into the sea than he to offend one of God's children. (Luke 17:2)

### **Power over fear Affirmation**

I have the mind of Christ. (1 Corinthians 2:16)

My spirit has power over my flesh. (Hebrews 10:35)

The Lord is my light and my salvation. The Lord is the strength of my life. One thing I desire that will I seek after, that I may dwell in the house of my Lord all the days of my life; to behold the beauty of my Lord and to inquire into His temple. He hides me in His pavilion; In His secret tabernacle, He hides me. He set me upon His rock. Now my head is lifted up above. Therefore, I offer in His tabernacle sacrifices of joy. I sing; I will sing praises



to my Lord. Hear oh Lord my voice. Thank you for your mercy upon me and answering me. When you said "seek my face", your face I did seek. God of my salvation, my Lord you took me up. Teach me your way, oh Lord, and lead me in your plain path. Thank you for delivering me from all enemies. I believe to see the goodness of my Lord in the land of the living. I wait on you, my Lord. I am of good courage. Thank you for strengthening my heart. I wait, I say on my Lord. (Psalms 27)

If God is for me, who can be against me? (Romans 9:31)  
Nothing can separate me from the love of God, which is in Christ Jesus. (Romans 9:39)

I know the Lord. The Lord gives mercy and refreshes me. He sought me out very diligently and found me. The Lord grants unto me mercy. He ministers to me. (2 Timothy 1:16, 17, 18)

I am more than a conqueror through Him who loves me.  
(Romans 9:37)

Thanks be to God who gives me all the victory through our Lord Jesus the Christ. (1 Corinthians 15:57)

Jehovah Nissi. My victory. (Exodus 17:15)

The Lord causes all enemies that try to rise against me to be

smitten before my face. They try to come one way and flee before me seven different ways. (Deuteronomy 28:7)

I have power over all enemies. (Luke 10:19)

I am delivered out of the mouth of the dragon (2 Timothy 4:17)

## **FORMULA FOR SUPERNATURAL POWER**

The battle is in the mind. (Romans 12:12)

Confidence in God = rest = word manifest.

Recompense = reward

(The mind + confidence in God= rest and reward)

## **SCRIPTURE: SUPERNATURAL**

### **The Supernatural Flow For The Saving Of Souls**

God will perform supernatural power to save souls to return to Him. So, when you are going into all the world to save souls for the kingdom of God. Expect the supernatural and prepare for it. See chapter 12, page 114 on the topic pursue the gift of miracle, for more details on the supernatural.

**Notice how Elijah demonstrated the supernatural** move of God: Elijah, the prophet, came to all the people and said if the

Lord be God follow Him. 1 King (18:21)

I will call on the name of the Lord and the God that answers by fire, let Him be God. (1 King 18:24)

Elijah took twelve stones according to the number of the tribes of the sons of Jacob who was Israel and built an altar.

(1 King 18:31, 32)

He put the wood in order, cut the bullock in pieces, and laid it on the wood. Filled barrels with water, poured it on the sacrifice and the wood three times. The water ran down about the alter. (1 King 18:33, 34, 35)

**Elijah said**, Lord God of Abraham, Isaac, and Israel, let it be known this day that you are the God of Israel and that I am your servant. And I have done all these things at your word. hear me oh Lord that these people may know that you are the Lord God, and you have turned their heart back again.

(1 King 18:36, 37)

The fire of the Lord fell and consumed the burnt sacrifice, wood, the stones, and the dust. (1 King 18:38)

When all the people saw it, they fell on their faces and said, the Lord He is God. (1 King 18: 38,39)

THE SUPERNATURAL OVER-FLOW OF RAIN

**Elijah went** up to the top of the mountain of Carmel, kneel, put his face between his knees **and meditate** on the mountain top. (1 King 18:42)

**Elijah said**, go up and look toward the sea, go again seven times. At the seventh time, there arose a little cloud out of the sea, like a man's hand. He said, **prepare** the chariot and **get in the place** that the rain does not stop you. (1 King 18:43)

There was great rain. (1 King 18:45)

The hand of the Lord was upon Elijah, and He girded up his loins. (1 King 18:46)

For as many who are led by the Spirit of God, they are the sons of God. (Romans 8:14)

Sons meaning mature offspring. (according to Bill Winston).

Children of God who are not caught up in strife or hatred, these are the sons of God.

### **Fully Cloth In The Supernatural**

In Galatians chapter 5 It shows how to be fully cloth in the supernatural. The helmet of salvation, the breastplate of righteousness, your loins girded about with truth, the shield of faith, your feet shod with the preparation of the gospel of peace, and above all the sword of the spirit which is the word of God.

*WHEN YOU ARE LED BY THE SPIRIT OF GOD, YOU AND CHRIST ARE ONE IN GOD.*

## **PERSONALIZED SCRIPTURE**

### **Supernatural Power affirmation**

My speech demonstrates the Spirit and power of God.

(1 Corinthians 2:4)

I speak the wisdom of God in mystery hidden, which God ordained before the world to our glory. (1 Corinthians 2:74)

My faith stands in the power of God. (1 Corinthians 2:5)

Miracles are worked when the Spirit of God hears faith.

(Galatians 3:5)

Jesus said, come out of the man you unclean spirit.

(Mark 5: 12)

We who receive abundance of grace and the gift of righteousness shall reign in life. (1 Corinthians 5:17)

So, by the obedience of one man, Jesus, many are made righteous. (1 Corinthians 5:19)

The Lord causes enemies that try to rise against me to be smitten. If they try to come one way, they flee seven different

ways. (Deuteronomy 28:7)

The Spirit of the Lord came mightily upon Samson and his bands loosed from off his hands; he found a new jawbone of an ass and slew a thousand men with it. (Judges 15: 14, 15)

The Lord gives me strength. He blesses me with peace.

(Psalms 29: 11)

I boldly say, the Lord is my help; a man can't do anything to me.

(Hebrew 13:6)

Faith follows me. (Hebrew 13:7)

God freely gives me all things. (Romans 8:32)

In all things, I am more than conquerors through Him that loves me. (Romans 8:37)

If God be for me, who can be against me? (Romans 8:31)

I know the mind of the Lord. The Lord instructs me. I have the mind of Christ. (1 Corinthians 2:16)

God anointed me with the oil of gladness. (Hebrews 1:9)

God makes my enemies my footstool. (Hebrews 1:13)

I claim my gifts: I show mercy, cheerfulness, love. I cleave to

good, kindly affectioned, brotherly love, the fervent spirit in business, serving the Lord, patient (staying the same) in tribulation, continuing instant prayer, distributing to the necessity of the saints, hospitality, rejoice in hope, blessing, agree, honest, live peaceably with all people, feed the hungry, overcome evil with good.

(Romans 12: 8 -21)

### **SCRIPTURE: THE BLESSING OF GOD TO YOU**

**GOD SAID:** Be fruitful and multiply. Replenish the earth and subdue it. Have dominion over the fish of the sea, fowl of the air, every living thing that moves upon the earth, every beast of the earth, and everything that creeps upon the earth.

(Genesis 2:28, 30)

God created mankind in His own image, male and female.

(Genesis 2:27)

You are blessed by the Lord who made heaven and earth.

(Psalms 115:15)

The heavens are the Lord's, but **the earth** has He given to the children of men. (Psalms 115:16)

All things are yours. (1 Corinthians 3:21)

## **Claim Your Inheritance**

Ministers by whom you believed; the Lord gave to everyone.

(1 Corinthians 3:5)

You are Christ's and Christ is God's. (1 Corinthians 3:23)

Your spoken word is labor.

God gives the increase. (1 Corinthians 3:6)

He that plant and He that water is one. (1 Corinthians 3:8)

Every man shall receive his own reward according to his labor.

We labor together with God. God builds the house.

(1 Corinthians 3:9)

According to the grace of God, given to us to be a wise master builder. Let every man take heed how he builds.

(1 Corinthians 3:10)

**What to do with money:** spend it on what will not rust to corruption or thieves break in to steal. Spend it on what will last forever. (Mathew 7:19)

The foundation no man can lay, which is Christ Jesus.

(1 Corinthians 3:11)

**Every man's work shall manifest,** it shall be revealed by (Holy Spirit) fire. (1 Corinthians 3:13)

If work abides, you shall receive the reward.



(1 Corinthians 3:14)

The wisdom of this world is foolishness with God.

(1 Corinthians 3:19)

The Lord knows the thoughts. (1 Corinthians 3:20)

Let no man glory in men, because all things are yours.

(1 Corinthians 3:21)

The minister, the world, life, things present, things to come, all are yours. This is the Blessing. (1 Corinthians 3:22)

O house of Aaron, trust in the Lord, He is your help and your shield. (Psalms 115:10)

**The Lord is mindful of us.** He blesses us. He blesses the House of Israel. He blesses the house of Aaron. (Psalms 115:12)

When you fast and pray (speak the word of God), do it in secret, not for show. Father will reward you. (Mathew 7:16)

Neglect not, the gift that is in you. (1 Timothy 4:14)

Meditate upon these things. Give yourself wholly to them that your profiting may appear to all. (1 Timothy 4:15)

## **PERSONALIZED SCRIPTURE**

### **Blessing Affirmation**

All these blessings shall come on me, and overtake me

(Deuteronomy 28:2)

I am blessed in the city and blessed in the field.

(Deuteronomy 28:3)

Blessed be the fruit of my body. Blessed be the fruit of my ground, the fruit of my cattle, the increase of my flock.

(Deuteronomy 28:4)

Blessed be my basket and my store. (Deuteronomy 28:5)

Blessed be me, when I come in and when I go out.

(Deuteronomy 28:6)

The Lord makes me plenteous in goods. (Deuteronomy 28:11)

God gives me the increase. (1 Corinthians 3:6)

The Lord commands the Blessing upon me in my storehouse, and in all that I set my hands to do. I am blessed in the land which the Lord my God gives me. (Deuteronomy 28:8)

The Lord establishes us a holy people unto Himself, as He has sworn unto us. I hear Him and walk in His way.

(Deuteronomy 28:9)

All the people of the earth shall see that I am called by the name of the Lord. (Deuteronomy 28:10)

The Lord opens to me His good treasure, the heaven to give the rain to my land in its' season, and blessed all the work of my hands. I shall lend to many nations, and I shall not borrow. (Deuteronomy 28:12)

The Lord makes me the head, not the tail. (Deuteronomy 28:13)

I am above only and stay with all the words which the Lord my God say to do. I turn away from all other gods, not to serve them. (Deuteronomy 28:14)

I Inherit the promise made to Abraham. God saying, surely blessing will I bless you and multiplying I will multiply you. (Hebrews 6:13, 14)

God willing more abundantly to show me, the heir of the promise, and confirm it by oath. (Hebrews 6:17)

Being justified by faith, I have peace from God through our Lord Jesus Christ. (1 Corinthians 5:1)

By whom we have access by faith into grace, I stand and rejoice in hope of the glory of God. (1 Corinthians 5:2)

God commends His love while I was yet a sinner, Christ died for me, reconciled me to God, saved me by His life, also I joy in God. I now receive the atonement, the gift, the grace of God. (1 Corinthians 5:8)

Grace reigns through righteousness unto eternal life through Jesus Christ our Lord. (1 Corinthians 5:21)

The earth, the Lord has given to the children. (Psalms 115:16)

Unto your name Lord, I give glory, for your mercy and your truth. (Psalms 115:1)

My God does whatever He pleases. (Psalms 115:3)

I trust in the Lord; He is my help and my shield. (Psalms 115:9)

He increases me and my children more and more.

(Psalms 115:14)

I will bless the Lord forevermore. Praise the Lord.

(Psalms 115:18)

I am mighty. My generation is blessed. Wealth and riches are in our generational house forever. (Psalms 112: 1,2,3)

My God supplies all my needs, both in riches and in glory.

(Philippians 4:19)

Blessed be the Lord God, our Father forever and ever.

(1 Chronicle 29:10)

Both riches and honor come from you Lord.

(1 Chronicle 29:11)

All things come of you Lord. (1 Chronicles 29:14)

Now our God, we give thanks and praise to your glorious name.

(1 Chronicle 29:13)

Let the Lord be magnified, who has pleasure in the prosperity of His children. (Psalms 35:27)

God gives to me, makes known the mystery, and now manifests riches, all wisdom. Christ the king in me, the hope of glory.

Colossians (1:25-28)

Whatsoever things I desire, when I pray, I believe that I receive them, and I have them manifest. (Mark 11:24)

The promotion comes from God. God is Judge. He puts down one and promotes another. (Psalms 75: 6,7)

## **CHAPTER TEN MORE THAN A CONQUEROR**

### **Fasting And Praying Prepares For Dominion**

Tried everything to accomplish your hopes, but never truly able to accomplish your goals? know there is much more for you, but just can't seem to reach it? You know something is wrong. You can't seem to find the words to explain to anyone what is limiting you? You don't have to stay stuck. There is help.

Fasting and prayer are at times necessary to overcome certain strongholds. Unconditional love must take the place of unforgiveness, prejudice, pride, stubbornness, and selfishness. Pray this way: Lord every door that I have opened to the enemy, I let go now. I let go right now of all unforgiveness, prejudice, pride, stubbornness, and selfishness. Forgive me Lord and close the door to the enemy. Thank you, Lord.

**The obstacle is real.** You are not alone in this struggle.

Everyone has been hurt or damaged in some way. The feelings of not being good enough, not worthy of good success and genuine love are the reminders of the fallen world (separation from God). Healing is needed. For those who have already received Christ Jesus, there is still work to be done.

You must now learn to take back what belongs to you. Your abundant life.

**It is necessary to armor up for this good fight.** You are on the winning side, but you must be able to stand firm.

It takes practice being able to be confident in who you are, where your help comes from and the powerful abilities you now possess inside as a child of God. These are in constant conflict with the memories of the past. Decide to forget those things of the past and focus on the new you. Change is necessary and learning to receive is colossal.

**Prayer and fasting increase spiritual power** and helps rid the body of old waste. Evacuate the colon for two consecutive nights before you start your fast. This helps to prevent old waste from being reabsorbed back into the bloodstream and causing harm. A mild laxative can be used for this purpose. Consult a health care professional before a change of diet, exercise, medication, or herbal medicine. Try to start eating healthy foods before you start your fasting. Maintain hydration with pure water. There are a variety of ways to fast. I find it very productive to pray and meditate when I awaken first thing in the morning. The body is in a state of fasting during sleep.

Let the Holy Spirit lead you and teach you how to fast.

**People commonly eat to alleviate anxiety** or fill inner emptiness resulting from a lack of love and connection to others. People also commonly eat to ally emotional pain. Some people use food for filling time when they are bored. It is important to take note of how you feel during your fast. At this time your mind and emotions are breaking from this usual source of comfort. Things are being cut from the root. Eating later in the day also have the added benefit of cleansing the body. The body now has an opportunity to break down stored fat and other old components of the blood.

**Make time to fast and pray.** This is also an excellent time to read your affirmations aloud. Continue to watch what you give your time to. It is written in Mathew chapter six verse thirty-three: Seek first the kingdom of God and His righteousness and all these things will be added unto you. The cares of life that cause worry: what you will eat, drink, wear, pay bills, and so forth. These needs God provides for, but make sure you are doing your part of seeking first the kingdom of God and His righteousness.



## **Pressing Through Blockages**

Especially when you are about to overcome, oftentimes the enemy sends stormy situations to cause fear. This is when you must stand your ground fully cloth in your **armor** as was noted earlier.

As it is written in Galatians chapter five, you must be prepared:

Put on the ***helmet of salvation***.

Knowing that you are saved by receiving the salvation of God in Jesus Christ. This is your covering.

Your ***breastplate of righteousness***

This is knowing that you are the righteousness of God in Christ.

Your ***loins girted with the truth***.

The word of God is truth and it is your protection.

Your ***feet shod with the preparation of the gospel of peace***.

It is your responsibility to be prepared to speak Gods' word where ever you go to bring peace.

The ***sword of the Spirit is the word of God***.

The word is God and the Spirit of God does the work. Speak

the word of God.

**When the storms of life try to rise, stand, and speak.**

Peace be still is what Jesus said to calm the storm. Speak peace into your stormy situation. It is written in Isaiah chapter fifty-nine verse nineteen: so, shall they fear the name of the Lord from the west, and His glory from the rising of the sun. When the enemy shall come in like a flood, the Spirit of the Lord shall lift up a standard against him.



## CHAPTER ELEVEN PRIORITIZE GOD IN YOUR LIFE

### **Prioritize God**

The blistery cold crisp wind of winter was broken by the warm rays of sunlight that gently stroked my face. I felt the touch of hope for a warm day where I could jog again. Running helps to clear my head and quiet my thoughts. As I notice the blue sky, green grass, the trees standing in their strong trunks, I couldn't resist hugging a tree. I had to say thank you Lord for this beautiful earth.

To know I have the responsibility for keeping and stewarding this earth was overwhelming. This earth was given to us by God. In Deuteronomy chapter eleven, verse twenty-four it is written: "every place where the soles of your feet shall tread shall be yours... Even unto the uttermost sea shall your coast be." In verse twenty-five, it is further written: no one can stand in my way, because of the Lord God. I know God would not give me this awesome responsibility without the tools to steward it. The tongue is a powerful tool, noted in Proverbs. Death and life are in the power of the tongue. (Proverbs 18: 21)

**The person who can rule his tongue can rule a city.** I have the ability to steward my city and my earth. And, so do you.

God does the work in partnership with us as we speak His word. There is nothing too big for God to do. All things are possible with God. The earth is depending on you. Speak the word to your situation. We have inherited God. Walk-in your supernatural power of God and rule. You have kingship ability. Every situation or thing has to bow to the name of Jesus. Our personal repentance is wonderful.

He that rule his spirit is better than he that takes a city.

(Proverbs 16: 32)

### **How To Handle Temptation**

Leave nothing to chance or confidence in your own ability without God. This is dangerous territory. It is written in first Corinthians chapter six verse seventeen: He who is joined to the Lord is one spirit. Sexual immorality is a sin against your own body. It is further written in verse eighteen: run from fornication, this is sex outside of marriage. Every sin that man does is outside the body except fornication. Your body is the temple of the Holy Spirit of God.

**It is God that does the work.** You have been made a clean temple of the Holy Spirit. When you glorify God in your body by keeping your body pure, Gods' radiant Spirit will glorify you.

Give thanks to God that you are the righteousness of God in Christ Jesus. You have been forgiven. There are forgiveness and new desire in knowing that God loves you and will not leave you to fall. But you must run from sexual immorality. Draw closer to God, when temptation raises its ugly head. Protect your ears and eyes from being drawn into temptation. Don't ignore the voice of God when He warns you. Hear and obey His voice.

**Worship only the almighty God.** If God comes first in your affections all other things which you desire are secondary. Then, it can't tempt you to become your god. Keep your mind on God and that which is good, so your mind will be in perfect peace. Dismiss negative thoughts. Remember to maintain your integrity and practice your standards. Avoid sin. Overcome temptation with good. Believe God and speak His word. The tempter comes with everything you want.

**God will supply all you need.** But you must ask God for whatever you want, anything. It is written in St. John chapter fourteen verse thirteen Jesus speaks: whatsoever thing you ask in my name that will I give. It is written in second Corinthians nine verse ten: you will have all sufficiency in all things abound

to every good work. When you give, make it be out of purpose.  
To accomplish a specific purpose. It is written in second  
Corinthians chapter nine verse seven: do not give out of your  
need or give grudgingly. Remember God loves it when you give  
cheerfully.





## **CHAPTER TWELVE PURSUE THE GIFTS OF THE SPIRIT**

### **Pursue The Gifts**

**Pursue the gift of Faith.** The gift of faith is given by God as a seed. To say to the things you desire “come” is to act upon this seed of faith. It is written in St. Mark chapter eleven verse twenty-three: whosoever shall say unto this mountain, be removed and cast into the sea, and believe those things he had said shall come to pass, he shall have whatsoever he says. Verse twenty-four further go on to write: whatsoever thing you desire when you pray, believe that you receive them and you shall have them. Thus, speak to your desire when you pray, believe you have it and it shall come to pass. This is how you pursue your gift of faith.

**Pursue the gift of the Healing.** Each healing is a gift of Gods’ supernatural power against sickness. Such a case is written in St. Luke chapter five verse seventeen: the Pharisees and lawyers came out as Jesus was teaching and the power of the Lord was present to heal them. God’s healing power is often not seen immediately and sometimes improvement is gradual. The one being healed must continue thanking God and

rejoicing for their healing as they continue in faith. Miracle on the other hand is very different.

**Pursue the gift of Miracle.** Miracles are usually visible immediately. They are usually released by an act of faith done along with the spoken word. For example, Naaman went to get healed from leprosy. Elisha the man of God said, “go wash in Jordan seven times, and thy flesh shall come again to thee, and thou shalt be clean.” (2nd Kings 5:10) Naaman dipped in river Jordan seven times, and his flesh became like a little child. This act of faith released the miracle healing power of God instantly. The act may seem absurd, but the act itself along with the spoken word releases the miracle.

**Pursue the gift of Wisdom.** It is written in Psalms chapter one-hundred-eleven verse ten: the fear (reverence) of the Lord is the beginning of wisdom. God gives us His wisdom; He instructs us how to proceed. God reveals mysteries to us through His wisdom. Take the time to honor God, and to ask for His direction of wisdom. Christ is the power and wisdom of God. It is written “Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love Him.” (1 Corinthians 2: 9)

To be able to access the wonderful things that God has prepared for you, you must practice the gift of wisdom. Consult with God and ask God to show you. Visualize what God is speaking to you; see yourself with it or doing the action.

**Pursue the gift of Knowledge.** This is when God reveals something to you about someone else. It is similar to prophecy. It is written in Colossians chapter two verse three:

In God and Christ is all wisdom and knowledge. Pray to be filled with these gifts. To know the will of God for your life is a closer walk with the Almighty God.

**Pursue the gift of Prophecy.** The gift of prophecy is being able to hear God. You can stir this gift up inside you when you spend intimate time talking with God. You will get to know God and know His voice, just as you would any member of your family. “And it shall come to pass in the last days, saith God, I will pour out of my Spirit upon all flesh: and your sons and your daughters shall prophesy... on my servants and my handmaidens, I will pour out in those days of my Spirit; and they shall prophesy.” (Acts 2: 17,18) Let the Holy Spirit within guide you. It is written in first Corinthians chapter fourteen verse three: when you prophesy to others it is for edification,

exhortation, and comfort. The gift of prophecy is often to warn, instruct, build up, or improve others.

**Pursue the gift of Tongue.** He that speaks in an *unknown* tongue speaks not unto men, but God. In the spirit, he speaks mysteries. (1 Corinthian 14: 2)

It is further written in verse four: when you speak in an unknown tongue you edify yourself. This is building up and strengthening your spirit; this is necessary daily. One should always be prepared and be strong in the Spirit of God, before heading out into the world. This way you can give to others out of your overflowing spirit, and not from a depleted spirit. For this could leave you vulnerable. Let your anointing oil of the Holy Spirit be filled within you at all times. Remember to sleep and rest your body is also necessary. Body, mind, and spirit should be well-nourished and built up to do the work of God.

**Pursue the gift of Interpretation of tongues.** It is written in first Corinthians chapter fourteen verse five: interpretation of tongue is used to edify the church.

**Pursue the gift of Discerning of spirits.** This is to be able to recognize and distinguish between the spirits. It is written in

Ephesians six verse twelve: we wrestle not against flesh and blood, but against principalities, powers, rulers of the darkness of this world, against spiritual wickedness.

Analyze what you are feeling when you are aware of a spirit. This will help you to distinguish the spirit. You can also ask the Holy Spirit "what is this". If you are fearful, this lets you know this is not of God. Holy Spirit will also reveal it to you. If you feel peace, joy, or love these are the characteristics of the Spirit of God. In these times proclaim your authority through the blood of Christ Jesus, and identify who you belong to. It is God who fights for you, with your permission. Worship songs and praise to God are very strong weapons to increase the presence of God. It is written in Psalms twenty-two verse three: God inhabits our praises.

### **Who Will Get Into The Kingdom?**

You will know the tree by its fruits. Those who bear the fruit of the Spirit belongs to Christ Jesus and inherit the Kingdom. The fruit of the Spirit is love, joy, peace, meekness (humble yourself to Gods' will), faith, temperance (self-restraint), gentleness, goodness, and long-suffering (still maintain fruit of the Spirit through tribulation). See Galatians chapter five, verses twenty-two through twenty-four for more.

**Who is not in the kingdom?** Those who manifest the works of the flesh. These works are adultery, fornication, uncleanness, lasciviousness (lust), idolatry, witchcraft, hatred, variance (disagreeing), emulations (pride), wrath, strife, seditions (stirring up rebellion against God), heresies (unorthodox belief against God), envy, murders, drunkenness, reveling (celebrating your life without God), and such like. They which do such things shall not inherit the Kingdom of God. See this and more in Galatians chapter five, verses nineteen to twenty-one.

We can see that being filled with the Spirit of God is very different from the gift of the Spirit, which is poured out on people. Make your election sure. Work out your soul salvation by the renewing of your mind, so you do not fulfill the works of the flesh. Your very life depends on it.

### **Your Daily Walk Brings Success**

The decision to walk in your supernatural power daily, take dominion over your life and your earth starts with a simple prayer.

Prayer: Lord Jesus, I believe you died for me and rose again.

I confess I am a sinner. I hate my sins. Please forgive me of my sins. Come into my heart. I receive your love. Thank you, Lord God, for your peace, joy, and supernatural love in

Jesus. If you confess with your mouth the Lord Jesus and shall believe in your heart that God raised Him from the dead, you shall be saved. (Romans 10:9)

**Where the word of a king is, there is power. (Ecclesiastes 8:4)**

Now that you have received kingship power and the king of kings lives within you, continue working with your tools of Verbalization, Meditation, and Visualization. Transform your mind, and your true desires of heart will be awakened. Get passionate and use your amazing faith to claim all that Almighty God has already given you.

**Faith or fear?** These are the two choices you have when faced with a challenge. Chose to stand in faith. Never act out of fear. The battle belongs to Almighty God, but you still have to be prepared to take a stand. Ephesians chapter six, verses fourteen through eighteen notes how to be prepared: Stand having your loins girt about with the truth of God's word, the breastplate of righteousness, your feet shod with the preparation of the gospel of peace, the helmet of salvation, above all take the shield of faith wherewith you shall be able to quench all the fiery darts of the wicked, and the sword of the Spirit, which is the word of God. Praying always in the Spirit

(tongues), and watching with all perseverance and supplication for all saints.

You can do all things through Christ who strengthens you, in Jesus' name.





## **ACKNOWLEDGEMENT BIBLIOGRAPHY**

THANKS TO ALMIGHTY GOD

Winston, Bill. Bill Winston Ministries. P.O. Box 947, Oak Park, Illinois 60303-0947, 2020.

Ana Werner. *The Seer's Path*. Destiny Image Publishers, INC, 2017.

Hockenbury, Don, Sandra Hockenbury. *Psychology 5th Edition*. Worth Publishers, 2010.

*The Book of Yoga*. Christina Brown, 2002.

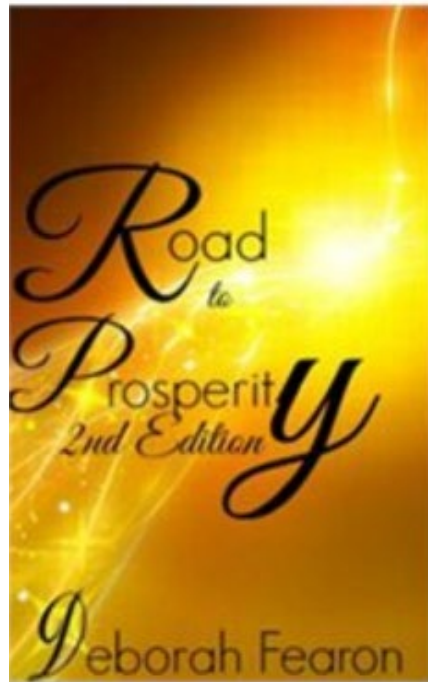
*Mosby's Medical & Nursing Dictionary*. The Mosby Company, 1986.

*The Holy Bible Authorized King James Version*. C.D. Stampley Enterprises INC, 1985.

Ponder, Catherine. *The Healing Secrets of the Ages*. DeVORSS & COMPANY, 1967.

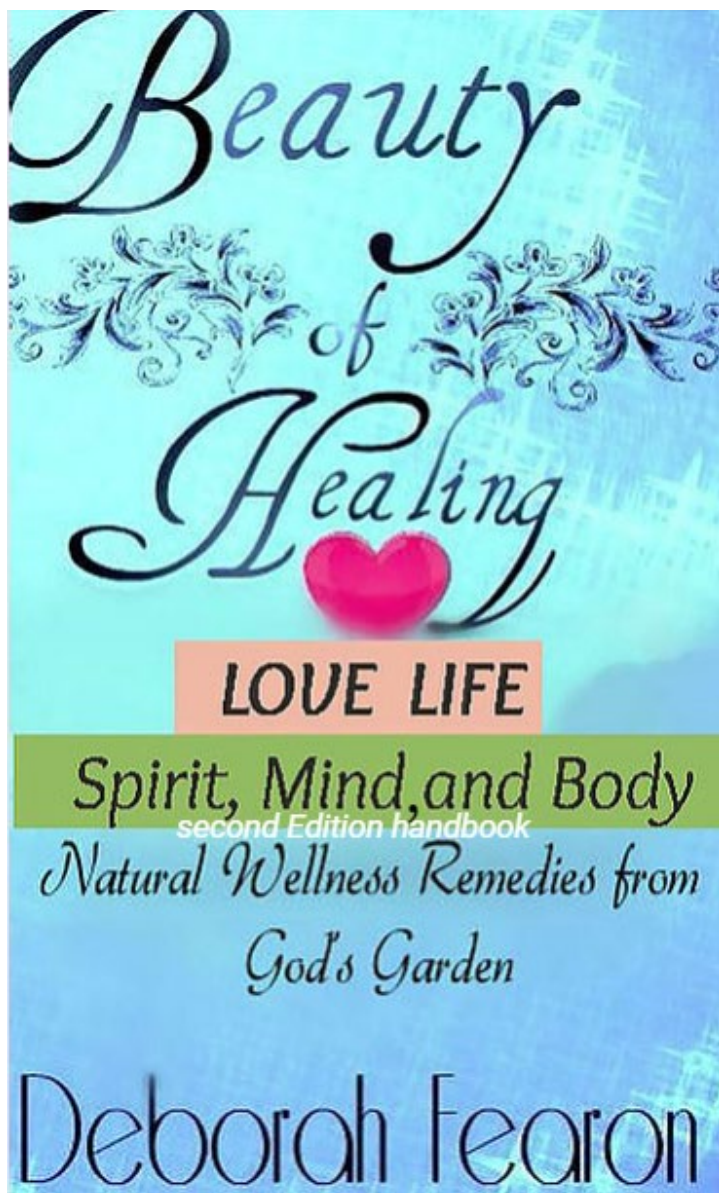
## *BREAK FREE OF STRONGHOLDS*

I wish you good success according to the perfect will of the Most High God. Please leave an honest review. Let the author know if any of her books has helped you and if you have any suggestions for future topics. Be the first to receive her next book. Contact: [beautyofhealing.com](http://beautyofhealing.com) 1800 779-9615  
<https://www.facebook.com/groups/beautyofhealing>



This book is a novel about a young girl's quest to navigate through the turmoil of life and finding that connection within. This connection guided her to her supernatural prosperity. Such prosperity that was beyond anything she could have ever hoped for.

[NovelBeautyofHealing.com](http://NovelBeautyofHealing.com)



This book is a self-help book about unlocking the healing powers within and using nutrition and other modalities of healing to restore balance for many ailments.

[FreeGiftBeautyofHealing.com](http://FreeGiftBeautyofHealing.com)

*Beauty of Healing.com*

1800 779-9615

## GET YOUR PERSONAL HOLISTIC CARE PLAN

PROBLEM	PLANNING	IMPLEMENTATION	EVALUATION
Find out the root of the problem: Data collection, History Document needs. Confidentiality	Identify lifestyle changes and how to meet your needs. Consider: present medication regimen, psychosocial, psychological, spiritual status, personal budget financials, and environmental health.	Detailed document setting out plan to put into effect. Natural supports: Diet and Nutrition, Lab values follow up related to health and medication regimen, needed interventions, Social and physical activity, Clarify choices related to physical health	Process measured analyzed Improve Controlled

Read more about recovering your good health at

[HolisticCarePlanBeautyofhealing.com](http://HolisticCarePlanBeautyofhealing.com)

Learn How to Lose Weight, Detox and  
Cleans the Body & Spirit

Select

Online Material

Monthly Review and Updates

Learn how to stay happy and have a healthy  
weight

**Fast Cut Weight Loss Cleanse**

**Course** available at

[CourseBeautyofHealing.com](http://CourseBeautyofHealing.com)



### **About the Author**

Deborah is a Registered Nurse and has earned a Doctorate of Naturopathy. She has worked in the healthcare profession for over 12 years. Most of her years of practice has been spent caring for clients in the community. She loves to sing and enjoys playing with children. She credits The Almighty God for all her success and her ability to share the joy of life.









