POUR ALL YOUR PERFUME ON HIM



Utilize your time as a single Christian woman to embark on your transformation journey

ANNIE WONG

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Self-published by Annie Wong

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Dedication

To my dearest sister Testimony, who has transitioned to be with the Lord. The spiritual movement you pioneered in our family is evolving, the baton did not drop.

I love and miss you deeply, holding on to the promise that we will meet again one day.

Acknowledgement

I would like to first honour and thank God Whose lovingkindness and tender mercies have been my constant strength and inspiration.

My gratitude goes to my family, especially my brothers who have been pillars of support, no matter the distance.

I extend my heartfelt appreciation to my Church, Beijing International Christian Fellowship (BICF), particularly the former international congregation & the Anointing Overflow Ministry, New & Deeper Bible study small group for being my spiritual family in China.
I am also very grateful to the true men of God, primarily from the US and Nigeria, whose online sermons have deeply shaped and enriched my spiritual journey.

To every member of TTL4G, thank you for walking the intercessory path with me. Together, we have grown spiritually, experienced God's presence and encountered Him at profound levels. You are all amazing.

Special thanks to the friends who encouraged me to write this book, especially those who read the very first draft in 2022, even before it was fully structured or enriched.

Lastly, to my fellow intercessors at KG Pillars & Friends, you are a living testament to God's ability to connect and unite hearts of strangers from across the globe. Thank you for being a meaningful part of my journey.

May the Lord our God bless, protect and reward you all!
Hallelujah!

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Foreword

Joel 2:25 (NKJV)
"So I will restore to you the years that the swarming locust has eaten……"

Writing this book took longer than expected due to competing priorities and a few distractions along the way. The wake-up call came on April 24, 2021 as I opened my Bible to begin the day. The reading took me to Jeremiah 27, with my attention drawn to verses 5 and 6, prompting me to a moment of reflection—selah. *5 "I have made the earth, the men and the animals that are on the face of the earth by My great power and by My outstretched arm, and I will give it to whomever pleases Me. 6 Now I have given all these lands into the hand of Nebuchadnezzar king of Babylon, My servant and instrument, and I have also given the wild animals of the field to serve him." Jeremiah 27:5-6*
Verse 5 reaffirmed God's Sovereignty to me—He is the Creator of the Heavens and Earth, the Almighty God, the Great I Am. *"For from Him [all things originate] and through Him [all things live and exist] and to Him are all things [directed]" Romans 11:36*

Even though it was not the first time I read about king Nebuchadnezzar, this time verse 6 struck me differently. It mentioned how God had called the pagan king Nebuchadnezzar "My servant." This brought me sadness and disappointment, as it meant that despite all the warnings and opportunities God gave the Israelites, His chosen people to repent, they still did not turn from their wicked ways—not the kings, not the false prophets and not the people. Consequently, God used the king of Babylon to execute judgement on Judah.
As I reflected on this, it dawned on me that while I was pointing a finger at king Jehoiachin of Judah and others for not obeying God's voice through prophet Jeremiah, three fingers were pointing back at me. What does this mean? It also spoke to me because there are times that I procrastinate in obeying God's voice when He leads me to do something or make a change. Writing this book is a prime

example. God wants to reach out to His waiting daughters to bring them love, hope, peace, joy, beauty, abundance and restoration. Absolute obedience to God is a crucial part of our reverence and worship that pleases Him. By God's mercy, the extra time made this book stronger and finally, it is ready for you.

Chapter 1 The purpose of writing this book

In recent years, one of the growing concerns that I have heard among Christian communities in many countries, is the increasing number of single individuals in the church. This refers to those who are neither engaged nor married, spanning a wide age range. While this book will benefit women in general, my focus is on single women in their mid-thirties and beyond. This is the group the Lord put in my heart when writing this book. I understand that women in this stage often face heightened anxiety, fear, doubt, depression, discouragement, feelings of rejection and societal or family pressure. "Time is running out," "just find someone and settle down," people would say.

I am deeply grateful that God has led me through the triumphant journey. A journey that took me from worry, uncertainty and fear to a place of reaffirmed identity, freedom, love, hope, trust, faith, peace, joy, purpose, beauty, abundance, restoration and the establishment of the most important relationship—the relationship with my eternal Bridegroom, Lord Jesus (God). A relationship that is not transactional but transformational.

It was a great revelation when, on two occasions, my female friends mentioned about feeling lonely sometimes. While I empathized with them, it dawned on me that I did not feel lonely anymore. I no longer perceived a void or gap in my life that needed to be filled by someone else. Though I still pray for and imagine having a beautiful family one day, I do not see this as filling a void, but rather as fulfilling another dimension of what God wants to accomplish through me for His Kingdom.

I have entrusted both my singleness and future marriage into the hands of God. What I desire is for my life to be a living sacrifice in every season. Based on my experiences with God, I am confident that if marriage is essential to fulfilling my purpose on earth, He will play a central role in making it happen. Therefore, my faith in God is not determined or shaken by what I receive or lose. Wow! What a peaceful state to dwell in.

Furthermore, as I grow in my understanding of God and His love, I have come to see that the sustainable love needed in marriage,

flows from each partner's individual relationship and spiritual walk with Him. This is truly beautiful.
While I recognize the range of emotions single women experience at different stages in life, this book is really encouraging and challenging the single daughters of God to shift from feelings of discouragement, loneliness, frustration, anxiety, pressure, depression, hopelessness, condemnation, self-pity and loss of faith, to investing that time and energy in building intimacy with God through the finished work of Jesus Christ on the Cross and the power of the Holy Spirit. When you do this, you will find that He will lead you to grow in every area of life, not just spiritually. God cares about every part of you. He is your Creator and Father.
I sense that the move of God is sweeping mightily through the earth. We will witness increased miracles and blessings as God's hand comes upon women whom society may have deemed too old for success, childbearing, marriage, restoration and other blessings. The glory of God will be manifested through these women and only He can take all the praise.
Always be encouraged that the Lord our God is not restricted by location, time or age when it comes to fulfilling His promises for your life.

When I started writing this book, one of the core verses that I received from the Holy Spirit was *1Kings 18:41-46*
41 "Now Elijah said to Ahab, "Go up, eat and drink, for there is the sound of the roar of an abundance of rain." 42 So Ahab went up to eat and to drink. And Elijah went up to the top of Carmel; and he crouched down to the earth and put his face between his knees, 43 and he said to his servant, "Go up, look toward the sea." So he went up and looked and said, "There is nothing." Elijah said, "Go back" seven times. 44 And at the seventh time the servant said, "A cloud as small as a man's hand is coming up from the sea." And Elijah said, "Go up, say to Ahab, 'Prepare your chariot and go down, so that the rain shower does not stop you.'" 45 In a little while the sky grew dark with clouds and wind, and there were heavy showers. And Ahab mounted and rode [his chariot] and went [inland] to Jezreel. 46 Then the hand of the Lord came upon Elijah

[giving him supernatural strength]. He girded up his loins and outran Ahab to the entrance of Jezreel [nearly twenty miles].”
These verses show us the end of the drought. Prophet Elijah spoke the prophecy and announced the coming of abundant rain. In the same way, I pray and declare over you, that the drought is over in any barren or desert area of your life in the name of Jesus.
We read that Elijah bent down and persistently sent his servant back to look towards the sea seven times, until his servant finally saw a cloud. This reveals how faith and perseverance anchor your confidence in God’s promises—assuring you that what He has spoken will surely come to pass. Walk in purpose and fulfillment, no matter what season you face.

Additionally, verse 46 captures how the hand of the Lord empowered Elijah with supernatural speed, enabling him to outrun Ahab’s chariot and arrive first at the entrance of Jezreel. I declare over those trusting in God for breakthroughs, that His hand shall come upon you for supernatural speed and successful manifestation in the name of Jesus. You do not need to worry about how God will do it. He holds all authority to bring it to pass.

Did I hear a loud Amen? Amen!

Chapter 2 The beginning of my Christian journey

■ *How it all started*

My journey to becoming a true Christian was a bumpy ride, so I am not writing from a standpoint of holier-than-thou or getting everything right. When I mention becoming a true Christian, it is not about checking a box on an application form, attending church or being baptized. It is truly understanding what it means to be a follower of Christ, which include knowing the Word of God, becoming a new creation in Christ and being in the world, yet not of the world.
My hope is that through this book, you can avoid some unnecessary obstacles and be drawn into a place of intimacy with God. Genuinely loving God (referring to Father, Son and Holy Spirit) releases unlimited Kingdom access and heavenly possibilities. The earlier you come to this realization, the sooner you can embark on living a life worthy of God's calling. Please do not be rebellious but obey. You will save yourself from unnecessary regrets and hassles.

When I was about 5 years old, my siblings and I would go to church with our mom (my dad was an atheist most of the time). I remember that we attended churches in Lagos before eventually settling at a Catholic church for a few years. However, over time, our attendance became inconsistent and eventually stopped altogether.

Moving to Beijing, China as a teenager who had just completed junior high school further dampened my faith life. No one around me was Christian or talked about God or church. However, I sometimes felt an inner desire to reconnect with going to church. It was probably a way to find something familiar in this totally new environment. I finally found a Catholic church, which was a reasonable distance from the apartment, but language barrier became the problem. I did not speak or understand Mandarin at that time, so I finally gave up and life went on as usual.
I would sometimes recite basic prayers that I learned and remembered having a small booklet with the credo. However,

prayer was not part of who I was, nor did I understand the meaning of what I was doing. Yet, whenever I was asked about my religion, I was certain to identify as a Christian. At that time, I was not aware of the concept of denominations and this knowledge came much later in life. Therefore, I got confused the first time I was asked if I was Christian or Catholic. I thought people might go to different churches, but we are all Christians. In those days there was no internet access at our fingertips, so I naively thought that maybe the locals lacked adequate information. Therefore, I decided to let it slide.

I graduated from high school and moved to the university campus, gaining total independence. In my first or second year, a shuttle bus from the International Church took international students to church and brought them back to the university every Sunday. Jane, a very sweet lady from Kenya (who is now with the Lord) and my friend from Singapore told me about the shuttle bus and invited me to join them for church. It was a non-denominational international church. Wow! I was going to experience church again! The service started with lively music, which was unlike the Catholic church setting I was familiar with. Did I enjoy it? I had mixed feelings. On the one hand, I was happy to be attending this gathering, although I questioned whether meeting in a large theatre auditorium instead of a traditional church building with a cross could even be considered a real church service; on the other hand, I wondered if I was doing the right thing by attending a gathering that obviously was not what I understood to be church. The worship was very peculiar compared to what I had experienced and the guilt I felt left me confused on how I should react.

To cut a long story short, this was how I started my journey at the international church. There were seasons when I attended church and there were seasons when I did not. I was pretty much still living a secular life because I did not know any better. Jane would check on me when she did not see me at church or on the shuttle bus. May God really bless those He put in my path to direct me back to Him. Unfortunately, my real journey to becoming a Christian started 15 years later.

Fast forward to more current times, as I grew in my faith and

understanding of Bible based truth, I realized that Jesus is coming for His unblemished bride, His body, the church, not a particular denomination.
I sometimes wished I had my experiences with God much sooner, without all the detours and mistakes. Preferably when I was a toddler or like John the Baptist, filled with the Holy Spirit from his mother's womb. I often wondered why my journey seemed so bumpy compared to the stories of preachers, evangelists and others who encountered God mightily in their early teens or younger. After years of pondering this question, I now understand that no experience is wasted. I cherish my relationship with God. I am His beloved and He is my beloved. No matter the wrong choices or errors I made in my past, I have repented and I know that the Lord has forgiven me, washed me clean and redeemed me through the precious blood of Jesus Christ. As Apostle Paul wrote in *Romans 8:1-2: "Therefore there is now no condemnation [no guilty verdict, no punishment] for those who are in Christ Jesus [who believe in Him as personal Lord and Savior]. 2 For the law of the Spirit of life [which is] in Christ Jesus [the law of our new being] has set you free from the law of sin and of death."*
"In Him we have redemption [that is, our deliverance and salvation] through His blood, [which paid the penalty for our sin and resulted in] the forgiveness and complete pardon of our sin, in accordance with the riches of His grace." Ephesians 1:7

- ***The first trigger of my transformation: Going back to attending church in Beijing***

The earlier stages of my life, my views on how a young single woman should live were defined and guided by worldly values, which are quite different from Christian ones. Though experiences may vary, one of my earliest realizations after surrendering to the Holy Spirit's leadership was a newfound discomfort with music I once enjoyed. I would listen to lyrics of secular songs I once liked and had an unsettling feeling that was hard to explain. The Holy Spirit also guided me regarding places to socialize and where to avoid, including certain restaurants.

When it comes to finding a life partner, as I learned more about my identity in Christ and what the Bible says, I decided not to compromise my Christian values and beliefs. Therefore, I stopped considering relationships with non-believers. This was a wise decision for me. I understand that many single Christian ladies struggle in this area, especially when they feel they cannot find the right person in Church. They may hope to convert the non-Christian man, but that is a high-risk path that I personally do not want to take.
I pray that the Lord will bring everyone into His truth and light by His mercy.

The Lord did a lot to put me on the right track according to His will, which included me staying in China for much longer than I had imagined. What comes to mind is *Proverbs 19:21, "Many plans are in a man's mind, but it is the Lord's purpose for him that will stand (be carried out)".* Most of the friends I knew from high school and university left China and I thought it was also my time to leave. I had imagined my life working for multinational companies and relocating to different offices around the world. While the first part came true, the latter part did not.
In my frustration about relocating, the Lord responded to me in amazing ways that I could not deny. In the year I really wanted to leave China, I visited my family in Nigeria for a short holiday. As usual, I joined one of my elder brothers at his international church and the after-service Bible study small group. The group mainly consisted of Chinese people from mainland China and Hong Kong. On what was going to be my last Sunday, the host, an expatriate originally from Hong Kong who studied at Oxford prayed for me. Without knowing my frustration regarding relocation, he prayed that the Lord would use me and help me fulfil the reason He took me to China. This prayer caught my attention.

After returning to Beijing, I hesitated about whether to go back to the Beijing International Church (BICF) I had previously attended inconsistently or join a different church online. On the Friday of that week, I met for lunch with a new colleague to see how he was

settling into the team and company. To my surprise, he was a member of BICF. When I shared my uncertainty, his immediate response with excitement was: "Annie, just come to church!" At that moment, I knew that God was speaking through him, so I went to church on Sunday.
As if that was not enough, I told God that if He wanted me to stay longer in China, it meant I needed to be surrounded by Christian friends with whom I could truly connect. After the church service, one of the announcements encouraged people to join a Bible study small group. I remembered desiring a support system like the one my brother had in Nigeria. With this positive impression of a small group, I decided to get more information.
At the Welcome Corner, I discovered a Wednesday small group meeting near my home and expressed my interest in joining. As I explored other church information, I overheard someone mention my interest to the group's host. Turning around, I saw a lovely young Chinese lady and standing nearby was her husband from Nigeria. This could not have been a mere coincidence! I am half Chinese and half Nigerian. At that time such interracial marriages in Beijing were uncommon. On that day, I knew with certainty that God was confirming His call for me to remain in China.
Being part of a healthy church with sound doctrine & active prayer practice, engaging in Bible study (when available) and serving in a ministry are essential to spiritual growth.

Within a few years, I became one of the small group leaders, joined the prayer team and later created a prayer group independent of the church as led by the Holy Spirit. All these happened within the span of six years and to this point, I had returned to church for eight years. I see how the Lord has been using various opportunities to teach, grow and prune me. It has been a training ground.
I have captured eight years in a very short summary to help you understand my transformation process. Some elements will be explored in greater detail in later chapters, but one fact is that it was not an easy path.

■ *The second trigger of my transformation: The Word of God*

Another spark that ignited my transformation was a Bible verse that I frequently heard in various churches and teachings. At this point in my life, I was living a very happy, comfortable life as a single person, organizing my time as I wanted and loving God, but something was still missing. I sensed there was more, especially in my walk with God. I had heard or read *Matthew 6:33* countless times, just to later realize that I had not truly understood or connected to its meaning. Then one day, this Scripture came alive during a sermon at church—only to reappear again days later in my devotional time. I was drawn into an inescapable curiosity, a summoning I could not ignore.

What does this Scripture say? *"But first and most importantly seek (aim at, strive after) His kingdom and His righteousness [His way of doing and being right—the attitude and character of God], and all these things will be given to you also."*

I began asking myself questions: What does this verse really mean? Am I really applying it in my life? A lot of thoughts and self-reflections flashed through my mind. Then I came to comprehend that no matter how many times I go back and forth in trying to put God at the center of my life and failing, it all boils down to the deep wisdom in this verse. Seek the Kingdom first and every other thing will be added to you. Through exploring this verse, other dimensions began to open up, and I started to see the connections of this verse to the points that I will be sharing later in this book. We may sometimes think we are doing well in our walk with God, but there is always more. Let us not use our standards and level of comfort to measure the things of God.

When we earnestly seek God's face and align with His heart, He directs our steps and supplies every need. Yet too often, we exhaust every human solution first by turning to logic, available resources and worldly wisdom. Only when our own wisdom fails and our strength is exhausted, do we finally remember that we have a God Who not only can help but longs to.

We often tend to prioritize urgent demands and seemingly important pursuits, while relegating God to the margins of our

schedules. I found my days to be busy and offering God only my leftover time. I did not always begin my day with Him and even the time I spent with Him was often filled with distractions. If I truly wanted God at the center of my life, why did my actions keep me so far away from Him? This reminds me of Apostle Paul's words: *Romans 7:15 "For I do not understand my own actions [I am baffled and bewildered by them]. I do not practice what I want to do, but I am doing the very thing I hate [and yielding to my human nature, my worldliness—my sinful capacity]."*

Seeking the Kingdom of God prompted me to ponder on my role within it? What is my identity and responsibility? What should my life embody as a follower of Christ? What lasting impact am I called to make? These questions took me on a journey of exploration and discovery.

A redemptive shift occurred when I realized that I was not merely living my own story, but participating in God's grand narrative. My life has more purpose than just being caught up in the rat race of trying to attain one accreditation or the other. I am a vessel unto the Lord and there is an influence that I must have on earth before my departure. What an extraordinary privilege it is to participate in God's unfolding divine plans.

When God becomes the center of your life, it is about pleasing Him and not driving your own agenda. It is a place of total surrender. Lord, "I am alive one more day because you have a purpose for me." Are you aware that God chose you? *Ephesians 1:4 "...just as [in His love] He chose us in Christ [actually selected us for Himself as His own] before the foundation of the world, so that we would be holy [that is, consecrated, set apart for Him, purpose-driven] and blameless in His sight."* God does not rely on us to be Who He is, yet by His grace, He has invited us to partake in fulfilling His purpose and has unveiled divine mysteries to us*. Ephesians 1:9-10 states: "9 He made known to us the mystery of His will according to His good pleasure, which He purposed in Christ, 10 with regard to the fulfillment of the times [that is, the end of history, the climax of the ages]—to bring all things together in Christ, [both] things in the heavens and things on the earth."*

Do you sometimes think that dedicating time to God, heeding His direction and living a godly life is for His benefit and not yours? As a single person, navigating life's relentless demands can be challenging. This could be from having a busy job, maintaining transnational family ties, church activities, social obligations and the endless distractions of digital life, to the constant urge to multi-task. Therefore, I found maintaining meaningful connections with God difficult. Between the constant pull of multi-tasking and the spiral interruptive thoughts, my spirit life remained surface-level. That is when I began asking myself the pivotal questions that would change everything.

What is my expected outcome in life? What are my values? What is important to me? How does my life align with the fundamentals of my Christian faith, which is grounded in the Word of God? What intentional choices am I making to support my beliefs and produce the right actions and results? When people look at me, what aspect reflects Jesus Christ? What are my mental modes or mindsets, and are they propelling me forward in life?

As the Holy Spirit helped me honestly answer these questions, every area of my life began coming under the Kingdom realignment—what needed changing became very clear. Prioritizing time with God was one of the first transformative steps in my life. This renewed focus was not just limited to prayer time at home, it encompassed my commute to work, lunch breaks at the office, gatherings and every other part of my daily routine.

I pray that the Lord our God strengthens you to soar to new heights, where your life becomes a testament to Christ's glory.

While single life brings its own demands, it often offers a flexibility that married women and mothers may not experience. This season is a blessed opportunity. Therefore, I urge you to use it wisely by building an unshakable foundation in Christ. This spiritual investment you make today will yield lifelong returns, sustaining you through every future season, including the season of marriage and the season of building a family.

Having walked you through the defining moments of my spiritual journey, I want to share the transformative keys that became the compass for guiding me to deeper purpose, authentic joy and connection with Adonai. My prayer is that as you walk with me through these keys, your own path will be illuminated with fresh hope, divine direction, progress and encounters that draw you closer to God.

Chapter 3 The Word of God

Psalms 19:1, 7-11
"1 The heavens are telling of the glory of God;
And the expanse [of heaven] is declaring the work of His hands.
7 The law of the Lord is perfect (flawless), restoring and refreshing the soul; The statutes of the Lord are reliable and trustworthy, making wise the simple.
8 The precepts of the Lord are right, bringing joy to the heart;
The commandment of the Lord is pure, enlightening the eyes.
9 The fear of the Lord is clean, enduring forever;
The judgments of the Lord are true, they are righteous altogether.
10 They are more desirable than gold, yes, than much fine gold;
Sweeter also than honey and the drippings of the honeycomb.
11 Moreover, by them Your servant is warned [reminded, illuminated, and instructed]; In keeping them there is great reward."

■ *The Word of God brings transformation*

The Word of God serves as a light to guide our path. Through reading and studying the Bible, we come to know Who God is: His character, His sovereignty, His infinite power, presence and wisdom. It reveals His heart for humanity and all creation, His plans and promises and His instructions for our lives. Scripture shows us who we are—our purpose, our need for Him and much more.
Being a Christian and not reading God's Word is like being married but never seeking to know your spouse or deepening your intimacy. That would indicate a broken and lifeless relationship. If we truly claim to follow Christ, how can we not hunger to know the One we serve? How can we call ourselves Christians if we neglect the very revelation of His heart, His will and His voice?
John 1:1 said, "*In the beginning [before all time] was the Word (Christ), and the Word was with God, and the Word was God Himself."* Furthermore, I quote from *Revelation 19:13:"He is dressed in a robe dipped in blood, and His name is called The Word of God."* This helped me understand why the Lord instructed Joshua to meditate on the Word day and night, so that he would prosper and remain rooted in divine truth and wisdom: "*This Book*

of the Law shall not depart from your mouth, but you shall read [and meditate on] it day and night, so that you may be careful to do [everything] in accordance with all that is written in it; for then you will make your way prosperous, and then you will be successful." Joshua 1:8

Taking time to study, meditate and reflect on God's Word transforms truth from knowledge into living wisdom. It is how we internalize His teachings and align our lives to His will. This discipline yields clarity, unshakable strength and direction—simultaneously renewing our minds and drawing us deeper into union with Christ. As *John 15:5 declares*, "*I am the Vine; and you are the branches."*

Listening to anointed apostles, prophets, pastors, teachers and evangelist is valuable, as they play a crucial role in equipping the saints and building up the church. However, many Christians rely mainly, or sometimes solely on what is taught by pastors during Sunday services. This is not sufficient. What we learn on Sundays, or at other church events during the week, cannot substitute for reading the Bible ourselves and allowing the Spirit of God enlighten us. There is so much to know and understand about being followers of Jesus Christ, the promises made to us, Kingdom principles, our roles in the Kingdom, the responsibilities we must carry out during our time on earth and the possibilities of life for those who trust in Him. We need personal experiences with the Lord, rather than blindly relying on what others are saying.

When it comes to reading and studying the Bible, it is important that you explore both the Old and New Testaments. The Bible has been compiled to benefit us and provide a comprehensive understanding of the history of creation. It reveals God's plan of redemption for mankind, which I summarize as God's expression of love for humanity and the fulfillment of that plan with the manifestation of the New Heaven and Earth. Many quotes from Jesus Christ and His apostles came from the Old Testament and numerous events in the New Testament were mentioned or predicted in the Old Testament. Therefore, it is important to read

from Genesis to Revelation. Some people find it helpful to read the Bible in chronological order of the events.
Regardless of how I read the Bible, one thing is certain: no matter how many times I have read a particular chapter or verse, it speaks to me differently depending on the period or season I read it. The Word is alive!
Hebrews 4:12 "For the word of God is living and active and full of power [making it operative, energizing, and effective]. It is sharper than any two-edged sword, penetrating as far as the division of the soul and spirit [the completeness of a person], and of both joints and marrow [the deepest parts of our nature], exposing and judging the very thoughts and intentions of the heart."

When I study the Bible, my deeper understanding of a chapter or verse is often linked to the revelation provided by the Holy Spirit. Therefore, it is important to invite the Holy Spirit when reading the Bible, remaining open and sensitive to receiving new insights. These insights may speak into the season I am in, aspects of my life or something the Lord is preparing me for. They could also reveal God's heart concerning situations or circumstances not directly linked to me.
As I seek to understand the background or context of a chapter, I read the Bible commentaries and concordance for further explanations. This additional reading can be intriguing and increases my hunger to learn more. It often leads me to explore other relevant references, taking hours, until I feel content with my understanding of the storyline and context. I compare this process to solving an exciting riddle.
However, it does not end there. The Word of God is not just for reading, studying, declaring, memorizing and meditating but also for considering how it can be applied to our daily lives.
As we become more familiar with Scriptures, we can *"Speak to one another in psalms and hymns and spiritual songs, [offering praise by] singing and making melody with your heart to the Lord." Ephesians 5:19*

In chapter 2, I discussed how the curiosity and enlightenment gained from *Matthew 6:33* catalyzed my spiritual growth and transformation: *"But first and most importantly seek (aim at, strive after) His kingdom and His righteousness [His way of doing and being right—the attitude and character of God], and all these things will be given to you also."*

Another example was how *Isaiah 53:5* became real to me.
"But He was wounded for our transgressions, He was bruised for our iniquities; The chastisement for our peace was upon Him, And by His stripes we are healed." NKJV

Isaiah 53:5 is one of the most common Scriptures that I have heard, memorized and declared, especially the last sentence, *"And by His stripes we are healed."* One day, as I was reading Scriptures about healing, Isaiah 53:5 caught my attention. I kept repeating this verse and decided to meditate on it. While going through each sentence, in the NKJV version, I sensed a still voice within me asking if I truly understood what the word "transgressions" meant. I knew it was something bad but could not precisely define it, so I went online to search for the word. It means: "an act that goes against the law, rule or code of conduct; an offense." Transgression was mentioned in other verses including Job 13:23 and Psalm 51:3, both of which mention transgression followed by the word sin.
As I continued reading, the same still voice asked if I understood what "iniquity" meant. I knew it was something sinful but decided to clarify the precise meaning. I went online again and found that "iniquity" refers to immoral, sinful behaviour. This happened again when I read the third sentence with the word "chastisement." This process helped me understand that Jesus received beatings and punishments so that I could receive peace, leading to my well-being, wholeness and completeness. By His stripes I am healed, allowing me to perpetually walk in good health. I later referred to the Amplified version, which explained some key words.
"But He was wounded for our transgressions,
He was crushed for our wickedness [our sin, our injustice, our wrongdoing]; The punishment [required] for our well-being fell on

Him, And by His stripes (wounds) we are healed."

As I dissected and clarified this Scripture, I gained a deeper understanding of what Jesus meant when He said, "It is finished" or "He paid it all." I realized that anything that gives the enemy legal grounds to afflict me had been taken care of. Afflictions caused by sins and immoral behaviours were covered. One of the reasons Jesus died on the Cross was to grant me peace, well-being and healing. This revelation reshaped how I prayed concerning healing, whether for myself or others. Therefore, no evil altar should access me because the legal rights have been dealt with. Believers have a new covenant with God through Christ Jesus. Every evil sacrifice done on my behalf by the enemy is declared invalid and cancelled by the sacrifice of Jesus Christ on the Cross, whose blood speaks mercy, redemption and much more. Therefore, the deceitful voices and manipulations of the enemy must end.
This is an example of having in-depth revelation by meditating until the Scripture ministers to your spirit. The truth does not just remain dormant in your mind but is activated in the forefront of your consciousness. After this revelation, I prayed again with a higher level of confidence and all the cold, flu-like symptoms I was experiencing stopped. Hallelujah!
Additionally, I comprehended that I have been blessed "*with every spiritual blessing in the heavenly realms in Christ," Ephesians 1:3* and that *"the power that raised Jesus Christ from the dead is the same power that lives in me." Romans 11:8*
We also understand that our bodies have been uniquely and divinely created with self-healing capabilities. Therefore, I also declared that the healing power within me is triggered. Declaring life and health over our bodies daily even when we are not sick is a recommended practice.

■ *The Word of God brings comfort and hope*

While some of our prayers have come to fruition, we are waiting for the fulfillment of others. In such a season that requires patience and expectancy, I have found it very encouraging to seek the Lord, asking, "What are You revealing to me in this season?" His answers

come in various ways—through dreams, quiet moments in prayer, Scripture, sermons or godly conversations. Yet no matter how He speaks, I always ask Him for a confirming Word to help me anchor my faith and align my heart with His truth.
"Heaven and earth [as now known] will pass away, but My words will not pass away." Matthew 24:35. One of my favourite Scriptures is *Isaiah 55:11: "So will My word be which goes out of My mouth; It will not return to Me void (useless, without result), Without accomplishing what I desire, And without succeeding in the matter for which I sent it."*
This practice has taught me that waiting is not passive, but it is active trust.

We are an incredibly privileged generation. We have God's Word at our fingertips in countless languages, translations and formats. Unlike believers in ancient times, we hold the compilation of the Old and New Testaments readily available to us. Such access demands a response. Therefore, let us not take this gift for granted, but rather immerse ourselves in Scripture, inviting the Holy Spirit to illuminate, instruct and transform us through its truth. As Jesus promised, *"You will know the truth [regarding salvation], and the truth will set you free [from the penalty of sin]." John 8:32*

Prayer Points

- Holy Spirit, thank you for making the Bible accessible to me. I pray for consistent fresh hunger and thirst for the Word, in the name of Jesus.
- I pray for deep revelations and understanding as I read the Bible. Lord, show me how to apply the teachings I read daily, in the name of Jesus.

Application

The application section is designed to help you intentionally utilize what you have learnt from the chapter. You may also decide to use a different method.

On a scale from **1 (not at all**) to **10 (fully committed)**, how satisfied are you with the time you spend daily in reading, understanding and applying Scripture?

1----------5----------10----------

- If you have not yet reached 10, what steps can you take to get closer? Identify between 1 to 4 steps. If you are already at 10, consider what more you can do, as there is always room for deeper revelations of the Word.

Complete the table below based on your response to the above question. *(Doing is related to action and being is related to mindset/attitude)*

Start Doing	Stop Doing
Continue Doing	Start/Stop Being

- Choose the step(s) to include in your **action plan** and pray for the Holy Spirit to help, lead and guide you. Consider how you can measure your success and set a timeline for checking milestones or completion.

Action Area	Timeline	Measure of success	Required resources or support
Start Doing			
Stop Doing			
Continue Doing			
Start/Stop Being			

- After you have accomplished the steps in your action plan, put a sticker of your choice next to the steps, then give yourself a pat on your shoulder, saying, "Well done (add your name)." "Thank you, Lord."

Chapter 4 Identity in Christ

Reading the Bible has given me a deeper revelation of my identity in Christ, understanding Who I am and Whose I am.
According to Merriam Webster dictionary, identity can be defined in several ways:
1a: The distinguishing character or personality of an individual.
b: The relation established by psychological identification.
2: The condition of being the same with something described or asserted.
3a: Sameness of essential or generic character in different instances.
b: Sameness in all that constitutes the objective reality of a thing.

Growing up in a mixed-race family, I did not fully embrace my biological identity until my early twenties, when a magazine invited me to write an article titled 'A Bicultural Balance: Raised in a Chinese-Nigerian household, a Chinese-African Master's juggling two cultures." Writing this article brought me to self-reflection and awareness of certain identity issues that I needed to confront.
Many people ask whether I identify as Chinese or Nigerian. The answer is not straightforward because it depends on the context. I enjoy both Chinese and Nigerian food. For Chinese cuisine my top 5 favourites are egg fried rice, braised chicken, sizzling beef with onions, pastries and assorted vegetables. My favourites for Nigerian cuisine are plantain, jollof rice with chicken, Egusi with eba or pounded yam and meat pie.
My health consciousness is more influenced by the Chinese culture, which has different recommendations for each of the 4 seasons. For instance, drinking room temperature or warm water is a regular routine rather than cold water.
I find listening to conversations in Nigerian pidgin English fun and hilarious. I used to be a fan of the Nigerian Super Eagles, until I got tired of being disappointed. Though I no longer spend time watching football, I still secretly hope the Super Eagles will one day soar again like a true eagle.
Studying for my master's degree in the UK and being part of the

international community in Beijing exposed me to a multitude of cultures. Through this journey, I have come to feel at home in my own skin, seamlessly integrating elements I enjoy from my biological heritage, western culture and other cultures I experienced. This exposure opened my eyes to the profound beauty in our diverse world. Yet it was in discovering my identity in Christ, that I experienced true resonance and liberty—the profound realization that I am God's beloved daughter, a citizen and ambassador of His eternal Kingdom. This sacred belonging transcends all earthly cultures, dismantling barriers to unite brothers and sisters across nations—for we are one in Christ.

One Sunday after church, I went out for lunch with a few friends. While browsing the menu, one friend showed interest in the children's menu. Noticing there were no children at our table, the waiter politely informed my friend that the children's menu was intended for kids. My friend happily responded in Mandarin (Chinese language) "是-shi，我-wo 知-zhi 道-dao，我-wo 是-shi 上-Shang 帝-Di 的-de 孩-hai 子-zi." Meaning "Yes I know (it is children's menu), I am God's child." We all laughed including the waiter who was not a Christian and he agreed to place the order from the children's menu. While it was a lighthearted moment, it led me to ponder a more serious question: "Do you know who you are and Whose you are as a Christian?"
When you embraced Christianity, did you take time to truly explore and understand your new identity in Christ—Who you are now? We understand that being a citizen of a nation comes with unique rights, access, responsibilities and privileges reserved for its people. Citizenship in God's Kingdom provides more than we can receive in the earthly realm. This identity is not temporary or bound by earthly limitations. It is eternal, rooted in a relationship with the King Who reigns forever.
"6 For to us a Child shall be born, to us a Son shall be given;
And the government shall be upon His shoulder,
And His name shall be called Wonderful Counselor, Mighty God,
Everlasting Father, Prince of Peace.
7 There shall be no end to the increase of His government and of

peace, [He shall rule] on the throne of David and over his kingdom,
To establish it and to uphold it with justice and righteousness
From that time forward and forevermore.
The zeal of the Lord of hosts will accomplish this." Isaiah 9:6-7

As members of God's Kingdom, we have been made acceptable and set apart for Him. Jesus Christ accomplished everything and paid the ultimate price on the Cross. His blood speaks on our behalf. This understanding reveals our divine nature and gives us the confidence that God has provided everything we need to move from darkness into light.

Our Identity
"But to as many as did receive and welcome Him, He gave the right (authority and privilege) to become children of God, that is to those who believe in (adhere to, trust in, and rely on) His name." John 1:12
"But you are a chosen race, a royal priesthood, a consecrated nation, a [special] people for God's own possession, so that you may proclaim the excellencies [the wonderful deeds and virtues and perfections]" 1 Peter 2:9

As believers, we should not waver like a yo-yo bouncing between darkness and light, unsure what the Lord has accomplished on the Cross and where we stand with God. God is the ultimate source of our affirmation.

Our redemption
"In Him we have redemption [that is, our deliverance and salvation] through His blood, [which paid the penalty for our sin and resulted in] the forgiveness and complete pardon of our sin, in accordance with the riches of His grace." Ephesians 1:7

Our Purpose
It is through Christ that we discover our true identity and our purpose in life. *"11 In Him also we have received an inheritance [a destiny—we were claimed by God as His own], having been*

predestined (chosen, appointed beforehand) according to the purpose of Him who works everything in agreement with the counsel and design of His will, 12 so that we who were the first to hope in Christ [who first put our confidence in Him as our Lord and Savior] would exist to the praise of His glory." Ephesians 1:11-12

Through deeper understanding of my identity in Christ, I was further liberated from self-imposed limitations, the enemy's deceitful lies, societal pressures dictating what success looks like and what I should achieve by a certain age. I spent time meditating on what Jesus had accomplished for me on the cross and the profound significance of His sacrifice. As a result, my perspective shifted—I began to live with eternity in mind, embracing the affirmation of who I am in Christ, the security of my relationship with Him and a deliberate focus on contributing to Kingdom purpose.

Three Scriptures that further impacted and transformed my lifestyle were: *Romans 6:4*, *"we have therefore been buried with Him through baptism into death, so that just as Christ was raised from the dead through the glory and power of the Father, we too might walk habitually in newness of life [abandoning our old ways]."*
2 Corinthians 5:17 mentioned: *"Therefore if anyone is in Christ [that is, grafted in, joined to Him by faith in Him as Savior], he is a new creature [reborn and renewed by the Holy Spirit]; the old things [the previous moral and spiritual condition] have passed away. Behold, new things have come [because spiritual awakening brings a new life]."*
Romans 12:2 "2 And do not be conformed to this world [any longer with its superficial values and customs], but
be transformed and progressively changed [as you mature spiritually] by the renewing of your mind [focusing on godly values and ethical attitudes], so that you may prove [for yourselves] what the will of God is, that which is good and acceptable and perfect [in His plan and purpose for you]."

After receiving salvation, we typically undergo baptism, which

serves as an important symbolic declaration that we have died with Christ and been resurrected with Him. (*One side note about baptism: Beyond the various Scriptures that mentioned baptism by immersion, one of my intriguing observations from travelling to ancient sites in Israel and Turkey was that churches or synagogues often had spaces dug into the ground, specifically for baptism by immersion. Some of these spaces were circular, while others formed cross-shaped layouts with short stairways to descend and ascend.)

At the same time Christians need to be mindful that we are on a continuous journey of transformation, becoming more like Jesus Christ each day. It is not solely about securing a place in heaven or making requests to God. We are called to stand out in the world as followers of Jesus Christ—new creations representing God's truth on earth. We must cast off our old sinful nature.

According to *James 1:14 "But each one is tempted when he is dragged away, enticed and baited [to commit sin] by his own [worldly] desire (lust, passion)."*

When it comes to sin, which is the absence of God's light, Apostle Paul reminds us that we are no longer slaves to sin. *"13 Do not go on offering members of your body to sin as instruments of wickedness. But offer yourselves to God [in a decisive act] as those alive [raised] from the dead [to a new life], and your members [all of your abilities—sanctified, set apart] as instruments of righteousness [yielded] to God. 14 For sin will no longer be a master over you, since you are not under Law [as slaves], but under [unmerited] grace [as recipients of God's favor and mercy]. Romans 6:13-14*

We have the power through Christ to overcome sin that has entrapped us or seeks to entrap us. While some people experience immediate and total deliverance from certain sin or addictions, for others the journey to complete freedom may be a process. This is especially true when sin is deeply ingrained in habits, mindsets or beliefs that have been shaped over time. However, regardless of the pace, the promise of full freedom in Christ remains steadfast and His grace sustains us.

We are clearly told in *Ephesians 4:22-24 "22 that, regarding your previous way of life, you put off your old self [completely discard your former nature], which is being corrupted through deceitful desires, 23 and be continually renewed in the spirit of your mind [having a fresh, untarnished mental and spiritual attitude], 24 and put on the new self [the regenerated and renewed nature], created in God's image, [godlike] in the righteousness and holiness of the truth [living in a way that expresses to God your gratitude for your salvation]."*
Since our identity is rooted in Christ, we must guard our thoughts, which when entertained, give birth to sinful actions.
Thoughts of past sins may persistently return like fiery darts from the evil one. Yet as you renew your mind and displace each lie with God's living Word and abiding presence, victory becomes certain. Therefore, through the Holy Spirit's power, take courageous actions and seek godly support as needed, so that you can walk in freedom. In chapter 7, I will elaborate on the battle in the mind.

Going further into the discussion of identity, I will now focus on the three dimensions that shaped my mindset and walk with God in the initial stages of my growth: privileges as a child of God, authority & power and Kingdom responsibilities.

■ *Privileges as a child of God*

Have you ever taken time to know God? It can be difficult to grasp the profound truth that the Almighty God is our Father. This was revealed in *Isaiah 63:16 "For [most certainly] You are our Father, even though Abraham [our ancestor] does not know us; And Israel does not acknowledge us. You, O Lord, are [still] our Father; Our Redeemer from everlasting is Your name."*
In the New Testament Jesus Christ taught His disciples how to pray, saying, *"Our Father, who is in heaven, Hallowed be Your name*." *Matthew 6:9*
God, our Father, is the source of everything we have and everything we need. However, many people have interpreted the word 'Father' through the lens of their experiences with earthly father figures, which can be limiting. Some may not even have

known their biological fathers or had any fatherly presence in their lives, making it challenging to understand the loving father-child relationship. Yet, regardless of your circumstances—whether you had an amazing earthly father or no fatherly figure in your life, you can call on God as your Abba Father and become His child. He loves you deeply, knows you intimately and understands your needs even before you ask or think of them. Let Him be your Daddy God and teach you the heavenly Father-child relationship. Run into the arms of Abba Father because His arms are open to give you a big hug and shower you with love beyond comprehension. I pray that the Lord will take you through a profound journey of experiencing Him as a Father who loves and cherishes you unconditionally. To the extent that He gave His only begotten Son, Jesus Christ, to take your place of death.
Yet, Daddy God will also discipline or chastise you when necessary. David was truly a man of wisdom because he said in *Psalms 139:23-24: 23, "Search me [thoroughly], O God, and know my heart; Test me and know my anxious thoughts; 24 And see if there is any wicked or hurtful way in me, And lead me in the everlasting way."*

David understood that God always had His best interest at heart. As believers we must also understand that even in moments of chastisement, we experience God's love, care and concern. If we find ourselves feeling condemnation, depression, loss of self-worth instead of having a repentant heart and running to God, we need to be cautious of where those feelings originate.

Calling Him Father reminds you that you are a child in His Presence. Embracing a childlike heart allows you to trust in God without doubt, readily receive from Him and have unwavering confidence in His promises. Jesus said in *Matthew 18:3, "I assure you and most solemnly say to you, unless you repent (that is, change your inner self—your old way of thinking, live changed lives) and become like children (trusting, humble, and forgiving), you will never enter the Kingdom of Heaven."* As adults, adopting this mindset requires a significant shift in perspective.

■ *Authority & Power through Jesus Christ*

Genesis 1:26-28 26 Then God said, "26 Let Us (Father, Son, Holy Spirit) make man in Our image, according to Our likeness [not physical, but a spiritual personality and moral likeness]; and let them have complete authority over the fish of the sea, the birds of the air, the cattle, and over the entire earth, and over everything that creeps and crawls on the earth." 27 So God created man in His own image, in the image and likeness of God He created him; male and female He created them. 28 And God blessed them [granting them certain authority] and said to them, "Be fruitful, multiply, and fill the earth, and subjugate it [putting it under your power]; and rule over (dominate) the fish of the sea, the birds of the air, and every living thing that moves upon the earth."

The verses above reveal God's original plans, which were lost with the fall of Adam and Eve. However, these plans have been restored to believers through Jesus Christ, even though many believers often fail to grasp this fully. Many live in the 'que sera, sera' (whatever will be, will be) attitude due to lack of accurate understanding and falling for the enemy's lies. These deceptions prevent us from having the transformative power we were destined to have in our lives, families, communities, societies, territories and even nations.

On another level, Jesus mentioned, *"Listen carefully: I have given you authority [that you now possess] to tread on serpents and scorpions, and [the ability to exercise authority] over all the power of the enemy (Satan); and nothing will [in any way] harm you." Luke 10:19*

"9 For this reason also [because He obeyed and so completely humbled Himself], God has highly exalted Him and bestowed on Him the name which is above every name, 10 so that at the name of Jesus every knee shall bow [in submission], of those who are in heaven and on earth and under the earth, 11 and that every tongue will confess and openly acknowledge that Jesus Christ is Lord (sovereign God), to the glory of God the Father." Philippians 2:9-11

When we call on the Name of Jesus, it is essential to understand and embrace that we are accessing the realm of all possibilities. Calling on the Name of Jesus is not merely a ritual or a byproduct of prayer—it is a profound connection to the authority and power of Christ. Through His Name, we step into the victory He has already secured for us, hence, connecting to the realm of authority and power. Jesus is the living Word of God, the Creator and Possessor of the heavens and earth. He is ever faithful to stand by His Word to bring it to pass.

Additionally, we have power and authority through the Blood of Jesus. *"And they overcame and conquered him because of the blood of the Lamb and because of the word of their testimony, for they did not love their life and renounce their faith even when faced with death." Revelation 12:11*
With the authority and power bestowed upon us, we no longer have to live in fear, captivity or under the weight of bondage, ancestral curses, evil covenants or a victim mentality. Instead, when facing the enemy and dealing with unfavourable circumstances, we are called to reflect the nature of our God—a mighty Warrior with superior intelligence. Let us always remember the finished work of Christ, which has secured our victory and freedom.
[Christ purchased our freedom and redeemed us from the curse of the Law and its condemnation by becoming a curse for us—for it is written, "Cursed is everyone who hangs [crucified] on a tree (cross)"] Galatians 3:13
At the same time, we must always be vigilant because Jesus warned us that, *"The thief comes only in order to steal and kill and destroy. I (Jesus) came that they may have and enjoy life, and have it in abundance (to the full, till it overflows.") John 10:10*

The greatest assurance we have is this: *"God is not a man, that He should lie, Nor a son of man, that He should repent. Has He said, and will He not do it? Or has He spoken and will He not make it good and fulfill it?" Numbers 23:19*. Answer: No! No! No!

■ *Kingdom Responsibilities*

Although various Christian responsibilities are covered in other chapters, there are several I want to emphasize at this point. As Christians, we have the **great commission** to spread the gospel and make disciples of all nations: *["All authority (all power of absolute rule) in heaven and on earth has been given to Me. 19 Go therefore and make disciples of all the nations [help the people to learn of Me, believe in Me, and obey My words], baptizing them in the name of the Father and of the Son and of the Holy Spirit, 20 teaching them to observe everything that I have commanded you; and lo, I am with you always [remaining with you perpetually—regardless of circumstance, and on every occasion], even to the end of the age."] Matthew 28:18-20*

As we live a **Christ-like** life, we become the **light** of the world and the **salt** on the earth, reflecting His glory and preserving His truth. Whether we **serve** full-time in the marketplace, the church or the mission field, we have been strategically placed for divine **Kingdom purposes**. Therefore, let us be both mindful and intentional in our efforts to make a meaningful impact.

The effective implementation of God's agenda necessitates the allocation of adequate **resources**. Therefore, paying your **tithes, offerings** and giving additional donations as permitted by your financial capacity are crucial. Remember that we are stewards of what God has blessed us with. Presenting our King a token of our appreciation is an act of faithful stewardship.

Additionally, the persistent presence of the poor, orphans and widows remains an enduring challenge in the world. Let our generosity and love serve as a source of strength and a beacon of hope for them. Moreover, there are marginalized groups to whom you can extend your support such as inmates, people with disabilities and the homeless.

Above all, to effectively fulfill our responsibilities and bring heaven to earth, we must intimately know the heart of God.

I currently work full-time at a multinational company, lead an intercessory prayer group for the nations, co-lead a Bible study

small group and co-founded a charity organization—all led by the Holy Spirit. Yet, despite all these responsibilities, I know there is more to my Christian walk. I have come to realize that this 'more' is not found in adding activities or achievements, but in pursuing deeper intimacy with God. It is easy to get caught up in the busyness of tasks or the many prayer requests on our lists. However, at the core, our primary motivation should be to know God more deeply.

As 2024 drew to a close, I opened my journal and revisited the theme the Holy Spirit had given me at the beginning of the year: "The year of fulfillment." I glanced at my prayer list and noticed that not a single request had unfolded as I had envisioned or written down. At first, it seemed like little was achieved according to my expectations. Then I paused. In that quiet moment, a gentle, still voice within me asked, "Do you feel fulfilled?" Instead of focusing on the unanswered prayers, I turned my attention to the journey of the year. As I reflected, I realized that 2024 had been filled with adventure, joy and growth, both in my service to the Kingdom and my personal life. God revealed Himself to me in profound and unexpected ways, leading me to paths that I had never imagined. These experiences, which I now recognize as pivotal milestones, were clearly part of His preparation for what lies ahead. WoW! It was then that understood that this was a vivid, real-life demonstration of God showing me that He is my essence—the true source of my joy and fulfillment. His ways are higher and His plans far surpass my own. As for the other prayers on my list, I hold firm to the truth that He knows exactly what I need and He will give me the best. How do I know? I simply believe. That is the practice of faith.

Surrendering to God and knowing Him more deeply have always been desires of my heart—though I never wrote them on my prayer list. Yet, in His perfect wisdom, God honoured these unspoken longings in ways I could never have planned. What beautifully summarizes my experience is the quote by Oswald Chambers: *"Get into the habit of saying 'Speak Lord,' and life will become a romance."*

Prayer Points

- Abba Father, reveal Yourself to me. Grant me wisdom and revelation to truly know You, thus knowing my identity as Your image-bearer, in the name of Jesus.
- My God and my Creator, Who formed me in my mother's womb, reveal my true identity and unique design, in the name of Jesus.
- Heavenly Father, align me completely with Your calling and grant me the courage to walk in Your will, in the name of Jesus.
- In the name of Jesus, I declare: I will overcome, exercise dominion and stand firm in Christ's victory, in the name of Jesus.
- Lord, please envelop me and all that is mine in Your protection. Guard every revelation from distortion or attack, in the name of Jesus.
- In the name of Jesus, I reject and cast out the spirit of fear in every area of my life, in the name of Jesus.

Application

The application section is designed to help you intentionally utilize what you have learnt from the chapter. You may also decide to use a different method.

Self-reflection questions:

- How does your understanding of your identity align with what the Bible says about who you are?
- What lying voices do you need to silence or replace with God's Word?
- What 3 steps will you take to come into alignment with who you are in Christ?
- How are you fulfilling your Kingdom responsibilities?

Complete the table below based on your response to the above questions.
(Doing is related to action and being is related to mindset/attitude)

Start Doing	Stop Doing
Continue Doing	Start/Stop Being

- Choose the step(s) to include in your **action plan** and pray for the Holy Spirit to help, lead and guide you. Consider how you can measure your success and set a timeline for checking milestones or completion.

Action Area	Timeline	Measure of success	Required resources or support
Start Doing			
Stop Doing			
Continue Doing			
Start/Stop Being			

- After you have accomplished the steps in your action plan, put a sticker of your choice next to the steps, then give yourself a pat on your shoulder, saying, "Well done (add your name)." "Thank you, Lord."

Chapter 5 God's love for you

Love, Love, Love. Do you believe God loves you? Does your answer change with your emotions?
Many of us experience love through family, friends, church members or even colleagues. These interactions with them are often what we use to measure God's love for us. I encourage you to lay aside limitations and barriers and come freely before your Heavenly Father. *"For God so [greatly] loved and dearly prized the world, that He [even] gave His [One and] only begotten Son, so that whoever believes and trusts in Him [as Savior] shall not perish, but have eternal life." John 3:16*
" *But God clearly shows and proves His own love for us, by the fact that while we were still sinners, Christ died for us." Romans 5:8*
God loves you. His love for you is so profound that it transcends human understanding.
I see my life as an unfolding love story with God—a journey of deepening connection that remains steadfast, untouched by difficult situations or circumstances because God loves me and He is in control. *"17.....And may you, having been [deeply] rooted and [securely] grounded in love, 18 be fully capable of comprehending with all the saints (God's people) the width and length and height and depth of His love [fully experiencing that amazing, endless love]; 19 and [that you may come] to know [practically, through personal experience] the love of Christ which far surpasses [mere] knowledge [without experience], that you may be filled up [throughout your being] to all the fullness of God [so that you may have the richest experience of God's presence in your lives, completely filled and flooded with God Himself]. Ephesians 3:17-19*
However, people often believe that God is absent when things do not go as expected. Two other Scriptures that can offer comfort and guidance, no matter the situation we face are:
5 .....for He has said, "I will never [under any circumstances] desert you [nor give you up nor leave you without support, nor will I in any degree leave you helpless], nor will I forsake or let you down or relax My hold on you [assuredly not]!" 6 So we take comfort and are encouraged and confidently say, "The Lord is my

Helper [in time of need], I will not be afraid. What will man do to me?" Hebrews 13:5-6
"Be strong and courageous, do not be afraid or tremble in dread before them, for it is the Lord your God who goes with you. He will not fail you or abandon you." Deuteronomy 31:6
It is deeply unfortunate when Christians prioritize their feelings over the truth of Scriptures. While feelings may fluctuate constantly, the promises of God remain steadfast. He is the same God yesterday, today and forevermore.
Many people resist the idea of control, often because of negative experiences where others have tried to dominate or manipulate them. These experiences can lead us to associate control with harm. On the other hand, we may even be the ones exerting control over others in the name of love. As a result, we hesitate to invite God to take full control of our lives, preferring to remain in charge ourselves. However, who is the Wisest? Who knows the end from the beginning? Who is the Creator? No one can claim these credentials except God alone.
Imagine being in a car: would you insist on taking the wheel if you did not know how to drive and had no clear route to your destination? The wise choice would be to trust an experienced driver who has navigated every kind of weather, mastered all road conditions and knows the way to your destination. Just as sheep trust a shepherd who knows the path. *John 10:4*
God's love for you is unconditional—free from the manipulation of the enemy or the uncertainty of human affection. When you surrender to Him, He does not force or deceive you but guides you with perfect wisdom while honouring your choices. However, many relationships we have tend to be filled with doubt, insecurity and performance-based love. This is why I frequently hear people say, "I feel so distant from God, or I feel God is so distant from me right now." Then I ask: "How distant can He truly be if you believe the Holy Spirit dwells within you and it is no longer you who lives but Christ lives in you?" I usually do not get an answer but dumbfounded silence. The distance we feel is often on our end—stemming from feelings of inadequacy, guilt over sin or other struggles.

I have found that a relationship with God does not have to be complicated. That is why we are encouraged to approach Him with a childlike heart. That simplicity in trusting Him fully and following Him wholeheartedly can make life so much lighter and more joyful. I remember a time when I was intensely focused on accomplishing a task God had given me. One night, as I was praying and reflecting, God spoke to my heart. He reminded me that He cares deeply about me as a person—my feelings and well-being. He told me that I am not merely a piece on His chess board. He values our relationship and connection. The same is true for you. Nothing is hidden from Him. He knows when you are frustrated, exhausted, weary and hanging by a thread. He is always with you and you are never alone. Let this sink into the depths of your soul: God loves you and He delights in loving you.

The Lord God has invested His very best in us—He has given us Jesus Christ. In response to His love, let us show our love and gratitude by bearing good fruit, reflecting His grace and truth, rather than producing fruit that dishonours Him. May it never be said of you, "Adam where are you?" *[But the Lord God called to Adam, and said to him, "Where are you?"] Genesis 3:9* Or *["3 And now, says the Lord, O inhabitants of Jerusalem and men of Judah. Judge between Me and My vineyard (My people). "4 What more could have been done for My vineyard that I have not done in it? When I expected it to produce good grapes, why did it yield worthless ones?] Isaiah 5:3-4*

Let the Lord proudly say of you according to *Matthew 25:23, "Well done, good and faithful servant….; share in the joy of your master."*

Prayer Points

- O God, thank You for loving me, that while I was still a sinner Christ died for me, in the name of Jesus.
- Abba Father, embrace me in Your loving arms, so that I may rest my head on Your shoulders, in the name of Jesus.
- My God, teach me true love. Let me experience Your love, so it overflows through me to others, in the name of Jesus.

Application

The application section is designed to help you intentionally utilize what you have learnt from the chapter. You may also decide to use a different method.

Self-reflection questions:

- What mindsets and beliefs will you put in place to remember that God's love for you is unconditional and not based on your feelings?
- How does the Bible describe love in comparison to how you describe love?
- What lying voices about God's love for you do you need to silence and replace with the truth?
- What 3 steps will you take to come into alignment with God's love for you?

Complete the table below based on your response to the above questions. *(Doing is related to action and being is related to mindset/attitude)*

Start Doing	Stop Doing
Continue Doing	Start/Stop Being

- Choose the step(s) to include in your **action plan** and pray for the Holy Spirit to help, lead and guide you. Consider how you can measure your success and set a timeline for checking milestones or completion.

Action Area	Timeline	Measure of success	Required resources or support
Start Doing			
Stop Doing			
Continue Doing			
Start/Stop Being			

- After you have accomplished the steps in your action plan, put a sticker of your choice next to the steps, then give yourself a pat on your shoulder, saying, "Well done (add your name)." "Thank you, Lord."

Chapter 6 The Holy Spirit

The Holy Spirit, the third person of the Trinity has been present from the book of Genesis to Revelations and continues to be active into eternity. Throughout Scripture, we see the Spirit of God coming upon people or dwelling within them as a sign of divine anointing. This presence signifies many things including empowering us to fulfill God's purposes, guiding and leading us, instructing and teaching, offering comfort, aiding us in prayer and helping us bear spiritual fruit. These works of the Holy Spirit are not confined to the past but remain alive and active in our lives today. When we give our lives to Christ, the Holy Spirit takes up residence within us. He convicts us of sin and cultivates holiness in our lives, which is essential for maintaining a close relationship with God. Through the Holy Spirit, your relationship with God is deepened as He reveals more of God's nature and character to you. This revelation draws you into a place of greater love, worship and intimacy—a relationship marked by the unconditional love between you and your Abba Father.

Let me share a few Scriptures that highlight the wonderful roles of the Holy Spirit.

- ***Part of Creation***

"And the earth was without form, and void; and darkness was upon the face of the deep. And the Spirit of God moved upon the face of the waters" Genesis 1:2

"The Spirit of God has made me, And the breath of the Almighty gives me life [which inspires me]." Job 33:4

- ***Anointing, Instructing, Commissioning, Empowering, Helping***

[The Lord said to Moses, "Take Joshua the son of Nun, a man in whom is the Spirit, and lay your hand on him;"] Numbers 27:18

"Then Samuel took the horn of oil and anointed David in the presence of his brothers; and the Spirit of the Lord came mightily

upon David from that day forward." 1 Samuel 16:13

"You [also] gave Your good Spirit to instruct them, You did not withhold Your manna from their mouth, And You gave them water for their thirst." Nehemiah 9:20

"The Spirit of the Lord God is upon me, Because the Lord has anointed and commissioned me, to bring good news to the humble and afflicted; He has sent me to bind up [the wounds of] the brokenhearted, To proclaim release [from confinement and condemnation] to the [physical and spiritual] captives And freedom to prisoners…," Isaiah 61:1

"After Jesus was baptized, He came up immediately out of the water; 17 and behold, the heavens were opened, and he (John) saw the Spirit of God descending as a dove and lighting on Him (Jesus)" Matthew 3:16-17

"But you will receive power and ability when the Holy Spirit comes upon you; and you will be My witnesses [to tell people about Me] both in Jerusalem and in all Judea, and Samaria, and even to the ends of the earth." Acts 1:8

"But the Helper (Comforter, Advocate, Intercessor—Counselor, Strengthener, Standby), the Holy Spirit, whom the Father will send in My name [in My place, to represent Me and act on My behalf], He will teach you all things. And He will help you remember everything that I have told you." John 14:26

- ***The Holy Spirit dwells within you***

"Do you not know that your body is a temple of the Holy Spirit who is within you, whom you have [received as a gift] from God, and that you are not your own [property]?" 1 Corinthians 6:19

"The Spirit is the guarantee [the first installment, the pledge, a foretaste] of our inheritance until the redemption of God's own [purchased] possession [His believers], to the praise of His

glory." Ephesians 1:14

Jesus promised that believers would never be left alone, assuring us that the Holy Spirit Who dwells in us, will teach us all things. As we submit to His teaching, guidance and leading, we are transformed to become more like Christ. The Holy Spirit is your greatest companion. He wants the best for you, in alignment with God's perfect will. I can hardly imagine walking this Christian journey without the Holy Spirit's presence and power.

If you are still not convinced of the Holy Spirit's significance, here is one more profound statement from Jesus Christ Himself.
"31 Therefore, I say to you, any sin and blasphemy shall be forgiven people, but blasphemy against the Spirit shall not be forgiven.
32 Whoever speaks a word against the Son of Man will be forgiven; but whoever speaks against the Holy Spirit [by attributing the miracles done by Me to Satan] will not be forgiven, either in this age or in the age *to come." Matthew 12:31-32*
How severe is that? Therefore, I urge you to be deeply conscious of the Holy Spirit and the transformative role He plays in your life as a follower of Christ.

Few years ago, I remembered when I had this burning desire to know the Holy Spirit more intimately and to experience the power of God in a tangible way. Before this, I often wondered why people would fall on the floor, shout or shake during moments of spiritual encounters at church. I even wondered whether people were faking it, until I witnessed a friend fall under the power of God and shake uncontrollably. In that moment, I knew it was real.
Whenever I felt the presence of God and the movement of the Holy Spirit upon me, I would try to maintain control by wrapping my arms around myself to suppress the shaking or at most go on my knees. This felt manageable and in my mind, still looked dignified. However, I knew that there must be more to experience. During a weekend encounter conference at church, on a Saturday evening, the worship was incredibly powerful, drawing us into the substantial presence of God. The preaching that followed carried

heavy anointing and at one point during the ministration, the presence of God became so overwhelming that I fell on my knees. As usual, I tried to wrap my hands around myself to control the shaking, but this time, I found myself on the floor quivering uncontrollably. I attempted to push myself up twice but simply could not. As I lay there with my eyes closed, I sensed the image of Jesus standing before me and smiling. He spoke something to me—a personal message that brought a smile to my face. For now, I will keep those words confidential, but they remain etched in my heart. I stayed on the floor for quite a while completely immersed in that moment. When I finally opened my eyes, I slowly glanced towards the worship team. My friend was smiling at me. The same friend I had spoken to just a day earlier about my deep desire for a powerful encounter with the Holy Spirit. His response was simple, yet confident: "You will." Now as our eyes met, his smile seemed to say, "See? I told you." I slowly looked away, still lying and immersed in the manifest presence of the Holy Spirit.

This encounter happened toward the end of the service and since I did not want the moment of such a powerful presence to end so soon, I rushed to the prayer room called the Fireplace. All I can say is that I spent even more time on the floor experiencing that power of God that my body could barely contain. I have experienced similar encounters at home as well and now understand those who find themselves on the floor, shaking under the anointing or even shouting. The Holy Spirit answered the sincere questions I had about these manifestations in the most personal and undeniable way. There are also times when the presence of God is so intense that I simply lift my hands or become quiet. Other times, I am moved to tears. The power of God manifests in countless ways and the Holy Spirit is always with us, guiding us into all truth.

Prayer Points

- Holy Spirit illuminate my heart to truly know You—Your nature, voice and transformative work in my life, in the name of Jesus.
- Holy Spirit, break every box of human expectations I have placed around You and fully manifest in my life, in the name of Jesus.

Application

The application section is designed to help you intentionally utilize what you have learnt from the chapter. You may also decide to use a different method.

On a scale from **1 (not at all**) to **10 (fully committed)**, how involved is the Holy Spirit in your daily life (including your interest in knowing Him and understanding His role in your life)?

1----------5----------10----------

- If you have not yet reached 10, what steps can you take to get closer? Identify between 1 to 4 steps. If you are already at 10, consider what more you can do, as there is always room for deeper revelations of the Holy Spirit.

Complete the table below based on your response to the above question. *(Doing is related to action and being is related to mindset/attitude)*

Start Doing	Stop Doing
Continue Doing	Start/Stop Being

- Choose the step(s) to include in your **action plan** and pray for the Holy Spirit to help, lead and guide you. Consider how you can measure your success and set a timeline for checking milestones or completion.

Action Area	Timeline	Measure of success	Required resources or support
Start Doing			
Stop Doing			
Continue Doing			
Start/Stop Being			

- After you have accomplished the steps in your action plan, put a sticker of your choice next to the steps, then give yourself a pat on your shoulder, saying, "Well done (add your name)." "Thank you, Lord."

Chapter 7 Manage the battle in your mind

Becoming a new creation in Christ (2 Corinthians 5:17) is not just a spiritual transformation but should also be reflected in the physical realm through the renewing of the mind. One way I like to explain this renewal is by replacing worldly beliefs with biblical truths. Over time, I have learnt the power of meditating on Scripture until its truth became deeply imprinted on my heart and mind. This is an ongoing practice because the enemy continually tries to reintroduce lies. However, without entertaining those lies, our reply must be with "It is written…."

"We are destroying sophisticated arguments and every exalted and proud thing that sets itself up against the [true] knowledge of God, and we are taking every thought and purpose captive to the obedience of Christ," 2 Corinthians 10:5

Just as the parable of the Sower in Matthew 13 illustrates, there are people who hear the Word pertaining to the Kingdom message of salvation and transformation but fail to understand or grasp it. In such cases, the evil one comes and snatches away what was sown in their hearts. There are those who hear the message of the Kingdom and welcome it with joy, but when persecution or hardship arises, they are unable to withstand it. Others hear the message, but the worries of life and distractions of the world chokes the Word, preventing it from bearing fruit. Finally, there are those who hear the message, understand it, embrace it wholeheartedly and produce a harvest. Which state do you find yourself in most often? Have you been a believer for years, yet feel tempted to abandon your faith when faced with pressure? Are you overwhelmed by the worries and distractions of life? Or are you someone who remains rooted, bearing fruit and yielding harvest? As believers, we need to be good soil to receive God's message. At the same time, we must be resistant to the lies of the enemy, ensuring that they find no place to grow in our hearts or minds. This is because our thoughts often create limitations, and the mindsets we carry can either build us up or break us down. In this chapter, I would like to briefly explore three areas that can help you

be a good soil for nurturing God's message.

■ *Freedom From Self-Bondage*

The primary bondage I want to address is being tied down to the past. This can stem from growing up in a broken home, harbouring regrets over past actions, choices or other deeply rooted harmful experiences. Over time these experiences shape mindsets, negative thought patterns, distorted self-images and belief systems that contradict God's truth. Even after repenting, going through deliverance and knowing fully well that you have been forgiven and cleansed by the precious Blood of Jesus, the negative thoughts often return, leaving the door is still open for the enemy to regain a foothold. I recall a powerful vision the Lord gave me: He stood before me face-to-face and as I gazed behind Him, I saw my sins and mistakes being consumed by a bottomless lake of fire, never to be remembered again. He endured a painful death to purchase my freedom. To dwell on negative thoughts or on the enemy is to dishonour the sacrifice He made on the Cross. You do not glorify God by dwelling on the sin nature or on the past. The heart of the Father is glad when your gaze is on Jesus Christ the benchmark of your transformation. When the enemy whispers that you are not good enough, declare this truth: "I am fearfully and wonderfully made."

Listen up women! It is time to deal with things from the past, anything that hinders your progress. Do not suppress or ignore them. Allow the Lord to work in you and bring the deliverance and healing that you need. Then let go. Please do not carry trails of past baggage to your present and future, it does not serve you. The journey will not always be easy and it may require patience and perseverance but remember that you are not alone. The Lord is with you every step of the way and He will send the right people at the right time to support you. Our God works in mysterious ways.

Some deeply rooted bondages go beyond the mindset or subconscious struggles, they are matters of spiritual warfare, often tied to demonic strongholds. You may recognize these through

recurring patterns in your life, family history or even dreams. However, no matter how entrenched these issues may seem, breakthroughs are possible. Through fervently praying the right prayers to target the issues and being conscious of the power of God, transformation is attainable.

■ *Let Go Of "If Only"*

Let us learn to release the "if only this" or "if only that" mindset. I like the statement that I once read on a poster: "*At your absolute best, you won't be good enough for the wrong person. At your absolute worst, you will still be worth it to the right person."* The latter sentence truly reflects the heart of our Lord Jesus Christ, Who came to save us while we were yet sinners and gave His life for us on the Cross. While society often condemns or marginalize certain women, Jesus' attitude is one of unconditional love, grace and redemption just as it was illustrated in *John 8:11: "I do not condemn you either. Go and sin no more."*
And Luke 7:46-48:" ...46 You did not [even] anoint My head with [ordinary] oil, but she has anointed My feet with [costly and rare] perfume. 47 Therefore I say to you, her sins, which are many, are forgiven, for she loved much; but he who is forgiven little, loves little." 48 Then He said to her, "Your sins are forgiven."
Forgive yourself for past mistakes and release others from any negativity you have held onto. Let go of guilt and shame, remembering that God still has a purpose for you. If you have not yet forgiven yourself or others, pause for a moment to repent, take the right steps and move forward. Clinging to the past limits your present and future, hindering lasting growth. Embrace the freedom and fresh start God offers.

■ *Do not Settle For Less*

Do you find yourself fighting the same battles even after deliverance, fasting, praying and thinking that you are doing all you can? Take a closer look at your mindsets and beliefs.
The Israelites were already freed from slavery. However, whenever challenges arose, they longed to return to Egypt, still thinking and acting like bondservants of their past. *"We remember the fish we*

ate freely and without cost in Egypt, the cucumbers, melons, leeks, onions, and garlic." Numbers 11:5

This is a situation where you may not be willing to walk through the wilderness but subconsciously cling to the "comfort" of your Egypt. Have you been in bondage for so long that it feels like the norm? Perhaps something about Egypt (the bondage) feels familiar and safe, making the journey through the wilderness seem too daunting or endless. You might even feel that God is taking too long or that His promises are out of reach. For many, the fear of the enemy outweighs their faith in God, making total victory seem impossible. If you find yourself fighting the same battles repeatedly, it is time for deep reflection and honesty. Ask yourself: How might you be hindering your own breakthrough? Then, take a bold step to cut ties with the bondage completely and embrace the freedom God has prepared for you.

Do you ever tell yourself, "This is all I am" and "This is all I can be"? It is not about comparing yourself to others because that is foolishness but about recognizing that there is a book written about your life in Heaven and the pages must be fulfilled.

As you grow in understanding God's character, the integrity of His Word over your life and the depth of His love for you, you will realize that even with past mistakes, His calling for you remains unchanging. God's plans for you are irrevocable, yet He honours your freedom to refuse His will. The decisive question remains: Will you take ownership of the delays or obstacles you have created in fulfilling your God-given mandate and commit to necessary changes? Or will you resist His persistent calling—causing the Kingdom work to advance through others? May such substitution never be your portion in the name of Jesus, Amen!

Prayer Points

- Lord, please work in me, reveal the roots of my negative emotions, teach me targeted prayers, and cleanse me from all toxicity, in the name of Jesus.
- Open my eyes Lord, show me where I am sabotaging myself, in the name of Jesus.
- Heal every wounded part of me, free me from pain, bitterness,

negative emotions and attitudes in the name of Jesus.

- Lord, strengthen me to overcome every toxic influence I have allowed, in the name of Jesus.
- I declare that from this day henceforth, no more victimhood. I am Spirit-filled and empowered by Christ.
- I commit to renewing my mind and demolishing every lie of the enemy, in the name of Jesus.
- Heavenly Father, strip away my pride and humble me, making me fertile ground for Your blessings, in the name of Jesus.
- In the name of Jesus, I forgive and release all held captive by my negativity, in the name of Jesus.

Application

The application section is designed to help you intentionally utilize what you have learnt from the chapter. You may also decide to use a different method.

On a scale from **1 (not at all**) to **10 (fully committed)**, how well are you doing freeing yourself from bondage and receiving from God (His love, grace, deliverance, forgiveness or other areas)?

1----------5----------10----------

- If you have not yet reached 10, what steps can you take to get closer? Identify between 1 to 4 steps. If you are already at 10, consider how you can further renew your mind to obtain greater heights of transformation.

Complete the table below based on your response to the above questions. *(Doing is related to action and being is related to mindset/attitude)*

Start Doing	Stop Doing
Continue Doing	Start/Stop Being

- Choose the step(s) to include in your **action plan** and pray for the Holy Spirit to help, lead and guide you. Consider how you can measure your success and set a timeline for checking milestones or completion.

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- After you have accomplished the steps in your action plan, put a sticker of your choice next to the steps, then give yourself a pat on your shoulder, saying, "Well done (add your name)." "Thank you, Lord."

Chapter 8 Prayer and fasting

■ *Prayer, a two-way communication*

Prayer must be an essential and integral part of every believer's life. It is a two-way communication with our Heavenly Father that keeps us interactive with Him. Through prayers, we align ourselves with God's presence, connecting deeply with Him and gaining insight into His heart concerning His Kingdom matters. It elevates us to a place of resonating with His will—transforming our minds and strengthening our spiritual fortitude.

What I want to emphasize is the importance of learning to listen to God in prayer, rather than simply speaking and ending the conversation. True prayers involve both speaking and hearing. While many believers struggle with uncertainty about hearing God's voice or discerning it accurately, this is a skill that can be developed through practice, patience and intimacy with Him. *John 10:27 says that: "The sheep that are My own hear My voice and listen to Me; I know them, and they follow Me."* The more time we spend with God, the more we come to know His ways. It is truly mind-blowing to know that the Creator of the heavens and the earth desires such deep communion with us. This longing for relationship was evident from the very beginning, as we see in the garden of Eden with Adam and Eve.
I want to encourage and remind you that we have the Holy Spirit, who guides us and teaches us all things. Yet, in moments of doubt or uncertainty about what we heard, we can always seek confirmation from God or seek counsel from a righteous and trustworthy believer. In my own journey of faith, there have been times when I clearly hear God's instruction and respond immediately. Other times, I take what I have heard and meditate on it, allowing it to settle in my spirit. And there are moments when I am unsure of how to interpret what I have received, prompting me to seek Him for clarity. Confirmations from God can come in many forms—through Scripture, sermons, conversations, dreams, or other means. Each step of this process deepens our reliance on Him and strengthens our faith.

■ Prayer, an act we should carry out without ceasing

Praying without ceasing, meditating on Scripture day and night is an important practice in a Christian's life.
1 Thessalonians 5:17 tells us to *"be unceasing and persistent in prayer."*
In Matthew 21:13 (quoting Isaiah 56:7), [Jesus said to them, "It is written [in Scripture], 'My house shall be called a house of prayer';..."] If our bodies are temples of God, then location is not a limitation.
We read how Jesus the Son of God always took time to pray alone even after moving in miracles, signs and wonders. *"20 and they all ate and were satisfied. 21 They picked up twelve full baskets of the leftover broken pieces. There were about 5,000 men who ate, besides women and children. 22 Immediately He directed the disciples to get into the boat and go ahead of Him to the other side [of the Sea of Galilee], while He sent the crowds away. 23 After He had dismissed the crowds, He went up on the mountain by Himself to pray. When it was evening, He was there alone." Matthew 14:20-23.* As the Son of God, why would He need to go to a place alone to pray after such a powerful miracle? Jesus consistently prayed, setting an example for us to follow. Through His prayer life He demonstrated humility, total dependence on the Father as His source for everything, including being replenished and empowered. Jesus Christ was always connected to the Father. *"So Jesus answered them by saying, "I assure you and most solemnly say to you, the Son can do nothing of Himself [of His own accord], unless it is something He sees the Father doing; for whatever things the Father does, the Son [in His turn] also does in the same way." John 5:19*

There was a time when I wondered how I could have a consistent prayer life amidst my busy and sometimes exhausting schedule. Even as a single lady, I found it challenging to carve out quality time for prayer daily. However, I realized that a hectic schedule was not a valid excuse to neglect this vital aspect of a Christian life. Therefore, I began to pray for God to equip me with wisdom, understanding, counsel, might, knowledge, the reverence fear of

the Lord and whatever I need to navigate my day successfully according to His standards.
What happened was that over time, besides praying and having conversations with God at home in the morning or evening, I began to utilize my commute to work as dedicated prayer time. This was especially useful on mornings when I had not woken up early enough to spend extended time reading the Bible, praying, worshiping, or listening to what the Lord had to say. Furthermore, I began setting aside part of my lunch time to pray. At other times I would listen to worship music or invite the Holy Spirit to help me when I was stuck finding a solution or having better ideas. Prayer was done speaking outwardly or within my heart. It could sometimes be structured, planned or spontaneous. As I became more sensitive to His presence, my mind gradually began to subconsciously shift into prayer mode even when I was doing other things. For instance, as I lay down to sleep, my mind would often switch to praying in tongues before I drifted off. I could be in the kitchen or brushing my teeth and suddenly, find myself praying. Through this practice, I felt that I am in frequent interaction with the Lord, the bond grew stronger and most certainly, the level of intimacy.
At the same time, with this awareness of being in God's presence throughout the day, I noticed myself maturing in my interactions with others, as the Lord worked in my heart. Negative thoughts about myself and others diminished, as random worldly thoughts were captured and replaced with scriptural reflections. I learned to stay connected to the Lord even while engaged in other activities. There is no limit to this, it simply depends on whether I choose to consciously and intentionally host His presence by being conscious of the atmosphere I create and carry.

■ Prayer of intercession

Another important aspect to understand about prayer is that while we focus on petitions and supplications for our needs or the people we care about, prayer is not just about our desires.
1 Timothy 2:1-4 states that, "First of all, then, I urge that petitions (specific requests), prayers, intercessions (prayers for others) and

thanksgivings be offered on behalf of all people, for kings and all who are in [positions of] high authority, so that we may live a peaceful and quiet life in all godliness and dignity. This [kind of praying] is good and acceptable and pleasing in the sight of God our Savior, who wishes all people to be saved and to come to the knowledge and recognition of the [divine] truth."

Intercessory prayer is a powerful way that connects people across the globe. Whether we realize it or not, each of us has been touched by prayers. You might wonder how this is possible. For those who have been fortunate enough to have praying parents, relatives, friends or supportive church communities, it means that you were either inspired to pray or had someone you knew praying for you. At the same time, there are people who intercede for those they do not know and nations they have never visited and may never visit. When they pray for a country and a particular group of people, you are included. When prayers are raised for God to bring revival to a nation, for God to raise committed intercessors, for God to help those struggling in their marriages, for God to help orphans, widows, the less privilege, heal the sick, for righteous presidents of nations to be instated, you are impacted in some way. I once met a lovely lady from the US during one of my trips to Isreal. She had visited China to pray over the nation. One day as I was sitting in my vibrant international church, it came to mind the blessings that her prayers and those of many others had released over the nation, and I am one of the beneficiaries. Is that not such an amazing tapestry beyond our understanding, which reflects the sovereignty of God?

When we are prompted to pray for situations we do not fully understand, let's obey, because God is at work and using us as vessels. It means that Christians should never run out of prayer points. Prayers could be raised for leaders of nations, pastors, volunteers in ministries, supervisors/leaders in companies, your colleagues, team members, business partners, possible divine helpers you may not yet know, the community in which you live and the list goes on. Furthermore, it is crucial to pray for your community and make sure that Jesus is enthroned instead of any evil. The Lord led me to start doing prayer walks around my

community and there was a noticeable shift. I could see the difference in the progress of small businesses around. The 3 demonic sculptures placed around my building were removed. All to the glory of God. I pray that the Lord will give us grace, strength and capacity to pray consistently without limitations. Having encouraged you to pray, I am aware that there are many people who often lack confidence that their prayers will be answered. Please remember that God does not answer prayers only from pastors or church leaders. He answers your prayers too. Do pay attention to these following Scriptures:
"The heartfelt and persistent prayer of a righteous man (believer) can much [when put into action and made effective by God—it is dynamic and can have tremendous power]." James 5:16
"If you remain in Me and My words remain in you [that is, if we are vitally united and My message lives in your heart], ask whatever you wish and it will be done for you." John 15:7

■ *Praying in tongues*

Another practice that I have found helpful is to pray in tongues. When I pray in tongues, I am confident that even if I run out of words in English, I am praying through the help of the Holy Spirit Who perfectly knows the heart of Abba Father. This can lead to praying in the spirit which might take the form of songs, prayer points, sounds and even gestures.
When praying in tongues, you can choose to ask for interpretation, but I do not always do so when praying alone. Sometimes I automatically switch to praying in English and in those moments, I understand what I am praying about—even if it was not part of my natural train of thought when I began. There are also times when, while praying in tongues, I sense the content of the prayer in my heart. However, even when I do not intentionally ask for interpretation, the temperament of the prayer can inform me of the level or type of prayer I am engaged in. The feeling of holy anger, peace, joy, fervency, speed and the tone of my voice changes or varies. My body gestures differ and can sometimes become intense and then get relaxed. Staying connected and following the lead of the Holy Spirit makes praying easier for me.

One evening, I decided to spend some time in prayer and worship, hoping to start with prayers for myself. As I was trying to select a list of worship songs to play, none of them seemed to resonate with me. This is usually a sign that the Holy Spirit wants me to raise a song from my heart. As I opened my mouth, the melody and lyrics of a song that I had never heard or sung before flowed out. It was from the Holy Spirit. Singing is not one of my natural strengths, yet this can change when I start to worship God. The lyrics included sentences of me giving glory to the Lord, Heaven calling all His saints to praise the Lord, Zion cries for the saints to come to the mountain top….. After a few minutes of singing, during which I sensed the content was beyond what I originally wanted to pray about, I went into praying in tongues. This got intense like in warfare mode, and it got to a point when I switched to English, declaring that all power belongs to God, all power belongs to God, all power belongs to God! No power of darkness shall raise its head against the children of God. Then there were moments when I was trying to speak but only sounds were voiced out. The next day I went to a venue and to my surprise, they were already decorating the place with symbols of the upcoming year. This was in preparation for the festive season and New Year celebration. According to the Chinese culture, the upcoming year was represented by the snake. Altars featuring paintings of snakes were set up at the entrance and stickers of snakes were placed around the office. To my knowledge, this venue has never been decorated with the zodiac animal in such an aggressive manner. However, the Lord prepares us for all things and I said additional intercessory prayers at the venue as led by the Holy Spirit.

"For one who speaks in an unknown tongue does not speak to people but to God; for no one understands him or catches his meaning, but by the Spirit he speaks mysteries [secret truths, hidden things]." 1 Corinthians 14:2

Romans 8:26 also shows us the involvement of the Holy Spirit during prayer, interceding for us when we do not know what to pray. *"In the same way the Spirit [comes to us and] helps us in our weakness. We do not know what prayer to offer or how to offer it as we should, but the Spirit Himself [knows our need and at the*

right time] intercedes on our behalf with sighs and groanings too deep for words."

Finally, as a single woman, I urge you to seize the opportunity now to start building your prayer altar. Remember that prayer is a lifelong journey with no expiry date.

Prayer Points

- Heavenly Father, help me pray with understanding and alignment to Your will, in the name of Jesus.
- Abba Father, let Your fire fall afresh upon me, in the name of Jesus.
- Lord, immerse me in the Holy Spirit and make me a surrendered vessel in the name of Jesus.
- Dear God, give me an unquenchable thirst and hunger for You in the name of Jesus.
- Lord, help me not to be consumed with myself and my needs, but to also intercede for others, even strangers, in the name of Jesus.

Fasting

Fasting is deeply rooted in Scripture and has been practiced by God's people throughout history. However, in modern Christianity, it has often been neglected or reduced to a mere ritual, performed out of obligation rather than a genuine understanding of its significance, power, and purpose. Why would Jesus instruct us to fast if it were not beneficial to our spiritual growth and relationship with Him? Jesus Christ mentioned in *Matthew 6:16, "And whenever you are fasting, do not look gloomy like the hypocrites, for they put on a sad and dismal face [like actors, discoloring their faces with ashes or dirt] so that their fasting may be seen by men. I assure you and most solemnly say to you, they [already] have their reward in full."*

"Whenever you are fasting" means that it is an expectation that we will be fasting, not an option of whether it should be done or not.

To me, fasting is a posture of worship that draws believers closer to

God. It reaffirms our submission to Him, instead of succumbing to the carnal nature.
Fasting is not an act to persuade God of something but rather a means to make believers more effective in the spiritual realm. It triggers results and releases God's power. Fasting does not change who God is—He remains immutable yesterday, today and forever. Instead, fasting transforms us to be more like Christ.
Moreover, fasting is not a transactional method to obtain answers from God. Instead, it supports our spiritual walk by making us more sensitive to the Holy Spirit. It enables us to pray and ask in accordance with God's will and purposes for a matter. This alignment with God's will, further activates the God-given authority, power, and dominion we possess, especially when combined with Scripture.

By abstaining from food, we weaken the flesh and align our physical being with our spiritual self, allowing us to focus more intently on God. Many who fast can attest to experiencing a heightened sense of clarity in hearing from God, as well as having more vivid dreams and visions.

Let's explore fasting from three different perspectives. Fasting for personal reasons, fasting to intercede for others and fasting on behalf of nations. Let's look at some references from the Bible.

■ Fasting for personal reasons and for others

Fasting to prepare for ministry
Is it not eye opening that soon after Jesus Christ was baptized, filled with the Holy Spirit and recognized by God as His beloved Son, He did not start His ministry immediately? He went through fasting to prepare for His ministry.
"16 After Jesus was baptized, He came up immediately out of the water; and behold, the heavens were opened, and he (John) saw the Spirit of God descending as a dove and lighting on Him (Jesus), 17 and behold, a voice from heaven said, "This is My beloved Son, in whom I am well-pleased and *delighted!" Matthew 3:16-17*

"Then Jesus was led by the [Holy] Spirit into the wilderness to be tempted by the devil. 2 After He had gone without food for forty days and forty nights, He became hungry." Matthew 4:1-2

Fasting to overcome evil spirits
In *Mark 9*, there was a narrative of a boy who was possessed by a mute spirit. His father had brought his son to the disciples of Jesus, but they could not cast out the spirit. However, to the amazement of those witnessing the deliverance, Jesus casted out the 'mute and deaf spirit.' Afterwards, his disciples asked Jesus why they could not cast out the spirit and in *verse 29 (TPT)*, Jesus replied: *"This type of powerful spirit can only be cast out by fasting and prayer."* Hence showing us the effect of fasting on our spiritual life and the power it brings when ministering to others.

Fasting for stamina to finish the race well
Prophetess Anna devoted her life to prayer and fasting in the temple following her widowhood. She embraced her divine calling with unwavering focus and faithfulness. At the end, she was blessed to witness the arrival of Jesus Christ.
"36 There was a prophetess, Anna, the daughter of Phanuel, of the tribe of Asher. She was very old and had lived with her husband for seven years after her marriage, 37 and then as a widow to the age of eighty-four. She did not leave the [area of the] temple, but was serving and worshiping night and day with fasting and prayers. 38 She, too, came up at that very moment and began praising and giving thanks to God, and continued to speak of Him to all who were looking for the redemption and deliverance of Jerusalem." Luke 2:36-38

Fasting to receive revelation and instructions from God
In the church at Antioch, there were prophets and teachers who were adhering to the practice of fasting.
"While they were serving the Lord and fasting, the Holy Spirit said, "Set apart for Me Barnabas and Saul (Paul) for the work to which I have called them." Then after fasting and praying, they laid their hands on them [in approval and dedication] and sent them away

[on their first journey]." Acts 13:2-3

- ***Fasting on behalf of the nations***

Here are examples of prophets fasting on behalf of the nation Israel. *Nehemiah 1:4-6 "4 Now it came about when I heard these words, I sat down and wept and mourned for days; and I was fasting and praying [constantly] before the God of heaven. 5 And I said, "Please, O Lord God of heaven, the great and awesome God, who keeps the covenant and lovingkindness for those who love Him and keep His commandments, 6 please let Your ear be attentive and Your eyes open to hear the prayer of Your servant which I am praying before You, day and night, on behalf of Your servants, the sons (descendants) of Israel (Jacob), confessing the sins of the sons of Israel which we have committed against You; I and my father's house have sinned."*

Daniel fasted as a way of mourning for Israel and seeking to hear from God. "*2 in the first year of his reign, I, Daniel, understood from the books the number of years which, according to the word of the Lord to Jeremiah the prophet, must pass before the desolations [which had been] pronounced on Jerusalem would end; and it was seventy years. 3 So I directed my attention to the Lord God to seek Him by prayer and supplications, with fasting, sackcloth and ashes. 4 I prayed to the Lord my God and confessed and said, "O Lord, the great and awesome God, who keeps His covenant and extends lovingkindness toward those who love Him and keep His commandments, 5 we have sinned and committed wrong, and have behaved wickedly and have rebelled, turning away from Your commandments and ordinances." Daniel 9:2-5*

The popular Scripture often referenced for national fasting and prayer, which talks about a call for the nation to fast as a sign of humility and repentance, is found in *2 Chronicles 7:14. This verse states: "14 …and My people, who are called by My Name, humble themselves, and pray and seek (crave, require as a necessity) My face and turn from their wicked ways, then I will hear [them] from heaven, and forgive their sin and heal their land."*

How powerful would it be if nations today embraced this practice of repentance?

Fasting for favour and wisdom

In the book of Esther, Queen Esther (Hadassah) instructed the Jews to fast for three days before she approached King Ahasuerus. While this act may appear to be a personal plea for favour and wisdom, Esther's true concern was far greater—she was risking her life to intercede for her people. Apart from the well-known law forbidding anyone to enter the king's inner court unsummoned, Esther had another concern—the king had not called her in thirty days. She could have speculated endlessly about why, but instead, she chose boldness. Yet her boldness was not reckless. Had she rushed into the king's presence without fasting and seeking God's guidance, we might never have read about Esther in history. It was not just about avoiding death. It was about ensuring her actions carried divine weight and lasting impact. As I studied the book of Esther, I was fascinated by her patient and deliberate approach in dealing with the king on such a critical matter. Though God's name was not explicitly mentioned in the text, Esther's call for a fast reveals her dependence on Him—a practice of the Jewish people in times of crisis.

"Go, gather all the Jews that are present in Susa, and observe a fast for me; do not eat or drink for three days, night or day. I and my maids also will fast in the same way. Then I will go in to [see] the king [without being summoned], which is against the law; and if I perish, I perish." Esther 4:16

"On the third day [of the fast] Esther put on her royal robes and stood in the inner court of the king's palace opposite his [throne] room. The king was sitting on his royal throne, facing the [main] entrance of the palace. 2 When the king saw Esther the queen standing in the court, she found favor in his sight; and the king extended to her the golden scepter which was in his hand. So Esther approached and touched the top of the scepter."

Similarly, you too can fast for favour and wisdom in your life—whether for personal needs or weightier matters.

Fasting in practice

Through the Holy Spirit, we are guided to discern the reasons, methods, timing and focus of our fasting. This could be for an individual, a group or the church. There are churches that organize corporate fasting during specific periods of the year, while some individuals additionally dedicate a certain day of the week or month to fasting.

I have witnessed the power of fasting and the impact it can have on one's life. I pray that you will also experience its life-changing benefits.

As I began walking closer with God, the days of fasting increased much. Since every believer's calling and journey is different, it is best to follow the Holy Spirit's leading. There was a season I fasted once a week, then there are times I fasted 3 times a week. Fasting is not used to boast about one's spirituality and that is why I usually do not share when I am fasting, the frequency or the duration of my fasting with others. The crucial point is to understand the purpose of your fasting and what needs to be achieved at the end of it. Therefore, while you are involved in corporate or group fasting, take the time to seek the Lord concerning your own personalized fasting.

Remember that while fasting, you need to pray, read the Bible, worship, do thanksgiving and spend quiet time in the presence of the Lord. Starving your physical body and not feeding your spirit man is a lose-lose situation.

Please be alert not to get agitated, upset or tempted to sin during or even at the last minute of your fasting. It is the trap of the enemy. Resist being swayed by others and the environment. This will ensure that your fasting begins and concludes well by God's grace.

On the last point, I encourage you to exercise caution and research how to fast properly—both from the dietary and health perspectives. It is essential to understand how different types of fasting affect your body, as well as the correct way to break your fast, as this varies depending on your duration and method of fasting.

Given my frequent fasting schedule, full-time job and other commitments, I typically maintain water fasts while incorporating periodic dry fasting as led by the Holy Spirit.

Prayer Points

- Heavenly Father, grant me the grace to fast and grow spiritually as the Holy Spirit leads, in the name of Jesus.
- Lord God, deliver me from every fear associated with fasting in the name of Jesus.
- Abba Father, fill me with knowledge, wisdom and understanding required to fast effectively that my spirit may be strengthened, in the name of Jesus.
- Heavenly Father, give me the grace to walk in obedience to You, in the name of Jesus.

Application

The application section is designed to help you intentionally utilize what you have learnt from the chapter. You may also decide to use a different method.

On a scale from **1 (not at all**) to **10 (fully committed)**, how are you doing in terms of consistency in praying and fasting?

Praying

1----------5----------10----------

Fasting

1----------5----------10----------

- If you have not yet reached 10, what steps can you take to get closer? Identify between 1 to 4 steps. If you are already at 10, consider what more you can explore on these topics.

Complete the table below based on your response to the above question. *(Doing is related to action and being is related to mindset/attitude)*

Start Doing	Stop Doing
Continue Doing	Start/Stop Being

- Choose the step(s) to include in your **action plan** and pray for the Holy Spirit to help, lead and guide you. Consider how you can measure your success and set a timeline for checking milestones or completion.

Action Area	Timeline	Measure of success	Required resources or support
Start Doing			
Stop Doing			
Continue Doing			
Start/Stop Being			

- After you have accomplished the steps in your action plan, put a sticker of your choice next to the steps, then give yourself a pat on your shoulder, saying, "Well done (add your name)." "Thank you, Lord."

Chapter 9 Worship

I love to worship my God. I love to declare His praises, acknowledge His sovereignty and give Him thanks. I love being drowned in powerfully anointed music and melodies. It is one of the most beautiful experiences to just be consumed in His presence without distractions. I am always so grateful to God for bringing me out of darkness into His light. The closer I grow to God and the more I come to know Him, the more I am thankful for everything. His love for me is truly overwhelming and I know that I am breathing because of Him. He guided me through the valley moments and I am confident that His promises spoken over my life will never return to Him void.

We were not only created to have dominion over His creation on earth but to worship, praise and appreciate Him as well. Our lives should reflect worshipping Him and showing Him gratitude. A heart full of gratitude naturally overflows with thanksgiving and worship.

"Bless and affectionately praise the Lord, O my soul, And all that is [deep] within me, bless His holy name. 2 Bless and affectionately praise the Lord, O my soul, And do not forget any of His benefits." Psalm 103:1-2

Worshipping God is another way of knowing Him from a different dimension. It amazes me to think that when we worship our God, we join the angels, the 24 elders and all of creation. There's such power in true worship because it creates an atmosphere that hosts His Presence in a magnificent way.

When we surrender and allow the Holy Spirit to flow during praise and worship, we are not only glorifying God, He is also pouring into us. He is refreshing us, equipping us, pruning us, healing us, delivering us and so much more. Many things can happen during worship.

This revelation opened my understanding to the power of worship that comes from the heart. Worship can be expressed through singing, speaking words of adoration and praise, exalting Him from different perspectives and assuming various postures. The Bible

says that God dwells in our worship. So, when you have difficulties quieting down and focusing on the Lord, or when you do not have the words to pray, simply worship.
I have experienced the mysterious powers of praise and worship and happy to share what I have learnt so far.

■ *Worshipping to experience divine intervention*

There were moments when I was praying to God about specific needs and felt a clear prompting to "just praise God." On several occasions, I received Spirit-led instructions to dedicate a week to praising the Lord. Remarkably, soon after, those prayers were answered. One such instance was when my team and I in the charity organization we co-founded were trusting the Lord to urgently provide the funds we needed. The word I received was that we should spend a week in praise and worship. When I shared this direction, the project manager confirmed having received the same instruction. We obeyed and to God's glory, the funds needed to pay for the orphans' tuition fees were received.
On another occasion, I was praying for a pastor friend who was ill and his recovery was slow. The Holy Spirit led me to advise him to spend the week in praise and worship. He obeyed and his recovery accelerated.

■ *Worshipping to be aligned with heavenly activities*

I realized that when there is about to be a shift in the spiritual atmosphere or a release from heaven to earth, a deeper desire for praise and worship is stirred up within me. One time, I felt a quiet but clear nudge to devote extra time to praise and worship during the coming week but soon forgot about it. Then on Sunday at church, the pastor mentioned that he felt we should spend more time in praise and worship during the coming week. This message caught my attention. The very next day, as I tuned into the online service of another church I am connected with, something remarkable happened. After the scheduled worship ended, the apostle led the congregation in spontaneous worship for about 25 minutes before transitioning to his sermon. God was echoing the same message I had sensed but brushed aside. Now, I am more

attuned to such urgings from the Holy Spirit and say, *"Your kingdom come, Your will be done On earth as it is in heaven." Matthew 6:10*

If you are worried about having a voice that makes people, or even yourself, want to take cover when you sing, or if you struggle to find the right tune, let me say, "Hallelujah, welcome to the club." However, here is a word of encouragement: come as you are and the Lord might just surprise you. There have been times when I have opened my mouth to worship God and new melodies began to flow out. I believe I will one day entrust these songs to an anointed worshipper, so that others may encounter the same divine presence I have experienced.

- ***Worshipping to win the battle***

Here we can see worship used as a weapon. King Jehoshaphat of Judah comes to mind. When Judah was threatened with being invaded by the Moabites, Ammonites and Meunites. He sought the face of the Lord, called for a fast and the Lord encouraged the Israelites that the battle was His not theirs. *[21 When he had consulted with the people, he appointed those who sang to the Lord and those who praised Him in their holy (priestly) attire, as they went out before the army and said, "Praise and give thanks to the Lord, for His mercy and lovingkindness endure forever. 22 When they began singing and praising, the Lord set ambushes against the sons of Ammon, Moab, and Mount Seir, who had come against Judah; so they were struck down [in defeat]."] 2 Chronicles 20:21-22*

- ***Worshipping to receive strength and overcome challenges***

Losing my elder sister was the darkest moment of my adult life. We shared an incredibly close bond and her passing away was very sudden and utterly devastating. At the beginning of that year, the Holy Spirit had led me into a 40-day fasting and prayer, which felt more intense than the previous year. Little did I know what the Lord was preparing me for in the second month of the year. From the day my sister went to be with the Lord, I found myself unable to worship. I could listen to sermons and worship songs after a few

days, but I could not bring myself to sing. I tried my best to stay strong for my immediate family and I took a few days off work to be alone and process my grief. Family, friends and intercessors had joined us to pray so fervently for 21 days. I did not blame God because I had reached a point where I truly trusted in Him. Yet I could not make sense out of the outcome. Could I have prayed harder or fasted more, what went wrong? During that time, I even experienced a semi-dream or vision that gave me hope. I was asleep on my bed yet alert in my subconscious, as if partly awake, when I saw the clouds open and a heavenly being riding on a cloud descending to earth. At that time, I interpreted it as an angel sent to heal my sister, since that was what we were praying for while she was in coma. This vision filled me with hope that she would wake up and recover fully. It never occurred to me that it might be preparation to take her to her heavenly abode.

Amidst that valley moment, I heard the gentle inner voice say, "Praise God." I know that the Bible teaches us to "rejoice always" and that "everything works together for the good of those who love God." Yet, applying these truths felt extremely challenging. I had to choose to trust in the promises of Scripture, even when they did not align with my emotions or logical understanding. Afterall, the Christian walk often involved embracing the truth that transcends human reasoning. Furthermore, living a supernatural life in Christ, means accepting realities that our limited minds cannot grasp or comprehend. My spirit knew the truth, yet my flesh and mind were not in agreement with my spirit. The flesh needed more time to mourn and process this great loss. A few days went by and the situation remained unchanged.

Six days after my sister's death, I was having a prayer call with my good friend who lives in a different country. As we started talking, he said that what he was about to say might sound strange and even insensitive given my current situation, but the Holy Spirit had told him that we should just praise God. When I heard it, I knew without a doubt that it was from God. Therefore, I needed to gather strength and rely on His grace to overcome the frailty of the flesh. My friend led the singing and as we began to worship the Lord and raise songs unto Him, I felt this breakthrough out of the

valley situation. A strange heaviness was lifted even though I still felt sadness for losing my sister. I came to understand that the enemy sought to use this circumstance to trap me in spiritual bondage. He wanted to attack my relationship with God—a warning that my former prayer team leader and mentor had given me few weeks earlier. I had always kept her words in mind, but I had not fully grasped the subtle way that the enemy could infiltrate during such a vulnerable time. Amidst grief, certain feelings, emotions and reactions felt justifiable. Hence, Scripture tells us to guard our hearts, trust in the Lord and lean not on our own understanding.

In this situation, it was not just prayer and fasting that built my spiritual stamina shortly before the incident happened. I overcame through the power of praising and worshipping my Abba Father- the One seated on the Throne, Who loves His children dearly. I felt the overwhelming love of God, His mercy, His gentleness, His kindness, His faithfulness and His prompting about this incident which I did not fully grasp at that time. He revealed Himself as the God who never breaks His covenant with His children, if we obey Him and follow His ways.

Prayer Points:

- Lord, grant me the grace to worship You with a pure and open heart, in the name of Jesus.
- Abba Father, let me experience the divine encounter that comes through true worship, in the name of Jesus.
- May I learn to approach Your Throne with continual thanksgiving, worship and praise—keeping my eyes fixed on You rather than any circumstances, in the name of Jesus.

Application

The application section is designed to help you intentionally utilize what you have learnt from the chapter. You may also decide to use a different method.

On a scale from **1 (not at all**) to **10 (fully committed)**, how is your life reflecting worship to God?

1----------5----------10----------

- If you have not yet reached 10, what steps can you take to get closer? Identify between 1 to 4 steps. If you are already at 10, consider how you can go even deeper in your worship to God.

Complete the table below based on your response to the above question. *(Doing is related to action and being is related to mindset/attitude)*

Start Doing	Stop Doing
Continue Doing	Start/Stop Being

- Choose the step(s) to include in your **action plan** and pray for the Holy Spirit to help, lead and guide you. Consider how you can measure your success and set a timeline for checking milestones or completion.

Action Area	Timeline	Measure of success	Required resources or support
Start Doing			
Stop Doing			
Continue Doing			
Start/Stop Being			

- After you have accomplished the steps in your action plan, put a sticker of your choice next to the steps, then give yourself a pat on your shoulder, saying, "Well done (add your name)." "Thank you, Lord."

Chapter 10 The result of consistently spending time with God

- ***You are refreshed, renewed and empowered in the presence of God.***

  As Psalms 23:1-2 mentioned: "The Lord is my Shepherd [to feed, guide, and shield me], I shall not lack. 2 He makes me lie down in [fresh, tender] green pastures; He leads me beside the still and restful waters. He restores my soul."

Have you ever been so tired and exhausted that even prayer, praise and worship felt like a daunting challenge? We all have those moments (though it is great if you do not). There are times when I can only mumble a few words of prayer before collapsing into bed. Yet there are other times when, even in my exhaustion, I manage to lift my voice in praise or play a worship song that stirs me up. As I sing, I feel energized to worship and pray more. It is in these moments that I have realized how the Holy Spirit strengthens me when I am determined to press in. At the same time, being in the presence of God is not always about duration or what we do. We also need to come open and ready to be transformed.
Come just as you are, weary and worn out, into the embrace of our Lord, to rest and soak in His presence.
The key is to prioritize spending time with the Lord daily. For some, that might mean waking up early to pray and spend time with God, for others it might be during lunch breaks or in the quiet of the evening. Whatever time you choose, make it a habit to connect with God every day. We are living sacrifices unto Him.
On most days, I start my day by exalting the Lord using Psalm 103:1-5, 8, 11-12, 19-22, followed by declaring Deuteronomy 28:3-14 and reading the Bible chapter for the day. On mornings that I have limited time, I play worship songs that have the lyrics mostly of Deuteronomy 28:3-13 declarations, while preparing for the day. During one of my retreats, the Lord told me to set the blessing from Scripture as my alarm clock. This was the Aaronic blessing from Numbers 6:24-26, which was on my music play list. On that version, the musician prayed it out in Hebrew, then in English, making the blessing last for about 70 seconds. My loving Father

wanted this blessing from Him to be the first thing I received in the morning, even before I greeted Him or began to exalt Him.

Even on days that I have felt overwhelmed at work due to the workload, taking a few minutes break to spend with God or listen to a few worship songs never disappoints. We can rest in the Lord, be refreshed and renewed at any time of the day. *"Come to Me, all you that are weary, and heavily burdened, and I will give you rest." Matthew 11:28*
Since we all have unique daily schedules or routines, I encourage you to seek the Holy Spirit's guidance in creating a system that works best for you.

Following instructions from the Lord, I created a prayer group called Taking the Land for God, which has evolved to raising people burdened and mandated to intercede for nations. Taking the Land for God is a registered name but not affiliated to any church or organization. We typically met at my home for prayers every first Sunday of the month and conducted prayer walks in strategic locations around the city every third Sunday of the month. During our second year, I noticed a shift in the prayer meetings at my home. The time spent on praise and worship began to extend. Initially, we spent approximately 20 minutes in thanksgiving, praise and worship, simply following the leading of the Holy Spirit. Gradually, the time increased to 40 minutes and there were occasions when we spent a full hour at this phase. While I understood the importance of worship, I was curious about the significance behind the prolonged worship time, especially when it lasted an entire hour.
Then Holy Spirit began to reveal what was happening. As intercessors, we often come together in spiritual warfare mode. Though we are close friends and enjoy each other's company, it is inevitable that we sometimes arrive carrying internal challenges, burdens or unspoken baggage. We always start with praise, thanksgiving, pleading the blood of Jesus to cleanse any thoughts, words or actions that could hinder our prayers or are displeasing to Him. We put on the full amour of God, take dominion over our

environment and pray for the power of God to reign and take control. However, this time, there was more. It was not about what we were doing or saying, but rather something He was releasing to us. As we remained in the posture of surrender and worship, the Lord began working within us and ministering to our spirits. Personally, for me on that day, which was the first time we worshipped for one hour, God knew that I needed replenishment before stepping into spiritual warfare. It had been a busy and exhausting month for me and the Lord was teaching me that even as I remained focused and committed to carrying out the intercession prayers, I needed to operate from His strength, not my own. Being in the posture of His strength was like connecting to the reality of being seated in Heavenly places with Christ. It opened me to a new dimension of peace and connectivity, allowing me to hear the heart and will of God more clearly. That day, our revelations were more vivid the entire prayer time. It was the result of the atmosphere we created to host the presence of God, coupled with our willingness to yield our flesh to Him. These encounters broadened my understanding of the dimensions of God's love, mercy, power and grace that flows through worship. The others in the group were also aligned, responding to the flow of the Holy Spirit. We knew that the Lord had brought us to a new spiritual level.
It is *"Not by might, nor by power, but by My Spirit,' says the Lord of hosts." Zechariah 4:6*

- ***You receive more revelation about who God is and His heart for situations and for you.***

What I am about to share might surprise many readers.
When we think of God, it's very easy to associate Him with words like great, Almighty, Alpha and Omega, King of Kings and Lord of Lords, Creator and I AM. However, as I grew in my understanding of God's nature, I came to realize that our God is also fun.
Saying that God is also fun could be a stretch for many believers. God loves taking us through the exploration and discovery journey. He enjoys our curiosity to want to know more about Him and what He is saying. This could be related to diverse areas and situations.

I realized the fun part of God through numbers. God loves numbers. We can see the precision whenever He instructs building projects such as the Ark of Covenant and Noah's Ark. We also know that certain numbers in the Bible have symbolic or significant meanings attached to them. (Please note that this is not numerology or what new age refers to as angel numbers or other ungodly practices.) For example, in the Bible 7 often means completeness and perfection: *"So the heavens and the earth were completed, and all their hosts (inhabitants). 2 And by the seventh day God completed His work which He had done, and He rested (ceased) on the seventh day from all His work which He had done." Gen 2:1-2*

"9 Six days you shall labor and do all your work, 10 but the seventh day is a Sabbath [a day of rest dedicated] to the Lord your God..." Exodus 20:9-10

I never paid much attention to numbers, nor did I understand their significance until few years ago. It was probably through a sermon online or a discussion with a friend that I became aware about the importance of numbers. I am not particularly a "number person," nor am I naturally attuned to them. However, during that season, I found myself wondering how true it was that God communicates through numbers in general, or if it was just something reserved for those who have an interest in numbers.

This is when I began noticing God communicating with me through numbers. I had to delve into research about biblical meanings to numbers and asked for the Holy Spirit's direction, wisdom and understanding. I observed that the Lord was using these numbers to bring my attention back to specific Scriptures, which then led me to explore additional Scriptures and commentaries to comprehend the context. Sometimes it felt like piecing together a jigsaw puzzle where each piece needed to fit together for the complete picture to be revealed. Other times, it felt like a treasure hunt game. That's why I found the experience so enjoyable.

There was a time when I began seeing 8.18 very often, but I could not understand its meaning. I eventually settled on the meaning of "new beginnings," which the number 8 usually represents (for

example: "*Every male among you who is eight days old shall be circumcised throughout your generations…*" *Gen 17:12*
"….. in which a few, that is, eight persons [Noah's family], were brought safely through the water. 1 Peter 3:20.
I knew I was entering a new season in my spiritual growth which made me accept the explanation. Therefore, I had pushed aside the thoughts of these numbers, even though they kept appearing when I was at work, in the car or on my phone. One weekend, I decided to set aside time to dedicate to the Lord and read the Bible. As the Lord revealed more about my life and things He had called me to achieve, I realized that growing in wealth would be essential to fulfil these contributions. With that in mind, I turned to the Bible concordance at the end of my NKJV to find relevant Scriptures on wealth. Guess what I discovered? The first Scripture I saw was *Deuteronomy 8.18:" But you shall remember [with profound respect] the Lord your God, for it is He who is giving you power to make wealth, that He may confirm His covenant which He swore (solemnly promised) to your fathers, as it is this day."* Even before reading the Scripture, it resonated without a doubt that this was the meaning behind the 8.18 I have been seeing. Now I was curious about the covenant God had sworn to the fathers, starting with Abraham. The commentary in the Bible took me to *Genesis 17:6-7, "6 I will make you exceedingly fruitful, and I will make nations of you, and kings will come from you. 7 I will establish My covenant between Me and you and your descendants after you throughout their generations for an everlasting covenant, to be God to you and to your descendants after you."*
And *Deuteronomy 28:1-9,* which was the Blessings at Gerizim.
[*28 "Now it shall be, if you diligently listen to and obey the voice of the Lord your God, being careful to do all of His commandments which I am commanding you today, the Lord your God will set you high above all the nations of the earth. 2 All these blessings will come upon you and overtake you if you pay attention to the voice of the Lord your God. 3 "You will be blessed in the city, and you will be blessed in the field. 4 "The offspring of your body and the produce of your ground and the offspring of your animals, the offspring of your herd and the young of your flock will be blessed.*

5 "Your basket and your kneading bowl will be blessed. 6 "You will be blessed when you come in and you will be blessed when you go out. 7 "The Lord will cause the enemies who rise up against you to be defeated before you; they will come out against you one way, but flee before you seven ways. 8 The Lord will command the blessing upon you in your storehouses and in all that you undertake, and He will bless you in the land which the Lord your God gives you. 9 The Lord will establish you as a people holy [and set apart] to Himself, just as He has sworn to you, if you keep the commandments of the Lord your God and walk [that is, live your life each and every day] in His ways."]

After reading these Scriptures, I was reminded of my trips to Israel which were orchestrated by the Holy Spirit. My mind flashed back to my first trip in 2016 when I saw mount Gerizim from a distance. At that time, we could not cross over to climb it due to certain pathway restrictions. However, I had prayed to receive the Deuteronomy 28:1-13 blessings, which the bible indicated were declared at mount Gerizim. Unfortunately, over time, I had completely forgotten about it.
By bringing these memories to mind, the Lord was leading me to a place of deeper revelation and connecting me to the truths of the Scriptures. He was showing me that through Christ, Christians should step into and enjoy the Abrahamic covenant. *Galatians 3:7-9, 13-14, "7 So understand that it is the people who live by faith [with confidence in the power and goodness of God] who are [the true] sons of Abraham. 8 The Scripture, foreseeing that God would justify the Gentiles by faith, proclaimed the good news [of the Savior] to Abraham in advance [with this promise],* saying*, "In you shall all the nations be blessed." 9 So then those who are people of faith [whether Jew or Gentile] are blessed and favored by God [and declared free of the guilt of sin and its penalty, and placed in right standing with Him] along with Abraham, the believer. 13 Christ purchased our freedom and redeemed us from the curse of the Law and its condemnation by becoming a curse for us—for it is written, "Cursed is everyone who hangs [crucified] on a tree (cross)"— 14 in order that in Christ Jesus the blessing of*

Abraham might also come to the Gentiles, so that we would all receive [the realization of] the promise of the [Holy] Spirit through faith."

This insight is profound.

God speaks to people in diverse ways because He has created each of us uniquely. What I am sharing here is not a template but an encouragement to remain open to how He might choose to communicate with you. Through this experience, I gained a deeper understanding of what the Bible meant about mysteries being unlocked when we seek Him diligently. I also saw how the Holy Spirit brought scriptures to life. This journey helped me distinguish between simply reading the Bible and experiencing deep revelation, connection and application to my life. My spirit has grasped this truth and I need to spend time meditating on it, declaring it, envisioning it and taking practical steps towards it. I am confident that the manifestation of these promises in my life is certain, as long as I remain faithful and do my part. Additionally, I have learnt that God reveals information to us gradually. He knows exactly what we need to know and what our capacity can handle.

- ***You receive healing, deliverance, chastening, Pruning (Ouch!), correction and encouragement***

You are aware that before God can fully use us, there is a process of chastening, pruning, molding, remolding and correction. It is necessary to pass through the furnace to bring out the gold within us. An example in the Bible is *Isaiah 6:3-6, [3 And one called out to another, saying, "Holy, Holy, Holy is the Lord of hosts;*
The whole earth is filled with His glory." 4 And the foundations of the thresholds trembled at the voice of him who called out, and the temple was filling with smoke. 5 Then I said, "Woe is me! For I am ruined, Because I am a man of [ceremonially] unclean lips, And I live among a people of unclean lips; For my eyes have seen the King, the Lord of hosts." 6 Then one of the seraphim flew to me with a burning coal in his hand, which he had taken from the altar with tongs.]

One of my consistent prayers is for God to reveal anything in my life that does not honour Him—any attitude, character trait or

pattern of thinking that grieves His Spirit. Like David, I echoed *Psalm 139:23*, *"Search me [thoroughly], O God, and know my heart; Test me and know my anxious thoughts;" OR "Psalm 19:12-13, "12 Who can understand his errors or omissions? Acquit me of hidden (unconscious, unintended) faults. 13 Also keep back Your servant from presumptuous (deliberate, willful) sins; Let them not rule and have control over me. Then I will be blameless (complete), And I shall be acquitted of great transgression."*

The Lord, in His kindness, has gently revealed areas of my life that displeased Him—always with love and a desire to restore. This is how I have learned to discern His correction: Godly conviction comes from the Lord. Even when He is strict or firm, especially when I am being indecisive or procrastinating about a matter, I still feel loved and encouraged. False condemnation from the enemy is usually accompanied by oppression, shame, paralyzing fear, depression and other negative feelings. Therefore, be alert and do not fall into the enemy's manipulative trap.

One significant breakthrough God performed in me was in the renewal of my thought life. I had negative patterns or chains of thoughts that led me to imagine that even if things began well and conditions were perfect, they would eventually end badly. These toxic thoughts would surface without warning, springing from subconscious strongholds targeted at certain areas of my life. However, God in His faithfulness brought deliverance. I was also able to overcome these negative thought patterns through God's Word. Whenever such negative thoughts entered my mind, I would cancel them and declare the promises of God instead. I personalized verses such as *Philippians 1:6 "I am convinced and confident of this very thing, that He who has begun a good work in you will [continue to] perfect and complete it until the day of Christ Jesus [the time of His return]." And Jeremiah 29:11, "For I know the plans and thoughts that I have for you,' says the Lord, 'plans for peace and well-being and not for disaster, to give you a future and a hope."*

By meditating on these Scriptures and applying them to my life, I was able to break free from those negative thought patterns and experience the peace and joy that come from a renewed mind. If

you are fighting similar battles, start by identifying one lie you often believe, then find a Scripture the demolishes it.

Maintaining an open posture to correction is not always easy, but humility and submission is vital in our walk with God.
One day, after listening to a Sunday sermon on the fruit of the Spirit, I asked the Lord to reveal anything in me that needed improvement. To my surprise, He highlighted impatience. Me? Impatient? I was shocked. Then I paused and reflected: who was I comparing myself to and whose standard was I using as a benchmark? One thing is certain, THE HOLY SPIRIT IS ALWAYS RIGHT. Throughout the following week, the Holy Spirit illuminated moments where my impatience surfaced, whether at work or elsewhere. The evidence was convincing, so I became more sensitive to it and was intentional about listening more during conversations. This was how I gradually began to be transformed in this area of my life. Then the Lord explained to me that in the ministry He was preparing me for, many people from diverse backgrounds would come to me, with their various perspectives. I need to see beyond the surface and into people's potential, understanding what God is saying about them. Therefore, in addition to a big heart, I needed to be flexible and patient enough to listen, understand them and allow Him work through me. This was amazing learning because I value diversity and unity.
When it comes to patience, thinking about how patient the Lord has been with me makes it easier for me to be patient with others.

Through this learning journey, I am grateful that despite my shortcomings, He still picks me up, wipes the dust off me, reassures me that it is ok and reminds me He has got me covered. I look at life and I wonder just like David did in *Psalms 8:3-4: "3 When I see and consider Your heavens, the work of Your fingers; The moon and the stars, which You have established. 4 What is man that You are mindful of him; And the son of [earthborn] man that You care for him?"*
I do not know where you are in life or what experiences have shaped your past, but what I do know is that God in His kindness,

grace and mercy, loves to make the wrong things right again. He heals the scars we think are permanent and makes us whole again. He removes every hurt, shame, guilt and stain, washing us clean until we are white as snow and made new, all because of Jesus Christ. His blood erases everything in our lives that is not from Him. *Colossians 2:11 (TPT) "Through our union with Him we have experienced circumcision of heart. All of the guilt and the power of sin has been cut away and is extinct because of what Christ, the Anointed One, has accomplished for us."*

Prayer Points

- Lord, deepen my hunger and thirst for consistent, focused time with You, in the name of Jesus.
- Heavenly Father, I long for ever-growing intimacy with You, in the name of Jesus.
- Lord, grant me discernment like the sons of Issachar and the grace to obey You without hesitation, in the name of Jesus.

Application

The application section is designed to help you intentionally utilize what you have learnt from the chapter. You may also decide to use a different method.

On a scale from **1 (not at all**) to **10 (fully committed)**, how well are you doing in terms of consistently spending time with God?

1----------5----------10----------

- If you have not yet reached 10, what steps can you take to get closer? Identify between 1 to 4 steps. If you are already at 10, consider how you can further receive instructions from God concerning your life.

Complete the table below based on your response to the above question. *(Doing is related to action and being is related to mindset/attitude)*

Start Doing	Stop Doing
Continue Doing	Start/Stop Being

- Choose the step(s) to include in your **action plan** and pray for the Holy Spirit to help, lead and guide you. Consider how you can measure your success and set a timeline for checking milestones or completion.

Action Area	Timeline	Measure of success	Required resources or support
Start Doing			
Stop Doing			
Continue Doing			
Start/Stop Being			

- After you have accomplished the steps in your action plan, put a sticker of your choice next to the steps, then give yourself a pat on your shoulder, saying, "Well done (add your name)." "Thank you, Lord."

Chapter 11 Walk in obedience

Obedience is better than sacrifices. 1 Samuel 15:22

Who else agrees that total obedience to God can be incredibly challenging, yet entirely possible?

There are moments when I feel like I am excelling in obedience, especially in areas that fall within my comfort zone. But then, when am put to the test, I realize that I still need more of His grace. I will share two instances: one where I obeyed the Lord even though it seemed crazy to others—radical obedience, and another where the task was simple, but I failed to obey—timid disobedience.

■ *Radical obedience*

During the holiday season, which started at the end of September, my friend Rita (not her real name) and I were planning to travel to Israel for the Feast of Tabernacles in mid-October. Rita intended to visit her cousin in Europe on the way to Israel. As I considered my plans, I sought the Holy Spirit's guidance on whether I should travel elsewhere first. Turkey, which was on my travel list came to mind but in my heart, I thought that I will visit Turkey one day but not that year. Few days later, I woke up on a Saturday morning and decided to read the Bible as I typically do. When I opened it, the page I landed on was the introduction to the book of Ephesians, which mentioned the ancient city of Ephesus. Then I heard very clearly in my spirit, that I was going to Turkey. In my excitement and trying to connect to the reality of the situation, I let out a loud shout of "WoW!" Without a doubt and with strong resonance, I knew the Lord wanted me to go there, so I did not question or seek for further confirmation. I felt an unwavering determination to travel to Turkey even if it meant going alone. Yet, the Holy Spirit said that I would not travel alone.

Without fully understanding the purpose of travelling from Beijing to Turkey, I informed Rita about my plans. She was shocked, especially since I had previously declined her invitation to join her to Europe. As Rita monitored flight prices to Europe, she noticed that they were skyrocketing due to the holiday season. In contrast, tickets to Turkey were reasonably priced. This made joining me to

Turkey a more appealing option, even though Rita could still choose Europe trip. Mysteriously, after Rita booked her ticket to Turkey, she discovered that the prices to her original destination in Europe had dropped. By then, it was too late to change her plan and she was spiritually sensitive enough to recognize God's hand at work.

Nothing could deter me from experiencing what God had in store, even though I had a strange cold that lingered for weeks despite medication, which is unusual for me. Typically, drinking water and getting enough sleep when I sense any early symptoms of a cold suffices for recovery, as it is my body's signal to me that I need to rest. However, I later realized in Turkey that it was a spiritual attack. In the hotel room in Izmir, I received a revelation of the specific site we needed to visit. Before the travel to that site, we learned about a small gathering of believers, consisting of some who were also visiting and a few who lived there long-term. The refreshing gathering of worship, prayer and fellowship with other believers was no coincidence. I knew it was God's plan to help me overcome the fatigue from the strange cold. I was grateful for the renewed strength two days before that site visit.

When we arrived at the site, Rita and I were taking a walk around and by then, we were almost halfway up the hill. We had the option to take a break and look at souvenirs, but I strongly sensed that I needed to avoid any distraction and get to the top of the hill. That was my priority. We reached a point where Rita decided not to climb higher, so I continued to the very top. Now I was on top of the hill, the scenery was beautiful and breathtaking. As I absorbed the beauty and fresh air, there was prompting in my spirit that I should declare blessings and proclaim liberty from darkness, oppression, and bondage over the nation, including its people. This was a spiritual battle. I played worship songs in the background as I raised my hands to Heaven and made Scriptural declarations. From a distance, I could see my friend also praying. After this experience, I understood why we went to Turkey, a nation that I have come to love. How awesome is that? This travel was such a bootcamp training experience that taught me so much.

I always wondered how people in those eras could build such magnificent structures with such high quality and without the sophisticated machineries we have today.
Our mission was accomplished and we had a wonderfully blessed time in Turkey, enjoying delicious cuisines as well. There were other spectacular encounters, which I will not narrate in this book because I just wanted to give an example of one of my radical acts of obedience to the Holy Spirit. God is so amazing, loving and adventurously fun!

■ *Timid disobedience*

Yet, on one Sunday at church, when the Holy Spirit prompted me to ask a stranger for his name and pray for him, I questioned whether it was truly God's voice. I had seen this student at church before, but approaching strangers, even in such a setting was outside my comfort zone at that time. As I pondered it, I thought to myself: "who else would inspire such a selfless act if not the Holy Spirit?" I was so consumed in my own insecurities that I kept asking for confirmation, which in hindsight, felt ridiculous. It turned out that the family was relocating and that was their last Sunday at Church. The Holy Spirit wanted me to get this brethren's name, which would be a contact point when I intercede for him and his family even after they left the country. As new converts, the Lord wished they would grow stronger in their faith and walk with Him. Even though I prayed when the congregation was releasing blessings on them, I still missed the opportunity to encourage this brother, letting him know that God was thinking about him and his family. Looking back, I have missed few similar opportunities, but I thank God for His mercy. However, this was not the right level of fellowship and relationship God desired. The Lord does not measure obedience solely by the big acts we accomplish, but He expects us to respond to every prompting, big or small, without hesitation and delay. Delayed obedience can often be seen as disobedience, because timing is crucial in His plans and opportunities can be missed.

To be used mightily by God, we must pray for the grace to walk in total obedience, overcome our limitations and receive boldness from the Holy Spirit.
What has the Lord been asking you to do that you have been postponing? Please understand that His instructions are always for your good not His. Many of the answers you are seeking are tied to your obedience.

Prayer Points

- Lord, grant me the grace and capacity to walk in complete obedience to You, my God.
- Lord, tear down every barrier that hinders my obedience—whether fear, distraction or doubt, in the name of Jesus.
- Heavenly Father, deliver me from laziness and procrastination, so that I can be swift to obey, in the name of Jesus.

Application

The application section is designed to help you intentionally utilize what you have learnt from the chapter. You may also decide to use a different method.

On a scale from **1 (not at all**) to **10 (fully committed)**, how well are you doing in terms of walking in consistent obedience to God?

1----------5----------10----------

- If you have not yet reached 10, what steps can you take to get closer? Identify between 1 to 4 steps. If you are already at 10, what more would you like to explore concerning this topic?

Complete the table below based on your response to the above question. *(Doing is related to action and being is related to mindset/attitude)*

Start Doing	Stop Doing
Continue Doing	Start/Stop Being

- Choose the step(s) to include in your **action plan** and pray for the Holy Spirit to help, lead and guide you. Consider how you can measure your success and set a timeline for checking milestones or completion.

Action Area	Timeline	Measure of success	Required resources or support
Start Doing			
Stop Doing			
Continue Doing			
Start/Stop Being			

- After you have accomplished the steps in your action plan, put a sticker of your choice next to the steps, then give yourself a pat on your shoulder, saying, "Well done (add your name)." "Thank you, Lord."

Chapter 12 Protect your relationship with God

■ *Walk in light*

"8 For once you were darkness, but now you are light in the Lord; walk as children of Light [live as those who are native-born to the Light] 9 (for the fruit [the effect, the result] of the Light consists in all goodness and righteousness and truth)" Ephesians 5:8-9

As children of God, we must reflect His characteristics. Living in the world means that we will be tested, since many systems, instructions and teachings of the world contradict the Word of God. Many Christians compromise their values and behaviours to be liked and accepted by the world, whether at work, at home, at school or in social settings. People may call themselves Christians, wear crosses, or display the name Jesus on a bumper sticker, yet still follow the worldly way because they believe, this is necessary to "survive" in society. Such decisions hurt their relationship with God. Darkness and light cannot coexist; one must give way to the other. Wherever you find yourself, how are you influencing the darkness around you?

■ *Walk with a pure heart and walk in purity*

"Blessed [anticipating God's presence, spiritually mature] are the pure in heart [those with integrity, moral courage, and godly character], for they will see God." Matthew 5:8

Our thoughts, words and actions flow from the intentions and emotions of the heart. Since evil springs from the depths of human nature, Scripture commands us to: *"Watch over your heart with all diligence, For from it flow the springs of life." Proverbs 4:23*

Apostle Paul carefully outlines the depravity of human nature and the sinful patterns that take hold when we turn from God and indulge our fallen desires including, "*unrighteousness, wickedness, greed, evil; full of envy, murder, strife, deceit, malice and mean-spiritedness. They are gossips [spreading rumors], 30 slanderers, haters of God, insolent, arrogant, boastful, inventors [of new forms] of evil, disobedient and disrespectful to parents, 31 without understanding, untrustworthy, unloving, unmerciful [without pity].*

(Romans 1:29).
As believers, we must understand that God often prunes us—stripping away sinful patterns, even those named in *Romans 1:29*—to purify our character. Only He can lead us into true holiness. This sanctifying work is lifelong, steadily shaping us into Christ's likeness by His perfect standard, not the flawed measure of man.
The sins we struggle with is not always just in how we treat others but can also reside in how we treat ourselves. One critical area to guard against is sexual immorality. In *1 Corinthians 7:1-2*, Apostle Paul clearly stated that "*7 Now as to the matters of which you wrote: It is good (beneficial, advantageous) for a man not to touch a woman [outside marriage]. 2 But because of [the temptation to participate in] sexual immorality, let each man have his own wife, and let each woman have her own husband."*
For this reason, God calls unmarried believers to honour Him through sexual purity. If you have stumbled in this area or find yourself wrestling with temptation even now, remember that Christ stands ready to forgive you. He awaits you with open arms. God invites repentance: *"12 ...: 'Return, backsliding Israel,' says the Lord; 'I will not cause My anger to fall on you.*
For I am merciful,' says the Lord; 'I will not remain angry forever. 13 Only acknowledge your iniquity, That you have transgressed against the Lord your God...." Jeremiah 3:12-13 (NKJV)
"If we [freely] admit that we have sinned and confess our sins, He is faithful and just [true to His own nature and [promises], and will forgive our sins and cleanse us continually from all unrighteousness [our wrongdoing, everything not in conformity with His will and purpose]. 1 John 1:9

Extending from chapter 7 that touches the topic "the battle in your mind", one of the most damaging things we do is cling to the lies and negativity we have accumulated over the years. These toxic thought patterns destroy our hearts, making it harder to walk in purity. However, the good news is that Christ's power in us changes everything. Even when we have believed these lies or acted on them, we can choose to repent now and break free.
This means rewiring our minds from autopilot negativity to God's

truth. As *2 Corinthians 10:5* commands, *"We are destroying sophisticated arguments and every exalted and proud thing that sets itself up against the [true] knowledge of God, and we are taking every thought and purpose captive to the obedience of Christ..."*

"8 See to it that no one takes you captive through philosophy and empty deception [pseudo-intellectual babble], according to the tradition [and musings] of mere men, following the elementary principles of this world, rather than following [the truth—the teachings of] Christ." Colossians 2:8

As we close this final chapter, I urge you to guard your relationship with God above all else. Scripture makes it clear: the enemy comes to steal, kill and destroy. As believers, we must recognize that Satan despises our relationship with God and relentlessly seeks to destroy that sacred bond. His attacks often manifest through the persistent demands of this world—work pressures, societal expectations, financial strain, health struggles, family conflicts and the endless distractions of the media. In the face of such occurrences, we must be vigilant, guarding our connection with God through intentionality and firm devotion.

We all know that life can be difficult in various ways, with each of us carrying unique battles and burdens. However, in the midst of it all, ask yourself: "Is God truly my first priority?" "Do I trust that He will take care of every detail of my life?" Remember that Jesus is not a distant ruler, He is not a High Priest Who does not understand our needs, pains, sufferings and trials. The Bible clearly says: *"For we do not have a High Priest who is unable to sympathize and understand our weaknesses and temptations, but One who has been tempted [knowing exactly how it feels to be human] in every respect as* we are, yet *without [committing any] sin." Hebrews 4:15*

Finally, do not be like Israel, forgetting God when they prospered. We treat answered prayers as permission to wander. Getting a job or promotion becomes an excuse for prayerlessness or missing Sunday church service entirely. A marriage turns God from the

priority to an afterthought. The very blessings meant to draw us closer to God become walls between us and the Giver. Let us remember that it is God who grants us the wisdom to maintain the blessings that we receive. Divine guidance, favour, wisdom, revelation, discernment and understanding are essential to fulfilling your purpose in life. This applies to your career, ministry, marriage, studies and all areas you can imagine. Always remain in the Vine (Jesus) since you are the branch as mentioned in *John 15:5* and do not go where the Presence of God does not go with you as illustrated in *Exodus 33:15*

Our relationship with God is vital, never forget this. The enemy's mission is to destroy this connection. Do not allow him. Hold on to Christ with everything you have, because in Him, you are well anchored and victorious.

Prayer Points

- Heavenly Father, keep me steadfast in my devotion to You—never let me waver or compromise my walk with You, in the name of Jesus.
- Lord, be my shield against worldly temptations and let Your Spirit flow through me to shine Your light in darkness, in the name of Jesus.
- Search me, O God, purify my heart and remove every hidden sin that grieves Your Spirit, in the name of Jesus.
- Heavenly Father, pour out Your strength and wisdom into me, that I may reject all evil, in the name of Jesus.
- Help me o Lord, to release anything I am attached to, that hinders my purity and holiness, in the name of Jesus.

Application

The application section is designed to help you intentionally utilize what you have learnt from the chapter. You may also decide to use a different method.

On a scale from **1 (not at all**) to **10 (fully committed)**, how well are you doing in terms of consistently protecting your relationship with God?

1----------5----------10----------

- If you have not yet reached 10, what steps can you take to get closer? Identify between 1 to 4 steps. If you are already at 10, consider what more you would like to explore concerning this topic.

Complete the table below based on your response to the above question. *(Doing is related to action and being is related to mindset/attitude)*

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- After you have accomplished the steps in your action plan, put a sticker of your choice next to the steps, then give yourself a pat on your shoulder, saying, "Well done (add your name)." "Thank you, Lord."

Challenge from the author to readers—
Go the extra mile

Congratulations! You have reached the end of this book and I have an extra mile challenge for you.

How comfortable are you spending time alone with God? I do not mean one hour or two or even five hours but all the waking hours of your day. Imagine a whole day with just you and God—no internet, no TV, no phone calls, nothing else. Just you, God, your Bible, some worship songs if you like, a pen and a notebook for jotting down notes.

Before you sleep, is God the last thought on your mind? When you wake up, is He the first One you think of or say "good morning" to? If you find it challenging to answer these questions in the affirmative, then let me ask in this way: How about the thought of spending 24 hours with someone you are in love with, without the distractions of the world? Do you find that doable?

The Lord delights in spending the whole day with you. He is punctual for the appointment and fully present. If you have not tried this before, I encourage you to do so. Some people refer to this as a retreat, which often implies being in a different location away from home. To others, it may resemble the concept of a Sabbath, which is not limited to Saturday. Why not dedicate that time to God? You will never be disappointed.

One misconception is the feeling that we need to be constantly talking or doing something, but that is not necessary. You can spend part of the time being still and quiet in the presence of God, allowing the Holy Spirit to lead you.

Draw from Adonai because He is the only One who provides true satisfaction.

Scriptures used in this book

Foreword

1. *"So I will restore to you the years that the swarming locust has eaten……" Joel 2:25 (NKJV)*
2. *"I have made the earth, the men and the animals that are on the face of the earth by My great power and by My outstretched arm, and I will give it to whomever pleases Me. 6 Now I have given all these lands into the hand of Nebuchadnezzar king of Babylon, My servant and instrument, and I have also given the wild animals of the field to serve him." Jeremiah 27:5-6*
3. *"For from Him [all things originate] and through Him [all things live and exist] and to Him are all things [directed]" Romans 11:36*

Chapter 1 The purpose of writing this book

4. *"Now Elijah said to Ahab, "Go up, eat and drink, for there is the sound of the roar of an abundance of rain." 42 So Ahab went up to eat and to drink. And Elijah went up to the top of Carmel; and he crouched down to the earth and put his face between his knees, 43 and he said to his servant, "Go up, look toward the sea." So he went up and looked and said, "There is nothing." Elijah said, "Go back" seven times. 44 And at the seventh time the servant said, "A cloud as small as a man's hand is coming up from the sea." And Elijah said, "Go up, say to Ahab, 'Prepare your chariot and go down, so that the rain shower does not stop you.'" 45 In a little while the sky grew dark with clouds and wind, and there were heavy showers. And Ahab mounted and rode [his chariot] and went [inland] to Jezreel. 46 Then the hand of the Lord came upon Elijah [giving him supernatural strength]. He girded up his loins and outran Ahab to the entrance of Jezreel [nearly twenty miles]." 1Kings 18:41-46*

Chapter 2 The beginning of my Christian journey

5. *"Therefore there is now no condemnation [no guilty verdict, no punishment] for those who are in Christ Jesus [who believe in Him as personal Lord and Savior]. 2 For the law of the Spirit of life [which is] in Christ Jesus [the law of our new being] has set you free from the law of sin and of death." Romans 8:1-2*
6. *"In Him we have redemption [that is, our deliverance and salvation] through His blood, [which paid the penalty for our sin and resulted in] the forgiveness and complete pardon of our sin, in accordance with the riches of His grace." Ephesians 1:7*
7. *Many plans are in a man's mind, but it is the Lord's purpose for him that will stand (be carried out)". Proverbs 19:21 "*
8. *"But first and most importantly seek (aim at, strive after) His kingdom*

and His righteousness [His way of doing and being right—the attitude and character of God], and all these things will be given to you also." Matthew 6:33

9. *"For I do not understand my own actions [I am baffled and bewildered by them]. I do not practice what I want to do, but I am doing the very thing I hate [and yielding to my human nature, my worldliness—my sinful capacity]." Romans 7:15*
10. *"...just as [in His love] He chose us in Christ [actually selected us for Himself as His own] before the foundation of the world, so that we would be holy [that is, consecrated, set apart for Him, purpose-driven] and blameless in His sight." Ephesians 1:4*
11. *"9 He made known to us the mystery of His will according to His good pleasure, which He purposed in Christ, 10 with regard to the fulfillment of the times [that is, the end of history, the climax of the ages]—to bring all things together in Christ, [both] things in the heavens and things on the earth." Ephesians 1:9-10*

Chapter 3 The Word of God

12. *"1 The heavens are telling of the glory of God;*
    And the expanse [of heaven] is declaring the work of His hands." Psalms 19:1
13. *7 The law of the Lord is perfect (flawless), restoring and refreshing the soul; The statutes of the Lord are reliable and trustworthy, making wise the simple.*
    8 The precepts of the Lord are right, bringing joy to the heart;
    The commandment of the Lord is pure, enlightening the eyes.
    9 The fear of the Lord is clean, enduring forever;
    The judgments of the Lord are true, they are righteous altogether.
    10 They are more desirable than gold, yes, than much fine gold;
    Sweeter also than honey and the drippings of the honeycomb.
    11 Moreover, by them Your servant is warned [reminded, illuminated, and instructed]; In keeping them there is great reward." Psalms 19:7-11
14. *"In the beginning [before all time] was the Word (Christ), and the Word was with God, and the Word was God Himself." John 1:1*
15. *"He is dressed in a robe dipped in blood, and His name is called The Word of God." Revelation 19:13:*
16. *"This Book of the Law shall not depart from your mouth, but you shall read [and meditate on] it day and night, so that you may be careful to do [everything] in accordance with all that is written in it; for then you make your way prosperous, and then you will be successful." Joshua 1:8*
17. *"For the word of God is living and active and full of power [making it operative, energizing, and effective]. It is sharper than any two-edged sword, penetrating as far as the division of the soul and spirit*

[the completeness of a person], and of both joints and marrow [the deepest parts of our nature], exposing and judging the very thoughts and intentions of the heart." Hebrews 4:12

18. *"Speak to one another in psalms and hymns and spiritual songs, [offering praise by] singing and making melody with your heart to the Lord." Ephesians 5:19*
19. *"But He was wounded for our transgressions, He was bruised for our iniquities; The chastisement for our peace was upon Him, And by His stripes we are healed." Hebrews 4:12 (NKJV)*
20. *"I have been blessed with every spiritual blessing in the heavenly realms in Christ," Ephesians 1:3*
21. *"..the power that raised Jesus Christ from the dead is the same power that lives in me." Romans 11:8.*
22. *"Heaven and earth [as now known] will pass away, but My words will not pass away." Matthew 24:35*
23. *"So will My word be which goes out of My mouth; It will not return to Me void (useless, without result), Without accomplishing what I desire, And without succeeding in the matter for which I sent it." Isaiah 55:11*
24. *"You will know the truth [regarding salvation], and the truth will set you free [from the penalty of sin]." John 8:32.*

Chapter 4 Identity in Christ

25. *"6 For to us a Child shall be born, to us a Son shall be given; And the government shall be upon His shoulder, And His name shall be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace.*
7 There shall be no end to the increase of His government and of peace, [He shall rule] on the throne of David and over his kingdom, To establish it and to uphold it with justice and righteousness From that time forward and forevermore. The zeal of the Lord of hosts will accomplish this." Isaiah 9:6-7
26. *"But to as many as did receive and welcome Him, He gave the right (authority and privilege) to become children of God, that is to those who believe in (adhere to, trust in, and rely on) His name." John 1:12*
27. *"But you are a chosen race, a royal priesthood, a consecrated nation, a [special] people for God's own possession, so that you may proclaim the excellencies [the wonderful deeds and virtues and perfections]" 1 Peter 2:9*
28. *"11 In Him also we have received an inheritance [a destiny—we were claimed by God as His own], having been predestined (chosen, appointed beforehand) according to the purpose of Him who works everything in agreement with the counsel and design of His will, 12 so that we who were the first to hope in Christ [who first put our*

confidence in Him as our Lord and Savior] would exist to the praise of His glory." Ephesians 1:11-12

29. *Romans 6:4*, *"we have therefore been buried with Him through baptism into death, so that just as Christ was raised from the dead through the glory and power of the Father, we too might walk habitually in newness of life [abandoning our old ways]."*
30. *2 Corinthians 5:17* mentioned: *"Therefore if anyone is in Christ [that is, grafted in, joined to Him by faith in Him as Savior], he is a new creature [reborn and renewed by the Holy Spirit]; the old things [the previous moral and spiritual condition] have passed away. Behold, new things have come [because spiritual awakening brings a new life]."*
31. *Romans 12:2 "2 And do not be conformed to this world [any longer with its superficial values and customs], but be transformed and progressively changed [as you mature spiritually] by the renewing of your mind [focusing on godly values and ethical attitudes], so that you may prove [for yourselves] what the will of God is, that which is good and acceptable and perfect [in His plan and purpose for you]."*
32. *James 1:14 "But each one is tempted when he is dragged away, enticed and baited [to commit sin] by his own [worldly] desire (lust, passion)."*
33. *"13 Do not go on offering members of your body to sin as instruments of wickedness. But offer yourselves to God [in a decisive act] as those alive [raised] from the dead [to a new life], and your members [all of your abilities—sanctified, set apart] as instruments of righteousness [yielded] to God. 14 For sin will no longer be a master over you, since you are not under Law [as slaves], but under [unmerited] grace [as recipients of God's favor and mercy]. Romans 6:13-14*
34. *"22 that, regarding your previous way of life, you put off your old self [completely discard your former nature], which is being corrupted through deceitful desires, 23 and be continually renewed in the spirit of your mind [having a fresh, untarnished mental and spiritual attitude], 24 and put on the new self [the regenerated and renewed nature], created in God's image, [godlike] in the righteousness and holiness of the truth [living in a way that expresses to God your gratitude for your salvation]." Ephesians 4:22-24*
35. *"For [most certainly] You are our Father, even though Abraham [our ancestor] does not know us; And Israel does not acknowledge us. You, O Lord, are [still] our Father; Our Redeemer from everlasting is Your name." Isaiah 63:16*
36. *"Our Father, who is in heaven, Hallowed be Your name." Matthew 6:9*
37. *"Search me [thoroughly], O God, and know my heart; Test me and know my anxious thoughts; 24 And see if there is any wicked or hurtful way in*

me, And lead me in the everlasting way." Psalms 139:23-24: 23

38. *"I assure you and most solemnly say to you, unless you repent (that is, change your inner self—your old way of thinking, live changed lives) and become like children (trusting, humble, and forgiving), you will never enter the Kingdom of Heaven." Matthew 18:3*
39. *[Then God said, "Let Us (Father, Son, Holy Spirit) make man in Our image, according to Our likeness [not physical, but a spiritual personality and moral likeness]; and let them have complete authority over the fish of the sea, the birds of the air, the cattle, and over the entire earth, and over everything that creeps and crawls on the earth." 27 So God created man in His own image, in the image and likeness of God He created him; male and female He created them. 28 And God blessed them [granting them certain authority] and said to them, "Be fruitful, multiply, and fill the earth, and subjugate it [putting it under your power]; and rule over (dominate) the fish of the sea, the birds of the air, and every living thing that moves upon the earth."] Genesis 1:26-28*
40. *"Listen carefully: I have given you authority [that you now possess] to tread on serpents and scorpions, and [the ability to exercise authority] over all the power of the enemy (Satan); and nothing will [in any way] harm you." Luke 10:19*
41. *"9 For this reason also [because He obeyed and so completely humbled Himself], God has highly exalted Him and bestowed on Him the name which is above every name, 10 so that at the name of Jesus every knee shall bow [in submission], of those who are in heaven and on earth and under the earth, 11 and that every tongue will confess and openly acknowledge that Jesus Christ is Lord (sovereign God), to the glory of God the Father." Philippians 2:9-11*
42. *"And they overcame and conquered him because of the blood of the Lamb and because of the word of their testimony, for they did not love their life and renounce their faith even when faced with death." Revelation 12:11*
43. *[Christ purchased our freedom and redeemed us from the curse of the Law and its condemnation by becoming a curse for us—for it is written, "Cursed is everyone who hangs [crucified] on a tree (cross)"] Galatians 3:13*
44. *"The thief comes only in order to steal and kill and destroy. I (Jesus) came that they may have and enjoy life, and have it in abundance (to the full, till it overflows.") John 10:10*
45. *God is not a man, that He should lie, Nor a son of man, that He should repent. Has He said, and will He not do it? Or has He spoken and will He not make it good and fulfill it?" Numbers 23:19*
46. *["18 All authority (all power of absolute rule) in heaven and on earth*

has been given to Me. 19 Go therefore and make disciples of all the nations [help the people to learn of Me, believe in Me, and obey My words], baptizing them in the name of the Father and of the Son and of the Holy Spirit, 20 teaching them to observe everything that I have commanded you; and lo, I am with you always [remaining with you perpetually—regardless of circumstance, and on every occasion], even to the end of the age."] Matthew 28:18-20

Chapter 5 God's love for you

47. *"For God so [greatly] loved and dearly prized the world, that He [even] gave His [One and] only begotten Son, so that whoever believes and trusts in Him [as Savior] shall not perish, but have eternal life." John 3:16*
48. *"But God clearly shows and proves His own love for us, by the fact that while we were still sinners, Christ died for us." Romans 5:8*
49. *"17…….And may you, having been [deeply] rooted and [securely] grounded in love, 18 be fully capable of comprehending with all the saints (God's people) the width and length and height and depth of His love [fully experiencing that amazing, endless love]; 19 and [that you may come] to know [practically, through personal experience] the love of Christ which far surpasses [mere] knowledge [without experience], that you may be filled up [throughout your being] to all the fullness of God [so that you may have the richest experience of God's presence in your lives, completely filled and flooded with God Himself]. Ephesians 3:17-19*
50. *[5 ……for He has said, "I will never [under any circumstances] desert you [nor give you up nor leave you without support, nor will I in any degree leave you helpless], nor will I forsake or let you down or relax My hold on you [assuredly not]!" 6 So we take comfort and are encouraged and confidently say, "The Lord is my Helper [in time of need], I will not be afraid. What will man do to me?"] Hebrews 13:5-6*
51. *"Be strong and courageous, do not be afraid or tremble in dread before them, for it is the Lord your God who goes with you. He will not fail you or abandon you." Deuteronomy 31:6*
52. *[But the Lord God called to Adam, and said to him, "Where are you?"] Genesis 3:9 Or ["3 And now, says the Lord, O inhabitants of Jerusalem and men of Judah. Judge between Me and My vineyard (My people). "4 What more could have been done for My vineyard that I have not done in it? When I expected it to produce good grapes, why did it yield worthless ones?] Isaiah 5:3-4*
53. *Matthew 25:23, "Well done, good and faithful servant. You have been faithful and trustworthy over a little, I will put you in charge of many things; share in the joy of your master."*

Chapter 6 The Holy Spirit

54. *"And the earth was without form, and void; and darkness was upon the face of the deep. And the Spirit of God moved upon the face of the waters" Genesis 1:2*
55. *"The Spirit of God has made me, And the breath of the Almighty gives me life [which inspires me]." Job 33:4*
56. *[The Lord said to Moses, "Take Joshua the son of Nun, a man in whom is the Spirit, and lay your hand on him;"] Numbers 27:18*
57. *"Then Samuel took the horn of oil and anointed David in the presence of his brothers; and the Spirit of the Lord came mightily upon David from that day forward." 1 Samuel 16:13*
58. *"You [also] gave Your good Spirit to instruct them,*
    You did not withhold Your manna from their mouth,
    And You gave them water for their thirst." Nehemiah 9:20
59. *"The Spirit of the Lord God is upon me, Because the Lord has anointed and commissioned me, to bring good news to the humble and afflicted; He has sent me to bind up [the wounds of] the brokenhearted, To proclaim release [from confinement and condemnation] to the [physical and spiritual] captives And freedom to prisoners…," Isaiah 61:1*
60. *"After Jesus was baptized, He came up immediately out of the water; 17 and behold, the heavens were opened, and he (John) saw the Spirit of God descending as a dove and lighting on Him (Jesus)" Matthew 3:16-17*
61. *"But you will receive power and ability when the Holy Spirit comes upon you; and you will be My witnesses [to tell people about Me] both in Jerusalem and in all Judea, and Samaria, and even to the ends of the earth." Acts 1:8*
62. *"Holy Spirit has been given to believers as the Helper (Comforter, Advocate, Intercessor—Counselor, Strengthener, Standby). He will teach you all things and He will help you remember everything that I (Jesus Christ) have told you." John 14:26*
63. *"But the Helper (Comforter, Advocate, Intercessor—Counselor, Strengthener, Standby), the Holy Spirit, whom the Father will send in My name [in My place, to represent Me and act on My behalf], He will teach you all things. And He will help you remember everything that I have told you." John 14:26*
64. *"Do you not know that your body is a temple of the Holy Spirit who is within you, whom you have [received as a gift] from God, and that you are not your own [property]?" 1 Corinthians 6:19*
65. *"The Spirit is the guarantee [the first installment, the pledge, a foretaste] of our inheritance until the redemption of God's own [purchased] possession [His believers], to the praise of His glory."*

Ephesians 1:14

66. *"31 Therefore, I say to you, any sin and blasphemy shall be forgiven people, but blasphemy against the Spirit shall not be forgiven. 32 Whoever speaks a word against the Son of Man will be forgiven; but whoever speaks against the Holy Spirit [by attributing the miracles done by Me to Satan] will not be forgiven, either in this age or in the* age *to come." Matthew 12:31-32*

Chapter 7 Manage the battle in your mind

67. *"We are destroying sophisticated arguments and every exalted and proud thing that sets itself up against the [true] knowledge of God, and we are taking every thought and purpose captive to the obedience of Christ," 2 Corinthians 10:5*
68. *"I do not condemn you either. Go and sin no more." John 8:11:*
69. *" ...46 You did not [even] anoint My head with [ordinary] oil, but she has anointed My feet with [costly and rare] perfume. 47 Therefore I say to you, her sins, which are many, are forgiven, for she loved much; but he who is forgiven little, loves little." 48 Then He said to her, "Your sins are forgiven." Luke 7:46-48*
70. *"We remember the fish we ate freely and without cost in Egypt, the cucumbers, melons, leeks, onions, and garlic." Numbers 11:5*

Chapter 8 Prayer and fasting

71. *"The sheep that are My own hear My voice and listen to Me; I know them, and they follow Me." John 10:27*
72. *"be unceasing and persistent in prayer." 1 Thessalonians 5:17*
73. *[Jesus said to them, "It is written [in Scripture], 'My house shall be called a house of prayer';..."] Matthew 21:13 (quoting Isaiah 56:7)*
74. *"20 and they all ate and were satisfied. They picked up twelve full baskets of the leftover broken pieces. 21 There were about 5,000 men who ate, besides women and children. 22 Immediately He directed the disciples to get into the boat and go ahead of Him to the other side [of the Sea of Galilee], while He sent the crowds away. 23 After He had dismissed the crowds, He went up on the mountain by Himself to pray. When it was evening, He was there alone." Matthew 14:20-23.*
75. *"So Jesus answered them by saying, "I assure you and most solemnly say to you, the Son can do nothing of Himself [of His own accord], unless it is something He sees the Father doing; for whatever things the Father does, the Son [in His turn] also does in the same way." John 5:19*
76. *"First of all, then, I urge that petitions (specific requests), prayers, intercessions (prayers for others) and thanksgivings be offered on behalf of all people, for kings and all who are in [positions of] high*

authority, so that we may live a peaceful and quiet life in all godliness and dignity. This [kind of praying] is good and acceptable and pleasing in the sight of God our Savior, who wishes all people to be saved and to come to the knowledge and recognition of the [divine] truth."
1 Timothy 2:1-4

77. *"The heartfelt and persistent prayer of a righteous man (believer) can much [when put into action and made effective by God—it is dynamic and can have tremendous power]." James 5:16*
78. *"If you remain in Me and My words remain in you [that is, if we are vitally united and My message lives in your heart], ask whatever you wish and it will be done for you." John 15:7*
79. *"For one who speaks in an unknown tongue does not speak to people but to God; for no one understands him or catches his meaning, but by the Spirit he speaks mysteries [secret truths, hidden things]." 1 Corinthians 14:2*
80. *"In the same way the Spirit [comes to us and] helps us in our weakness. We do not know what prayer to offer or how to offer it as we should, but the Spirit Himself [knows our need and at the right time] intercedes on our behalf with sighs and groanings too deep for words." Romans 8:26*
81. *"Then Jesus was led by the [Holy] Spirit into the wilderness to be tempted by the devil. 2 After He had gone without food for forty days and forty nights, He became hungry." Matthew 4:1-2*
82. *"36 There was a prophetess, Anna, the daughter of Phanuel, of the tribe of Asher. She was very old and had lived with her husband for seven years after her marriage, 37 and then as a widow to the age of eighty-four. She did not leave the [area of the] temple, but was serving and worshiping night and day with fasting and prayers. 38 She, too, came up at that very moment and began praising and giving thanks to God, and continued to speak of Him to all who were looking for the redemption and deliverance of Jerusalem." Luke 2:36-38*
83. *"2 While they were serving the Lord and fasting, the Holy Spirit said, "Set apart for Me Barnabas and Saul (Paul) for the work to which I have called them."3 Then after fasting and praying, they laid their hands on them [in approval and dedication] and sent them away [on their first journey]." Acts 13:2-3*
84. *"4 Now it came about when I heard these words, I sat down and wept and mourned for days; and I was fasting and praying [constantly] before the God of heaven. 5 And I said, "Please, O Lord God of heaven, the great and awesome God, who keeps the covenant and lovingkindness for those who love Him and keep His commandments, 6 please let Your ear be attentive and Your eyes open to hear the prayer of Your servant which I am praying before You, day*

and night, on behalf of Your servants, the sons (descendants) of Israel (Jacob), confessing the sins of the sons of Israel which we have committed against You; I and my father's house have sinned." Nehemiah 1:4-6

85. *"2 in the first year of his reign, I, Daniel, understood from the books the number of years which, according to the word of the Lord to Jeremiah the prophet, must pass before the desolations [which had been] pronounced on Jerusalem would end; and it was seventy years. 3 So I directed my attention to the Lord God to seek Him by prayer and supplications, with fasting, sackcloth and ashes. 4 I prayed to the Lord my God and confessed and said, "O Lord, the great and awesome God, who keeps His covenant and extends lovingkindness toward those who love Him and keep His commandments, 5 we have sinned and committed wrong, and have behaved wickedly and have rebelled, turning away from Your commandments and ordinances." Daniel 9:2-5*
86. *"14 …and My people, who are called by My Name, humble themselves, and pray and seek (crave, require as a necessity) My face and turn from their wicked ways, then I will hear [them] from heaven, and forgive their sin and heal their land." 2 Chronicles 7:14*
87. *"Go, gather all the Jews that are present in Susa, and observe a fast for me; do not eat or drink for three days, night or day. I and my maids also will fast in the same way. Then I will go in to [see] the king [without being summoned], which is against the law; and if I perish, I perish." Esther 4:16*
88. *"On the third day [of the fast] Esther put on her royal robes and stood in the inner court of the king's palace opposite his [throne] room. The king was sitting on his royal throne, facing the [main] entrance of the palace. 2 When the king saw Esther the queen standing in the court, she found favor in his sight; and the king extended to her the golden scepter which was in his hand. So Esther approached and touched the top of the scepter." Esther 5:1-2*

Chapter 9 Worship

89. *"Bless and affectionately praise the Lord, O my soul, And all the is [deep] within me, bless His holy name. 2 Bless and affectionately praise the Lord, O my soul, And do not forget any of His benefits." Psalm 103:1-2*
90. *"Your kingdom come, Your will be done On earth as it is in heaven." Matthew 6:10*
91. *[21 When he had consulted with the people, he appointed those who sang to the Lord and those who praised Him in their holy (priestly) attire, as they went out before the army and said, "Praise and give*

thanks to the Lord, for His mercy and lovingkindness endure forever. 22 When they began singing and praising, the Lord set ambushes against the sons of Ammon, Moab, and Mount Seir, who had come against Judah; so they were struck down [in defeat].”]
2 Chronicles 20:21-22

Chapter 10 The result of consistently spending time with God

92. *“The Lord is my Shepherd [to feed, guide, and shield me], I shall not lack. 2 He makes me lie down in [fresh, tender] green pastures; He leads me beside the still and restful waters. He restores my soul.”*
Psalms 23:1-2
93. *“Not by might, nor by power, but by My Spirit,’ says the Lord of hosts.”*
Zechariah 4:6
94. *“So the heavens and the earth were completed, and all their hosts (inhabitants). 2 And by the seventh day God completed His work which He had done, and He rested (ceased) on the seventh day from all His work which He had done.” Gen 2:1-2*
95. *“9 Six days you shall labor and do all your work, 10 but the seventh day is a Sabbath [a day of rest dedicated] to the Lord your God…” Exodus 20:9-10*
96. "*Every male among you who is eight days old shall be circumcised throughout your generations…*"
97. *….. in which a few, that is, eight persons [Noah’s family], were brought safely through the water.” 1 Peter 3:20.*
98. *“But you shall remember [with profound respect] the Lord your God, for it is He who is giving you power to make wealth, that He may confirm His covenant which He swore (solemnly promised) to your fathers, as it is this day.” Deuteronomy 8.18*
99. *“6 I will make you exceedingly fruitful, and I will make nations of you, and kings will come from you. 7 I will establish My covenant between Me and you and your descendants after you throughout their generations for an everlasting covenant, to be God to you and to your descendants after you.” Genesis 17:6-7*
100. *[28 “Now it shall be, if you diligently listen to and obey the voice of the Lord your God, being careful to do all of His commandments which I am commanding you today, the Lord your God will set you high above all the nations of the earth. 2 All these blessings will come upon you and overtake you if you pay attention to the voice of the Lord your God. 3 “You will be blessed in the city, and you will be blessed in the field. 4 “The offspring of your body and the produce of your ground and the offspring of your animals, the offspring of your herd and the young of your flock will be blessed.5 “Your basket and your kneading bowl will be blessed. 6 “You will be blessed when you come in and*

you will be blessed when you go out. 7 "The Lord will cause the enemies who rise up against you to be defeated before you; they will come out against you one way, but flee before you seven ways. 8 The Lord will command the blessing upon you in your storehouses and in all that you undertake, and He will bless you in the land which the Lord your God gives you. 9 The Lord will establish you as a people holy [and set apart] to Himself, just as He has sworn to you, if you keep the commandments of the Lord your God and walk [that is, live your life each and every day] in His ways."] Deuteronomy 28:1-9

101. *"7 So understand that it is the people who live by faith [with confidence in the power and goodness of God] who are [the true] sons of Abraham. 8 The Scripture, foreseeing that God would justify the Gentiles by faith, proclaimed the good news [of the Savior] to Abraham in advance [with this promise],* saying, *"In you shall all the nations be blessed." 9 So then those who are people of faith [whether Jew or Gentile] are blessed and favored by God [and declared free of the guilt of sin and its penalty, and placed in right standing with Him] along with Abraham, the believer. 13 Christ purchased our freedom and redeemed us from the curse of the Law and its condemnation by becoming a curse for us—for it is written, "Cursed is everyone who hangs [crucified] on a tree (cross)"— 14 in order that in Christ Jesus the blessing of Abraham might also come to the Gentiles, so that we would all receive [the realization of] the promise of the [Holy] Spirit through faith." Galatians 3:7-9, 13-14*
102. *[And one called out to another, saying, "Holy, Holy, Holy is the Lord of hosts; The whole earth is filled with His glory." **4** And the foundations of the thresholds trembled at the voice of him who called out, and the temple was filling with smoke. **5** Then I said, "Woe is me! For I am ruined, Because I am a man of [ceremonially] unclean lips, And I live among a people of unclean lips; For my eyes have seen the King, the Lord of hosts." **6** Then one of the seraphim flew to me with a burning coal in his hand, which he had taken from the altar with tongs.] Isaiah 6:3-6*
103. *"Search me [thoroughly], O God, and know my heart; Test me and know my anxious thoughts;" Psalm 139:23*
104. *"12 Who can understand his errors or omissions? Acquit me of hidden (unconscious, unintended) faults. 13 Also keep back Your servant from presumptuous (deliberate, willful) sins; Let them not rule and have control over me. Then I will be blameless (complete), And I shall be acquitted of great transgression." Psalm 19:12-13,*
105. *"I am convinced and confident of this very thing, that He who has begun a good work in you will [continue to] perfect and complete it until the day of Christ Jesus [the time of His return]." Philippians 1:6*

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

107. "3 When I see and consider Your heavens, the work of Your fingers; The moon and the stars, which You have established. 4 What is man that You are mindful of him; And the son of [earthborn] man that You care for him?" Psalms 8:3-4

108. "Through our union with Him we have experienced circumcision of heart. All of the guilt and the power of sin has been cut away and is extinct because of what Christ, the Anointed One, has accomplished for us." Colossians 2:11 (TPT)

Chapter 11 Walk in obedience

109. Obedience is better than sacrifices. (1 Samuel 15:22)

Chapter 12 Protect your relationship with God

110. "For we do not have a High Priest who is unable to sympathize and understand our weaknesses and temptations, but One who has been tempted [knowing exactly how it feels to be human] in every respect as we are, yet without [committing any] sin." Hebrews 4:15

111. "8 For once you were darkness, but now you are light in the Lord; walk as children of Light [live as those who are native-born to the Light] 9 (for the fruit [the effect, the result] of the Light consists in all goodness and righteousness and truth)" Ephesians 5:8-9

112. "Blessed [anticipating God's presence, spiritually mature] are the pure in heart [those with integrity, moral courage, and godly character], for they will see God." Matthew 5:8

113. "Keep your heart with all diligence, for out of it spring the issues of life." Proverbs 4:23

114. "....unrighteousness, wickedness, greed, evil; full of envy, murder, strife, deceit, malice and mean-spiritedness. They are gossips [spreading rumors], 30 slanderers, haters of God, insolent, arrogant, boastful, inventors [of new forms] of evil, disobedient and disrespectful to parents, 31 without understanding, untrustworthy, unloving, unmerciful [without pity]. (Romans 1:29).

115. "7 Now as to the matters of which you wrote: It is good (beneficial, advantageous) for a man not to touch a woman [outside marriage]. 2 But because of [the temptation to participate in] sexual immorality, let each man have his own wife, and let each woman have her own husband." 1 Corinthians 7:1-2

116. "'12 ...: 'Return, backsliding Israel,' says the Lord; 'I will not cause My anger to fall on you. For I am merciful,' says the Lord; 'I will not remain

angry forever. 13 Only acknowledge your iniquity, That you have transgressed against the Lord your God…." Jeremiah 3:12-13 (NKJV)

117. *"If we [freely] admit that we have sinned and confess our sins, He is faithful and just [true to His own nature and [promises], and will forgive our sins and cleanse us continually from all unrighteousness [our wrongdoing, everything not in conformity with His will and purpose]. 1 John 1:9*
118. *"We are destroying sophisticated arguments and every exalted and proud thing that sets itself up against the [true] knowledge of God, and we are taking every thought and purpose captive to the obedience of Christ…" 2 Corinthians 10:5*
119. *"8 See to it that no one takes you captive through philosophy and empty deception [pseudo-intellectual babble], according to the tradition [and musings] of mere men, following the elementary principles of this world, rather than following [the truth—the teachings of] Christ." Colossians 2:8*

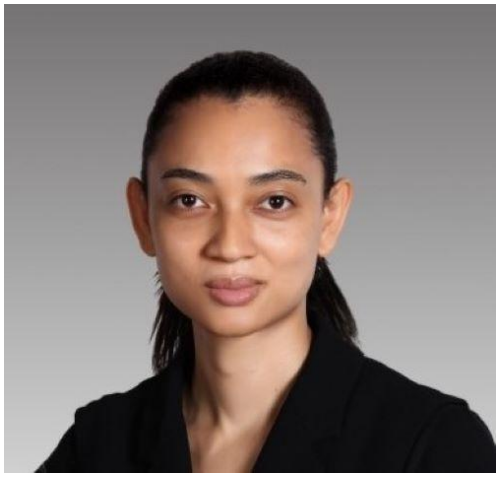
1Kings 18:46
"Then the hand of the Lord came upon Elijah [giving him supernatural strength]. He girded up his loins and outran Ahab to the entrance of Jezreel [nearly twenty miles]."

Pour ALL Your Perfume on Him

Restorative · Faith-filled · Empowering

POUR ALL YOUR PERFUME ON HIM offers a fresh, faith-filled perspective on singleness. Speaking to the heart of Christian women, this book reframes singleness not as a setback, but as a sacred season of growth, purpose, and deep intimacy with God. With wisdom, compassion and practical tools, author Annie Wong empowers readers to journey from fear and doubt into freedom, joy, and spiritual depth—inviting them to embrace this truth: that God is already at work, unveiling a story full of beauty, hope, and promise.

"I sense that the move of God is sweeping mightily through the earth. We will witness increased miracles and blessings as God's hand comes upon women whom society may have deemed too old for success, childbearing, marriage, restoration and other blessings. The glory of God will be manifested through these women and only He can take all the praise."



About the author

Annie Wong is a Chinese-Nigerian leader whose purpose-driven approach integrates strategic vision with deep commitment to social impact.
As founder of TTL4G, she is committed to equipping and empowering individuals to transform nations through intercessory prayers.
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