

TUNE IN. HEAR GOD.

FREQUENCY.

21 DAYS OF PRAYER
2023 JOURNAL



FREQUENCY

A 21 DAY STUDY & PRAYER GUIDE

“Consider carefully what you hear,” he continued. “With the measure you use, it will be measured to you—and even more.”

MARK 4:24

“But solid food is for the mature, who by constant use have trained themselves to distinguish good from evil.”

HEBREWS 5:14

ANCHOR CHURCH 2023

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*We exist to help you to Know God, Discover Purpose, and
Change Your World.*

ANCHOR CHURCH
MYANCHORCHURCH.COM/21DOP

FREQUENCY

A 21 Day Study and Experience of Tuning In & Hearing God.

FREQUENCY: *“A particular waveband at which a radio or other system broadcasts or transmits signals.” In general, frequency refers to how often something occurs. With sound, it refers to how often a sound wave occurs.*

Hearing God in your daily faith journey requires daily engaging and embracing the Scripture. This journal is loaded with ideas and experiences that can help shape the way you experience God's voice in your life. Simply reading something will have very little effect on you. You have to receive God's word and personally respond to it by meditating on it and putting your observations into action.

In the course of this 21 Days of Prayer, you will likely find yourself praying about what you reflect on and then responding in ways that are far beyond the framework of this devotional. Let this devotional simply be a guide for you and feel free to run.

OUR GOAL:

As you journal through this, our goal is for every believer at Anchor Church to fully engage in God's love and His Word and develop the daily disciplines to keep your ears, eyes, and heart always tuned and open to God's voice.

WHY JOURNAL?

Also, we believe it is MORE beneficial to actually write out your prayers in addition to your worship, praise, and personal cries of prayer to God. You need to go back through this at the end of the 21 Days of Prayer and note your personal development and deepen your reflection, meditation, and personal prayers.

Our prayer is that as you read your daily verses and engage in worship and prayer, you will be able to hear God and allow His voice to shape your will more closely to the One God you truly love.

Best Ahead!

Jeff Jenkins, Lead Pastor
Anchor Church



“But He answered and said, “Man shall not live by bread alone, but by every word that proceeds from the mouth of God.”
Matthew 4:4 If this verse was true for the fathers of our faith and for Jesus, the son of God – then how much more do we need God's every word in order to live.”
– Jeff Jenkins, Lead Pastor
Anchor Church

GLOSSARY OF TERMS

God's Word

Graphe – God's Written Word

Logos – God's complete Word, His Word made flesh, Jesus (John 1:1-14)

Rhema – God's Living Word, for a specific time, church, time, individual, or situation

Heart – people are made up of Body (flesh), Soul (mind, will, & emotions) and Spirit (eternal/God's Breath - the part of us that is made alive forever by God.) The word "Heart" in the Bible is used interchangeably to reflect the overlap of the Soul and Spirit. It is the sum of the entire inner being of man. This is where the battle for your life takes place and is tricky because if the soul is left on its own, then emotions and human will can lead a person to utter destruction. The heart has to be transformed by God's Word and Spirit.

Will – This is the determining agent that leads a person to choose, react, act, speak, or behave in any way. It is designed to be led by God's voice and word. If left on its own, the human will always self comforts and self preserves regardless of the costs to self or others.

Discernment – The ability to separate things and make decisions about what is truth, lies, real, false, healthy, unhealthy, whole, or incomplete. Discernment helps filter voices, thoughts, and ideas and make decisions with accuracy.

Quicken – To suddenly give life, meaning, or awareness of something. When a scripture comes alive to you by the Holy Spirit. It comes to mind suddenly or in a way that jumps out to you or in you.

Whisper – When you sense a still small voice inside you that is different than your own self-talk. It's a prompting or like a whisper that seems to be God's wisdom, direction, or prompting.

Prophecy – To tell forth. This is when God speaks to you through another person with or without their knowledge. There are many ways God uses people to act, speak, serve, or even model a message from God to you or others.

Meditate – To chew again and again. This means to regurgitate and bring up in your mind and heart over and over again until it becomes a part of your vocabulary and even thinking.

Dream – When you experience something from God while you're asleep.

Vision – When you see something with a heavenly perspective while you are awake - in your mind's eye or eyes of your heart.

Revelation – This means to “unveil” or to pull back barriers so you can see, hear, sense, or experience what you normally cannot.

Hear, See, Feel – These are primary ways that people experience God's voice at a personal level. They may hear a phrase in their heart. They may see a picture and the picture stirs up something and associates a message with it. They have a feeling that sends a message to them. These words are simple ways we describe the Spirit's work in us and ways God may communicate with us.

Witness – This refers to your own personal testimony and what you have experienced according to God's Word. Your testimony isn't how bad you used to be, it's all about your witness. Your witness expression is based on what you see, taste, experience, and know through personal encounter with Christ. How are you a witness? Only according to His word and Spirit at work within you.

Intuitive – We all have both sensory ways of knowing and recognizing things and then we have logical and physical ways of knowing. Intuitive ways are much more imaginary or creative. This makes people think they could just be “imagining things” - when in reality, we actually “know” things more deeply when we're more in touch with the intuitive part of us. This more intuitive part of us is very connected to our spirit and it's the primary way we sense, feel, hear, and/or know God's voice.

Discerning Spirits – It is the ability from the Holy Spirit to recognize whether or not something is truly from God or in accordance with God's will. It is also the ability to recognize when things in the church or Christian life are truly from God, Satan, another evil spirit, the world, or just human flesh.

Fasting – Abstaining from food for a period of time in order to give unordinary attention to prayer, worship, or focus on the purposes and activity of God.

MEMORIZE THESE

II Corinthians 3:17

“Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.”

John 10:27-28

“My sheep hear my voice, and I know them, and they follow me. I give them eternal life, and they will never perish, and no one will snatch them out of my hand.

Hebrews 4:12

“For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.

Romans 10:17

“So faith comes from hearing, and hearing through the word of Christ.”

Jeremiah 33:3

“Call to me and I will answer you, and will tell you great and hidden things that you have not known.

Job 33:14

“For God speaks in one way, and in two, though man does not perceive it.

Isaiah 55:11

“So shall my word be that goes out from my mouth; it shall not return to me empty, but it shall accomplish that which I purpose, and shall succeed in the thing for which I sent it.

Romans 10:17

So faith comes from hearing, and hearing through the word of Christ.

HOW TO MAXIMIZE 21 DAYS OF PRAYER

SCHEDULE YOUR READING

Set aside a time and a place to meditate on God's word. Create a distraction free environment to dive deeper into the scripture.

LISTEN IN STILLNESS BEFORE YOU READ

Ask God to reveal his truths as you read. Pray for consistency and clarity.

READ WITH A BIBLE CONCORDANCE

A Bible concordance is a list of Biblical words sorted alphabetically, with any scriptures that include that word. We recommend "The New Strong's Expanded Exhaustive Concordance of the Bible." You can also use bible apps such as Blue Letter Bible, biblehub.com, or other Bible apps.

READ WITH A FRIEND

Do your reading plan with someone that will hold you accountable to your daily reading. Get on track with someone else - and sharpen each other by knowing you're not doing this important deep work alone.

Proverbs 27:17 says, "As iron sharpens iron, so one person sharpens another."

SHARE WHAT YOU ARE LEARNING

Don't just read it! Share how God's word is speaking to you! Write. Post. Blog. Message others.

HOW TO S.O.A.P.

Items needed for each day:

Which verse stood out to you?

S — SCRIPTURE

Open your Bible to your reading for the day. Take time reading and allow God to speak to you. When you are done, look for a verse that particularly spoke to you that day, and write it in your journal.

What is God saying to you?

O — OBSERVATION

What do you feel God is saying to you in this scripture? Ask the Holy Spirit to teach you and reveal Jesus to you.

How can you apply it today?

A — APPLICATION

Personalize what you have read, by asking yourself how it applies to your life right now. Perhaps it is instruction, encouragement, a new promise, or corrections for a particular area of your life. Write how this scripture can apply to you today.

Ask God to help you use what you've learned.

P — PRAYER

This can be as simple as asking God to help you use this scripture, or even a prayer for a greater insight on what He may be revealing to you. Remember, prayer is a two-way conversation, so be sure to listen to what God has to say! Now, write it out.

ADVANCED DEVOTION PLANNING GUIDE

ADVANCED DEVOTIONAL PLANNING GUIDE	
QUESTION	ANSWER
How much daily time is reasonable for you to commit to during the Anchor 21 Days of Prayer?	
How many days are you committing to completing?	
When is the best time of day for you to commit to for your devotion?	
What things do you benefit from during your personal devotion time? <i>(Reading, listening to music, praying out loud, walking, sitting, eating, drinking, writing, typing, studying, memorizing verses, meditating, writing observations)</i>	
Where will you do your daily personal devotion time?	
Will you use music during your time? <i>What kind? What device will you use?</i>	
What will you use to read the Bible?	
Who comes to mind that you think would be beneficial to at least text each day to hold each other accountable for sticking with your plan?	

Psalm 5:3

“In the morning, Lord, you hear my voice; in the morning I lay my requests before you and wait expectantly.”

Psalm 42:8

“By day, the Lord directs his love, at night his song is with me - a prayer to the God of my life”

WEEK ONE INTRO

FAITH & ANTICIPATION

ANTICIPATION is the word of the year for Anchor. This is a step beyond hope. Hope longs for something promised. Anticipation actually moves by faith toward what is hoped for AND experiences that hope before it is ever actually realized.

Spiritual Anticipation like swinging. Sitting. Leaning Back. Pulling & Kicking forward . . . all at the same time. Anticipation is to lean back into the promises of God, sit in the living Word of God, and reach forward into what has been spoken and is being spoken.

If you are ever going to hear the voice of God, you're going to have to get very familiar with very unreasonable thinking, dreaming, and action in your life. God completely operates outside the realm of reason. Reason is the power to form judgments through logic and this type of thinking severely limits your judgment to what is right and practical.

Maybe you've heard the old saying, "Prayer asks for rain, but faith takes the umbrella." I'll take it a step further and say, when God reveals that it's going to rain, faith will literally build an ark. Faith will lead you to ANTICIPATE what God says - and build outside of your natural reason.

Here are some guiding question for you this week:

- What word has God spoken to you recently that keeps surfacing?
- What is He speaking to you today?
- What do you see ahead that you know He is revealing?
- How are you tasting the promise, seeking the fruit, and eagerly anticipating His grace ahead?

Go for it.

Just take this one day and set your gaze fully on the the Lord and see what He does in just this one day.

Best Ahead!

DAY:

Sunday

DAY:

Sunday

SERMON TITLE:

TODAY'S SCRIPTURE:

SPEAKER:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

DAY: Monday	TODAY'S SCRIPTURE: Psalms 139:1, 23
TIME:	TODAY'S PRAYER THEME: Harvest & Salvations in 2023

THINK ABOUT HIM:

You Have A Frequency

Every person and people group has a frequency. Your frequency is your own spirit & soul. It's made up of your personal set of values, needs, patterns, desires, cravings, appetites, standards, and expectations. Every marketing firm in the world is sending signals to those whose frequency is searching for their products, goods, or services.

God is tuned in to you. He knows your patterns. He knows the signals you're sending out. He knows your loves and attractions. He knows your vibe. He gets you. He's got your signal.

Do you have His signal? Do you know what God thinks? Do you know His desires? Do you know how He speaks? Do you know His values, appetite, standards, expectations, and ways?

God has thoughts and He shares them. God has a will and He reveals it. God has incredible glory and beauty and He demonstrates it. Tuning in to God first requires that you truly get that He is tuned into you.

Psalms 139:1 says, "You have searched me, Lord, and you know me... Before a word is on my tongue, you know it completely."

Psalms 139:23 says, "Search me, God and know my heart; test me and know my anxious thoughts."

Proverbs 8:17 says, "I love those who love me, and those who seek me diligently find me."

Psalms 14:2 says, "The Lord looks down from heaven on the children of man, to see if there are any who understand, who seek after God."

You have a frequency that lets God know when you're seeking Him. Today, what if that signal connected with Him in a way that let you feel, believe, and know, "The Father sees me, knows me and hears me." When that happens, you're in the beautiful beginning of tuning in and hearing God.

PRAYER

Father - you search me and you are tuned in. I know you know me and today I want to be known by you. Captivate me and win my heart, Lord. Amen.

EXPERIENCE HIM:

S - Scripture

O - Observation

A - Application

P - Prayer

DAY: Tuesday	TODAY'S SCRIPTURE: Proverbs 20:27
TIME:	PRAYER THEME: Spiritual Renewal In Families

THINK ABOUT HIM:
Your Personal Frequency System

Alfred North White once said, "The purpose of thought is to let our thoughts die instead of us."

What Mr. White means is, thoughts create warning signals that protect us and then fade but keep us alive and going. It's partially true.

Our brain has very finely tuned chemical rewards of dopamine and other God-designed systems that help us imagine, survive, grow, and continually move forward with wisdom and pleasure.

But there's more going on in us than that. The Bible teaches us that THAT very system of perceiving, sensing, discerning, and knowing is called our spirit.

Proverbs 20:27 says, "The human spirit is the lamp of the Lord that sheds light on one's inmost being."

I Corinthians 1:12 says, "What we have received is not the spirit of the world, but the Spirit who is from God, so that we may understand what God has freely given us."

Get this: God examines your whole life by the spirit He put in you. He also speaks and gives life and revelation by His Spirit. He also gives us understanding, new thinking patterns, and powerful ways of knowing by the Spirit.

Follow this: When you receive Jesus Christ as your personal savior, His Spirit literally gives new-birth to your spirit and causes you to receive supernatural ability to know God and to be known by Him.

It's so much more than Alfred North White said. The truth is this, "The purpose of thought is to hear and know the voice of God in order to truly live by knowing His love and grace in Christ Jesus, personally."

PRAYER:

Father, you have made me alive by your Spirit. You have given me grace to know you, understand your will, and know your voice. By your Spirit I live and today I receive you, Holy Spirit.

EXPERIENCE HIM:

S - Scripture

O - Observation

A - Application

P - Prayer

DAY: Wednesday	TODAY'S SCRIPTURE: Jeremiah 17:10 II Chronicles 16:9
TIME:	PRAYER THEME: Restored Marriages & Families

THINK ABOUT HIM

Green. Red. Purple.

Radars are used to tell us where rain is and the severity of the rain. On a Doppler Radar spectrum, light green means light rain. As you get into the darker colors of red, purple, or darker it means heavier rain or intense hail. On many spectrums, the darker colors indicate more intensity

Jeremiah 17:10 says, "I the LORD search all the hearts and examine secret motives. I give all people their due rewards..."

II Chronicles 16:9 says, "For the eyes of the Lord range throughout the earth to strengthen those whose hearts are fully committed (purple) to him."

Yesterday we learned that we actually have a frequency. Our frequency is our heart. I imagine that in some way God sees a color-coded earth where our outward appearance doesn't matter at all. What matters is light green, red, purple.

He sees purple as a heart tuned in fully to Him. A Purple Heart is one he speaks to as a friend, face-to-face. Maybe the key to hearing God's voice isn't for the professionals at all. It appears to be the frequency of our heart. It appears to be humility and sincerity of seeking the Lord.

HERE'S HOW I MOVE TOWARD PURPLE:

- Commit daily time with Him and don't neglect it.
- Hear His Word be transformed by renewing your mind with His Word.
- **Set a plan** for your time with him.
- Repent of all sin according to the teachings of Christ.
- Receive forgiveness through Christ in confession & repentance.
- Continually walk in His light, free from sin by confessing sin, agreeing with God's will and surrendering to His ways.
- Pursue true genuine discipleship to know the way of Christ.
- Stay in His will through obedience to His word & His voice.
- Be filled with the Spirit, put on the armor of God, pray in the Spirit.
- **EAGERLY** desire Spiritual Gifts and Spiritually Mature Ministry.

PRAYER: *Father, the disciplines of my life are truly an indicator of my heart toward you. I desire for you to see purple as in total commitment to you. Give me grace today and win over my heart. Teach me to discipline my life after your will, your ways, and your glory. Amen.*

EXPERIENCE HIM:

S - Scripture

O - Observation

A - Application

P - Prayer

DAY: Thursday	TODAY'S SCRIPTURE: Luke 24:49
TIME:	PRAYER THEME: Activation of Spiritual Gifts

THINK ABOUT HIM

“The Benefits of the Hearing God Speak”

The preconceived notion that the Holy Spirit is weird is common. I remember when I was younger hearing people say “God told me” - and I literally believed they were looney buffoons.

Many believe that if they build a relationship with the Holy Spirit, He’s going to make them weird. Satan wants you to believe “hearing God” is weird and looney because he doesn’t want you to ever taste the benefits.

There are of the four benefits that the Bible says being filled with the Holy Spirit brings to believers. These benefits help us live our lives in right standing with God, and they give us power. In fact, power is the first of the four benefits.

1. Power: Acts 1:8 says, “You shall receive power when the Holy Spirit has come upon you.” Many Christians spend their entire lives without the power available through the Holy Spirit speaking to you.

2. Love: One of the Holy Spirit’s roles in our lives is to fill us with God’s love (see today’s verse), and if we don’t open our hearts to hearing Him, we have a difficult time walking in love.

3. Fruits: In Galatians 5:22, Paul talks about the fruits of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. His voice produces these fruits.

4. Gifts: He activates divine gifts through His voice revealing, teaching, showing, speaking, nudging, and moving you.

The Holy Spirit is wonderful, kind, sensitive, & personal. He’s my best friend, and He wants to be yours too.

PRAYER

Holy Spirit, please reveal to me any lies I’ve believed about You. Show me the truth of who You are. I want to know You better and operate in the power, love, and benefits You bring. In Jesus’ name, Amen.

FOR FURTHER STUDY

Luke 24:49; Romans 8:11; 1 Corinthians 2:4–5; Galatians 5:16–26

EXPERIENCE HIM

S - Scripture

O - Observation

A - Application

P - Prayer

DAY: Friday	TODAY'S SCRIPTURE: Acts 10:11 Psalms 138:6
TIME:	PRAYER THEME: Hunger for God's Word

THINK ABOUT HIM

Destroying Apathy and Unbelief

"Though the Lord is on high, yet He regards the lowly; but the proud He knows from afar." - Psalm 138:6

The first time someone asked me, "What is God saying to you?", It made me angry, like, 'you mean what does the Bible say? That's the only way God speaks'.

They tried to make me feel like I didn't "have something" that they had ... like hearing God was a "special graduate level privilege" for the super spiritual elite. It was like I had to catch "it" or become something in order to get it.

I judged people who were "sensational" as ungrounded, ignorant quacks. I saw them as naïve. Unfortunately, every critical judgment I made of them became a HUGE barrier to my own personal experience.

Get this: I refused to embrace the Spirit of God speaking to me because **I didn't know Him**. I didn't pray in his power and guidance. I didn't walk in submission. I didn't serve in His power. I was ignorant and prideful. I needed to change. I had to repent. I needed my theology shattered.

Will you consider this today:

God speaks through His Word. That's a very basic way to hear God. Listen to His written Word. It is the foundation for discerning and knowing His voice. If you do not know the written word of God, you will be easily misled by thoughts and impressions.

If you'll just start with the Bible, you will begin to understand more and more what it is like to discern his voice through His written Word.

Eventually, His written Word will come alive in you and you will begin to know His voice - different than any other voice. Today - repent of every single judgment you've ever made against God and get your heart humbled before Him. He still speaks.

PRAYER

Holy Spirit, please forgive me for any lies I've believed about You or what it looks like to receive you. I lay down my pride and desire to do things my own way. I invite You to come into my heart and change me. In Jesus' name, Amen.

EXPERIENCE HIM

S - Scripture

O - Observation

A - Application

P - Prayer

DAY: Saturday	TODAY'S SCRIPTURE: Exodus 16:4-5, Deut 8:3, John 6:48-58
TIME:	PRAYER THEME: Spiritual Leadership in the Home

THINK ABOUT HIM

Getting a Daily Word

I skip meals pretty often. Somehow, I manage to catch up, eventually. But sometimes I just work right through regular meal times. It always affects me. I lose energy. Sometimes I even get weird pains in my body. This is something that happens all the time spiritually.

In Matthew 6:11, in the middle of the Lord's Prayer, Jesus teaches us to pray for our daily bread when He says, "Give us this day our daily bread." He is including daily food but there's much more going on here.

Throughout the Old and New Testament, many Scriptures refer to the Word of God as bread. So, with that in mind, is it possible that Jesus is telling us to pray every day for a word from God—for our daily bread?

Note: God has a daily word for you every day and that word will strengthen and nourish you all day long.

Exodus 16:4 says, "I will rain down bread from heaven for you. The people are to go out each day and gather enough for that day. In this way I will test them and see whether they will follow my instructions."

John 6:48-49 says, "I am the bread of life. Your ancestors ate the manna in the wilderness, yet they died. But here is the bread that comes down from Heaven. Whoever gets this bread will live forever. The bread is my flesh, which I will give for the life of the world."

I can't tell you how many times I find myself talking to someone, and when they start to tell me about what they're going through, I'll remember, "That's what I read about this morning!" Then I can use that word to encourage and speak life to them. You never know when God is going to speak a word to you that will change your life or the life of someone around you.

What's God's word for you today?

EXPERIENCE HIM

S - Scripture

O - Observation

A - Application

P - Prayer

WEEK TWO INTRO

DESIRING TO PROPHECY

Approximately 3,462 years ago, God began to speak directly to Moses by putting His Spirit on Moses. This eventually became a burden to Moses because everyone came to Moses in order to get wisdom, discernment, or help with counsel and practical spiritual leadership.

One day, Moses father-in-law, Jethro chastised him a bit in telling him that he's wearing himself out by carrying the load of ministering to all the people himself. This burdensome load was literally killing Moses. He dreaded life and wanted to die.

So the Lord caused 70 others to be able to prophesy when He put His Spirit on them. They could hear God and minister to the people from God's voice.

One day, Joshua tried to tighten up the ranks because two men were prophesying but were not qualified in Joshua's eyes. Joshua reported this to Moses. Joshua even seemed to want Moses to be stirred up and to make them quit prophesying.

Moses responded in a way that reveals God's heart. Moses said, "Are you jealous for my sake? I wish that all of God's people were prophets and that the Lord would put His Spirit on them."

The prophet Joel literally prophesied this very thing, saying: "I will pour out my spirit upon all flesh.. Your sons and daughters will prophesy." Joel 2:28

The apostle Paul examined every single spiritual gift and concluded that the most valuable gift to the body of Christ is Prophecy. Why? Because it is the God graced ability to strengthen, encourage and comfort other people with the Word of God.

This week, will you at least consider this: God wants to speak to you. He is speaking to you. He is giving you His Word and his desire is that you receive His Word daily and be strengthened by it and in turn strengthen others with His Word.

He desires that all prophesy. (I Corinthians 14, Numbers 11)

DAY:

Sunday

DAY:

Sunday

SERMON TITLE:

TODAY'S SCRIPTURE:

SPEAKER:

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DAY: Monday	TODAY'S SCRIPTURE: Romans 12:6
TIME:	PRAYER THEME: Prophetic & Discerning Gifts

THINK ABOUT HIM

Discovering the Prophetic Gifts

PROPHECY

Many people think the word prophecy means predicting the future, but that's only partially correct. Prophetic messages *can* tell the future, but in 1 Corinthians 14:3, Paul says there are three things a prophetic word must have: "But he who prophesies speaks edification and exhortation, and comfort to men." A good way to know if a prophetic word is credible is to ask yourself if it edified, encouraged, or comforted the recipient. If a word discourages, corrects, rebukes, or brings judgment, it's not a prophetic word.

Knowing the nature of prophecy gives us a better look at the personality of the Holy Spirit. He wants to encourage, teach, and comfort us - so much so that in today's verse (1 Corinthians 14:1), Paul tells us it's one of the most important spiritual gifts the Holy Spirit gives. Paul encourages all of us to operate in this gift. It's not just for a select group of pastors or highly spiritual people - it's for every believer.

Imagine what it would be like if every Christian brought encouragement to everyone around them. What if the people in your life who are having a difficult time felt encouraged and blessed? That's what the Holy Spirit wants to do through you. Who will you encourage today?

WORD OF KNOWLEDGE

This is simply when the Holy Spirit gives you an impression, a dream, a vision, or a specific message for someone else that you couldn't know on your own. Sometimes it happens with a phrase coming to mind or an impression that you sense in your time with the Lord.

In John 4, Jesus had this happen with the Woman at The Well. Because he was courageous to speak up, she was saved and her entire village came to know of the Lord.

It really is amazing to see people's lives changed through the gifts of the Spirit and it's really easy when you have a relationship with the Spirit and a willing heart. What if you committed to listening more to the Spirit today? He may have something he wants to speak to others through you.

WORD OF WISDOM

The Holy Spirit wants to spare you and others from making bad decisions or going in unfavorable directions. When you or others are overwhelmed with situations, God has wisdom to share.

One day, I had a dream about a friend of mine and his son. I saw them making guacamole together and I heard some key phrases in my dream. I sensed it may be the Lord, so I shared it with him and said, "I sensed the Lord is strengthening you to stand boldly and affirm these things in your son."

He responded to me in the next 30 seconds saying, "Daaang, that is so spot on with what the Lord is doing in me right now. My wife and I were just talking and praying about this last night. I receive it."

This was a Word of Wisdom that affirmed him as a man and confirmed a specific direction he and his wife were debating in prayer.

DISCERNING SPIRITS

If there were a demonic spirit interfering in the church or in your home or in the life of one of your friends, would you like to know it clearly? Would you like to be able to see it and serve with authority over it?

If there is an area of your life in which you could use some Spiritual discernment, I want you to know that the Holy Spirit wants to give you the ability to see clearly and serve to remove strongholds. You can allow the Holy Spirit to reveal these areas to you now. He can give you authority over specific needs today and help others experience freedom in Christ.

PRAYER

Holy Spirit, thank You for using us to bring words of prophecy, wisdom, and knowledge to build others up. Thank you for giving us discernment to distinguish you from false spirits. Thank You all believers have access to your power to build others up. Speak to me and through me today. In Jesus' name, Amen.

FURTHER STUDY: James 1:5, II Corinthians 10:3-4, Psalm 144:2, Ephesians 6:12, Luke 4:1, John 4:17-18, Philippians 2:7, Acts 4:33, I Corinthians 7:25, Ephesians 1:7, Romans 12:6, Ephesians 4:11

EXPERIENCE HIM

S - Scripture

O - Observation

A - Application

P - Prayer

DAY: Tuesday	TODAY'S SCRIPTURE: Romans 12:11
TIME:	PRAYER THEME: Passionate Hope

Think About Him

Get the Fire of Your Hopes Way Up

Romans 12:11

*Do not be slothful in **zeal**, be fervent in spirit, serve the Lord.
(Zeal is a command and is to be grounded in knowledge, not just flaky emotionalism. See Romans 10:2)*

ZEAL: (spoudé / spoo-day) “to move quickly with enthusiasm, best full effort.

FERVENT: (zeó / dzeh-o) “to boil, be hot, to burn, bubble over in deep commitment, to set one’s heart completely upon”

Romans 12:3-8 is known as one of the 4 main texts that address Spiritual Gifts. Here the Bible mentions 7 spiritual gifts:

1. Prophecy with faith, 2. Service, 3. Teaching, 4. Encouragement, 5. Giving in generosity, 6. Leadership with **ZEAL**, 7. Mercy with cheerfulness. *(Notice - Prophecy is mentioned first in the list of spiritual gifts. The reason is because hearing God and speaking His word to others is vital to building you and others up in the faith.)*

When you’re approaching spiritual gifts and building up the body - there’s a spirit about it. There’s an attitude of the heart. There’s a required passion. There’s a focus and required enthusiasm. Does this tell you how important “building up the body” is to the Lord. Jesus cares about building His people & fueling their fire for others, always.

GET THIS: >>> Today, I just want you to consider this: The Lord Jesus set joy before Him on the way to the cross for you - and that same joy is the fire of the Holy Spirit available for you as you pour out your life for others.

PRAYER

In view of your mercy, Lord - I offer my body as a living sacrifice, holy and pleasing to you. Transform my mind into a knowledge of you and a zeal for your will here on earth as it is in heaven. Today, I repent for not eagerly desiring spiritual gifts and for slothfulness in serving your body. Fill me with your Spirit in ministry today. Strengthen me. Amen.

EXPERIENCE HIM

S - Scripture

O - Observation

A - Application

P - Prayer

DAY: Wednesday	TODAY'S SCRIPTURE: I Corinthians 14:1, 12, 39
TIME:	PRAYER THEME: Eagerly Desire the Gift of Prophecy

Think About Him
Eagerly Desire Prophecy With Zeal

I Corinthians 14:1, 12, 39

Eagerly desire spiritual gifts, especially prophecy.

NOTE: *This is not a “Do this, or else” command from God. It’s much much more of a “Do this, instead of that” command from God.*

Obedience is always God’s will, but compliance is never the ultimate goal.

In Corinth, there was a huge issue in what the believers most eagerly desired. They desired to excel in the aspects of the faith that made them great. That’s it.

The Spirit of God desired for them to excel in the aspects of the faith that made much of Jesus and built others up.

This verb translated “eagerly desire” means to have strong affection for and a burning longing. It means: “I want you to want it really badly!”

BOTTOM LINE: The Spirit of God wants you to eagerly burn for the blessing of knowing God’s voice and in turn strengthening, comforting, and encouraging other people with His word.

Hearing God, Receiving His word, and building up other people according to His voice is the most powerful thing you can eagerly pursue in ministry. There is no end to the desperate need for encouragement, strength, and comfort in the human heart.

At Anchor, we dream of being a church full of believers who carry the word of Christ in their hearts and constantly lift other people up.

PRAYER: *Holy Spirit, I eagerly desire the grace you want to pour out onto others and I ask you to speak to me and teach me how to pursue love and eagerly desire spiritual gifts, especially prophecy so that I can serve the Lord and build others up. Amen.*

EXPERIENCE HIM

S - Scripture

O - Observation

A - Application

P - Prayer

DAY: Thursday	TODAY'S SCRIPTURE: Psalm 27:4, Jeremiah 29:13-14
TIME:	PRAYER THEME: Vision and Prophetic Worship

THINK ABOUT HIM

Something Good Is Going To Happen

Your brain has a Midline Thalamus area that is THE GO-TO place in the brain when you want to feel that "Something good is going to happen."

This is truly profound. In experiments, people LOOK forward and lean forward when they engage in behavior that they believe is going to create a positive future.

Studies also reveal that when we press a lever in hopes of reward but have not gotten the reward yet, we feel mild frustration and even greater anticipation of something good happening ahead.

Did you know that all of this is designed by God? Did you also know that when His voice paints the picture of what you're moving toward and seeking most . . . then the internal reward you feel when it happens is truly deeper than any joy imaginable on earth?

Jeremiah 29:13-14 says, "You will seek me and find me when you seek me with all your heart. I will be found by you," declares the Lord,"

Psalm 27:4 says, "One thing I ask from the Lord, this only do I seek: that I may dwell in the house of the LORD all the days of my life and to gaze on the beauty of the Lord and to seek Him in his temple."

One of the major purposes for the Voice of God in your life is to paint the picture of what your heart pursues most. He truly wants you to experience the sheer delight of seeking His glory first. He knows that there is absolutely no greater joy on earth than delighting in the Lord.

We're all most satisfied in the moments when God is most glorified in our hearts. We're made to long for His glory. His voice always leads us to this goal and the pleasure is forever good.

PRAYER: *Thank you for hardwiring our brain to long for you. Thank you for giving us the most incredible pleasure on earth through hearing your voice and knowing you face-to-face. You are all I want, Lord. Amen.*

EXPERIENCE HIM

S - Scripture

O - Observation

A - Application

P - Prayer

DAY: Friday	TODAY'S SCRIPTURE: Ephesians 1:18
TIME:	PRAYER THEME: Open Heaven, Knowing Christ

THINK ABOUT HIM

The Anticipation Peak is Better Than Arrival

How many times have you craved something, planned, started a trip to somewhere to get what you desired - and upon arrival you discovered the place is closed? Ugh. That disappointment brings you so low, that you would have emotionally been better off to have never started the journey or craving.

This has happened several times recently. After the Covid shut-down, many restaurants simply changed their hours. They used to be open 7 days a week from 11am - 10pm, but now they're open during really odd hours. If you don't look up the current hours, you'll show up for lunch and find out they're closed for lunch on some days and not closed on others.

Here's what happens. Your brain sees a food, it desires the ingredients of sweet, savory, salt, or something else. It imagines a drink or smell or feeling from the atmosphere and then it starts to pursue that experience.

When you discover that the place is closed, there's a huge frustration or there's a slight frustration. It all depends on how vividly you set your hopes and anticipation on that experience. You'll either immediately find something similar, but regardless, you will experience a let down.

That's how powerful the eyes of your heart are. These eyes are powerful.

Ephesians 1:18 says, "I pray that the **eyes of your heart** may be enlightened in order that you may know the hope to which He has called you, the riches of his glorious inheritance in his holy people, and his incomparably great power for those who believe."

Proverbs 13:12 says, "Hope deferred makes the heart sick, but a dream fulfilled is a tree of life."

GET THIS: Go back to your trip to the restaurant. Imagine it's open and it has what you longed for. Do you know what the absolute greatest reward of that experience is? It's not actually tasting what you craved, it's the moment RIGHT BEFORE the first taste. The best part is the peak of anticipation.

God made you that way so that you would always enjoy seeking, craving, longing, hoping . . . much more than ARRIVAL.

PRAYER: *Lord revive my cravings today. Turn on my heart's eyes. Open up vision and truth today so I may long for you. I crave you, Lord. Amen*

EXPERIENCE HIM

S - Scripture

O - Observation

A - Application

P - Prayer

DAY: Saturday	TODAY'S SCRIPTURE: Ephesians 5:18
TIME:	PRAYER THEME: Being Filled With the Holy Spirit

THINK ABOUT HIM
"HE is Your Personal Mentor"

There are two primary Greek words in the Bible for "another".

1. Heteros: "one of another kind or of a different kind"
2. Allos: "one of the VERY SAME kind; same in character; same everything, exact duplicate"

John 14: 16 uses "allos".

It could read this way: "I will ask the Father, and He WILL send you Someone who is just like ME in every possible way. He will be exactly like me in the way He speaks, the way He thinks, and the way he counsels, teaches, and operates.

ANTICIPATION TRUTH BOMB:

The Holy Spirit is the perfect master at speaking and revealing the picture of all that God has for you TO YOU. Him inside you is better than Jesus physically beside you.

That may sound disrespectful to Jesus. However, Jesus literally said so himself. Jesus said, "It's better that I go to the Father". The only way this makes sense is if the Spirit in us is better than Jesus physically with us.

Count on this: If the Holy Spirit is here inside of you - it will be just as if I am here in person but even BETTER because We are the same and He will be inside of you".

When you see Jesus - you see exactly how God the Father is. They're the same. What is God like? Look at Jesus for the answer. What is being filled with the Holy Spirit like? Look at Jesus for the answer.

PRAYER:

Holy Spirit, You are God and you fill me in every way. Teach me today to know you. You are my guide, mentor, coach, and personal advocate. You motivate me and fuel my heart as you did Jesus' heart.

For further Study:

Hebrews 1:1-4; I Cor 3:16; Romans 15:30; I Cor 2:9-14; John 16:13; I Cor 6:19

EXPERIENCE HIM

S - Scripture

O - Observation

A - Application

P - Prayer

WEEK THREE INTRO

BREAKING THE IDOLATRY OF RELEVANCE

II Timothy 2:15-16 says, "Do your best to present yourself to God as one approved, a worker who does not need to be ashamed and who correctly handles the word of truth. Avoid godless chatter, because those who indulge will become more and more ungodly. Their teaching will spread like gangrene."

You give me a old servant of God drenched in the uncontaminated glory of Christ and saturated in the likeness of His pure holiness - that old servant will absolutely blow away any irrelevant hipster who is consumed in tainting the message of Christ with their addiction to being liked, approved, admired and "RELEVANT".

I imagine the prophets of old with nothing but rags, standing in the manifest presence of God ministering His Word without contamination. This is a pure devotion to the Lord. Seeing Him. Loving Him. Craving His voice.

This pure devotion is a very strong component for experiencing the frequency of God.

When you have a heart that cares more about the science of a "target market" or "people liking you" or "emotionally appealing to others". . . you will rarely, if ever, hear God the way you are designed to.

NEVER believe, "I need to find a church that my teens can relate to. They need to be able to relate to the messenger."

That's so appealing today - but it will never ever lead to the fruit God desires. The truth is when you are in relationship to Christ - the purity of your devotion and the power of His word in your life is what matters.

Rightly handling the Word of Truth means - Hear His voice. Know His Word. Do not contaminate it. Do not mix it with human wisdom or vain conceit. Do not try to be cool. Do not seek to be admired and accepted.

You are Approved by God. Hear Him and speak His word according to His perfect approval.

DAY:

Sunday

TODAY'S SCRIPTURE:

DAY:

Sunday

TODAY'S SCRIPTURE:

SERMON TITLE:

SPEAKER:

TODAY'S SCRIPTURE:

SPEAKER:

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DAY: Monday	TODAY'S SCRIPTURE: James 1:25
TIME:	PRAYER THEME: Peace for The Future

Think About Him Remember What You Hear

Imagine you're walking down the aisle of a relationship with Jesus Christ. He calls it the "Marriage Supper of the Lamb". What if the requirement for the supper is to be of like-kind. Lamb equally yoked to lamb.

No spot. No wrinkle. Pure devotion. True love for Jesus. No care about the rejection of man. No need for retaliation or defending yourself. No craving for glory or attention. Nothing prideful keeping you from powerfully locked-eyes with Him and oneness.

Can you see that?

It's a picture that I'm growing into during my time with the Lord - writing these devotions for you, Anchor Church.

James 1:25 says, "Anyone who looks intently into the perfect law that gives freedom, and continues in it - not forgetting what they have heard, but doing it - they will be blessed in what they do."

I want a heart that remembers his gaze and approval. I want affections for Him that look for His delight over me. I want a devotion to Him that recognizes His ways, His whisper. I want a ministry that waits on His promptings and lingers for His presence and power.

I want a heart that is less strategic in fulfilling my purpose - and - more content in the shadow of His wings and the beauty of His presence. I want to be a worshiper who remembers and savors the perfect word of Freedom in Christ.

PRAYER: *Jesus - this is where you speak so powerfully in me and to me. It's when we're eye-to-eye. Consume my gaze with your glory. I want to see you and hear you. You're all I want. Bless you, Jesus.*

EXPERIENCE HIM

S - Scripture

O - Observation

A - Application

P - Prayer

DAY: Tuesday	TODAY'S SCRIPTURE: John 16:14
TIME:	PRAYER THEME: Discerning God's Voice

Think About Him

His Voice is His Word, A Familiar Voice

One of the best ways to hear the Spirit speak is through the written Word of God. You may not know that reading the Bible has everything to do with hearing the Holy Spirit.

Sarah and I have been married for 22 years. Don't you think it's pretty common for each of us to be familiar with and recognize each other's voice? The same is true with the Holy Spirit. As we spend time listening to the Word we are becoming conditioned to discern His voice and His will.

The Word of God is living. It is active. It comes to mind for our lives and for others. Here is how to hear the Holy Spirit speak through the Word:

1. Enter His presence by praising Him (Psalm 100:4)
2. When you sense His presence, pray and make your heart, requests, needs, desires known to Him (Philippians 4:1-6).
3. Read the Word and pay attention to where He leads you in Scripture and what you read. Seek verses related to what you're burdened with.
4. Practice S.O.A.P. daily and pay attention to His voice.

I believe the Holy Spirit wants to speak to you and through you today. Just open up your heart and ask Him to speak to you.

If you are just now starting to eagerly desire the Spirit of God and what He has for you, you may have a hard time telling the difference between His voice and your own thoughts. The more you spend time with Him, it will become much easier to know when He is speaking.

PRAYER: *Holy Spirit, thank You that You're the same yesterday, today, and forever, and that You still speak to us. As I read Your Word and listen, help me to learn how to distinguish the voice of the Holy Spirit from my own. In Jesus' name, Amen.*

FURTHER STUDY: John 10:1-5, 27, Jeremiah 33:3, Matthew 4:4

EXPERIENCE HIM

S - Scripture

O - Observation

A - Application

P - Prayer

DAY: Wednesday	TODAY'S SCRIPTURE: Exodus 3:1-17
TIME:	PRAYER THEME: Renewal of Spiritual Discipline

Think About Him
Better Than A Burning Bush

Go with me. You are at your work place one day and out of no where something very ordinary catches on fire - but the fire doesn't actually burn up the object. So, you move toward it - and all of the sudden you hear a voice from the burning object telling you to take off your shoes because the ground you're standing on is holy.

You take your shoes off and in a very unique and profound way, you hear the voice telling you clearly what the purpose of your life is and what you are to do next with your life. Then the fire is gone and the voice is silent.

Sadly, many would for sure try to commercialize a moment like that or at least recreate it and charge people to help them have their own "Burning object" moment with God. I can see it now, "Come tour the 'burning object' site and learn how you too can have a life like this!"

Matthew 17:5 says, "While he was still speaking, a bright cloud covered them, and a voice from the cloud said, "This is my Son, whom I love; with him I am well pleased. Listen to Him!"

Peter wanted to put up three shelters and enshrine the moment. God wanted to strongly invite Peter into a lifestyle of listening to Jesus because Jesus was greater than Moses and the Prophets.

Jesus would prefer that you NOT rally around the burning bush or the mount of transfiguration. He for sure would not want you to monetize the moment and profit your ego off of his grace.

Jesus would rather that you follow his voice relationally and be content and satisfied with walking with Him, talking with Him and dwelling in the secret place of the Most High with Him. Today, value the ordinary disciplines of the extraordinary life.

PRAYER: *Holy Spirit, when have you revealed yourself to me and spoken, but I missed you? What are you teaching me about your will and voice. Speak to me. Train me to hear. Amen.*

EXPERIENCE HIM

S - Scripture

O - Observation

A - Application

P - Prayer

DAY: Thursday	TODAY'S SCRIPTURE: II Corinthians 10:5, Colossians 3:1-2
TIME:	PRAYER THEME: Healing Depression & Restoring Hope

Think About Him

How Hearing God Heals Depressive Cascades

A “Depressive Cascade” is a pattern of thinking and feeling that leads people to experience increasing fear, anxiety, loss, and hopelessness.

SCENARIO: Something uncomfortable/unwanted happens. For a person prone to depressive cascades of thinking and feeling they cannot say, “Oh that was unfortunate. That could happen to anybody.” They have more catastrophic ways of thinking, like: “There’s something wrong with me I have to protect myself fast. I never make good decisions. I’ve never been consistent at making good decisions and I’m never going to be good at making good decisions.”

This is called a depressive cascade of thinking and it leads many people to fail at hearing God and experiencing the truth of Christ in BINDING and replacing thought patterns.

II Corinthians 10:5 says, “We demolish arguments and every lofty opinion that sets itself up against the knowledge of God and we take captive every thought to make it obedient to Christ.”

Colossians 3:1-2 says, “you have been raised with Christ, set your hearts on things above where Christ is, seated at the right hand of God. Set your minds on things above, not on earthly things.”

A **depressive cascade** can be replaced with an expressive cascade.

An EXPRESSIVE cascade means you begin to verbally express His Word from your heart over your life and situation. Start with Colossians 3:1-2. Read it out loud. Express it until it becomes a part of your “binding” weaponry. Bind every thought cascade that doesn’t align with that truth. Express the truth as a powerful replacement of the lie.

PRAYER: *I hear your voice speaking to me that I have been raised WITH YOU, and my heart is designed to be bound and set above, where you are seated. Jesus speak to me. Your presence is the atmosphere of truth. I bind all lies of the enemy and submit my whole heart to Your voice of truth. Amen.*

EXPERIENCE HIM

S - Scripture

O - Observation

A - Application

P - Prayer

DAY: Friday	TODAY'S SCRIPTURE: Philippians 3:10
TIME:	PRAYER THEME: Healing Depression & Anxiety

Think About Him

True Worship vs. the Manic-Depressive Roller Coaster

I've experienced the manic extremes of hyper possibilities in life.
I've also experienced the extremes of hyper hopelessness in life.

Some of you are much more even-tempered and are more naturally gifted to avoid extremes. High five to you. I - personally - do not have that natural temperament. It's literally a weakness that I have to submit regularly to the truth of the Lord's Word.

Judge me if you will, but it's true. Hope is always alive and well and incredibly empowering in my heart. On some days, the ideals in my heart are less and less likely to ever become my reality.

Philippians 3:10 says, *"I want to know Christ and the power of His rising, to share in his sufferings and to be conformed to him in the likeness of His death, and so, somehow to attain to the resurrection from the dead."*

Here's how I've learned to deal with manic and even depressive swings:

- I do not live to "be great" or "fulfill my life purpose" or "accomplish the mission of Christ." I work to root my enthusiasm knowing Christ, Himself vs. in my performance or the results of my own work, effort, or perception of other people.
- I daily put to death the pride of perfectionism and personal fulfillment - and - I find true deep genuine joy in trust, rest, worship, stillness, friendships, worship, and the wholeness found only in the sharing in His sufferings and being conformed to Him in His likeness.
- I seek to identify all roots of bitterness and selfish ambition and set up systems in my life to help me avoid these two traps.

Worship is my personal longing and highest ambition. I know His voice. I know His ways. I long for His peace and I pursue His delight over me. This state of being is called "In the Spirit". It's where I always know His voice and His ways are my life. In the Spirit, I'm sober to the extremes of ambition.

PRAYER: *Father you fill me with perfect peace (Shalom, Shalom) when my mind is steadfast and fixed on You. I was made for this worship. Draw Your people in today. Protect me from the extremes of ambition and depression, in Jesus' Name. Amen.*

EXPERIENCE HIM

S - Scripture

O - Observation

A - Application

P - Prayer

DAY: Saturday	TODAY'S SCRIPTURE: Philippians 2:3-4
TIME:	PRAYER THEME: Genuinely Valuing All People

Think About Him

Hyper Self-Conscious, Vain, Insecure People Can Change

Consider this carefully: The attitude of Christ always hears the voice of God and the result will always be a deep genuine humble love and values of other people.

There have been many times in my life where I was so inwardly focused that I struggled to even make eye contact with people in a comfortable way. I could only think of how I was being viewed. My goal wasn't even conscious, it was intrinsically broken and flawed.

I had a frequency going on that tuned into affirmation, adoration, respect, and even at times worse. What was really going on in my own internal dialogue? I had no idea that it actually made me - probably - very awkward around others. It put off a frequency to others: "He doesn't care, he's seeking attention, he's not safe to get close to unless you just want to admire him and feed his ego".

Now, I never literally thought that, but after being in the presence of God and in many, many hours of wise counsel - I know for a fact that those shallow ways were woven into the fabric of my wounded soul.

What happens with even the slightest shift toward being more God-conscious? When you truly seek to hear God's voice HE ALWAYS turns your focus off of yourself and directly onto genuinely being interested in other people. He speaks love to you - and pours out love into you for the purpose of empowering you to see others, love others, and be a source of light to others.

PRACTICE THIS: Go into social situations focused on God's voice toward the goal of seeing other people, noticing others, caring for others, connecting with others, and building others up . . . with NO GOAL of getting validation, affirmation, or rewarding attention.

Philippians 2:3-4 says, "Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of others."

PRAYER: *Jesus, You always speak to me when my ambition is to genuinely value others above myself. You fill me with words, actions, and even acts of service that value them as You do. Today, speak. Show me Your ways and lead me to love as You love me. Amen.*

EXPERIENCE HIM

S - Scripture

O - Observation

A - Application

P - Prayer

FREQUENCY SEMINAR

HEAR. BELIEVE. OBEY

January 27 | 6 PM - 9 PM
January 28 | 8:30 AM - 2:30 PM

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SESSION 2:

TRAINING YOUR SENSES TO KNOW GOD'S VOICE

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SESSION 2:

TRAINING YOUR SENSES TO KNOW GOD'S VOICE

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SESSION 3:

HOW TO RECEIVE A PROPHETIC WORD FROM GOD

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SESSION 3:

HOW TO RECEIVE A PROPHETIC WORD FROM GOD

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SESSION 4:

HOW TO SHARE A PROPHETIC WORD WITH OTHERS

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SESSION 4:

HOW TO SHARE A PROPHETIC WORD WITH OTHERS

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SESSION 5:

PROPHETIC MINISTRY, FAITH, HEALINGS, & MIRACLES

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SESSION 5:

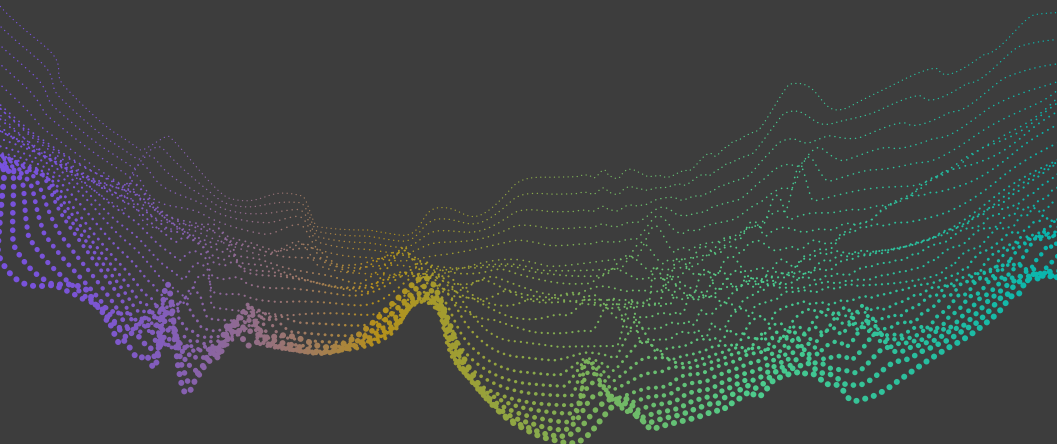
PROPHETIC MINISTRY, FAITH, HEALINGS, & MIRACLES

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*We exist to help you to Know God, Discover Purpose, and
Change Your World.*

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