

PRAY

2025

**You will make your prayer to
Him, He will hear you, and you
will pay your vows. You will
also declare a thing and it will
be established for you...
Job 22:27-28 (NKJV)**

OUR PRAYER

Father, we come humbly before You, the Author and Finisher of our faith. Your Word instructs us to acquaint ourselves with You and in so doing we will be at peace. We walk confidently into Your throne room with full knowledge that You hear the prayers of Your children.

Father, we pray that the bonds of wickedness are loosed, the burdens are lifted, and the oppressed go free! Break every yoke in Jesus' Name!

Father, we claim Isaiah 58:12:

Those from among us shall build the old waste places.
We shall raise up the foundations of many generations;
And we shall be called the Repairers of the Breach,
The Restorer of Streets to dwell in.

Father, we position ourselves for breakthrough:

ROOT OUT selfishness, self promotion, personal agenda and anything that distracts us from Your Holy presence. We desire to follow You.

REMOVE the cloud away from the minds of all that come through the doors of Metro Tab Church so they can walk in newness of life.

RADICALLY we want to serve You. Increase our thirst for Your presence.

REVEAL Your will so spiritual perception will increase in this body of believers.

RESTORE broken relationships. Put broken lives back together! Crush the divisive plans of the enemy.

RAISE UP witnesses in this region so that many will come to know You as Savior.

REVIVE us during these turbulent and troubled times.

RENEW a steadfast spirit within us. Empower us to carry out the vision You have ordained for Metro Tab Church.

REBUILD the towers of testimony in us. You are the great "I AM" and in You we are victorious! You are the Source of our strength.

REFRESH my heart in the Spirit. In You I choose to rest!

REDUCE and bring to naught the efforts of Satan's attacks. It is You who lifts a standard against the enemy!

REFINE us that we may come forth as pure gold. Father, anoint us to pass the test! Give us the wisdom to stay in position!

REGENERATE us in these days so that we can fulfill our destiny! We now call upon You and wait on You to show us great and mighty things!

REGARD our prayers! Allow our prayers to produce results!

RELEASE the power of the Holy Spirit over this region. Pour out Your Spirit on our sons and daughters. Release the prophetic flow of Your Spirit in this place!

REMEMBER those who are bound by sin. Father, set the captives free. Loose the prisoners of darkness in Jesus' Name!

REPRESS evil spirits. Father, we submit to You. We completely refuse the devil and his evil plans!

REBUKE the disobedient. May we be a "set apart" congregation. No division can live here! Disunity, backbiting, grumbling or murmuring will never find a home at Metro Tab Church. The spirit of religion and sabotage are not welcome here.

RESIDE in this place! May Metro Tab Church be ablaze with Your glory!

REVOLUTIONIZE our worship. May You find true worshipers here!

RESPOND to our praise O God!

PRAISE THE LORD!

We praise You in the sanctuary of our hearts!

We praise You for Your mighty acts!

We praise You according to Your excellent greatness!

Let everything that has breath praise the Lord.

PRAISE THE LORD!

OUR DECLARATION

TOGETHER WE THRIVE IN 2025!

We engage in warfare with the enemy by declarations and decrees, releasing bombs in the spirit realm over enemy territory.

I EFFECT AND ENFORCE God's original plans and purposes over and against the plans and purposes of Satan. (Daniel 6:1-28)

I DECREE AND DECLARE that no internal or external weapon (be it emotional, financial, social, physical, psychological, interpersonal, spiritual, or organizational) formed against me shall prosper. (1 Samuel 17:47; Isaiah 54:17; Jeremiah 51:20; John 14:30; 2 Corinthians 7:5; Ephesians 4:27)

I PLACE UPON MYSELF the armor of God... (Romans 13:12; Ephesians 6:13-17)

Truth covers my loins (Psalm 51:6)

The breastplate of righteousness covers my heart (Psalm 5:12; 2 Corinthians 6:7)

The gospel of peace covers my feet (Isaiah 52:7)

The shield of faith defensively and offensively covers me (Hebrews 10:38, 11:1, 6)

The helmet of salvation covers my head (1 Thessalonians 5:8; Isaiah 59:17)

The sword of the Spirit is in my hand (Ephesians 6:17; Revelation 1:16)

The Lord Jesus Christ is my protection (Romans 13:14)

A robe of righteousness covers me (Isaiah 61:10)

The glory of God is my reward (Isaiah 58:8)

I PULL DOWN strongholds and cast down imaginations and every high thing that lifts itself against the knowledge of God. I submit my thoughts to the Lordship of Christ. (2 Corinthians 10:5, Isaiah 14:13-14; Ezekiel 28:2)

I SPEAK that God's anointing destroys every yoke in my life, and that my soul, spirit, and body now function in order according to the power of the Holy Spirit.

(1 Corinthians 9:27, 14:40)

I DECREE AND DECLARE that I am healed... sickness and disease are far from me. (Isaiah 53:5)

I NULLIFY diabolical decisions and rulings concerning my ministry, my life, and the lives of family members, friends, and associates. (Isaiah 38:1-5, 39:6-8; Matthew 16:19)

I DECLARE according to Psalm 103:20 angels now “excel strength” to marshal and protect my personage, property, and possessions. (2 Kings 6:17; Daniel 3:15-30; Acts 12:1-10)

JEHOVAH GIBBOR contend with those who contend with me; fight against those that fight against me. Take hold of Your shield and buckler, and stand up for my help! Draw out Your spear and javelin and close up the way of those who pursue and persecute me. Clothe Yourself in Your garments of war. Muster Your devices; gather Your weaponry and ammunition from Your divine arsenal. Make bright Your arrows, gather Your shields, and let vengeance be Your ultimate goal... as You overthrow the chariots, horses, and riders. Let terror strike the hearts of my enemies, and cause their plans to fail! **I DECREE AND DECLARE** that by You I run through troops and leap over walls. You are my God: the One who girds me with strength and makes my way perfect. It is You who makes my feet like hinds feet, giving me stability so that I am able to stand firmly and progress on the dangerous heights of testing and trouble. You set me securely upon high places. You teach my hands to war, and my fingers to fight, granting me supernatural strength and abilities. You are my rock, my shield, and my strong tower. You have equipped me with the shield of Your salvation: and Your right hand establishes me as a victor in this battle. Beat down the enemy. Give me his neck. Cause me to pursue and overtake them until they are wounded and consumed, falling at my feet, never to rise again. Establish my name in the heavens. Let them that hear of me submit and obey me. **I ANNOUNCE** that it is You who has blessed me. It is You that empowers me. It is not by my might nor by my power, but by Your Spirit. For when the enemy comes in, like a flood, Your Spirit lifts up a standard against him! (Exodus 15:3; Deut. 32:41-42; Psalm 7:13, 18:29-50, 35:1-8, 144:5-7; Isaiah 42:13-14, 59:16-19; Haggai 2:22)

I FORBID AND DISALLOW opposing activities of any satanic personalities with diabolical assignments concerning my life, ministry, family, or finances. I wage war with them. I disapprove and prohibit any demonic interception, interference, or resistance. (Nehemiah 4:14; Daniel 10:1-13)

I BIND satanic harassment and rebuke satanic concentrations. I bring to a halt and prohibit all satanic surveillance. **I SUBMIT** myself to God. **I RESIST** the devil and he must flee! (2 Samuel 11:1-2; Mark 11:18; Matthew 26:4; Luke 6:11; Acts 16:16-19; 1 Samuel 18:1-30; James 4:7)

I LIFT false burdens, and remove feelings of heaviness, oppression, and depression. I cast them upon the Lord, who sustains me. I shall not be moved! (Isaiah 10:27, 61:3; Psalm 12:5, 54:22, 55:22; John 14:1; Matthew 11:28-30)

Declaration Continued >>>

I DECREE AND DECLARE that by the anointing all covenants, contracts, chains, fetters, bondages, proclivities, and captivities that are contrary to, oppose, or hinder the fulfillment of God's original plan and purpose are broken. I am liberated from generational, satanic, and demonic alliances, allegiances, soul ties, spirits of inheritance, and curses. I sever them by the sword of the Spirit and the blood of the Lamb. I speak to my DNA and declare that I am healed from all influences passed down from one generation to another (biologically, socially, emotionally, physiologically, psychologically, spiritually, or by any other channel unknown to me but known to God). I resist every spirit that acts as a gatekeeper or a doorkeeper to my soul, and renounce any further conscious or unconscious alliance, association, allegiance, or covenant. I open myself to divine deliverance. Father perfect those things concerning me! (Deuteronomy 5:9, 7:8-9; Ecclesiastes 7:26; Isaiah 61:1; Acts 8:9-13; Galatians 5:1; 2 Timothy 2:25; 1 Thessalonians 5:23-24)

I DECREE AND DECLARE that a prayer shield, the anointing, fire walls, smoke screens, and a bloodline form hedges of protection around me and all that it is mine... and that they hide me from the scourge of the enemy, familiar spirits, and all demonic personalities, making it impossible for them to effectively track or trace me in the Spirit realm. There shall be no penetrations to these hedges of protection. (Job 1:7-10; Psalm 91:1-16; Exodus 12:13; Zechariah 2:5)

I FORCEFULLY RESIST the wiles of the devil and prohibit the hijacking of divine thoughts, inspiration, revelation, insight, wisdom, knowledge and understanding coming from the throne-room of my heavenly Father. (Ephesians 6:11; Matthew 13:19)

I PUT A HALT to all distractive, disturbing, and destructive measures. For this reason, was the Son of God made manifest, that He would destroy the works of the enemy. (1 John 3:8; John 2:15-17; Acts 16:16-19)

I PREVAIL against satanic inhibitions, prohibitions, and all limitations. **I DECREE AND DECLARE** that all invisible and invincible walls are destroyed. (Colossians 1:16; Joshua 6:1)

I ESTABLISH that if laws, statutes, codifications, bills, charters, or constitutions are changed, they are changed in my favor, so that I may prosper in the place of my assignment and the land in which I am living. (Daniel 6:25-28)

I DECREE AND DECLARE that the eyes of my spirit function with 20/20 vision for correct understanding and interpretation of divine movements. My ears are in tune with the correct frequency of the Spirit and I have clear transmission. (2 Cor. 4:4; Ps. 119:18; Jeremiah 1:11-16, 7:2; Eph. 4:18; 2 Kings 6:17; Job 42:5; Isaiah 29:18; Rev. 4:1)

I DECREE that this day I operate according to God's divine timetable. **I DECREE** that God's agenda is my agenda. I am not my own, I have been bought with a price. I therefore submit myself to Him alone. (Psalm 40:7; Psalm 139:16; 1 Corinthians 7:23; James 4:7)

FATHER OVERTHROW the plans of troublemakers, scorners, scoffers, mockers, persecutors, and character assassins. Expose satanic representatives and give me strategies/tactics to identify, resist, and overcome plans established for my demise:

Draw out Your spear and stop them in their way.

Let them be confounded and put to shame.

Let them stumble and fall by their own counsels.

Let them be turned back and brought to confusion.

Let the angel of the Lord persecute them.

Let destruction come to them suddenly.

Let them be wounded / destroyed by the very weapons they've devised for me.

Let them be caught in the same net that they set for me.

Let them fall in the very pit that they dug for me.

Let them be burned by the very fire they have lit for me.

Let them be consumed by the very beasts they have prepared for me.

Strike them down in the very act of their mischief.

Cause fear, terror, and trouble to grip their hearts forever.

(Psalm 5:10, 7:14-16, 34:21, 35:1-8, 52:5, 83:13-17, 141:10; Esther 9:25; Proverbs 26:27, 28:10; Daniel 3:6; Matthew 7:15-23; 2 Corinthians 11:14-15)

I OVERRULE AND OVERTHROW according to Isaiah 54:17: Ill-spoken words, Ill wishes, Enchantments, Divinations, Spells, Hexes, Curses, Witchcraft prayers, and every idle word spoken contrary to God's original plans and purposes. **I REVERSE** the curse associated with these utterances and **DECREE & DECLARE:** They shall not stand. They shall not come to pass. They shall not take root. Their violent verbal dealings are returned to them double-fold.

I DECLARE that every lying tongue is wrong, and that truth prevails. Put a hook in their nostrils, bridle their lips, and hide me from the scourge of their tongue. (Job 5:21; Psalm 5:6-10; Isaiah 37:29)

I PROHIBIT the accuser of the brethren from operating or influencing the soul or mind of anyone who comes in contact with me. **I REVERSE** the effect of any stigmas and **DECLARE** that divine-favor, grace, honor, and well-wishes now replace all negative feelings, perceptions, and thoughts concerning myself, my family, and the work or ministry I am called to accomplish. (Revelation 12:10)

ARREST those that operate in the spirit of Jezebel or Belial. Let them not resist the anointing, usurp authority, or gain any ground in the natural or in the Spirit realm. (1 Samuel 10:27; 1 Kings 19:1-5, 21:1-16)

NOW FATHER, You have given me a great work to accomplish. I war for the releasing of finances and all resources that belong to me. Everything prepared for me before the foundation of the world, that pertains to my life, comes to me now. I shall not and will not accept substitutes. I call in resources from the north, south, east, and west. **I DECREE AND DECLARE** that every resource necessary for me to fulfill God's original plans and purposes comes to me without delay, now! (2 Peter 1:3)

I DECREE AND DECLARE that the wealth of the wicked is no longer laying up for me but is released now. Let those who hold on to my wealth longer than they should, be afflicted and tormented without relief until they release what rightfully belongs to me. I command Satan to "cough it up," spit it out, loose it, release it, and let it go! (Psalm 66:12; Ecclesiastes 2:26; Job 20:15-18)

JEHOVAH JIREH go before me and make the crooked places straight. Break in pieces the gates of brass and cut asunder the bars of iron. Grant unto me, according to Your riches in glory, Your tender mercies and immeasurable favor, the treasures of darkness, and hidden riches of secret places. (Isaiah 45:1-3)

I ANNOUNCE my awareness that cannot deny me access. I will not and cannot be denied of what rightfully belongs to me! **I AM** daily loaded with benefits. (Psalm 68:19)

I DECREE AND DECLARE that my God has brought me into my wealthy place, and I dwell in my prophetic Goshen. I increase in substance and prosper in the land whereto I abide and am sent as an ambassador of God. Grace, truth, goodness, and mercy are my bodyguards. **I DECREE AND DECLARE** that my set time of favor will not be frustrated. (Psalm 102:13)

I COME AGAINST the spirit of deprivation. The Lord prospers the work of my hands. By Him and through Him I accomplish great exploits. I shall not be denied! **I DECLARE** success and progress in Jesus' name! (Daniel 11:32; 2 Corinthians 2:14)

I SEND these words forth as winds in the Spirit realm to demolish and destroy the enemy's camps. **I DECREE AND DECLARE** that this prayer and all future prayers take on the characteristics of divine projectiles in the Spirit realm and that they hit the bull's eye every time. **I DECREE** that every spirit is released from their diabolical assignment and now becomes a part of Jesus' footstool. (Jeremiah 51:1; Psalm 57:4; Psalm 110:1)

I SEAL THIS DECLARATION IN JESUS' NAME!

7 DAYS
— OF —
PRAYING
FASTING
GIVING

A GUIDE TO HELP YOU ON YOUR JOURNEY...

— THE CALL TO FAST —

Joel 2:15-29 states, “Blow the trumpet in Zion, **consecrate a fast**, call a sacred assembly, gather the people, sanctify the congregation, assemble the elders, gather the children and nursing babes... Let the priests, who minister to the Lord, weep between the porch and the altar... Be glad then... and rejoice... For He has given you the former rain faithfully, and He will cause the rain to come down on you—the former rain and the latter rain... And it shall come to pass afterward that I will pour out My Spirit on all flesh...”

We encourage you to make the biblical practices of fasting and prayer a part of your lifestyle and seriously pursue God by using all the “weapons of our warfare” that have been given to the Church.

Every year, Metro Tab Church takes several key seasons to fast, worship, and pray. These are times when the concerted focus of the entire body is in unity and laser focused on the greater things God has for us. This time of consecration is extremely powerful and necessary to see the kind of spiritual advancement we are believing for.

Fasting, both privately and as a body of believers, is significant because it positions us for the blessing and power of God over our lives, our families, our businesses, our church, and our communities! As you read the following pages we pray the Holy Spirit will draw you in and speak to you about this season of your life.

Our desire is to provide some basic guidelines, scriptural instruction, and testimony of what God can do through fasting, as well as plant some seeds of faith to motivate and equip you to pursue God through fasting and prayer.

The best is yet to come!

We love you!
Dr. Steve & Reita Ball
Lead Pastors



**Scan the QR Code to access the
“7 Days of Consecration Playlist” on the Metro Tab Church
Spotify. This playlist has been curated by our Worship Pastors,
Adam & Olivia Aziz, to lead you in worship each day.**



WHY FAST?

Fasting is essentially giving up food (or something else) for a period of time in order to focus your thoughts on God. It is a means of humbling one's self before the Lord.

In *Luke 2:37*, a widow worshipped day and night fasting and praying. While fasting, many people read the Bible, pray, and worship. In *Psalms 35:13*, David humbled himself with fasting. It is a means to grow closer to God through meditating and focusing on Him.

In *Matthew 4:1-2*, Jesus went to the wilderness to fast for 40 days. He is our example of the importance of fasting. This fast prepared Him for His ministry. In *Matthew 6:16-18* we learn that we aren't to look somber while fasting so that it's not obvious to others when we are fasting. It's not about showing off how righteous we are. It's about sacrificing self.

WHAT FASTING DOES FOR OUR SPIRITUAL LIFE...

1. Fasting and prayer can help us hear from God.
2. Fasting and prayer can reveal our hidden sin.
3. Fasting and prayer can strengthen intimacy with God.
4. Fasting and prayer can teach us to pray with right motives.
5. Fasting and prayer can build our faith.

The point of the fast is to combine it with a more intense, focused time of prayer that brings a greater communion with God, a greater empowerment of the Spirit, and a greater earnestness in your soul. A fast without these things is just a strict diet. Fasting is about positioning ourselves for God's plan and purpose.

TIPS:

- Consult with a doctor before fasting if you have health concerns.
- Listen to your body and rest when needed.
- Focus on prayer and spiritual growth during the fast.
- Don't be discouraged if you slip up. Seek God's forgiveness and recommit to the fast.
- Remember that prayer and fasting are a means to draw closer to God and experience His presence.

LET THE JOURNEY BEGIN!

Together, we are praying, fasting, and giving for 7 days!

- We are committing to fast at least one meal per day. Be Spirit-led in what and how you fast. If He leads you to do more... obey! You are also encouraged to fast things like: social media, tv, or anything else that consumes time that you could be spending with the Lord. This is called a “soul fast.”
- We are committing to spend at least 21 minutes per day in prayer and worship. We chose 21 minutes as a symbol for the 21 days that Daniel committed to fast and pray (Daniel 10:2-3). By all means, spend more time with Him if you can and will!
- We will give our best because He gave His best! We will faithfully tithe, bring offerings and first fruits! We trust God at His Word.

Enjoy the journey! Revival is here! Watch God!

THE FASTING GOD WANTS

*Isaiah 58:6-14 (NLT)... “No, **this is the kind of fasting I want:** Free those who are wrongly imprisoned; lighten the burden of those who work for you. Let the oppressed go free, and remove the chains that bind people. Share your food with the hungry, and give shelter to the homeless. Give clothes to those who need them, and do not hide from relatives who need your help. Then your salvation will come like the dawn, and your wounds will quickly heal. **Your godliness will lead you forward, and the glory of the Lord will protect you from behind. Then when you call, the Lord will answer.** ‘Yes, I am here,’ He will quickly reply. “Remove the heavy yoke of oppression. Stop pointing your finger and spreading vicious rumors! Feed the hungry, and help those in trouble. Then your light will shine out from the darkness, and the darkness around you will be as bright as noon. **The Lord will guide you continually, giving you water when you are dry and restoring your strength...** Some of you will rebuild the deserted ruins of your cities. Then you will be known as a rebuilders of walls and a restorer of homes... I, the Lord, have spoken!”*

The following pages have been designed to help guide your focus and prayers. When these 7 days are complete, our hearts and spirits will not only be in position to receive from the Father, but they will be in position to fulfill His perfect and glorious plan!

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DAY 1 — MATTERS OF THE HEART

WORSHIP:

We always start with worship. Worship invites HIM in. Listen to a song from the “7 Days of Consecration Playlist” on the Metro Tab Church Spotify. Think about what the song is saying and how it relates to you.

FOCUS & PRAY:

Jeremiah 17:10 (NLT)... But I, the Lord, search all hearts and examine secret motives. I give all people their due rewards, according to what their actions deserve.” The fruit of our heart matters. This is why we are told to “*Guard your heart above all else, for it determines the course of your life.*” (*Proverbs 4:23, NLT*). The fruit of our heart should be surrender, obedience, and a yielded desire to be wholly pleasing to God. Let’s look at what pleases God...

— Obedience

*1 Samuel 15:22 (NLT)... “What is more pleasing to the Lord: your burnt offerings and sacrifices or your obedience to His voice? Listen! **Obedience is better than sacrifice...**”* Our worship is meaningless if our lives are not lived in obedience to the Word and the Holy Spirit. *John 14:15-17 (NLT)... “If you love Me, obey My commandments. And I will ask the Father, and He will give you another Advocate, who will never leave you. **He is the Holy Spirit, who leads into all truth...**”* As Jesus shared with the disciples, if we truly love Him... we will obey His Word. As a result, His Spirit will lead us into all truth.

Pause & Pray: Repent for any disobedience in your life and for any time you may have ignored His voice and went your own way. Pray that God will fill you with knowledge of His will. Pray for greater sensitivity to His Spirit and His voice in your life.

— Humility

*Colossians 3:12 (NIV)... “Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, **humility**, gentleness and patience.”* Humility is essential. Humility places God first, others second, and self third. Humility doesn’t seek the spotlight or applause of others. In fact, the greater the spotlight, the greater the need for humility. We must be intentional to keep the spotlight on Jesus. Humility’s desire is not to be great but that the greatness of God would be revealed and known. Humility knows its place and stays in its lane... The place of surrender in fear of the Lord. *1 Peter 5:5 (NIV)... “God opposes the proud but shows favor to the humble.”*

Pause & Pray: Pray that God’s Spirit would give you a heart of humble repentance. Pray that your heart would not be like the Pharisees who were “stiff necked and slow to hear” (Acts 7:51), but rather that you would have hearts that are responsive to God’s word and Spirit. Pray that God would give us ears to hear what He wants to say to us and that He would give us the grace to respond with faith and repentance.

— Repentance

*Hebrews 12:1-2 (NLT)... “Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, **let us strip off every weight that slows us down, especially the sin that so easily trips us up.** And let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith.”* This verse calls us to lay aside, not only the “sin” that clings to us, but also “every weight” that may hinder our pursuit of Christ. There may be

DAY 2 — SPIRITUAL HUNGER

WORSHIP:

We always start with worship. Worship invites HIM in. Listen to a song from the “7 Days of Consecration Playlist” on the Metro Tab Church Spotify. Think about what the song is saying and how it relates to you.

FOCUS & PRAY:

Jesus made us this promise in *Matthew 5:6 (NKJV)*... “*Blessed are those who hunger and thirst for righteousness, **for they shall be filled.***” Jesus also said in *John 7:38-39 (NIV)*... “*Whoever believes in Me, as Scripture has said, **rivers of living water will flow from within them.***” Spiritual hunger is so important. We must tap into the river and stay there! The Holy Spirit is in you as a river... He wants to come out; let Him flow! He wants to release so much in you and through you!

Pause & Pray: Pray that God would give you a heart that hungers and thirsts for righteousness. Pray for purity and righteousness to be characteristics of our church. Pray that God would give you greater discernment. Surrender yourself completely to Him and ask Him to flow through you. Repent for anything that might be keeping you from being in tune with His Spirit or that might be blocking the prophetic flow of His Spirit in your life. Then give Him permission to flow, flow, flow!

Galatians 2:20 (NLT)... “*My old self has been crucified with Christ. **It is no longer I who live, but Christ lives in me.***” Living life by the Spirit is living a life of surrender and understanding that sometimes the Lord says, “No,” and that’s a good thing. We must understand that correction from the Lord is not rejection. It’s the opposite. It reveals His love for us. We must be able to handle the seat of correction from the Lord in our everyday lives. The everyday learning to know His voice and obey His ways is a part of living life by the Spirit. The more disciplined we become in knowing and following His voice daily, the more skilled you will become in discerning the times, seasons, and movements of God. *Hebrews 12:11 (HCSB)*... “*No discipline seems enjoyable at the time, but painful. Later on, however, it yields the fruit of peace and righteousness to those who have been trained by it.*”

Pause & Pray: Thank the Lord for every time He has told you, “No.” Let Him know how much you trust His will and His plan for your life. Pray that God would correct you for any error in your life. Ask God for a greater level of self-discipline.

WHAT IS HIS SPIRIT SAYING TO YOU? _____

DAY 3 — PRESENCE & POWER

WORSHIP:

We always start with worship. Worship invites HIM in. Listen to a song from the “7 Days of Consecration Playlist” on the Metro Tab Church Spotify. Think about what the song is saying and how it relates to you.

FOCUS & PRAY:

These are days to dwell often and abide much... not because we are trying to get something from Him but just because we want to know Him more and be with Him. *Psalms 91:1-2 (NKJV)*... **“He who dwells in the secret place of the Most High shall abide under the shadow of the Almighty. I will say of the Lord, “He is my refuge and my fortress; My God, in Him I will trust.”** God is seeking worshippers who will live a life of worship and walk in His presence, daily. *John 4:23 (AMP)*... **“But a time is coming and is already here when the true worshippers will worship the Father in spirit [from the heart, the inner self] and in truth; for the Father seeks such people to be His worshippers.”** Worshipping God on Monday matters just as much as it does on Sunday. Why? Because it deepens our relationship with God and it keeps us in His presence. *Psalm 22:3 (KJV)*... **“But thou art holy, O thou that inhabitest the praises of Israel.”** Where praise is, God is. Where God is, there is POWER! Your relationship with God matters. Guard it, tend it and keep it all the days of your life. Without a DAILY cultivated relationship with Christ, we fall prey to having a form of godliness but no power. Look at Jesus. His ministry was birthed from an intimate relationship with His Father. His ministry was fruitful because of ongoing fellowship with His Father. Your relationship with God comes before anything! It comes before your marriage, your family, your ministry, or your career.

Pause & Pray: Take this time to personally talk to God about your relationship with Him. Repent for anything in your life that you may have allowed to come before your relationship with Him. Seek Him and you WILL find Him! (Matthew 7:7-8)

The book of Acts is a testimony to the relational nature God designed for Christians to experience with the Holy Spirit. The early church did not move on from Pentecost as if that was all of the Spirit they needed. *Acts 4:31(NLT)*... **“After this prayer, the meeting place shook, and they were all filled with the Holy Spirit. Then they preached the word of God with boldness.”**

Pause & Pray: Pray that God would reveal opportunities for you to lead people to Him today. Ask Him for the grace to lay down your everyday life before Him so He can use it for His glory. Pray that God would give you the boldness to speak His truth in love.

WHAT IS HIS SPIRIT SAYING TO YOU? _____

DAY 4 — SURRENDER

WORSHIP:

We always start with worship. Worship invites HIM in. Listen to a song from the “7 Days of Consecration Playlist” on the Metro Tab Church Spotify. Think about what the song is saying and how it relates to you. Thank Him.

FOCUS & PRAY:

God is after our heart; every single part. *Psalm 51:10 (NLT)*... **“Create in me a clean heart, O God. Renew a loyal spirit within me.”** If you struggle with performing and the need for approval, you’re not alone. We are all are on a journey. Spend much time in private worship moments with the Lord and ask Him to reveal and pinpoint areas in your heart that perhaps need some Holy Spirit maintenance. There’s healing and wholeness in the love of God. As we come to experience God’s love in a greater measure, striving diminishes and His divine rest within us increases. *Psalm 51:16-17 (MSG)*... **“Going through the motions doesn’t please You, a flawless performance is nothing to You. I learned God-worship when my pride was shattered. Heart-shattered lives ready for love don’t for a moment escape God’s notice.”**

Pause & Pray: Find Psalm 51 and read it as a personal prayer. How is the Holy Spirit prompting you to pray?

This is the true heart of a believer... *John 3:30 (NKJV)*... **“He must increase, but I must decrease.”** A Kingdom culture looks like a servant culture. Our greatest example will ever be Jesus. *Matthew 20:28 (NIV)*... **“For even the Son of Man came not to be served but to serve others and to give His life as a ransom for many.”** In God’s kingdom there aren’t super stars. There are servants. *Matthew 23:11-12 (NLT)*... **“The greatest among you must be a servant. But those who exalt themselves will be humbled, and those who humble themselves will be exalted.”** Every time you sacrificially serve, the fragrance of Christ is released in your life, and it leads people to Jesus. This includes showing up to serve at church when you don’t feel like it. It means saying “No” to your agenda and “Yes” to His. It means denying yourself. One thing we learn from Jesus’ example is this... Serving the Lord should cost us our life! This means our preference, our time, our convenience. This is a sacrifice of praise – death producing life. This is a place of crushing that produces the anointing!

Pause & Pray: Pray that you decrease and that God increases in your life. Ask God to open your eyes and help you see how you can be a better servant in your home, on your job, in the community, and at church. Try writing out your own personal commitment to the Lord.

WHAT IS HIS SPIRIT SAYING TO YOU? _____

DAY 5 — EYES & EARS

WORSHIP:

We always start with worship. Worship invites HIM in. Listen to a song from the “7 Days of Consecration Playlist” on the Metro Tab Church Spotify. Think about what the song is saying and how it relates to you. Thank Him.

FOCUS & PRAY:

With how busy life can be, it is easy to become deaf and blind to what is happening in the spiritual realm. We must pause and open our eyes and ears — see what is happening in the Spirit, hear what the Spirit is saying in this moment. That’s what Mary did in *Luke 10:38-42 (NLT)*... “As Jesus and the disciples continued on their way to Jerusalem, they came to a certain village where a woman named Martha welcomed Him into her home. Her sister, Mary, **sat at the Lord’s feet, listening to what He taught.** But Martha was distracted by the big dinner she was preparing. She came to Jesus and said, “Lord, doesn’t it seem unfair to You that my sister just sits here while I do all the work? Tell her to come and help me.” But the Lord said to her, “My dear Martha, you are worried and upset over all these details! There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her.”

Pause & Pray: Repent for being too busy to spend time with the Lord. Ask Him to open your eyes to the truth and to turn your heart towards Him. Ask Him to reveal to you what He is doing and saying in this season. Take a moment to pause, sit in silence, and listen. What is the Holy Spirit saying? What do you hear?

Nothing can ever replace the needed relationship with Jesus Christ to be who He has called us to be. There’s no short-cuts in this journey we are on. We need regular, intimate relationship with the Father. We only become familiar with His presence by spending much time with Him... We cannot lead people to a Jesus we don’t know. There’s no equipper on the planet who can train you and help you like the Holy Spirit. Tutorials are good, podcasts and training tools can be helpful, but only our greatest teacher, the Holy Spirit can be that tailored-made equipper and teacher we need. Let’s be a church found in the presence of the Lord; found in His mercy and filled with His grace. *John 14:26 (NKJV)*... “But **the Helper, the Holy Spirit, whom the Father will send in My name, He will teach you all things, and bring to your remembrance all things that I said to you.**”

Pause & Pray: Ask the Holy Spirit to help you. Release Him to fulfill His role in your life, your story, your calling, your purpose. Ask Him to reveal to you the fullness of who He is so that you might walk closer with Him and know Him more.

WHAT IS HIS SPIRIT SAYING TO YOU? _____

DAY 6 — FEAR GOD ONLY

WORSHIP:

We always start with worship. Worship invites HIM in. Listen to a song from the “7 Days of Consecration Playlist” on the Metro Tab Church Spotify. Think about what the song is saying and how it relates to you. Thank Him.

FOCUS & PRAY:

Ecclesiastes 12:13 (NLT)... **“Fear God and obey His commands, for this is everyone’s duty.”** We have forgotten that our first duty is to fear God and obey Him. The world would look very different if people feared the Lord. We must come to the realization that, YES, God is our greatest friend, but if we position ourselves in opposition of Him, He is our greatest enemy. Fearing the Lord helps keep us turned from evil. We must really believe that He is still the God of the Bible. He is the same God we read about in Scripture...

- He’s the same God who struck down Ananias and Saphira for lying to the Holy Spirit.
- He’s the same God who struck Miriam with leprosy for complaining about Moses behind his back.
- He’s the same God who drowned the horse and its rider in the Red Sea.
- He’s the same God who sent fire and brimstone from the sky to destroy Sodom and Gomorrah.

Proverbs 19:23 (NLT)... **“Fear of the Lord leads to life, bringing security and protection from harm.”** Walking in the fear of the Lord will always bring us God’s highest and best. God always has His best interest at heart for us - He’s a good Father. *Proverbs 10:27 (NLT)*... **“Fear of the Lord lengthens one’s life, but the years of the wicked are cut short.”**

The Bible teaches us both in the Old and New Testament that we are to fear God only. The fear of God will set you free. The fear of man, failure, rejection, etc. will hold you back. *Proverbs 29:25 (MSG)*... **“The fear of human opinion disables; trusting in God protects you from that.”** When you know you have been approved by THE Almighty God, the need for approval from others will lose its hold on you. The thought of being rejected by others won’t move you. The possibility of failure isn’t an option. When you know you’re unconditionally loved by God, His perfect love finds its home inside your heart and deals with any fear that tries to cripple you. *1 John 4:18 (NIV)*... **“There is no fear in love. But perfect love drives out fear...”**

Pause & Pray: Pause and look up scriptures about God’s love. Pray that the Holy Spirit will bring you to the full revelation of God’s perfect love. Ask Him to help you drive out all fear with that revelation. Ask Him to help you remember His perfect love in times where you feel afraid.

There is an enemy out there that doesn’t want you to fulfill your God-given destiny. He will always start with attacking your identity. Satan will use fear, doubt, and shame to whisper lies like: “You’re not worthy. You’re not good enough. If you were more like this or like that...” God has not called you to be a copycat or a clone. He’s called you to BE YOU. His grace shines brightest when you are simply YOU.

Matthew 4:1-11 (NLT)... **“Then Jesus was led by the Spirit into the wilderness to be tempted there by the devil. For forty days and forty nights He fasted and became very hungry. During that time the devil came and said to Him, “If you are the Son of God, tell these stones to become loaves of bread.” But Jesus told**

DAY 7 — WARFARE & VICTORY

WORSHIP:

We always start with worship. Worship invites HIM in. Listen to a song from the “7 Days of Consecration Playlist” on the Metro Tab Church Spotify. Think about what the song is saying and how it relates to you. Thank Him.

FOCUS & PRAY:

The enemy knows all too well the power that is in the presence of the Lord when the saints join together in unity. *Psalm 133 (NKJV)*... “Behold, how good and how pleasant it is for brethren to dwell together in unity! ...For **there the Lord commanded the blessing—Life forevermore.**” This is why we must do everything within our power to stay unified. Remember, in Acts chapter two, the Holy Spirit came when they were all gathered together in one mind and one accord.

Pause & Pray: Pray that God will help you let go of all offence. Choose to forgive. Ask for forgiveness. Pray for your fellow church members, ministry leaders, and lead pastors. Ask God to help us all to be of one mind and to be in sync with one another and in tune with His Spirit.

Take courage when the enemy overplays his hand. It’s a signal that freedom is coming and a swift victory is near! When the battle is great, know that the victory will be even greater! Remember that Jesus already won the victory on the cross. Every time you lift up the name of Jesus, you are worshipping from a place of victory through the blood of Jesus. *Psalm 118:10-11 (NKJV)*... “All nations surrounded me, **But in the name of the Lord I will destroy them.** They surrounded me, Yes, they surrounded me; **But in the name of the Lord I will destroy them.**” Choose praise over fear and worship over worry... every time! Because praise releases a breakthrough... every time! You have authority in Christ!

— **Praise brings God in and confusion to the enemy.**

Psalm 22:3 (NKJV)... “But You are holy, enthroned in the praises of Israel.”

2 Chronicles 20:1-24 (NLT)... “After this, the armies of the Moabites, Ammonites, and some of the Meunites declared war on Jehoshaphat. Messengers came and told Jehoshaphat, “A vast army from Edom is marching against you from beyond the Dead Sea. They are already at Hazazon-tamar.” (This was another name for En-gedi.) Jehoshaphat was terrified by this news and begged the Lord for guidance. **He also ordered everyone in Judah to begin fasting.** So people from all the towns of Judah came to Jerusalem to seek the Lord’s help. Jehoshaphat stood before the community of Judah and Jerusalem in front of the new courtyard at the Temple of the Lord. He prayed, “O Lord, God of our ancestors, You alone are the God who is in heaven. You are ruler of all the kingdoms of the earth. You are powerful and mighty; no one can stand against You! ...“And now see what the armies of Ammon, Moab, and Mount Seir are doing. You would not let our ancestors invade those nations when Israel left Egypt, so they went around them and did not destroy them. Now see how they reward us! For they have come to throw us out of Your land, which You gave us as an inheritance. O our God, won’t You stop them? We are powerless against this mighty army that is about to attack us. We do not know what to do, but we are looking to You for help.” As all the men of Judah stood before the Lord with their little ones, wives, and children, the Spirit of the Lord came upon one of the men standing there. His name was Jahaziel son of Zechariah, son of Benaiah, son of Jeiel, son of Mattaniah, a Levite who was a descendant of Asaph. He said, “Listen, all you people of Judah and Jerusalem! Listen, King Jehoshaphat! This is what the Lord says: **Do not be afraid! Don’t be discouraged by this mighty army, for the battle is not**

GIVING

TITHING

A tithe is defined as the first 10% of a person's income that is to be given back to the church. When we tithe, we are worshiping in a tangible way by putting God first in our lives. God promises to pour out blessings on us when we tithe. Tithing is about training your heart to trust God at His Word. Generosity is a step of obedience. Your next step in generosity is tithing. When we bring our first and best back to God, He promises to bless the rest. Will you accept the challenge? *Malachi 3:10 (NIV)... Bring the whole tithe into the storehouse, that there may be food in My house. Test Me in this, says the Lord Almighty, and see if I will not throw open the floodgates of heaven and pour out so much blessing that there will not be room enough to store it.*

OFFERINGS

Offerings are what you purpose above and beyond the tithe. We give offerings out of generosity and thankfulness for all that God has given us. *2 Corinthians 9:7 (TPT)... Let giving flow from your heart, not from a sense of religious duty. Let it spring up freely from the joy of giving - all because God loves hilarious generosity!*

FIRST FRUITS

We begin the New Year by bringing a first fruit offering to God recognizing all good things come from Him and declaring that we are putting Him first in our finances! We also bring first fruit offerings during the year as God increases us. A first fruit offering represents the "whole" of something. Examples of a first fruit offerings: week's salary, day's wages, bonus increase amount, etc. *Proverbs 3:9-10 (TPT)... Glorify God with all your wealth, honoring Him with your very best, with every increase that comes to you. Then every dimension of your life will overflow with blessings from an uncontainable source of inner joy!*



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