

WRITTEN BY  
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# THIS GIRL PRAYS



30 DAYS OF PRAYER

E-BOOK

# **This Girl Prays**

30-day freedom challenge e-book

1. **Fear**
2. **Procrastination**
3. **Defeat**
4. **Loneliness**
5. **Pride**
6. **Self righteousness**
7. **Insecurity**
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# INTRODUCTION

I remember when I was at a low place in my life. I couldn't pray. I couldn't talk to God. I could not formulate words to speak on my own behalf. So, I had to call on other intercessors to pray for me. I wanted to be stuck in my feelings. I wanted to allow what I was going through emotionally to take its course. Once I got through my low place I never wanted to feel as though I couldn't pray again. I thought to myself what if I had something that I could read aloud verbatim for my exact situation. As I began to go deeper in my prayer life the Lord started speaking to me about people that can't pray for themselves. The same way that I felt years prior. He reminded me that is the primary reason for intercessors. There will be times that people may not have access to intercessors. They may not want to share their personal struggles with anyone. This book is designed to help you get through tough times with prayer. Every day for 30 days there is a different subject matter. Maybe your struggle is depression one day. Maybe one day you need a little more joy. One day you may be struggling as a wife or as a mother. This book is for the days you need God the most and you don't have the words to reach him. It's a less than 5 minute read each day. I want you to read each prayer out loud. Read the prayer repeatedly. I want you to be able to confess the prayer out loud when you don't have access to the book. Let the prayer feed your spirit. My prayer for you is that eventually you won't need a book full of prayers. During those dark moments you will know how to pray. There will arise an intercessor on the inside of you. Prayer is not just for when you're strong. It is just as effective when you are weak. By the end of the 30 days, I want you to be strengthened in your prayer life. Every day that you wake up you never know what the day may hold. It is great to be prepared. What better way to be prepared than to have a prayer to fit your situation? Prayers are conversations with God. They don't have to be hard. We make them hard. I challenge you to read these prayers for the next 30 days. Record the results of how your day went. Take recognition of how your spirit man is being strengthened. I love each of you! This Girl Prays League!

# DAY 1 FEAR

## SCRIPTURE

Psalm 23:1-6 ESV

A Psalm of David. The LORD is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name's sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. ...

## ENCOURAGEMENT

Fear is a handicap. It comes to grip and stop you in your tracks. Fear will lie to you concerning your future and destiny. Today I declare that you will no longer let fear defeat you.

## LET'S PRAY

Father in the name of Jesus, I denounce the spirit of fear. I will no longer allow fear to handicap me. I won't allow fear to leave me blind. I am covered. I will fear no evil. I know that you are with me. I know that your presence and angels are keeping me. I will carry out my day knowing that I am covered. Amen

# DAY 2 PROCRASTINATION

## SCRIPTURE

Proverbs 12:24 ESV

The hand of the diligent will rule, while the slothful will be put to forced labor.

## ENCOURAGEMENT

Procrastination will slow you down from completing tasks. It will manipulate you to believe that you have more time than you actually do. Procrastination comes to stop your growth. It is an advancement blocker.

## LET'S PRAY

Father in the name of Jesus. Help me to no longer fear advancement and progress. I pray that I will complete every task that is assigned to me. I will not let the spirit of distraction hinder me. I will be focused on the tasks I face today. I will not put them off for tomorrow. I will have laser vision. Lord help me to not allow my insecurities to overtake me. Lord thank you in advance for my freedom. I bind the spirit of laziness and slow fullness. I thank you that I will be able to move fast and be successful in everything that I do. Amen.

# DAY 3 DEFEAT

## SCRIPTURE

Psalm 144:1 ESV

Of David. Blessed be the LORD, my rock, who trains my hands for war, and my fingers for battle;

## ENCOURAGEMENT

Defeat is something that many people allow to be a stumbling block from moving forward. Things that may have happened in your past will try and keep you from progressing forward. Today God wants you to know that you can make it.

## LET'S PRAY

Father in the name of Jesus Im asking you to deliver me from the spirt of defeat. Today I cancel all thoughts of defeat. I will no longer allow my past to dictate my future. Today is a new day. God, I thank you that every weight and burden of defeat is being lifted now. No matter what was done to me in my past I know you as a deliver. I thank you that I am no longer defeated but I am free in every aspect of my life. Lord help me to not allow my negative thoughts to control my feelings. I know that in Christ Jesus I am already set free. Amen.

# DAY 4 LONELINESS

## SCRIPTURE

Isaiah 41:10 ESV

Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.

## ENCOURAGEMENT

As long as you have God you will never be lonely. There is a certain place in your relationship with him that you automatically carry his presence wherever you go. There is something about the very essence of God that makes you feel protected. You never have to live another day feeling as though you are alone.

## LET'S PRAY

Father in the name of Jesus. I no longer want to feel as though I'm alone. I want to feel covered. I know your word says you will never leave me or forsake me. I am asking you to dispatch your angels to cover and protect me. I pray that I will have a sweet sleep and that your peace will overtake me. Thank you, lord that as long, as I have you, I am never alone. Even when everyone turns their back on me, I know you are there holding my hand. Amen.

# DAY 5 PRIDE

## SCRIPTURE

Proverbs 29:23 ESV

One's pride will bring him low, but he who is lowly in spirit will obtain honor.

## ENCOURAGEMENT

Pride is the master of tricks. It will cause you to think more highly of yourself than you should. Pride will allow you to miss out on your next elevation spiritually and naturally. Many people don't even realize that they deal with this spirit. It will be broken today.

## LET'S PRAY

Father in the name of Jesus, thank you for revealing hidden things. God, I know that pride is not of you. Father help me to humble myself in all situations that I need to humble in. I know that I'm not greater than you. I know that I am nothing without you. I know that pride comes before a fall. I don't want to be brought to my knees. So, I am asking for deliverance. I decree that my conversation is changing. I decree that the way I view people is changing. Amen



# DAY 6 SELF RIGHTEOUSNESS

## SCRIPTURE

1 John 4:19-21 ESV

We love because he first loved us. If anyone says, "I love God," and hates his brother, he is a liar; for he who does not love his brother whom he has seen cannot love God whom he has not seen. And this commandment we have from him: whoever loves God must also love his brother.

## ENCOURAGEMENT

Self righteousness is a spirit that thinks they're better than others. It will cause you to look down on others and not understand their mistakes. Today we are going to get free by the power of your confession.

## LET'S PRAY

Father in the name of Jesus, Forgive me for judging others. Forgive me for assuming that everyone thinks the same. I pray Lord that I will look at people the same way you do. I know that no mistake or sin is greater than the other. I will view and love my neighbors as I love myself. I humble myself now. I am nothing without you. Amen.

# DAY 7 INSECURITY

## SCRIPTURE

Psalm 139:14 ESV

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

## ENCOURAGEMENT

Insecurity causes you to see the world falsely. You have a hard time building genuine relationships. Insecurity can come from past childhood hurts. Word curses being spoken over your life. What is being betrayed on social media and tv. Today you're going to be free.

## LET'S PRAY

Father in the name of Jesus. I thank you that I am fearfully and wonderfully made. I thank you that I was made in the likeness of you. I confess that I am beautiful from the inside out. I will no longer think of myself as less than great. I was created for a purpose. I will no longer compare myself to others. I understand that I am different and unique. As of today, I see myself as you see me. Amen

# DAY 8 ABUSE

## SCRIPTURE

Psalm 11:5 ESV

The LORD tests the righteous, but his soul hates the wicked and the one who loves violence.

## ENCOURAGEMENT

There are many forms of abuse. Physical, mental, verbal, and sexual. Many people have been abused and suffer silently. Abuse will handicap you from living a normal life. There is a spirit of torment that comes over the victims. Victims of abuse often blame their self for the abuse. Today you will be free.

## LET'S PRAY

Father in the name of Jesus, I thank you in advance for my freedom. Your word says whom the son sets free is free indeed. I erase and dismantle every memory of my past as it relates to abuse. I forgive my abuser. I understand that I was the victim in the situation. I release and let it go. I will no longer harbor bitterness. I understand that you have already given me the victory. I can now live in my truth and my freedom. Amen

# DAY 9 DOUBT

## SCRIPTURE

James 1:6 ESV

But let him ask in faith, with no doubting, for the one who doubts is like a wave of the sea that is driven and tossed by the wind.

## ENCOURAGEMENT

Doubt is the opposite of faith. Doubt will block you from seeing your full potential. It is the opposite of reaching and maximizing your success. Doubt sees what it looks like instead of what it could be. Doubtful people let fear set in and take root in your life.

## LET'S PRAY

Father in the name of Jesus, I thank you for breaking the cycle of doubt over my life. I will no longer doubt my abilities. I will no longer doubt what I know I have the grace to see. I will replace my doubt with faith. I decree that I will reach all of my full potential with doubt not blocking my way. I can do all things through Christ that strengthens me. Amen

# DAY 10 REJECTION

## SCRIPTURE

1 Peter 2:4 ESV

As you come to him, a living stone rejected by men but in the sight of God chosen and precious,

## ENCOURAGEMENT

So many people have been rejected through childhood. It could be something so simple as they heard the word “no” too many times. Rejection will create a spirit of self-sabotage. You will start to reject people that enter your life that want to love you. Rejection will cause you to miss out on opportunities that God created for you. Rejection is normally the root spirit that will manifest other spirits.

## LET'S PRAY

Father in the name of Jesus, help me to recognize and expose the spirit of rejection that may be rooted in my life. I no longer want to deal with this spirit. I know that you love me and that you care for me. You sent your son to die on the cross for me that was the greatest love known to man. I will no longer allow my past hurts of rejection control my future. Amen

# DAY 11 GRIEF

## SCRIPTURE

Revelation 21:4 ESV

He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away."

## ENCOURAGEMENT

As we look at the world today it seems as though more people are dying prematurely. We have access to social media which lets you in the world and life of so many people. So, we have people that have died around us and then the openness of strangers dying and feeling their grief. Grief is a natural feeling it is not a spirit. But if you don't grieve properly there may be spirits that manifest. The spirit of fear, depression, anger, and so on.

## LET'S PRAY

Father in the name of Jesus, I know that you are sovereign. Although I may not understand why my loved one is no longer here. I understand who you are. I'm asking you to give me strength and clarity as I go through this grieving process. I don't want any other spirits to come in and linger. I decree that the joy of the Lord is my strength. I thank you for giving me the oil of joy for the spirit of mourning. I will focus on you during my time of sadness knowing that time heals all wounds. Amen

# DAY 12 ANXIETY

## SCRIPTURE

Philippians 4:6-7 ESV

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

## ENCOURAGEMENT

Anxiety can be a silent killer. It is the one thing that many people don't even realize that they deal with. Anxiety sets in when you feel like you don't have control over something. The root of anxiety is pride and fear. Anxiety can sneak up on you when you least expect it. It's something that many people fight with daily. Anxiety can manifest even when you're making small decisions.

## LET'S PRAY

Father in the name of Jesus, thank you Lord that I am getting free today. I release all control from this spirit of anxiety. I give you all control concerning every decision of my life. I no longer want to feel what I have been feeling. I decree and declare that my heart, chest, limbs, and brain will line up. I decree there will be complete peace in my spirit and soul. Everything will line up because you said in your word that all things work together for the good of them that love God and are called according to his purpose. Amen

# DAY 13 OVERWHELMED

## SCRIPTURE

2 Corinthians 12:9 ESV

But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.

## ENCOURAGEMENT

You can go through life day to day and not even realize how overwhelmed you are. It's not until you take some down time that you are made aware of it. By prioritizing your day, you can relieve yourself of the pressures of day to day. With a relationship with God we are to cast all of our burdens on him.

## LET'S PRAY

Father in the name of Jesus I release all burdens unto you. I will no longer carry the weight of my personal issues along with other people's problems. I am aware that I cannot add one single day to my life. I understand that you hold all power. Lord help me to take one day at a time. I will move at a steady pace. Thank you, lord, that I am coming into being who have called me to be. No worries, no stress, no fear. Amen



# DAY 14 HAPPINESS

## SCRIPTURE

Ecclesiastes 3:12 ESV

I perceived that there is nothing better for them than to be joyful and to do good as long as they live;

## ENCOURAGEMENT

Happiness is essential but it's up to you to discover it. Every day you may not wake up happy. As you grow in your relationship with God there are things that you discover that makes you happy. It takes skill to decide that no matter what you will make your own self happy.

## LET'S PRAY

Farther in the name of Jesus I thank you that my happiness is coming back. I will no longer sit in unhappiness. I will no longer allow my present circumstances to dictate my emotions. Lord help me to discover a happiness that no one can take away from me. I declare that I am changing internally. Thank you, Lord, for stretching me beyond negative emotions. Amen

# DAY 15 PEACE

## SCRIPTURE

Isaiah 26:3 ESV

You keep him in perfect peace whose mind is stayed on you, because he trusts in you.

## ENCOURAGEMENT

Peace is everlasting. It's something that cannot be taken from you. Jesus said peace I give to you and peace I leave with you. It's important to understand that there is an eternal peace. There may be chaos going on all around you but with the Holy Spirit as a comforter he can guide you through. A peace that transcends the emotional realm.

## LET'S PRAY

Father in the name of Jesus. Thank you for my peace. I thank you that I am no longer living in confusion. I thank you that you are coming to invade my confusion with your peace and understanding. I want to be able to be so close to you that nothing can be able to harm me. I decree that I will be strengthened to continue in the midst of what's going on around me. Lord let your peace take rest in me. Amen

# DAY 16 SALVATION

## SCRIPTURE

Romans 10:9 ESV

Because, if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved.

## ENCOURAGEMENT

There is the day when you confess that Jesus Christ is Lord. At that time, you become saved by your beliefs. Some people allow life circumstances to make them forget all about their salvation. Today we want to pray for those that feel completely disconnected from God and his presence. Today we reconnect with him.

## LET'S PRAY

Father thank you for my salvation. I thank you for sending your son to die for me. I thank you that he laid down his life for a friend. Father I surrender my will for yours. Today I make a vow to live a life of salvation. A life that is Holy and acceptable unto you which is my reasonable service. I will no longer allow my flesh to hinder me from moving all the way forward. Thank you, Lord, for this new place in you. Amen

# DAY 17 MARRIAGE

## SCRIPTURE

Genesis 2:24 ESV

Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh.

## ENCOURAGEMENT

Marriage is honorable in the eyesight of God. There are marriages that are going through tough times. It's important to keep Jesus at the center of your marriage. There will be tough days. There will be times that you want to quit. But if you continue to cover and protect your spouse it will bring you closer together. Marriages are stronger when both parties are submitted to God.

## LET'S PRAY

Father in the name of Jesus I thank you for my marriage. I thank you God for wisdom and strength. I thank you for the spouse that you have given me. Thank you for the grace to be the spouse that you have created me to be. I want my marriage to be blessed. I want my marriage to last. God expose everything that is not like you in my marriage. I desire for my marriage to work. I will continue to put you at the center. Amen

# DAY 18 SINGLENES

## SCRIPTURE

Matthew 6:33 ESV

But seek first the kingdom of God and his righteousness, and all these things will be added to you.

## ENCOURAGEMENT

Singleness is a blessing. Being single allows you to have less distractions and obligations. It gives you a chance to get closer to the father. Being single is not a curse or a bad thing. When you're single it opens up for a purging and a cleansing. Singleness teaches self-control. Because you're single doesn't mean you have to be lonely. The spirit of God is with you.

## LET'S PRAY

Father in the name of Jesus I thank you for my singleness. I thank you Lord that you are strengthening my confidence in this area. Lord draw me closer to you. I stand in awe of your goodness and faithfulness towards me. I pray that my flesh will continue to stay under subjection. I thank you for a mind of self-control. I decree that my spiritual discernment is heightened. I will continue to be steadfast. Lord help me to a great example for other single men and women. All things are possible through you who gives me the strength to triumph. Amen

# DAY 19 PURPOSE

## SCRIPTURE

Romans 8:28 ESV

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

## ENCOURAGEMENT

Purpose is the gateway for your life. It can take time to identify your purpose. Discovering your purpose brings a sense of fulfillment as to why you were brought here on the earth. A purpose driven life is a fulfilled life. During your time in the presence of God he will reveal your purpose to you. Seek purpose and you will find it. Purpose is not given easily. You have to put in work.

## LET'S PRAY

Father in the name of Jesus thank you for manifesting and revealing my purpose to me. I thank you for exposing and revealing what I have been sent here on the earth to do. I bind every distraction and hinderance that is stopping me from walking in my purpose. God you are in all things that I do. I thank you that I am moving into my purpose. I decree all false purposes be removed. God redeem all the time I lost focusing on other things rather than my real purpose. Amen

# DAY 20 STABILITY

## SCRIPTURE

Psalm 16:8 ESV

I have set the LORD always before me; because he is at my right hand, I shall not be shaken.

## ENCOURAGEMENT

Stability is essential for your next level. The enemy's job is to confuse you and catch you off guard. You never want to be off your post. Stability keeps you grounded. Stability keeps you focused. If there is any area in your life where you feel is not stable let God intervene there. Be stable in the spirit first and things in the natural will fall in line.

## LET'S PRAY

Father in the name of Jesus I'm asking that you remove all the chaos out of my life. I no longer want to be stagnant. I want to be stable in my calling. Help me to be stable in my personal life. Remove everything and everyone in my life that causes instability. You are a stable God. You are not the author of confusion. I decree stability in my thoughts. I decree stability in my emotions. I decree stability in my life. Thank you, Lord, that everything in my life is coming into alignment of stability in Jesus Name. Amen.

# DAY 21 DIRECTION

## SCRIPTURE

Psalm 37:23 ESV

The steps of a man are established by the LORD, when he delights in his way;

## ENCOURAGEMENT

Direction gives you vision and insight. Direction is the eyes of your destiny. The only way to see your future is by following direction. God gives direction it's up to you to follow it.

## LET'S PRAY

Father in the name of Jesus, I thank you for giving me direction. Open my eyes to see what way you are leading me. I will not be steered in the wrong way. Thank you, lord, for making my pathway straight. I thank you for opening up paths for me that no man can shut. Amen



# DAY 22 CHILDREN

## SCRIPTURE

Proverbs 22:6 ESV

Train up a child in the way he should go; even when he is old, he will not depart from it.

## ENCOURAGEMENT

Children are a gift from God. They are unique. Their destiny depends on your prayers. Many of you are going to see your children saved. Release them to God. Let the lord work it for you. Cast all of your worries on him.

## LET'S PRAY

Father in the name of Jesus, cover and protect my children. I release my children back to you. Thank you, lord, that no weapon formed against them shall prosper. My children are blessed and prosperous. I cast my cares for them to you! Thank you for my gifts. Amen

# DAY 23 BUSINESSES

## SCRIPTURE

Proverbs 13:11 ESV

Wealth gained hastily will dwindle, but whoever gathers little by little will increase it.

## ENCOURAGEMENT

A business owners and entrepreneurs are people of faith! It takes strong faith to build a business. Building is not for the faint at heart. There will be days where your business may not be successful. You may have some bad days. Then there will be good days. As long as you are praying for your business. You will see results.

## LET'S PRAY

Father in the name of Jesus I thank you for my business. I thank you that my business is blessed. You downloaded this idea on the inside of me and I will use it for your glory. I decree that my business will be a vehicle wealth for my household. I will not quit. I will win. I will be successful. Thank you leading me and guiding me as I grow my business. Amen

# DAY 24 HEALTH

## SCRIPTURE

3 John 1:2 ESV

Beloved, I pray that all may go well with you and that you may be in good health, as it goes well with your soul.

## ENCOURAGEMENT

You were created to be healthy. The food you consume will control your healthiness. It is God's design for you to be healthy. You have the power to get your body in alignment. Being unhealthy will cause you to be stagnant. It's a big distraction to achieving your goals. Physical healing is your portion.

## LET'S PRAY

Father in the name of Jesus I thank you for my healing. Give me the wisdom I need to treat my body as a temple. Lord restore me back to good health. I decree that my body will line up according to your word. I thank you for long life. I thank you that my health will not be a handicap for me. Amen.

# DAY 25 FORGIVENESS

## SCRIPTURE

Mark 11:25 ESV

And whenever you stand praying, forgive, if you have anything against anyone, so that your Father also who is in heaven may forgive you your trespasses."

## ENCOURAGEMENT

Forgiveness is a powerful tool. It takes a strong person to forgive someone who has done you wrong. When it's hard for you to forgive just think about how God forgives you and keeps on forgiving you. Forgiveness is for you it's not for the other person.

## LET'S PRAY

Father in the name of Jesus, help me to forgive. I thank you for the strength, wisdom, and grace to forgive those who I have done me wrong. I will not allow bitterness to set in my heart. I will learn to release and let go. Lord help me to not replay in my mind the wrong that was done to me. I will not live my life according to what happened to me. Help me to not play the victim. I know that I am already free in Christ. Thank you lord that chains are being broken. I forgive everyone that I'm holding captive. Amen

# DAY 26 PARENTING

## SCRIPTURE

Psalm 127:3 ESV

Behold, children are a heritage from the LORD, the fruit of the womb a reward.

## ENCOURAGEMENT

Parenting is a blessing. Children are gifts from God. It takes a special grace and anointing to parent. Children are led by how they're raised by their parents. You have to learn to give your children to God. Pray and cover them when they leave you. It is not to be stressed over. God is Jehovah Jireh he will provide you with everything you need.

## LET'S PRAY

Father in the name of Jesus thank you for my children. They are covered under your blood. Lord help me not to worry or stress. I give my children back unto you. Thank you that my children are blessed. I am asking that you release angels to all of my children. Give me the wisdom and guidance to raise them. Thank you, lord, for your grace and mercy to parent my children in a Godly household. Amen.

# DAY 27 LEADERSHIP

## SCRIPTURE

Matthew 20:26 ESV

It shall not be so among you. But whoever would be great among you must be your servant,

## ENCOURAGEMENT

Being a leader is a great accomplishment. Some people are born leaders. Other people are cultivated into leadership. It is important not to get caught up in pride. Leaders have a very important position. You have to be in the right mental space and in the right place spiritually. God will give you the grace to lead when you ask him.

## LET'S PRAY

Father in the name of Jesus I thank you trusting me to lead. I'm asking for grace to lead in the right way. Give me the wisdom and knowledge to lead people successfully. I decree that I will not be overwhelmed or stressed. God I'm asking for peace. I will lead with excellence in Jesus name amen.

# DAY 28 LUST AND PERVERSION

## SCRIPTURE

1 Corinthians 6:9-11 ESV

Or do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived: neither the sexually immoral, nor idolaters, nor adulterers, nor men who practice homosexuality, nor thieves, nor the greedy, nor drunkards, nor revilers, nor swindlers will inherit the kingdom of God. And such were some of you. But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God.

## ENCOURAGEMENT

Lust and perversion will keep you bound. The lord wants to free you. These spirits are very subtle. Just because you're not completing an act does not mean that you don't struggle with these issues. Lust doesn't necessarily mean you are lusting after another person. Perversion is anything that is taken out of its original context. Normally these two spirits go together.

## LET'S PRAY

Father in the name of Jesus I thank you that I am free today. I will not allow my body to hold me hostage. Remove everything that doesn't belong in my life. I pray that every stumbling block be removed. Guard my ear and eye gates. Thank you, lord, for self-control. I am free in Jesus name amen.

# DAY 29 ADDICTIONS

## SCRIPTURE

1 Corinthians 10:13 ESV / 69

No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.

## ENCOURAGEMENT

Addictions are easy to form. It takes 21 days to form a habit. People that are addicted are trying to fill a void. Addiction is a spirit of mind control. The addiction tells your mind that you have to have it. You can be addicted to food, alcohol, drugs, sex, etc.... Try to reverse that addiction to being addicted to the presence of God. The Holy Spirit will fill every void. Addiction is a crutch not to face reality.

## LET'S PRAY

Father in the name of Jesus I thank you for my freedom. I thank you that you have given me a way of escape. I will no longer lean to my addiction for fulfillment. I thank you that I am a new creature in you. Old things are passed away. Every spirit of addiction I decree is broken over my life now. I decree that I will see a way of escape. I decree that my relationship with you is increasing. The spirit of addiction is being broken. Thank you, Lord, for the void is filled. In Jesus Name, Amen.



# DAY 30 FUTURE

## SCRIPTURE

Jeremiah 29:11 ESV

For I know the plans I have for you, declares the LORD, plans for welfare and not for evil, to give you a future and a hope.

## ENCOURAGEMENT

Your future is what keeps you focused. Your future is tied to your destiny. Your future keeps you motivated. It's so easy to forget about your future and focus on your now. Your future is what keeps you in forward motion and not stagnation. When focused on your future you cannot allow fear to set in. The Lord already knows your future He's waiting on you to catch up.

## LET'S PRAY

Father in the name of Jesus I thank you for my future. I thank you Lord that I am moving in the right direction. I will not allow my past to dictate my future. I thank you that I am reminded daily of where I am going. You have already given me an expected in. I know your plans for me are good and not evil. I decree that I am free from all distractions. I thank you Lord that I am walking in my future. I thank you that my now doesn't determine my future. In Jesus name Amen.