



NEW LIGHT CHURCH

THE DISCOVERY

DR. IRISHEA HILLIARD



21 DAY
JOURNEY
WORKBOOK

DR. I PRESENTS...

THE 21 DAY DISCOVERY

WELCOME

This workbook is here to help you embark on a personal journey of discovering something new with God. Each day's reflections, affirmations, and action steps are meant to inspire you to deepen your faith, embrace who you are in Christ, and live a life that glorifies Him.

HOW TO GET THE MOST OUT OF THIS WORKBOOK

To truly benefit from this workbook, approach it with an open heart and a willingness to engage. Set aside quiet time each day to reflect on the scripture and themes provided. Allow yourself to ponder the affirmations and incorporate the action steps into your daily life. Remember, growth is a process, so be patient with yourself as you cultivate a deeper relationship with God.

HOW TO USE THE WORKBOOK

This workbook is structured around a straightforward format to help you connect with God each day. Here's a quick overview of its key components:

- **Scripture:** Each entry begins with a relevant Bible verse. This foundational text is meant to inspire and challenge you as you explore your faith.
- **Affirmation:** Each day includes a positive statement that reinforces your identity in Christ. Reciting these affirmations can help strengthen your faith and boost your confidence in God's promises.
- **Action Step:** This section gives you a tangible way to apply what you've learned. Completing the suggested action creates a practical link between your reflections and daily living, making your spiritual journey active and impactful.
- **Moment of Reflection:** Take a few moments to meditate on the scripture of the day. Consider how it relates to your own life and which aspects resonate most deeply with your current experiences. Allow this reflection to guide your thoughts and prayer as you seek a deeper understanding of God's message for you.

21 DAY DISCOVERY

TODAY'S MENU

STARTER

Blackened Shrimp Caesar Salad

MAIN

Pot Roast with Carrots and Mashed Potatoes

DESSERT

Pound Cake



Recipes Included



DAYS 1-7: BLACKENED SHRIMP

CAESAR SALAD

DAY 1: SEEKING GOD WHOLEHEARTEDLY

S T A R T E R

Scripture: Jeremiah 29:13 (NIV)

"You will seek me and find me when you seek me with all
your heart."

M A I N

Affirmation

You will seek me and find me when you seek me with all your
heart.

D E S S E R T

Action Step

Spend 15 minutes in quiet prayer, asking God to reveal
Himself to you in a new way.

M O M E N T O F R E F L E C T I O N



DAY 2: ASKING AND RECEIVING

S T A R T E R

Scripture: Matthew 7:7 (NIV)

"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you."

M A I N

Affirmation

I am open to receiving God's blessings and guidance.

D E S S E R T

Action Step

Write down three things you are seeking from God.

M O M E N T O F R E F L E C T I O N



DAY 3: EXPERIENCING GOD'S GOODNESS

S T A R T E R

Scripture: Psalm 34:8 (NIV)

"Taste and see that the Lord is good; blessed is the one who takes refuge in him."

M A I N

Affirmation

I experience and see the goodness of the Lord in my life.

D E S S E R T

Action Step

Share a meal with a friend or family member and discuss the goodness of God in your lives. Focus on the flavors as you cook and enjoy the shrimp caesar salad.

M O M E N T O F R E F L E C T I O N



DAY 4: SEEKING GOD'S PRESENCE

S T A R T E R

Scripture: Isaiah 55:6 (NIV)

"Seek the Lord while he may be found; call on him while he is near."

M A I N

Affirmation

God's presence is always near, and I seek Him diligently.

D E S S E R T

Action Step

Spend time in worship, focusing on God's presence.

M O M E N T O F R E F L E C T I O N



DAY 5: LOVING AND SEEKING GOD

S T A R T E R

Scripture: Proverbs 8:17 (NIV)

"I love those who love me, and those who seek me find me."

M A I N

Affirmation

I love God and seek Him earnestly.

D E S S E R T

Action Step

Reflect on your love for God and how you can deepen your relationship with Him.

M O M E N T O F R E F L E C T I O N



DAY 6: GUIDANCE THROUGH GOD'S WORD

STARTER

Scripture: Psalm 119:105 (NIV)

"Your word is a lamp for my feet, a light on my path."

MAIN

Affirmation

God's word guides my steps and illuminates my path.

DESSERT

Action Step

Read a passage from the Bible that speaks to you and meditate on it.

MOMENT OF REFLECTION



DAY 7: FAITH AND REWARD

S T A R T E R

Scripture: Hebrews 11:6 (NIV)

"And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him."

M A I N

Affirmation

My faith in God is strong, and He rewards my earnest seeking.

D E S S E R T

Action Step

Write a prayer of faith, thanking God for His rewards and blessings.

M O M E N T O F R E F L E C T I O N



THE DISCOVERY RECIPE

BLACKENED SHRIMP CAESAR SALAD

INGREDIENTS:

ROMAIN LETTUCE, SPINACH, BABY ARUGULA, BEETS, CARROTS, SHRIMP, LEMON

RECIPE:

- WASH SHRIMP.
- TURN ON SAUCE PAN WITH BOILING WATER FOR EGGS.
- ADD SALT TO BOILING WATER.
- SAUTE PAN WITH BUTTER ON MEDIUM HEAT.
- SEASON SHRIMP TO YOUR LIKING.
- ADD SEASONED SHRIMP TO SAUTE PAN.
- WASH ALL GREENERY.
- COOK SHRIMP UNTIL BLACKENED.

THE DISCOVERY



DR. IRISHEA HILLIARD

BLACKENED SHRIMP CAESAR SALAD CONTINUED...

RECIPE:

- COOK SHRIMP AND EGGS THOROUGHLY
- CHOP BOIL EGG & SHRIMP
- PLACE GREENERY IN BOWL
- GRATE CARROTS & BEETS
- ADD BOTH TO BOWL
- ADD CROUTONS OF YOUR CHOICE
- ADD CAESAR DRESSING
- TOSS SALAD & SERVE



JOURNEY TO DISCOVERING GOD

FATHER IN THE NAME OF JESUS I COME
SEEKING TO KNOW YOU MORE DEEPLY. GUIDE
ME ON MY JOURNEY OF DISCOVERY, OPEN MY
EYES TO YOUR PRESENCE AND MY EARS TO
YOUR VOICE. MY DESIRE IS TO DRAW CLOSER
TO YOU AND TO UNDERSTAND YOUR WILL FOR
MY LIFE. GIVE ME THE WISDOM TO DISCERN
YOUR GUIDANCE AND THE PATIENCE TO WAIT
FOR YOUR TIMING. FILL ME WITH YOUR SPIRIT,
THAT I MAY WALK IN YOUR TRUTH AND GROW
IN MY DISCOVERY OF YOU.

AMEN.



DAYS 8-14: POT ROAST WITH
CARROTS AND MASHED POTATOES

DAY 8: GOD'S PURPOSE IN OUR LIVES

S T A R T E R

Scripture: Romans 8:28 (NIV)

"And we know that in all things God works for the good of those who love him, who have been called according to his purpose."

M A I N

Affirmation

God is working all things together for my good.

D E S S E R T

Action Step

Reflect on how God has worked things out for your good in the past.

M O M E N T O F R E F L E C T I O N



DAY 9: STRENGTH THROUGH CHRIST

S T A R T E R

Scripture: Philippians 4:13 (NIV)

"I can do all this through him who gives me strength."

M A I N

Affirmation

I am strong in Christ and can accomplish all things through
Him.

D E S S E R T

Action Step

Take a moment to thank God for the strength He gives you
daily.

M O M E N T O F R E F L E C T I O N

THE DISCOVERY



DR. IRISHEA HILLIARD

DAY 10: PROVISION

STARTER

Scripture: Psalm 23:1 (NIV)

"The Lord is my shepherd, I lack nothing."

MAIN

Affirmation

The Lord is my provider; I lack nothing.

DESSERT

Action Step

Identify an area of your life where God has provided abundantly.

MOMENT OF REFLECTION



DAY 11: ABIDING IN CHRIST

S T A R T E R

Scripture: John 15:5 (NIV)

"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing."

M A I N

Affirmation

I remain in Christ and bear much fruit.

D E S S E R T

Action Step

Spend time in prayer, asking God to help you stay connected to Him.

M O M E N T O F R E F L E C T I O N

THE DISCOVERY



DR. IRISHEA HILLIARD

DAY 12: CASTING OUR CARES

STARTER

Scripture: 1 Peter 5:7 (NIV)

"Cast all your anxiety on him because he cares for you."

MAIN

Affirmation

I cast all my cares on God because He cares for me.

DESSERT

Action Step

Write down any anxieties or concerns and pray over them,
casting them onto God.

MOMENT OF REFLECTION

THE DISCOVERY



DR. IRISHEA HILLIARD

DAY 13: RENEWED STRENGTH

STARTER

Scripture: Isaiah 40:31 (NIV)

"But those who hope in the Lord will renew their strength.
They will soar on wings like eagles; they will run and not
grow weary, they will walk and not be faint."

MAIN

Affirmation

My hope is in the Lord, and He renews my strength.

DESSERT

Action Step

Spend time in worship, renewing your strength in the Lord.

MOMENT OF REFLECTION



DAY 14: SEEKING WISDOM

S T A R T E R

Scripture: James 1:5 (NIV)

"If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you."

M A I N

Affirmation

I seek God's wisdom, and He generously provides it.

D E S S E R T

Action Step

Pray for wisdom in a specific area of your life.

M O M E N T O F R E F L E C T I O N



THE DISCOVERY RECIPE

POT ROAST

INGREDIENTS:

CELERY, ONIONS, CARROTS, CHUCK ROAST (BEEF), LEEKS, GARLIC, TOMATO PASTE, FLOUR, RED WINE (MERLOT), BEEF STOCK, THYME, PARSLEY, OLIVE OIL

RECIPE:

- GENEROUSLY SEASON THE BEEF ON ALL SIDES WITH SALT.
- PLACE ON A RACK OVER A SHEET TRAY AND PLACE UNCOVERED IN THE REFRIGERATOR FOR 12 TO 48 HOURS.
- REMOVE THE BEEF FROM THE FRIDGE AND SEASON WITH PEPPER ON ALL SIDES.
- ADD THE OLIVE OIL TO A LARGE DUTCH OVEN POT OVER HIGH HEAT UNTIL IT SMOKES LIGHTLY.
- PLACE IN THE BEEF, TURN THE HEAT DOWN TO MEDIUM, AND SEAR ON ALL SIDES UNTIL IT IS GOLDEN BROWN ALL AROUND. THIS WILL TAKE 3 TO 4 MINUTES PER SIDE.

THE DISCOVERY



DR. IRISHEA HILLIARD

POT ROAST CONTINUED...

RECIPE:

- SET THE BEEF ASIDE ON A PLATE AND ADD THE ONIONS AND LEEKS, SEASON WITH SALT, AND SAUTÉ FOR 4 TO 6 MINUTES. THEN, TURN THE HEAT DOWN TO LOW MEDIUM AND CONTINUE COOKING FOR 10 MINUTES OR UNTIL THE ONIONS ARE WELL BROWNEED.
- STIR IN THE GARLIC AND COOK UNTIL FRAGRANT, WHICH TAKES 30 TO 45 SECONDS.
- DEGLAZE WITH $\frac{1}{4}$ CUP OF WINE AND COOK UNTIL IT IS COMPLETELY ABSORBED.
- NEXT, STIR IN THE TOMATO PASTE AND COOK FOR 2 TO 3 MINUTES OR UNTIL IT IS INCORPORATED INTO THE VEGETABLES.
- POUR IN THE $\frac{3}{4}$ CUP WINE, BEEF STOCK, BAY LEAVES, THYME, PARSLEY, SALT, AND PEPPER AND STIR TO COMBINE.

THE DISCOVERY



DR. IRISHEA HILLIARD

POT ROAST CONTINUED...

RECIPE:

- ADD BACK IN THE SEARED BEEF AND BRING THE MIXTURE TO A BOIL, THEN PUT ON THE LID. PLACE IT ON A RACK IN THE LOWER THIRD OF THE OVEN, AND COOK AT 325° FOR 3 ½ TO 4 HOURS OR UNTIL FORK TENDER AND HAS AN INTERNAL TEMPERATURE OF 200° TO 210°.
- WITH ABOUT 70 MINUTES LEFT IN THE COOKING PROCESS, ADD THE POTATOES, PREPARED CARROTS, CELERY, AND ANY OTHER VEGETABLES TO THE POT ALONG WITH THE BEEF AND FINISH COOKING ALONGSIDE THE POT ROAST.
- REMOVE THE POT FROM THE OVEN AND CAREFULLY SET ASIDE ONLY THE BEEF ROAST. MIX SOFTENED BUTTER AND FLOUR TO MAKE A BEURRE MANIE.
- ADD THE BEURRE MANIE TO THE POT WITH THE LIQUID AND VEGETABLES AND COOK OVER LOW TO MEDIUM HEAT FOR 3 TO 5 MINUTES OR UNTIL THE SAUCE THICKENS LIKE A GRAVY.

THE DISCOVERY



DR. IRISHEA HILLIARD

POT ROAST CONTINUED...

RECIPE:

- FINISH THE MIXTURE BY STIRRING IN OPTIONAL VINEGAR AND WORCESTERSHIRE SAUCE.
- ADD THE BEEF BACK TO THE POT AND SERVE.



JOURNEY TO STRENGTHENING FAITH

FATHER THANK YOU FOR STRENGTHENING MY
FAITH. THANK YOU FOR AN UNWAVERING
CONFIDENCE IN YOUR LOVE PROMISES, AND
PROVISION EVEN WHY MY PATH IS NOT CLEAR.
GIVE ME THE COURAGE TO STEP FORWARD IN
FAITH, KNOWING THAT YOU ARE WITH ME
EVERY STEP OF THE WAY. I DECLARE, I AM
REMINDED OF YOUR FAITHFULNESS AND THE
ASSURANCE THAT YOU ARE IN CONTROL WHEN
DOUBTS AND FEARS TRY TO CREEP IN. THANK
YOU FOR YOUR GUIDANCE AND SUPPORT AS I
MAKE MY JOURNEY.

AMEN.

THE DISCOVERY



DR. IRISHEA HILLIARD

DAYS 15-21: POUND CAKE

DAY 15: WONDERFULLY MADE

STARTER

Scripture: Psalm 139:14 (NIV)

"I praise you because I am fearfully and wonderfully made;
your works are wonderful, I know that full well."

MAIN

Affirmation

I am fearfully and wonderfully made by God.

DESSERT

Action Step

Reflect on the unique qualities God has given you.

MOMENT OF REFLECTION

THE DISCOVERY



DR. IRISHEA HILLIARD

DAY 16: CREATED FOR GOOD WORKS

STARTER

Scripture: Ephesians 2:10 (NIV)

"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."

MAIN

Affirmation

I am created in Christ Jesus to do good works.

DESSERT

Action Step

Identify a good work you can do for someone today.

MOMENT OF REFLECTION

THE DISCOVERY



DR. IRISHEA HILLIARD

DAY 17: WORKING WHOLEHEARTEDLY

STARTER

Scripture: Colossians 3:23 (NIV)

"Whatever you do, work at it with all your heart, as working for the Lord, not for human masters."

MAIN

Affirmation

I work with all my heart as for the Lord.

DESSERT

Action Step

Commit to doing your tasks today with a heart full of dedication to God.

MOMENT OF REFLECTION

THE DISCOVERY



DR. IRISHEA HILLIARD

DAY 18: LETTING YOUR LIGHT SHINE

STARTER

Scripture: Matthew 5:16 (NIV)

"In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven."

MAIN

Affirmation

My light shines before others, glorifying my Father in heaven.

DESSERT

Action Step

Think of a way you can let your light shine today.

MOMENT OF REFLECTION

THE DISCOVERY



DR. IRISHEA HILLIARD

DAY 19: ABUNDANT LIFE

STARTER

Scripture: John 10:10 (NIV)

"The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full."

MAIN

Affirmation

I have life to the fullest in Christ.

DESSERT

Action Step

Take a moment to enjoy the fullness of life in Christ.

MOMENT OF REFLECTION

THE DISCOVERY



DR. IRISHEA HILLIARD

DAY 20: NEW CREATION

STARTER

Scripture: 2 Corinthians 5:17 (NIV)

"Therefore, if anyone is in Christ, the new creation has come:
The old has gone, the new is here!"

MAIN

Affirmation

I am a new creation in Christ.

DESSERT

Action Step

Reflect on the new life you have in Christ.

MOMENT OF REFLECTION

THE DISCOVERY



DR. IRISHEA HILLIARD

DAY 21: GOD'S FAITHFULNESS

STARTER

Scripture: Philippians 1:6 (NIV)

"Being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus."

MAIN

Affirmation

God is faithful to complete the good work He began in me.

DESSERT

Action Step

Celebrate God's faithfulness in your life.

MOMENT OF REFLECTION



THE DISCOVERY RECIPE

LEMON BUTTER POUND CAKE

INGREDIENTS:

FLOUR, EGGS, BUTTER (UNSALTED), SUGAR, MILK, BAKING POWDER, VANILLA EXTRACT,
LEMON EXTRACT

RECIPE:

- PREHEAT OVEN TO 325 F. GREASE A 10-CUP BUNDT CAKE PAN WITH A THIN LAYER OF SHORTENING (I USE BUTTER-FLAVORED SHORTENING FOR THIS. IT GIVES THE CRUST A NICE GOLDEN CRUNCH AND BUTTERY FLAVOR) AND THEN VERY LIGHTLY COAT IT WITH FLOUR. SET ASIDE. (IF USING LOAF PANS USE TWO 9.5 LOAF PANS)
- IN A LARGE BOWL ADD SIFTED FLOUR, BAKING POWDER, AND SALT. WHISK TOGETHER WELL TO MAKE SURE ALL OF THE DRY INGREDIENTS ARE COMBINED. SET ASIDE.
- IN ANOTHER LARGE BOWL, CREAM TOGETHER BUTTER UNTIL FLUFFY.



LEMON BUTTER POUND CAKE CONTINUED...

RECIPE:

- ADD SUGAR GRADUALLY WHILE MIXING AT LOW SPEED UNTIL COMBINED AND FLUFFY. MIX FOR THREE MINUTES (SET TIMER)
- MIX IN EGGS ONE OR TWO AT A TIME JUST UNTIL COMBINED. KEEP YOUR MIXTURE ON LOW SPEED.
- MIX DRY INGREDIENTS INTO WET INGREDIENTS WHILE ALTERNATING WITH THE WHOLE MILK. START AND END WITH THE DRY INGREDIENTS. MIX UNTIL BATTER IS COMBINED AND FLUFFY. KEEP THE MIXER ON LOW SPEED. BE SURE TO SCRAPE DOWN THE SIDES OF THE BOWL.
- MIX IN THE VANILLA EXTRACT AND LEMON EXTRACT.
- SPOON BATTER EVENLY INTO PREPARED BUNDT PAN. SHAKE AND TAP THE PAN ON THE COUNTER TO EVEN OUT THE BATTER AND RELEASE ANY AIR POCKETS.

THE DISCOVERY



DR. IRISHEA HILLIARD

LEMON BUTTER POUND CAKE CONTINUED...

RECIPE:

- PLACE ON THE MIDDLE RACK AND BAKE FOR 1 HOUR AND 10-20 MINUTES UNTIL A CAKE TESTER OR TOOTHPICK INSERTED INTO THE POUND CAKE COMES OUT CLEAN.
- PLACE PAN ON A COOLING RACK UNTIL IT IS COOL ENOUGH TO TOUCH BUT STILL WARM.
- CAREFULLY REMOVE THE CAKE FROM THE PAN AND PLACE IT ON A WIRE RACK TO FINISH COOLING.
- SLICE THE COOLED CAKE AND SERVE.
*REMEMBER POUND CAKE IS ONE OF THOSE DESSERTS THAT GETS BETTER THE NEXT DAY.

THE DISCOVERY



DR. IRISHEA HILLIARD

JOURNEY TO GRADITUDE AND REFLECTION

FATHER, AS I REFLECT ON YOUR GOODNESS AND YOUR FAITHFULNESS, I THANK YOU FOR THE MANY BLESSINGS YOU HAVE GIVEN ME. THANK YOU FOR A HEART OF THANKFULNESS, RECOGNIZING YOUR HAND IN EVERY AREA OF MY LIFE. FATHER, I DECLARE THAT BECAUSE OF MY GRATITUDE AND REFLECTION FOR YOU IT CAUSES MY CONNECTION WITH YOU TO GROW DEEPER. I DECLARE I WILL CONTINUALLY EXPRESS MY GRATITUDE THROUGH PRAYER AND PRAISE, THAT BRINGS ME INTO A CLOSER RELATIONSHIP WITH YOU.

AMEN.



21 DAY
JOURNEY
WORKBOOK

