

The 7-Week Genesis Life - Wellness Workbook

Prep Week

Before you actually start the program it is very important that you prepare yourself to succeed. You must be prepared physically, mentally and spiritually in order to overcome and take dominion over the obstacles ahead. Remember, the 7 Week GL-Wellness program is covenant based on the principle and tenets of the Bible. Some of steps are challenging, therefore you must count on the Lord to strengthen you in every step of the way.

Vegetables (60%-70%)

Almost all of your vegetable choices should be green, leafy green, or orange and yellow. Limited the intake of white potatoes and corn. Check your sensitivity to tomatoes and some of the squash family. Vegetables are best quick steamed to a vibrant color and should be a little crisp. Vegetables should NOT be sautéed in oil, but rather with water and then room temperature flavored oil can be poured over for flavor. This category should be 10% of the total calories for the day, which is about 60-70% of the bulk of the food for the day.

Whole Grains:

Whole grains with the husk (outer layer intact): Most whole grains will have a cook time of at least 45 minutes. Smaller grains, such as Quinoa, may only take 20 minutes. The usual cooking ratio is 2-parts water to 1-part grain. Grains can be seasoned during cooking with low sodium vegetable based bouillons or with fresh herbs. Plain cooked grains can be seasoned afterwards with honey, almonds, cinnamon and soymilk for breakfast or with flavored olive oils for lunch or dinner. This category should be about 15% of the total calories for the day.

Whole Grain Breads and Pastas:

These food products substitute white flour breads and pastas. It is critical to read the label. Whole wheat is not necessarily whole grain. Bread or pastas that indicate being enriched, fortified, bleached or in other terms processed are probably not whole grain. As a rule, whole grain or sprout breads will be much heavier and less pliable than regular white bread. In addition, most whole grain or multi grain pasta will take 3-5minutes longer to cook than regular pasta and when once cooked, they will have a firmer consistency and a chewier texture than regular pasta. This category should only be 15% of the total calories for the day.

Meats and Fish

Meat is not the worst thing in the world. You need to remember portions and preparations. The first is portions. Meat (Chicken, turkey, beef) should only be 10% of the meal or 10% of your daily intake and a maximum of 30% of the daily calories. As for fish, the “colder the water” the better the fish. Cold-water fish such as Salmon and Cod are high in essential fatty acids, and Omega 3-6 oils, which are necessary for a healthy cardio-vascular system and immune system. The best preparation for both meat and fish would be to bake, steams, grill or broil. Frying is out of the question. As far as seasoning, you can prepare the food with herbs, lemon, peppers, etc. In the past you may use to preparing 6-8 chicken cutlets for a family of 4 (that was the past), but now you would use only 2-4 cutlets, because each plate can only hold 10% meat.

The “Do not eat list”

The foods that are on the “Do not eat list fall into 5 main categories; the simple carbohydrates (sugar), the high saturated fat food, the low fiber foods, the processed foods, potentially allergic foods.

Typical Breakfast choices:

1. Eggs once or twice per week: Whole eggs are best poached or hard-boiled with a side some steamed vegetable mix of spinach, mushrooms, peppers and onions. Maybe you can add a slice feta or goat cheese and a slice of wholegrain or sprout bread, but don't push it! If you need to have an omelet, make sure it's egg white and you can put the above vegetables in the omelet.
2. Dry Cereals once or twice per week: Remember even the best of the whole grain organic cereals are closer to simple carbohydrates than complex. One cup, that means 8oz, with soy, almond, rice or fat free milk (in the best to worst order). Add plenty of fruit such as blueberries, Strawberries, raspberries, or apple slices. You can also add whole flax seed or chopped almonds, walnuts and pecans.
3. Hot Whole Grain Cereals 3 or 4 times per week: Make sure the hot cereal is a whole grain not instant cooking and don't limit yourself to oatmeal. You can also take previously cooked (unseasoned) whole grains (spelt is a good choice) and blend with soy or almond milk and then heat to just before a boil. Then add raw honey or cinnamon for flavor or add plenty of fruit such as blueberries, Strawberries, raspberries, or apple slices. You can also add whole flax seed or chopped almonds, walnuts and pecans.
4. Fruit salad once or twice per week: If the fruit has an edible skin leave it on. Try to include pineapples and papaya as much as possible. Try this in 2 – 8oz portions about a ½ hour apart. If you are experiencing symptoms of diabetes try 4 – 4oz portions and check your blood sugar. Also consider these 4oz portions as snacks during the day.

Typical Lunch Choices: Lunch can be challenging especially for those who work in high paced time constraining occupations. Therefore, pre-planning is necessary for success.

1. There are no real rules of what to eat and when. So if you would like to have one of the breakfast choices for lunch, that's Ok!
2. Salad Varieties 3 to 4 time per week: Grilled chicken, salmon, tuna, turkey or any other lean meat with and Caesar or any other kind of salad is a great choice, just remember to monitor the proportion of the proteins. Here's where you can get creative. In the salad you can add any variety of vegetables, spouts, legumes, pecans, almonds, flax seed and tofu products. Remember to be careful with the amount and types of dressing and cheese you would be tempted to add.
3. The Sandwich once or twice per week: This is something you will definitely have to make at home. Obviously you start with a real whole grain or sprout bread, lean low fat turkey or chicken, with lettuce and tomatoes. Again you need to be careful with the cheese and dressing choice. On the side, instead of the typical chip, substitute with plenty of raw vegetables. Don't be tempted with the low fat, baked potato chip. The sandwich can also be made with grilled chicken, tuna, portabella mushroom or one of the many varieties of veggie burgers.
4. The Chinese Take-out style lunch 2 to 3 times per week: This does not have to be Chinese food, but the guideline should be useful. A standard dish would be steamed chicken and vegetables with brown rice and sauce on the side. The key here is the sauce on the side. Don't ruin the meal with the thick high sugar MSG filled sauce.

Typical Dinner Choices: The choices for dinner are the same as lunch with some additions. Here is where you closely follow the variety of choices and proportions as described in the book. Here is where preparation really counts. Every 2 or 3 days prepare enough varieties of food for the next 2 or 3 days. For example prepare 2 or 3 varieties of whole grains that will last 2 or 3 days. The same goes with grilled meats and steamed vegetables. The same combinations of meals prepared for dinner can be put in plastic containers for the lunch the next day. This saves both time and money.

Deu 16:9 — Seven weeks shalt thou number unto thee: begin to number the seven weeks from [such time as] thou beginnest [to put] the sickle to the corn.

Here is where you begin the 7-week journey. Pick up your sickle and reap your own harvest.

Reflect of your willingness to do what it takes to achieve your health goals.

Week 1: The Dominion Diet

No one likes the word diet. Therefore, we have the word “Dominion” before the word diet. This signifies that we are charged to take authority of that which we consume as food or drink.

As you can see from the book this diet is different from others marketed by the world. Our main concern is not solely to lose weight, but to do much, much more. The Dominion Diet is designed to increase your energy levels, fire-up your metabolism, boost your immune system, increase muscle mass and decrease fat levels. In short, this eating lifestyle is intended to make you healthier.

After you have read the chapter and watched the class, set a plan of action to take authority over your food. Each day eliminate a “do not eat” food and add a healthy food to take its place. **Do Not** try to make all the changes at once. This is a sure way to set yourself up for failure.

Day 1

Genesis 1:29 - And God said, "See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food"

God has already prescribed the perfect covenantal diet to sustain your well-being.

Reflect on your willingness to change your diet to 60-70% whole grains and vegetables.

Day 2

Daniel 1: 12-15 - Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. Then compare our appearance ... At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food.

The Hebrew boys proved that a diet of delicacies is not the way to good health.

Record 3 foods (that you love but know are not good for you) you are willing to give up for 10 days.

Day 3

Lev 3:17 - It is a perpetual statute throughout your generations in all your dwellings: you shall not eat any fat or any blood. "

God declared fat as unclean 3000 years ago. It wasn't until the 20th century did we know why.

Write your own positive affirmation against heart disease and cancer.

Day 4

Proverbs 23:19- 21 - Listen, my son, and be wise, And direct your heart in the way. Do not be with heavy drinkers of wine, Or with gluttonous eaters of meat; For the heavy drinker and the glutton will come to poverty, And drowsiness will clothe one with rags.

Gluttony is self-destructive. Take authority and know when you have eaten enough and STOP!

Petition the Lord in your own words to give you the strength to know when enough is enough.

Day 5

Psalms 119:103 - How sweet are your words to my taste, sweeter than honey to my mouth!

Beware of moderation. Don't tempt the limit of your moderation.

Reflect on your diet weaknesses and ask the Lord to help you through.

Day 6

Luke 4:3 - The devil said to him, "If you are the Son of God, tell this stone to become bread." Jesus answered, "It is written: 'Man does not live on bread alone.'"

How often do you just mindlessly eat? In the midst of intense hunger Jesus still refuses to eat.

Bread is one of the most fattening foods. Can you go 7 days without eating bread? Keep a record.

Day 7

1 Cor 3:16-17 - Do you not know that you are a temple of God and that the Spirit of God dwells in you? If any man destroys the temple of God, God will destroy him, for the temple of God is holy, and that is what you are.

Most diseases are the result of poor diet and other unhealthy lifestyle choices. In other words we destroy our own temple. Create your own affirmation, "my body is the temple of the Holy Spirit..."

Week 2: The Healing Herbs

Many people ask, “Do I really need to take supplements, “If I eat properly, won’t I get all the nutrients I need?” The truth is that if you really eat properly, theoretically you should not have to take any supplements. But the problem goes beyond eating properly. Even if you master the “Dominion Diet” the problem is not the diet...it is the food itself. Most foods, even the organic ones, still suffer from a depletion of vitamins, minerals, essential fatty acids, complex carbohydrates and amino acids.

The problem lies in the environment. Our farmlands have been over utilized and depleted of mineral content. The deterioration of the ozone layer has caused harmful UV rays to effect the development of crops, and fossil fuel pollution leads to high levels of acid rain. All these factors severely affect the nutritional content of most vegetation.

Make it a point to set up a routine that works with your schedule.

Day 8

2 Chronicles 20:3 - Jehoshaphat was afraid and turned his attention to seek the LORD, and proclaimed a fast throughout all Judah.

Herbs are necessary to supply your body with nutrients that are rarely found naturally in our foods.

But what about depriving your body? Read the story of Jehoshaphat and call a fast today!

Day 9

Ex 15:26 - If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee.

Supplements can surely promote healing, but let us not forget the true source of our healing.

Create your own affirmation of obedience that confirms that the Lord God is your healer.

Day 10

Ps 103:3 - Who forgiveth all thine iniquities; who healeth all thy diseases;

This key verse highlights the relationship between forgiveness and healing. Set this day apart to repent and humble yourself. Create a list of your iniquities (dig deep) and areas where you need healing.

Day 11

Rev 2:7 - He who has an ear, let him hear what the Spirit says to the churches. To him who overcomes, I will grant to eat of the tree of life, which is in the Paradise of God.

We need to persistently strive to overcome the wiles of the enemy by faith in Christ.

Jesus is the ultimate ingredient for life. What are you striving to overcome?

Day 12

Rev 22:2 - in the middle of its street. On either side of the river was the tree of life, bearing twelve kinds of fruit, yielding its fruit every month; and the leaves of the tree were for the healing of the nations.

In the presence of the Lord we will always bear fruit. And the leaves have the power to heal and restore.

Just like the herbs you take help restore your physical man, what can you do today to help others in need?

Day 13

EZ- 47:12 By the river on its bank, on one side and on the other, will grow all kinds of trees for food. Their leaves will not wither and their fruit will not fail. They will bear every month because their water flows from the sanctuary, and their fruit will be for food and their leaves for healing.

Staying close to the Word of the Lord will always keep you fresh and full of life.

Your wellness will be a witness to others. What fruit do you expect to bear that will be your testimony?

Day 14

Pr 11:30 The fruit of the righteous is a tree of life, And he who is wise wins souls.

Righteous leads to life. Wise decisions create a testimony. God has supplied through His wisdom the fruit of the ground to give us physical life and His Word to give us eternal life.

How do you plan to use your quest for wellness as a tool to win souls?

Week 3: The Core Exercises

Some people like to exercise and some don't. My hope is that you are one of the ones that do, but the statistics show that only 20% of the adults in America participate in regular exercise. The core exercises are designed to be a standard for the minimum amount of exercise you need to do per day. If you are not used to exercising it may seem tough at first but in time it will become easier.

As a means to get your exercises done each day, I recommend that you start and complete your "Core Exercise" routine before you leave your bedroom in the morning. The purpose of this early morning session is to energize and invigorate your body right from the start of the day. You will feel as if you were up for hours and ready to **face the day with authority**. Each day you have a choice, let the day run you or you dominate the day!

Day 15

*2Sa 22:33 It is God who arms me with **strength** and makes my way perfect*

Physical conditioning is our responsibility, but God is still the source of our strength.

Exercising is not always enjoyable. Write your own affirmation asking the Lord to be your motivation.

Day 16

*Ps 46:1 God is our refuge and **strength**, an ever-present help in trouble.*

No matter how physically strong we are, we must remember that the Lord is always our refuge. The Lord implies the use His strength with Dominion. Regular physical fitness helps us take dominion over our body and our health.

What are your weaknesses when it comes to doing exercise? What are some of your strong aspects?

Day 17

*Ps 73:26 My flesh and my heart may fail, but God is the **strength** of my heart and my portion forever.*

No matter how hard we try to eat right and exercise, eventually our physical man will breakdown. But God will never fail. No matter your age, physical condition or situation...God is always there.

This is not an opportunity to give up to futility. What two exercises can you increase today?

Day 18

Isa 40:31 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.

Sometimes exercising can be boring or just exhausting at the thought of it. But know that the Lord is there to motivate you and to encourage you. Don't give in to the lethargy of the flesh.

When you're down and unmotivated what can you say to yourself to get back on track?

Day 19

Php 4:13 I can do everything through Him (Christ) who gives me **strength**.

This is the ideal word for when you want to quit. The key to this scripture is "I can" not "I can't".

Some exercises seem impossible at first. Try substituting, "I can do _____ through Christ...)"

Day 20

1Co 9:24 Do you not know that in a **race** all the runners run, but only one gets the prize? Run in such a way as to get the prize.

This is a great verse to rebuke the pitfall of mediocrity. Here is where you strive to "Push It".

Closely monitor your exercise progress. Set some goals from where you are today to where you want to be next week. (Example: This week you did 10 reps and next week you shoot for 15 reps)

Day 21

2Ti 4:7 I have fought the good fight, I have finished the **race**, I have kept the faith.

How did you rate your week of exercise? Have you overcome your excuses?

Thank the Lord for His faithfulness.

Week 4: The Vitals

This section deals with drinking proper amounts of water, getting sufficient rest and regular breathing exercises to improve endurance. On the surface these seem simple and attainable with little effort. But in reality this section is one of the toughest.

Here are some examples: Can you go a whole week with water as your only beverage? Can you get to bed early every night for a week straight? Can you remember to make the time a few times a day to do your breathing exercises?

Actually it gets tougher. Let's consider the spiritual aspect of these exercises. Drinking water is like reading the word. Are reading enough of the Word each week that you can say you are saturated with the Word of God. What about resting in the Lord. Are you giving the Lord that whole Sabbath day? Are you using the breath that the Lord gives you to speak the Gospel and spread the God news?

Day 22

*John 1:14 And the **Word became flesh**, and dwelt among us, and we saw His glory, glory as of the only begotten from the Father, full of grace and truth.*

A vital part of our faith is to understand that Christ, the Word of God became flesh. Set up a schedule of 15 minute daily Bible reading. This is part of your new discipline.

Day 23

*Hebrews 4:12 - For the **word** of God is living, and active, and sharper than any two-edged **sword**, and piercing even to the dividing of soul and spirit, of both joints and marrow, and quick to discern the thoughts and intents of the heart.*

Sometime the Word of God is a double-edged sword on our own life. What are a few things the Lord is pointing out to you that need to be changed? Reflect on these issues and call a fast (water only) for deliverance and authority in those areas.

Day 24

*Psalm 27:14 - **Wait on the Lord**: be of good courage, and he shall strengthen thine heart:*

Waiting on the Lord does not mean just waiting around doing nothing. Waiting sometimes means to "wait" like a waiter in a restaurant or in other words to "serve" the Lord.

Write down three things you can do for the Lord out of your own abundance.

Day 25

Deu 16:9 — *Seven days shall you labor...weeks shalt thou number unto thee: begin to number the seven weeks from [such time as] thou beginnest [to put] the sickle to the corn.*

The original concept of the Sabbath was to dedicate the entire day to “rest” in the presence of the Lord.

How much of that day do you dedicate to the Lord? Try giving that one whole day to the Lord.

Day 26

Genesis 2:7 - *And the Lord God formed man of the dust of the ground, and **breathed** into his nostrils the breath of life; and man became a living soul.*

It was a breath that gave life and it is breathing that maintains life. Breathing exercises increase lung capacity and oxygen intake.

Make a commitment to do you breathing exercises every day for the next 7 days.

Day 27

John 20:22 - *And when he had said this, he **breathed** on them, and saith unto them, Receive ye the Holy Ghost:*

Again we see a breath, but this time onto salvation. Have you received this breath of a new breath of life?

This is a perfect opportunity to recommit your life to Christ. Write a brief declaration.

Day 28

Acts 2:2 — *And suddenly there came a sound from heaven, as of a rushing mighty wind, and it filled the whole house where they were sitting.*

Suddenly God can change your life. Always be prepared.

How could you prepare for your personal Pentecost?

Week 5: A Properly Functioning Nervous System

Most people understand the significant and delicate nature of the brain and spinal cord. But on the other hand, most people don't understand the complex nature of how the nervous system controls and coordinates every aspect of a person's physical wellbeing.

It is imperative at this time if you have not done it already, to have a spinal evaluation to detect any structural imbalances that may be causing neurological compromises.

Ask your friends and family for a referral to a reputable Chiropractor. If you would like we can help you locate a Christian chiropractor in your area. Most chiropractors will extend a complimentary consultation to discuss your health concerns.

Day 29

*Gen 1:26 - Then God said, "Let Us make man in Our image, according to Our **likeness**; let them have dominion over the fish of the sea, over the birds of the air, and over the cattle, over all the earth and over every creeping thing that creeps on the earth."*

Sometimes we need to be reminded that we were created to have dominion over the world around us.

What are 2 areas in your life you need to take dominion over. Meditate on these areas all day.

Day 30

Luke 10:19 - Behold, I give unto you power to tread on serpents and scorpions, and over all the power of the enemy: and nothing shall by any means hurt you.

The same way the brain controls you body, allow the Holy Spirit to control your actions.

Be confident and fearless. Identify a stronghold and take complete authority over the enemy.

Day 31

Proverbs 14:26 - In the fear of the LORD is strong confidence: and his children shall have a place of refuge.

The Lord created the skull and vertebrae to protect the central nervous system. The Lord is our protector.

Be assured that the Lord is your refuge. Reflect on the protection of the Lord

Day 32

Ep 3:19-20 - and to know the love of Christ which surpasses knowledge (all understanding), that you may be filled up to all the fullness of God. Now to Him who is able to do far more abundantly beyond all that we ask or think, according to the power that works within us,

God has designed the brain and nervous system to control and coordinated every function of the body.

Meditate on the immeasurable love of Christ. Write your own proclamation of the power of God's love.

Day 33

1 Cor 14:40 - But all things must be done properly and in an orderly manner

God created every nerve cell in your body with a specific and orderly function.

What are some areas in your life that need order and what are some aspects you can change immediately?

Day 34

*Rom 12:2 - And be not conformed to this world: but be ye transformed by the renewing of your **mind**, that ye may prove what [is] that good, and acceptable, and perfect, will of God.*

Every day we are influenced by thoughts and ideas of this world

Renew your mind according to the will of God. Write an affirmation of renewal and reflect on it all day.

Day 35

Matthew 7:17 - So every good tree bears good fruit, but the bad tree bears bad fruit.

Good thoughts bear good actions, which in turn bear good fruit.

Ask the Lord to be the center of your thoughts today. What 2 healthy things are you working on today?

Week 6: Taking Authority Over Stress

The only cure for stress is spending the necessary time with the Lord to change your life. My personal opinion is that if you put your entire life in covenant with the Word of God, you will have no choice but to be de-stressed. This doesn't mean you will never have another problem, but you will surely reduce the number of problems that are self-induced by disobedience and selfishness. And when problems do occur, your reaction would be that which is according to the Word and trust the Lord in faith that He will carry you through. A thorough look at the Bible will reveal every solution to every problem a human being can experience.

The first step in conquering stress is to overcome fear and anxiety, and trust the Lord according to His Word that He will be your rock. The following verses should not only be memorized, but also ingrained into the thoughts and actions of your everyday life.

Day 36

2Ti 1:7 - For God did not give us a spirit of timidity (fear), but a spirit of power, of love and of self-discipline (a sound mind).

Any emotion or state of being outside power, love and a sound mind is not of God.

What do you fear the most? Confess every day that the Lord has **already** given you the victory over it.

Day 37

Rom 8:15 - For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry, "Abba, Father."

The devil continually tries to separate us from our rightful place with the Father by using fear.

Write your own confession that "no fear" can separate you from being a rightful child of God.

Day 38

*Philippians 4:6 - Do not be **anxious** about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.*

Worry and anxiety can rob years from your life. Trusting God and being obedient is the only solution.

What are you anxious about? In prayer, God will give you solutions to all your worries.

Day 39

*Ps 9:10 - Those who know your name will **trust** in you, for you, Lord, have never forsaken those who seek you.*

Much of our stress is self-created. The result of actions outside the counsel of God

Seek the Lord and trust by putting His name over the stresses in your life you will have peace.

Day 40

*Ps 91:2 - I will say of the Lord, "He is my refuge and my fortress, my God, in whom I **trust**."*

When trials and tribulation rise up in our lives, we have a natural inclination to attempt to resolve these issues with our own understanding.

What are the major trials in your life? Confess this verse every day over those issues.

Day 41

*Ps 3:5-6 - **Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths straight.***

No matter how bad the situation seems trust the Lord and what His Word says not what you think..

Reflect of your willingness to trust the Lord in all things. Write your own confession of trust.

Day 42

*Ro 15:13 - May the God of hope fill you with all joy and peace as you **trust** in him, so that you may overflow with hope by the power of the Holy Spirit.*

As you trust Him...joy and peace will naturally follow.

Write your own affirmation to remind yourself throughout the day to walk in the power of the Holy Spirit.

Week 7: Covenant of Health

As mentioned in the previous section, if you put your entire life in covenant with the word of God, you will have no choice but to be de-stressed. You may be wondering to yourself, “This sounds too simple”. Well in the natural it’s far from simple; as a matter of fact it’s impossible. That’s why we need to lean on and trust the covenantal Word of God.

Covenant is a pact or an agreement that God makes with His people in order to bless them, preserve them and prosper them. God, throughout the Bible has made many covenants with man all designed to empower man to establish dominion on earth and to eventually have His will come to pass. A Covenant is a binding contract regardless if man decides to engage in its rules. That means God has already set down Kingdom based rules that will assure the “obedient man” success on earth in every aspect of life. There are several aspects of life that are always in the center of stressful situations.

Day 43

2 Kings 20:2 — “Remember, LORD, how I have walked before you faithfully and with wholehearted devotion and have done what is good in your eyes.”

God heard Hezekiah’s petition; he was faithful, devoted and righteous.

What steps can you take right now to improve your faithfulness, devotion and righteousness..

Day 44

Psalms 103:3 — Who forgives all your iniquities, Who heals all your diseases.

Psalms 103 is one of the powerful Psalms that admonishes the greatness of the Lord. In addition, it is no coincidence that “forgiveness” immediately precedes the “healing” of disease.

The covenant of the Lord is transparent. Write a statement of affirmation of how He has forgiven you.

Day 45

Deut. 29:9 — Therefore keep the words of this covenant, and do them, that you may prosper in all that you do.

Simply put... Obedience to His Word equals Blessings!

Write three things you struggle with and an affirmation to take authority over these struggles.

Day 46

Heb 11:19 — *Abraham reasoned that God could even raise the dead, and so in a manner of speaking he did receive Isaac back from death.*

Abraham was so convinced that God would keep His covenant, that even if Isaac died, He would have to somehow raise him from the dead. This was all an exercise of trust.

What is it that God promised you? Are you willing to give it to the Lord and trust He will return it?

Day 47

John 11:22 — *“But I know that even now God will give you whatever you ask.”*

Martha realized that there was no limit to the power of God that even things that are dead are subject to His authority. That means nothing is ever final until the Lord says it's final.

List several “dead” things in your life that need resurrection and say, “even now Lord you can...”

Day 48

Deut. 28:1-2 — *Now it shall come to pass, if you diligently obey the voice of the Lord your God, to observe carefully all His commandments which I command you today, that the Lord your God will set you high above all nations of the earth. 2 And all these blessings shall come upon you and **overtake you**, because you obey the voice of the Lord your God.*

Reflect of your willingness to do what it takes to have blessings overtake you.

Day 49

Gen 1:26 — *Then God said, “Let Us make man in Our image, according to Our likeness; let them have dominion over the fish of the sea, over the birds of the air, and over the cattle, over all the earth and over every creeping thing that creeps on the earth.”*

Write a personal affirmation claiming your dominion in Jesus name.
