
THE TOTAL MAN

100-Day Discipleship Curriculum

From Identity to Manifestation

Phase 1	Spirit-Building & Identity	Days 1–20
Phase 2	Mind Renewal & Soul Alignment	Days 21–40
Phase 3	Bodily Subjection & Consecration	Days 41–60
Phase 4	Authority vs. Power	Days 61–80
Phase 5	Multiplication & The Sent Life	Days 81–100

"The purpose of these 100 days is not to complete a curriculum — it is to produce a new man. A man whose spirit is strong, whose mind is renewed, whose body is subject, who walks in authority and power, and who reproduces everything God has built in him into others. This is the Total Man."

Lehem Network International
Global Discipleship Series

TABLE OF CONTENTS

Introduction: The Philosophy of the Total Man

How to Use This Handbook

The Daily Structure Explained

PHASE 1: SPIRIT-BUILDING & IDENTITY · Days 1–20

- Week 1: The Nature of the New Creation
- Week 2: Feeding and Strengthening the Spirit
- Week 3: Walking in Spirit-Dominion

PHASE 2: MIND RENEWAL & SOUL ALIGNMENT · Days 21–40

- Week 4: Dismantling the Old Logic
- Week 5: The Language of the New Mind
- Week 6: Emotional Intelligence in the Spirit

PHASE 3: BODILY SUBJECTION & CONSECRATION · Days 41–60

- Week 7: The Theology of the Vessel
- Week 8: The Discipline of Yieldedness
- Week 9: The Spirit-Energized Body

PHASE 4: AUTHORITY VS. POWER · Days 61–80

- Week 10: The Legal Rights (Authority)
- Week 11: The Capacity for Manifestation (Power)
- Week 12: Operating in Dominion

PHASE 5: MULTIPLICATION & THE SENT LIFE · Days 81–100

- Week 13: The Ministry of Reconciliation
- Week 14: Discipling Others (Multiplication)
- Week 15: The Unstoppable Lifestyle

Appendix A: 100-Day Confession Guide

Appendix B: Prayer & Fasting Schedule

Appendix C: Commissioning Declaration

INTRODUCTION

The Philosophy of the Total Man

This curriculum is built on a single conviction: that God's intention for every believer is not spiritual survival, but spiritual dominance. Not religion, but reality. Not attendance, but transformation.

The "Total Man" is a tripartite being — spirit, soul, and body — operating in their correct order and at their highest capacity. A strong spirit that commands. A renewed mind that agrees. A submitted body that obeys. Authority that is exercised. Power that is developed. And a life that reproduces itself in others.

These 100 days are not a course you complete. They are a journey you undergo. And the person who finishes Day 100 should be unrecognisable to the person who began Day 1.

The five phases have been designed with a specific sequence. Phase 1 builds the foundation — the spirit. Phase 2 opens the channel — the mind. Phase 3 consecrates the instrument — the body. Phase 4 activates the arsenal — authority and power. Phase 5 deploys the army — multiplication and the sent life.

Do not skip phases. Do not rush phases. The sequence is the strategy.

THE TRIPARTITE BEING



Spirit → Soul → Body: This is the divine order. This curriculum restores that order.

HOW TO USE THIS HANDBOOK

How to Use This Handbook

ONE DAY AT A TIME

Do not read ahead. Each day is designed to be lived, not skimmed. The revelation on Day 10 depends on the obedience of Days 1–9.



THE DAILY STRUCTURE

Every day has five elements: the Topic, the Memory Verse, the Key Teaching, The Confession, The Drill, and the Journal Prompt. All six

THE SPIRITUAL EXERCISE

Each phase introduces a cumulative spiritual exercise. These build on each other. By Phase 5, you will be doing tongues, Word-soaking,

THE SABBATH DAYS

Days 7, 14, 20, 27, 34, 40, 47, 54, 67, 74, 87, and 94 are Sabbath review days. Lighter, reflective, consolidating. These are as important

THE JOURNAL

Your journal is your evidence of transformation. Date every entry. Return to previous entries regularly to see the distance God has brought

ACCOUNTABILITY

This journey is best done in community. Find a discipleship partner or small group. Share discoveries. Pray together. Hold each other to the

THE DAILY STRUCTURE EXPLAINED

What Each Day Contains

Element	Purpose	How to Use It
■ Memory Verse	Anchors the 20-day theme	Write it on a card. Carry it. Memorise it by Day 7.
■ Key Teaching	Delivers the daily revelation	Read slowly. Underline the key idea. Pray about it.
◆ The Confession	Aligns your words with the Word	Speak it aloud — morning, midday, and evening.
■ The Drill	Provides the practical exercise	This is non-negotiable. Do it — do not just read it.
↘ Journal Prompt	Ensures the mind is being renewed	Write at least 5 sentences. Honesty is required.
◆ Sabbath Review	Consolidates the week's revelation	Lighter day — reflect, rest, review. Do not rush.

PHASE 1

Days 1–20

Spirit-Building & Identity

The Art of Spiritual Athletics

Theme: "Building a Spirit that Dominates"

1

FOCUS

Making the human spirit very, very strong.

SPIRITUAL EXERCISE

Minimum 30 minutes of praying in the Spirit daily to build "spiritual mass."

PHASE GOAL

To move from a "weak" spirit that is easily intimidated to a "strong" spirit that dominates its environment.

SPIRIT STRENGTH PRINCIPLES



The spirit is built through six consistent inputs. Each feeds and strengthens the inner man. Neglect any one and a gap appears in the foundation. This phase focuses on all six — establishing them as non-negotiable daily realities before the mind or body are addressed.

WEEK 1

The Nature of the New Creation

Focus: Understanding the "Material" of the New Spirit.

WEEK AT A GLANCE

Day	Topic	Scripture	Key Teaching Point
1	The Genesis of You	2 Cor. 5:17	You are not a "repaired" sinner; you are a brand-new species.

Day	Topic	Scripture	Key Teaching Point
2	The Tripartite Reality	1 Thess. 5:23	You ARE a spirit, you HAVE a soul, you LIVE in a body.
3	Identifying the "Old Man"	Romans 6:6	The old nature didn't just faint; it was crucified. It has no legal rights.
4	The Legal vs. The Vital	Romans 5:1	What Christ did FOR us (Legal) vs. what He does IN us (Vital).
5	Righteousness: A Nature, Not a Feeling	1 Cor. 6:11	Righteousness is your ability to stand before God without guilt.
6	The Mirror of the Word	James 1:23-25	The Bible is the only place you see your "spirit-face."
7	Sabbath / Review	Psalms 139:14	Meditate on the "Wonder" of your new spirit.

DAILY SESSIONS

DAY 1 The Genesis of You

MEMORY VERSE 2 Corinthians 5:17

Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.

KEY TEACHING

You are not a "repaired" sinner — you are a brand-new species. The new birth is not renovation; it is creation.

THE CONFESSION

I am a new creation in Christ. The

THE DRILL

Pray 30 minutes in the Spirit. As

JOURNAL PROMPT

What is one area of my life where I

DAY 2 The Tripartite Reality

MEMORY VERSE 1 Thessalonians 5:23

And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless.

KEY TEACHING

You are a spirit, you have a soul, and you live in a body. Understanding this order changes everything about how you approach spiritual growth.

THE CONFESSION

I am a spirit being. My spirit is

THE DRILL

30 minutes praying in tongues.

JOURNAL PROMPT

Which part of me (spirit, soul, or

DAY 3 Identifying the "Old Man"

MEMORY VERSE Romans 6:6

Knowing this, that our old man is crucified with him, that the body of sin might be destroyed, that henceforth we should not serve sin.

KEY TEACHING

The old nature didn't just faint — it was crucified. It has no legal rights over you. Stop giving it a seat at the table.

THE CONFESSION

My old man is dead. He was

THE DRILL

Pray 30 mins in the Spirit. Spend 5

JOURNAL PROMPT

What "old man" behaviours am I

DAY 4 The Legal vs. The Vital

MEMORY VERSE Romans 5:1

Therefore being justified by faith, we have peace with God through our Lord Jesus Christ.

KEY TEACHING

What Christ did FOR us is the Legal side (justification, righteousness). What He does IN us is the Vital side (transformation, sanctification). Both must

THE CONFESSION

I am justified by faith — I have

THE DRILL

Pray 30 minutes in the Spirit.

JOURNAL PROMPT

Do I rely more on what Christ has

DAY 5 Righteousness: A Nature, Not a Feeling

MEMORY VERSE 2 Corinthians 5:21

For he hath made him to be sin for us, who knew no sin; that we might be made the righteousness of God in him.

KEY TEACHING

Righteousness is not a feeling — it is your nature. You don't earn it; you receive it. And once received, your feelings must bow to this fact.

THE CONFESSION

I am the righteousness of God in

THE DRILL

Pray 30 minutes in tongues. Every

JOURNAL PROMPT

How much does my "feeling

DAY 6 The Mirror of the Word

MEMORY VERSE James 1:23-25

For if any be a hearer of the word, and not a doer, he is like unto a man beholding his natural face in a glass.

KEY TEACHING

The Bible is the only accurate mirror for your spirit. Every other reflection — social media, other people's opinions, your past — is distorted.

THE CONFESSION

I look into the Word and I see who

THE DRILL

Pray 30 mins in the Spirit. Spend

JOURNAL PROMPT

What "mirrors" have I been using to

DAY 7 — SABBATH / REVIEW

Memory Verse: Psalm 139:14



Weekly Review: Meditate on the "Wonder" of your new spirit. Light prayer and meditation. Journal your reflections from Days 1–6. Rest. Celebrate what God has revealed.

WEEK 2

Feeding and Strengthening the Spirit

Focus: Spiritual Nutrition and "Charging" the Inner Man.

WEEK AT A GLANCE

Day	Topic	Scripture	Key Teaching Point
8	The Spirit's Bread	Matthew 4:4	Your spirit literally "eats" the Word of God to grow.
9	Edification: Building the Tower	Jude 1:20	Praying in the Spirit is like "charging a battery" (Edification).
10	Sensitivity to the Spirit	Romans 8:14	A strong spirit hears God clearly; a weak spirit hears the flesh.
11	The Flow of Life	Proverbs 4:23	Guarding your heart because it is the "wellspring" of the Spirit.
12	Speaking Spirit-Words	John 6:63	Words are the "currency" of the spirit realm. Speak life.
13	The Fellowship of the Spirit	2 Cor. 13:14	Deepening "Koinonia" — the partnership with the Holy Spirit.
14	Sabbath / Review	Isaiah 40:31	Reflect on your increased spiritual stamina.

DAILY SESSIONS

DAY 8

The Spirit's Bread

MEMORY VERSE Matthew 4:4

Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.

KEY TEACHING

Your spirit literally eats the Word of God. Just as your body needs food, your spirit requires the Word to grow strong. Neglect either and something starves.

THE CONFESSION

I feed my spirit with the Word of

THE DRILL

30 mins praying in tongues. After,

JOURNAL PROMPT

How consistently am I feeding my

DAY 9

Edification: Building the Tower

MEMORY VERSE Jude 1:20

But ye, beloved, building up yourselves on your most holy faith, praying in the Holy Ghost.

KEY TEACHING

Praying in the Spirit is not just a language exercise — it is a charging mechanism. Like a battery gaining power, your inner man is built up (edified)

THE CONFESSION

Every time I pray in the Spirit, I

THE DRILL

Push your tongues time to 35–40

JOURNAL PROMPT

Do I genuinely believe that praying

DAY 10 Sensitivity to the Spirit

MEMORY VERSE Romans 8:14

For as many as are led by the Spirit of God, they are the sons of God.

KEY TEACHING

A strong spirit hears God clearly; a weak spirit hears the flesh loudest. Sensitivity to the Spirit grows through exercise — praying, listening, and

THE CONFESSION

I hear the Spirit of God clearly.
My spirit is tuned to His

THE DRILL

30 mins praying in tongues.
Afterwards, sit quietly for 5

JOURNAL PROMPT

How often do I mistake my own thoughts for the Spirit's voice?

DAY 11 The Flow of Life

MEMORY VERSE Proverbs 4:23

Keep thy heart with all diligence; for out of it are the issues of life.

KEY TEACHING

Your heart (spirit) is the wellspring of your entire life. What flows out of you — faith, fear, love, or bitterness — is determined by what you allow in.

THE CONFESSION

I guard my heart diligently. Only the life of God flows from my

THE DRILL

30 mins in tongues. Audit what has entered your heart this week —

JOURNAL PROMPT

What "contaminated streams" have been flowing from my heart lately?

DAY 12 Speaking Spirit-Words

MEMORY VERSE John 6:63

It is the spirit that quickeneth; the flesh profiteth nothing: the words that I speak unto you, they are spirit, and they are life.

KEY TEACHING

Words are the currency of the spirit realm. Every word you speak either builds or tears down, opens doors or closes them. Spirit-words carry life; careless

THE CONFESSION

My words are spirit and life! I

THE DRILL

30 mins praying in tongues. For the

JOURNAL PROMPT

What words do I speak about myself

DAY 13 The Fellowship of the Spirit

MEMORY VERSE 2 Corinthians 13:14

The grace of the Lord Jesus Christ, and the love of God, and the communion of the Holy Ghost, be with you all.

KEY TEACHING

"Koinonia" means fellowship, partnership, participation. The Holy Spirit is not just a force or a gift — He is a Person, and He wants deep partnership

THE CONFESSION

I am in deep fellowship with the

THE DRILL

30 mins in tongues, but this time

JOURNAL PROMPT

Do I relate to the Holy Spirit as a

DAY 14 — SABBATH / REVIEW

Memory Verse: Isaiah 40:31



Weekly Review: Reflect on your increased spiritual stamina from Days 8–13. Light prayer. Review Days 8–13. Write down the most impactful revelation. Rest and celebrate.

WEEK 3

Walking in Spirit-Dominion

Focus: Transitioning from "Building" to "Operating."

WEEK AT A GLANCE

Table with 4 columns: Day, Topic, Scripture, Key Teaching Point. Rows include: 15 The Enthroned Spirit (Ephesians 2:6), 16 Overcoming the Senses (2 Cor. 5:7), 17 The Intuition of the Spirit (1 John 2:27), 18 Strengthening the Inner Man (Ephesians 3:16), 19 Living from the Inside Out (Proverbs 20:27), 20 Phase 1 Finale: The Robust Spirit (1 John 4:8).

DAILY SESSIONS

DAY 15 The Enthroned Spirit

MEMORY VERSE Ephesians 2:6

And hath raised us up together, and made us sit together in heavenly places in Christ Jesus.

KEY TEACHING

You are not fighting to get to a high place — you are already seated there. Your prayer, your ministry, your life should come from the position of one who

THE CONFESSION

I am seated in heavenly places with

THE DRILL

30 mins in tongues. Visualise

JOURNAL PROMPT

Do I approach challenges as someone

DAY 16 Overcoming the Senses

MEMORY VERSE 2 Corinthians 5:7

For we walk by faith, not by sight.

■ KEY TEACHING

The senses are the tools of the natural world — useful, but limited. A spirit-dominant believer trains themselves to trust the Word over what they

◆ THE CONFESSION

I walk by faith, not by sight. My spirit leads my senses — not the

■ THE DRILL

30 mins in tongues. Identify one area where your senses are

↘ JOURNAL PROMPT

What situation in my life is my physical senses screaming loudest?

DAY 17 The Intuition of the Spirit

MEMORY VERSE 1 John 2:27

But the anointing which ye have received of him abideth in you, and ye need not that any man teach you.

■ KEY TEACHING

The unction (anointing) is a knowing in your spirit that guides and guards. It is not mystical — it is the practical guidance of the Holy Spirit. A strong

◆ THE CONFESSION

The anointing abides in me and

■ THE DRILL

30 mins in tongues. Then pause and

↘ JOURNAL PROMPT

Can I identify a time when my

DAY 18 Strengthening the Inner Man

MEMORY VERSE Ephesians 3:16

That he would grant you, according to the riches of his glory, to be strengthened with might by his Spirit in the inner man.

■ KEY TEACHING

Paul prayed specifically for this: that believers would be strengthened with MIGHT in their INNER MAN. This is a prayer you should pray for yourself and

◆ THE CONFESSION

I am strengthened with might by the

■ THE DRILL

30 mins in tongues. Specifically

↘ JOURNAL PROMPT

What would a "mightily

DAY 19 Living from the Inside Out

MEMORY VERSE Proverbs 20:27

The spirit of man is the candle of the LORD, searching all the inward parts of the belly.

■ KEY TEACHING

Your spirit is God's lamp inside you — searching, revealing, illuminating. When your spirit is strong, it lights up every decision, every room, every

◆ THE CONFESSION

My spirit is the candle of the

■ THE DRILL

30 mins in tongues. Ask the Spirit

↘ JOURNAL PROMPT

What does "living from the inside

DAY 20

Phase 1 Finale: The Robust Spirit

MEMORY VERSE Acts 1:8

But ye shall receive power, after that the Holy Ghost is come upon you.

■ **KEY TEACHING**

Congratulations on completing Phase 1! Review the journey from spiritual lethargy to dynamism. Your spirit is stronger. It is now a robust, active,

◆ **THE CONFESSION**

I have received power through the Holy Spirit. My spirit is robust,

■ **THE DRILL**

Extended prayer today — 45-60 minutes in the Spirit. Celebrate

↘ **JOURNAL PROMPT**

Write a "before and after" entry. Who was I spiritually on Day 1? Who

STUDENT HANDBOOK STRATEGY

Student Handbook Strategy — Phase 1

- **Memory Verse Anchor:** Each week has one primary verse that anchors the theme. Write it on a card and carry it with you.
- **Spiritual Exercise:** 30 minutes of praying in the Spirit daily — non-negotiable. This is your "gym session" for the inner man.
- **The Tripartite Reminder:** Spirit → Soul → Body. This order must be established before Phase 2 begins.
- **Confession Practice:** Declare the day's confession each morning before your feet touch the floor.
- **Journal as Evidence:** Your journal becomes your record of transformation. Date every entry.

Mind Renewal & Soul Alignment

Breaking the Mental Code

Theme: "Recalibrating the Valve of Manifestation"

FOCUS

Information vs. Transformation — the mind as a valve between spirit and body.

SPIRITUAL EXERCISE

Continue 30 mins of praying in the Spirit, plus 15 minutes of "Word-Soaking" — audibly speaking the day's verse over yourself until it

PHASE GOAL

To achieve a mind that naturally agrees with God.

WEEK 4

Dismantling the Old Logic

Focus: Identifying and tearing down mental "strongholds."

WEEK AT A GLANCE

Day	Topic	Scripture	Key Teaching Point
21	The Command to Renew	<i>Romans 12:2</i>	Transformation is impossible without a re-coded mind.
22	Identifying Strongholds	<i>2 Cor. 10:4-5</i>	A stronghold is a "logic" that contradicts God's Word.
23	The Spirit-Soul Conflict	<i>Galatians 5:17</i>	Why your mind wants one thing while your spirit wants another.
24	De-programming the World	<i>1 John 2:15-16</i>	Breaking the "lust of the eyes" and the "pride of life" logic.
25	The Guard at the Gate	<i>Proverbs 4:23</i>	Learning to filter every thought before it enters the heart.
26	Casting Down Imaginations	<i>2 Cor. 10:5</i>	The authority to "evict" fearful or sinful mental movies.
27	Sabbath / Review	<i>Philippians 4:8</i>	Focus only on things that are "lovely and of good report."

DAILY SESSIONS

DAY 21 The Command to Renew

MEMORY VERSE Romans 12:2

And be not conformed to this world: but be ye transformed by the renewing of your mind.

KEY TEACHING

Transformation is not an event — it is a process that happens in the mind. Renewing the mind is not optional; it is the command of God. Without it, even

THE CONFESSION

My mind is being renewed by the

THE DRILL

30 mins tongues + 15 mins

JOURNAL PROMPT

In what specific way have I been

DAY 22 Identifying Strongholds

MEMORY VERSE 2 Corinthians 10:4-5

For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds.

KEY TEACHING

A stronghold is a "logic system" built up over time that contradicts God's Word. Fear, unworthiness, scarcity thinking, racial inferiority — these are

THE CONFESSION

The weapons of my warfare are

THE DRILL

30 mins tongues + 15 mins

JOURNAL PROMPT

What is the one thought pattern or

DAY 23 The Spirit-Soul Conflict

MEMORY VERSE Galatians 5:17

For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other.

KEY TEACHING

The renewed spirit and the un-renewed mind are at war. This is the conflict Paul describes — the spirit wants God's best; the old-logic mind resists it.

THE CONFESSION

My mind comes into alignment with

THE DRILL

30 mins tongues + 15 mins

JOURNAL PROMPT

Where is the loudest war happening

DAY 24 De-programming the World

MEMORY VERSE 1 John 2:15-16

Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him.

KEY TEACHING

The world system has been programming your mind since birth — through media, education, culture, and peer pressure. De-programming requires intentional,

THE CONFESSION

I am de-programmed from the world's

THE DRILL

30 mins tongues + 15 mins

JOURNAL PROMPT

What is the single most powerful

DAY 25 **The Guard at the Gate**

MEMORY VERSE Proverbs 4:23

Keep thy heart with all diligence; for out of it are the issues of life.

KEY TEACHING

Thoughts do not have to be entertained just because they arrive. You are the gatekeeper of your mind. Before a thought enters and becomes a belief, you

THE CONFESSION
I guard my mind with diligence. I examine every thought that arrives

THE DRILL
30 mins tongues + 15 mins
Word-Soaking. Practice "catching"

JOURNAL PROMPT
How quickly do I catch negative thoughts before they become

DAY 26 **Casting Down Imaginations**

MEMORY VERSE 2 Corinthians 10:5

Casting down imaginations, and every high thing that exalteth itself against the knowledge of God.

KEY TEACHING

Imaginations (mental movies, fearful scenarios, obsessive mental loops) can become strongholds. You have the authority to evict them. You are not a

THE CONFESSION
I cast down every imagination that

THE DRILL
30 mins tongues + 15 mins

JOURNAL PROMPT
What is the fearful or negative

DAY 27 — SABBATH / REVIEW

Memory Verse: Philippians 4:8



Weekly Review: Focus only on things that are "lovely and of good report." Rest, review, and reflect. Write your 3 biggest mental shifts from this week.

WEEK 5

The Language of the New Mind

Focus: Aligning your internal and external vocabulary with the Spirit.

WEEK AT A GLANCE

Day	Topic	Scripture	Key Teaching Point
28	The Law of Confession	Hebrews 4:14	"Profession" (Homologia) means "saying the same thing as God."
29	Thinking from Victory	Colossians 3:2	Setting your "affection" (mindset) on things above, not below.
30	The Mind of Christ	1 Cor. 2:16	You don't just have your mind; you have access to His perspective.
31	Emotional Stability	Isaiah 26:3	Peace is the result of a mind "stayed" (locked) on God.
32	Re-writing your History	2 Cor. 5:17	Your past no longer defines your mental identity.
33	The Power of Vision	Habakkuk 2:2	Seeing your "New Creation" self in your mind's eye.
34	Sabbath / Review	Psalms 1:2-3	Meditating day and night to become like a tree by the water.

DAY 28 The Law of Confession

MEMORY VERSE Hebrews 4:14

Seeing then that we have a great high priest, that is passed into the heavens, Jesus the Son of God, let us hold fast our profession.

KEY TEACHING

The word "profession" is homologia — "to say the same thing." True confession is not positive thinking; it is agreeing with what God has already said. Hold

THE CONFESSION

I hold fast my confession of faith.

THE DRILL

30 mins tongues + 15 mins

JOURNAL PROMPT

Where does my speech most often

DAY 29 Thinking from Victory

MEMORY VERSE Colossians 3:2

Set your affection on things above, not on things on the earth.

KEY TEACHING

The word "affection" here is phroneo — to think, to direct the mind toward. You have the ability to set your mental orientation. Think from victory, not

THE CONFESSION

I set my mind on things above. I think from a position of victory.

THE DRILL

30 mins tongues + 15 mins
Word-Soaking on Colossians 3:1-4.

JOURNAL PROMPT

Do I "think toward" God or "from" God? What is the practical

DAY 30 The Mind of Christ

MEMORY VERSE 1 Corinthians 2:16

For who hath known the mind of the Lord, that he may instruct him? But we have the mind of Christ.

KEY TEACHING

You do not merely have your own finite mind — you have ACCESS to the mind of Christ. This is not metaphor; it is a spiritual reality. When you pray and

THE CONFESSION

I have the mind of Christ! I think

THE DRILL

30 mins tongues + 15 mins

JOURNAL PROMPT

What is one situation I've been

DAY 31 Emotional Stability

MEMORY VERSE Isaiah 26:3

Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.

KEY TEACHING

Peace is not the absence of storms — it is the result of a mind that is "stayed" (locked, braced) on God. Emotional instability is always a mind

THE CONFESSION

My mind is stayed on God and I am

THE DRILL

30 mins tongues + 15 mins

JOURNAL PROMPT

What consistently disturbs my

DAY 32 Re-writing your History

MEMORY VERSE 2 Corinthians 5:17

Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.

KEY TEACHING

Your past does not define your mental identity. Every wound, failure, betrayal, and shame has been overwritten by the new creation reality. You are

THE CONFESSION

My past does not define me. Old

THE DRILL

30 mins tongues + 15 mins

JOURNAL PROMPT

What story from my past am I still

DAY 33 The Power of Vision

MEMORY VERSE Habakkuk 2:2

Write the vision, and make it plain upon tables, that he may run that readeth it.

KEY TEACHING

Seeing your new creation self in your mind's eye is not the same as fantasy — it is faith. God told Abraham to look at the stars; He is telling you to see

THE CONFESSION

I see clearly who God has made me

THE DRILL

30 mins tongues + 15 mins

JOURNAL PROMPT

What is the God-given vision of my

DAY 34 — SABBATH / REVIEW

Memory Verse: Psalm 1:2-3



Weekly Review: Meditating day and night to become like a tree planted by rivers of water. Rest and review. What mental patterns have shifted in Days 28–33? Celebrate the renewal taking place.

WEEK 6

Emotional Intelligence in the Spirit

Focus: Bringing feelings into alignment with spiritual truth.

WEEK AT A GLANCE

Day	Topic	Scripture	Key Teaching Point
35	Subjugating Fear	2 Timothy 1:7	Fear is a spirit; a renewed mind refuses to host it.
36	The Joy Factor	Nehemiah 8:10	Joy is a spiritual force, not a response to happy circumstances.
37	Breaking Mental Fatigue	Galatians 6:9	How to keep the mind from "fainting" before the harvest.
38	Healing the Wounded Soul	Psalms 23:3	Allowing the Holy Spirit to "restore" (repair) the soul's damage.
39	Intentional Thinking	Philippians 2:5	Choosing to let "this mind be in you" that was in Christ.
40	Phase 2 Finale: Alignment	3 John 1:2	Prospering even as your soul (mind/emotions) prospers.

DAILY SESSIONS

DAY 35 Subjugating Fear

MEMORY VERSE 2 Timothy 1:7

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

KEY TEACHING

Fear is not just an emotion — it is a spirit. A renewed mind does not host it. You have been given power, love, and a sound mind as a divine package. Fear is

THE CONFESSION
God has not given me fear. I have

THE DRILL
30 mins tongues + 15 mins

JOURNAL PROMPT
What fear has the strongest hold on

DAY 36 The Joy Factor

MEMORY VERSE Nehemiah 8:10

The joy of the LORD is your strength.

KEY TEACHING

Joy is not a mood — it is a spiritual force. It is produced by the Spirit and does not require favourable circumstances. Joy strengthens; joylessness

THE CONFESSION
The joy of the Lord is my strength!
I choose joy regardless of

THE DRILL
30 mins tongues + 15 mins
Word-Soaking. Spend 5 minutes

JOURNAL PROMPT
Do I associate my joy with what is happening around me? What would it

DAY 37 Breaking Mental Fatigue

MEMORY VERSE Galatians 6:9

And let us not be weary in well doing: for in due season we shall reap, if we faint not.

KEY TEACHING

Mental fatigue is the tool the enemy uses to make you quit just before the harvest. Fainting is a mind event before it is a body event. The renewed mind

◆ THE CONFESSION
I do not faint. I do not quit. My

■ THE DRILL
30 mins tongues + 15 mins

↘ JOURNAL PROMPT
Where am I most mentally fatigued

DAY 38 Healing the Wounded Soul

MEMORY VERSE Psalm 23:3

He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.

KEY TEACHING

The soul is the part of you most affected by the wounds of life — rejection, betrayal, loss, trauma. The Holy Spirit does not just strengthen the spirit;

◆ THE CONFESSION
God restores my soul. Every wound,

■ THE DRILL
30 mins tongues + 15 mins gentle

↘ JOURNAL PROMPT
What wound in my soul has not yet

DAY 39 Intentional Thinking

MEMORY VERSE Philippians 2:5

Let this mind be in you, which was also in Christ Jesus.

KEY TEACHING

This is a choice, not an accident. "Let this mind be in you" is an intentional act. You choose to allow Christ's mind — humble, others-first,

◆ THE CONFESSION
I intentionally let the mind of
Christ operate in me. I choose

■ THE DRILL
30 mins tongues + 15 mins
Word-Soaking on Philippians 2:5-8.

↘ JOURNAL PROMPT
In what relationship or situation
is the "mind of Christ" most needed

DAY 40 Phase 2 Finale: Alignment

MEMORY VERSE 3 John 1:2

Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.

KEY TEACHING

The prosperity of your soul determines the prosperity of your life. A renewed mind, aligned emotions, and a submitted will create the pipeline through which

◆ THE CONFESSION
My soul prospers and therefore my

■ THE DRILL
Extended prayer — 45-60 minutes.

↘ JOURNAL PROMPT
Write a "soul audit": How has my

STUDENT HANDBOOK STRATEGY

Student Handbook Strategy — The Replacement Principle

- Don't just try to stop thinking bad thoughts — replace them with the Word.
- The Lie/Truth Drill: For every "lie" the mind suggests, write down the "Truth" from Scripture.
- Word-Soaking Protocol: 15 minutes of audibly speaking the day's verse until it feels personal and real.
- Emotional Honesty: Name what you're feeling before you begin the drill — don't suppress, redirect.
- Track Your Mental Weather: Note your emotional climate each morning. Mark the changes over the 20 days.

Bodily Subjection & Consecration

The Living Sacrifice

Theme: "The Instrument of Righteousness"



FOCUS

Bringing the physical vessel under control of the spirit.

SPIRITUAL EXERCISE

Continue 30 mins of praying in the Spirit. Add The Fasting Discipline: a specific fast (e.g., 6 AM to 12 PM or 6 PM) twice a week to "hush" the

PHASE GOAL

A body that obeys the spirit without resistance.

WEEK 7

The Theology of the Vessel

Focus: Understanding that your body is no longer your own.

WEEK AT A GLANCE

Day	Topic	Scripture	Key Teaching Point
41	The Temple of the Spirit	1 Cor. 6:19	Your body isn't a "suitcase"; it's a living Sanctuary.
42	The Living Sacrifice	Romans 12:1	Worship isn't just a song; it's the presentation of your physical members.
43	Mortification (The "Putting to Death")	Romans 8:13	The spirit kills the deeds of the body; it's a daily "execution."
44	Bought with a Price	1 Cor. 6:20	Glorifying God in your body is a legal obligation of the New Creation.
45	The Members of Righteousness	Romans 6:13	Your hands, eyes, and feet are "weapons" of God.
46	Breaking the Law of Sin	Romans 7:22-25	The mind serves God, but the body must be "forced" to follow.
47	Sabbath / Review	1 Cor. 9:27	Practicing "keeping the body under."

DAILY SESSIONS

DAY 41 The Temple of the Spirit

MEMORY VERSE 1 Corinthians 6:19

What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?

KEY TEACHING

Your body is not just a vessel — it is a sanctuary, a dwelling place of the Most High. This changes how you treat it, what you allow into it, and how you

THE CONFESSION

My body is the temple of the Holy

THE DRILL

30 mins tongues + Begin your first

JOURNAL PROMPT

In what areas have I been treating

DAY 42 The Living Sacrifice

MEMORY VERSE Romans 12:1

I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your

KEY TEACHING

True worship is not primarily what you sing — it is what you do with your body. A living sacrifice is one that keeps crawling off the altar. The

THE CONFESSION

I present my body as a living

THE DRILL

30 mins tongues. Pray the

JOURNAL PROMPT

Where does my body keep "crawling

DAY 43 Mortification

MEMORY VERSE Colossians 3:5

Mortify therefore your members which are upon the earth; fornication, uncleanness, inordinate affection, evil concupiscence, and covetousness.

KEY TEACHING

Mortification is not punishment — it is execution. The spirit has the authority to put to death the deeds of the flesh daily. This is a spiritual

THE CONFESSION

By the Spirit, I put to death the

THE DRILL

30 mins tongues. Identify one

JOURNAL PROMPT

What "deeds of the body" am I still

DAY 44 Bought with a Price

MEMORY VERSE 1 Corinthians 6:20

For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.

KEY TEACHING

Glorifying God in your body is not optional — it is a legal obligation of the purchased life. The blood of Jesus purchased your body as surely as your

THE CONFESSION

I was bought with a price. My body

THE DRILL

30 mins tongues + Second fast of

JOURNAL PROMPT

If I truly believed my body

DAY 45 The Members of Righteousness

MEMORY VERSE Romans 6:13

Neither yield ye your members as instruments of unrighteousness unto sin: but yield yourselves unto God, as those that are alive from the dead, and

KEY TEACHING

Your hands, eyes, tongue, and feet are weapons — instruments. The question is: whose arsenal do they belong to? Yielded to God, your physical members become

THE CONFESSION

My hands are weapons of healing. My

THE DRILL

30 mins tongues. Lay hands on your

JOURNAL PROMPT

Which member of my body has most

DAY 46 Breaking the Law of Sin

MEMORY VERSE Romans 7:22-25

For I delight in the law of God after the inward man: But I see another law in my members, warring against the law of my mind.

KEY TEACHING

Paul describes a war: the law of God in the spirit versus the law of sin in the body. The renewed mind agrees with God; the body resists. Phase 3 is about

THE CONFESSION

I am delivered from the law of sin

THE DRILL

30 mins tongues. Where are you most

JOURNAL PROMPT

Which "law of sin" in my body is

DAY 47 — SABBATH / REVIEW

Memory Verse: 1 Corinthians 9:27



Weekly Review: Practicing "keeping the body under." Rest and review. How has your body responded to the first 7 days of this phase?

WEEK 8

The Discipline of Yieldedness

Focus: Practical tools for physical submission.

WEEK AT A GLANCE

Day	Topic	Scripture	Key Teaching Point
48	The Purpose of Fasting	Isaiah 58:6	Fasting doesn't move God; it breaks the "yoke" of the flesh's dominance.
49	Taming the Tongue	James 3:2	If you can control your tongue, you can control your whole body.
50	The Lust of the Flesh	Galatians 5:16	Walking in the Spirit is the ONLY way to not fulfill fleshly desires.
51	Sleep and the Spirit	Proverbs 6:9-11	Mastering the pillow — discipline in rest and waking for prayer.
52	Consecrated Senses	Job 31:1	Making a "covenant with your eyes" regarding what you consume.
53	The Power of Habits	Romans 13:14	"Make no provision" for the flesh; starve the old habits.
54	Sabbath / Review	Psalms 101:3	Assessing the "purity of the gates" (Eyes/Ears).

DAY 48 The Purpose of Fasting

MEMORY VERSE Isaiah 58:6

Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free?

KEY TEACHING

Fasting does not move God — He is already moved by love. Fasting breaks the yoke of the flesh's dominance over you. It is a spiritual tool for resetting

THE CONFESSION

When I fast, the yoke is broken.

THE DRILL

Fast from 6 AM to 12 PM. As

JOURNAL PROMPT

What has fasting revealed about the

DAY 49 Taming the Tongue

MEMORY VERSE James 3:2

If any man offend not in word, the same is a perfect man, and able also to bridle the whole body.

KEY TEACHING

James makes an extraordinary claim: control your tongue and you can control your whole body. The tongue is the master switch. Taming it unlocks physical

THE CONFESSION

My tongue is tamed. I speak with

THE DRILL

30 mins tongues + 15 mins

JOURNAL PROMPT

What specific types of speech

DAY 50 The Lust of the Flesh

MEMORY VERSE Galatians 5:16

This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.

KEY TEACHING

Paul does not say "try hard not to sin." He says walk in the Spirit — and the flesh will not be fulfilled. The solution is not willpower; it is

THE CONFESSION

I walk in the Spirit. As I do, the

THE DRILL

30 mins tongues + Fast day.

JOURNAL PROMPT

What is the difference between

DAY 51 Sleep and the Spirit

MEMORY VERSE Proverbs 6:9-11

Yet a little sleep, a little slumber, a little folding of the hands to sleep: So shall thy poverty come as one that travelleth.

KEY TEACHING

The discipline of sleep and waking is one of the first battles of bodily subjection. The believer who cannot master the pillow will struggle to master

◆ **THE CONFESSION**
I master my sleep. I rise with

■ **THE DRILL**
30 mins tongues. Set your prayer

↘ **JOURNAL PROMPT**
How disciplined is my sleep and

DAY 52 Consecrated Senses

MEMORY VERSE Job 31:1

I made a covenant with mine eyes; why then should I think upon a maid?

KEY TEACHING

Job made a formal covenant with his eyes — a decision backed by a vow. Consecrated senses mean your eyes, ears, and other senses are under a covenant

◆ **THE CONFESSION**
I make a covenant with my senses.
My eyes, my ears, my senses are

■ **THE DRILL**
30 mins tongues + Second fast day.
Make a formal "covenant with your

↘ **JOURNAL PROMPT**
What am I consuming through my
senses that contradicts my

DAY 53 The Power of Habits

MEMORY VERSE Romans 13:14

But put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfil the lusts thereof.

KEY TEACHING

"Make no provision" means to give no advance preparation, no forward planning, for fleshly indulgence. Bad habits are sustained by provisions. Cut the

◆ **THE CONFESSION**
I make no provision for the flesh.

■ **THE DRILL**
30 mins tongues. Identify one

↘ **JOURNAL PROMPT**
What provisions am I maintaining

DAY 54 — SABBATH / REVIEW

Memory Verse: Psalm 101:3



Weekly Review: Assessing the "purity of the gates" (Eyes/Ears). Rest and review. Audit your sensory inputs this week — what entered and what did you refuse?

WEEK 9

The Spirit-Energized Body

Focus: Allowing the life of the Spirit to quicken the physical frame.

WEEK AT A GLANCE

Day	Topic	Scripture	Key Teaching Point
55	Quickening the Mortal Body	Romans 8:11	The Holy Spirit provides "Zoe-life" for your physical health.
56	The Body as a Servant	1 Cor. 9:26	Your spirit is the master; the body is the "mule" that carries the vision.
57	Divine Health vs. Divine Healing	John 1:2	Moving from "needing healing" to "walking in health" through subjection.
58	Endurance and Stamina	Hebrews 12:1	Removing the "weight" (not just sin) that slows your race.
59	Yielded to the Touch	Romans 12:2	A body so yielded that the Spirit can move through it instantly.
60	Phase 3 Finale: The Vessel of Honor	1 Timothy 2:21	Sanctified and ready for the Master's use.

DAILY SESSIONS

DAY 55 Quickening the Mortal Body

MEMORY VERSE Romans 8:11

But if the Spirit of him that raised up Jesus from the dead dwell in you, he that raised up Christ from the dead shall also quicken your mortal

KEY TEACHING

The same Spirit that raised Jesus from the dead is alive in your body — and He quickens (gives life to) your mortal frame. Spirit-dominance over the body

THE CONFESSION
The Spirit of God quickens my

THE DRILL
30 mins tongues + Fast day. As you

JOURNAL PROMPT
Do I truly believe that the Spirit

DAY 56 The Body as a Servant

MEMORY VERSE 1 Corinthians 9:26

I therefore so run, not as uncertainly; so fight I, not as one that beateth the air.

KEY TEACHING

The body is the "mule" that carries the vision. It must be disciplined, trained, and directed — not obeyed. A servant that gives the orders is no

THE CONFESSION
My body is my servant, not my

THE DRILL
30 mins tongues. What is one area

JOURNAL PROMPT
In what area has my body been the

DAY 57

Divine Health vs. Divine Healing

MEMORY VERSE 3 John 1:2

Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.

■ KEY TEACHING

Healing is for the sick; health is for the strong. The goal of Phase 3 is to bring you to a place of walking in divine health — a lifestyle of bodily

◆ THE CONFESSION

I walk in divine health. Sickness

■ THE DRILL

30 mins tongues + Second fast day.

↘ JOURNAL PROMPT

What is the difference between

DAY 58

Endurance and Stamina

MEMORY VERSE Hebrews 12:1

Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily

■ KEY TEACHING

Weights are not sins — they are legitimate things that slow you down. Stamina is built by removing weights AND sins. The long-distance runner travels light.

◆ THE CONFESSION

I lay aside every weight. I run my

■ THE DRILL

30 mins tongues. Identify a

↘ JOURNAL PROMPT

What weights — not just sins — are

DAY 59

Yielded to the Touch

MEMORY VERSE Romans 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

■ KEY TEACHING

The goal of bodily subjection is a body so yielded that the Spirit can move through it instantly — to heal, to pray, to touch, to go, without resistance.

◆ THE CONFESSION

My body is fully yielded to the

■ THE DRILL

30 mins tongues. Practice "yielded

↘ JOURNAL PROMPT

What is the last area of my body or

DAY 60

Phase 3 Finale: The Vessel of Honor

MEMORY VERSE 2 Timothy 2:21

If a man therefore purge himself from these, he shall be a vessel unto honour, sanctified, and meet for the master's use, and prepared unto every

■ KEY TEACHING

You have reached the end of Phase 3 — the most challenging of the five. Your body is now being brought into alignment with your strong spirit and renewed

◆ THE CONFESSION

I am a vessel of honour,

■ THE DRILL

Extended prayer — 45-60 minutes.

↘ JOURNAL PROMPT

Write a "Vessel Consecration" entry

Physical Audit — Student Handbook Strategy

- The Discipline Checklist: "Did I control my appetite today?" "Did I guard my eyes today?" "Did I keep my prayer hour?"
- The Fasting Calendar: Mark your fast days in advance. Accountability partners help — fast together.
- The Yieldedness Prayer (daily): "Father, I present my hands to heal, my mouth to speak Your Word, my feet to go where You lead."
- Teacher's Note: People will feel the pull of the flesh MOST this phase. Emphasise GRACE alongside GRIT. You are training spiritual athletes.
- The Grace/Grit Balance: Failure in discipline is not disqualification — it is information. Get up and continue.

Authority vs. Power

The Hierarchy of the Kingdom

Theme: "The Jurisdictions of the Kingdom"



FOCUS

Authority is given. Power is developed. Both are required.

SPIRITUAL EXERCISE

Continue 30 mins of praying in the Spirit. Add The Prayer of Command: 10 minutes daily speaking TO mountains/situations rather than just ABOUT

PHASE GOAL

To move the believer from just having the "badge" (authority) to having the "battery" (power).

AUTHORITY VS. POWER — THE DISTINCTION

AUTHORITY

- The Badge
- Legal Right
- Given at New Birth
- Fixed & Equal

POWER (DUNAMIS)

- The Battery
- Developed Capacity
- Built in Secret Place
- Fluid & Growing

Every believer has equal AUTHORITY. Not every believer has equal POWER. Authority is your legal right; Power is your developed capacity. Phase 4 works on both.

WEEK 10

The Legal Rights (Authority)

Focus: Understanding the "Badge." Every believer is equal in Authority.

WEEK AT A GLANCE

Day	Topic	Scripture	Key Teaching Point
61	Delegated Authority	Matt. 28:18-19	Jesus has ALL authority; He "deputized" you to use it.
62	The Power of the Name	Phil. 2:9-10	The Name of Jesus is the "Power of Attorney" for the believer.
63	Seated in Authority	Eph. 1:20-21	You rule FROM heaven down, not from earth up.

Day	Topic	Scripture	Key Teaching Point
64	The Keys of the Kingdom	Matt. 16:19	Binding and Loosing: The legal right to allow or disallow.
65	Identifying the Enemy	Eph. 6:12	Authority is for spirits/systems, not for people.
66	The Armor of Light	Romans 13:12	Authority is maintained by staying "clothed" in Christ.
67	Sabbath / Review	Luke 10:19	Meditating on your "Right to Rule."

DAILY SESSIONS

DAY 61 Delegated Authority

MEMORY VERSE Matthew 28:18-19

All power is given unto me in heaven and in earth. Go ye therefore, and teach all nations.

■ KEY TEACHING

Jesus has all authority — not some, not most, ALL. And He has deputized you to exercise it in His name. The Great Commission is not a suggestion; it is the

◆ THE CONFESSION

All authority has been given to

■ THE DRILL

30 mins tongues + 10 mins Prayer of

↘ JOURNAL PROMPT

What does it mean to be "deputized"

DAY 62 The Power of the Name

MEMORY VERSE Philippians 2:9-10

Wherefore God also hath highly exalted him, and given him a name which is above every name.

■ KEY TEACHING

The Name of Jesus is not a magic word — it is a Power of Attorney. When you use His name, you are acting as His legal representative, backed by His full

◆ THE CONFESSION

I carry the Name of Jesus as my

■ THE DRILL

30 mins tongues + 10 mins

↘ JOURNAL PROMPT

Am I using the Name of Jesus

DAY 63 Seated in Authority

MEMORY VERSE Ephesians 1:20-21

Far above all principality, and power, and might, and dominion, and every name that is named.

■ KEY TEACHING

Christ is seated FAR ABOVE all spiritual opposition — and you are in Him. Your position of authority is from above, looking down. Stop praying up to God as

◆ THE CONFESSION

I am seated with Christ far above

■ THE DRILL

30 mins tongues + 10 mins authority

↘ JOURNAL PROMPT

How does my prayer posture change

DAY 64 The Keys of the Kingdom

MEMORY VERSE Matthew 16:19

And I will give unto thee the keys of the kingdom of heaven: and whatsoever thou shalt bind on earth shall be bound in heaven.

KEY TEACHING

Keys represent legal access and control. Binding and Loosing are the legal rights of the Kingdom citizen. You have the authority to permit or prohibit

THE CONFESSION

I carry the keys of the Kingdom. I

THE DRILL

30 mins tongues + 10 mins binding

JOURNAL PROMPT

What have I been passively allowing

DAY 65 Identifying the Enemy

MEMORY VERSE Ephesians 6:12

For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world.

KEY TEACHING

Your authority is for spirits and systems — not for people. Your difficult boss, your difficult family member, your difficult neighbour — they are not

THE CONFESSION

My fight is not against flesh and

THE DRILL

30 mins tongues + 10 mins targeted

JOURNAL PROMPT

Who or what have I been fighting in

DAY 66 The Armor of Light

MEMORY VERSE Romans 13:12

But put ye on the Lord Jesus Christ, and make not provision for the flesh, to fulfil the lusts thereof.

KEY TEACHING

Authority is not just exercised outwardly — it is maintained inwardly by staying clothed in Christ. The armour of light is relational: you wear it by

THE CONFESSION

I put on the Lord Jesus Christ as

THE DRILL

30 mins tongues + 10 mins authority

JOURNAL PROMPT

What is the relationship between my

DAY 67 — SABBATH / REVIEW

Memory Verse: Luke 10:19



Weekly Review: Meditating on your "Right to Rule." Rest and review. Reflect on the shift in your understanding of authority over Days 61–66.

WEEK 11

The Capacity for Manifestation (Power)

Focus: Understanding the "Battery." Power is developed through use and consecration.

WEEK AT A GLANCE

Day	Topic	Scripture	Key Teaching Point
68	Dunamis: The Dynamic Ability	Acts 1:8	Power is the "muscle" that backs up the "badge" of authority.
69	Levels of Anointing	Ezekiel 47:3-5	From "ankles" to "swimming": Power grows by depth of walk.
70	The Price of Power	Matthew 17:21	Some levels of power require deeper fasting and prayer.
71	Power through Purity	2 Timothy 2:21	A clean vessel carries a higher "voltage" of the Spirit.
72	The Transmission of Power	Acts 19:11-12	Power can be stored and transferred through objects/laying on of hands.
73	Power in the Word	Hebrews 4:12	The Word isn't just info; it is "living and powerful" (Energies).
74	Sabbath / Review	Micah 3:8	Assessing your "Spiritual Voltage."

DAILY SESSIONS

DAY 68 Dunamis: The Dynamic Ability

MEMORY VERSE Acts 1:8

But ye shall receive power, after that the Holy Ghost is come upon you: and ye shall be witnesses unto me.

■ KEY TEACHING

Dunamis is explosive ability — the muscle behind the badge. Authority gives you the right; power gives you the might. Both are needed, and while authority

◆ THE CONFESSION

I receive Dunamis power from the

■ THE DRILL

30 mins tongues + 10 mins

↘ JOURNAL PROMPT

What is the difference between

DAY 69 Levels of Anointing

MEMORY VERSE Ezekiel 47:3-5

And when the man that had the line in his hand went forth eastward, he measured a thousand cubits, and he brought me through the waters; the

■ KEY TEACHING

Ezekiel's river is a picture of the anointing — ankles, knees, waist, swimming. There are levels. Where you are today is not where you have to stay.

◆ THE CONFESSION

I go deeper in the river of God. I

■ THE DRILL

30 mins tongues + 10 mins

↘ JOURNAL PROMPT

Honestly assess your current

DAY 70 The Price of Power

MEMORY VERSE Matthew 17:21

Howbeit this kind goeth not out but by prayer and fasting.

■ KEY TEACHING

Some levels of power and some categories of spiritual opposition require a specific price: sustained prayer AND fasting. There are no shortcuts to these

◆ THE CONFESSION

I pay the price for higher levels of power. I fast. I pray. I invest

■ THE DRILL

30 mins tongues + 10 mins commanding + Fast day. Ask God what

↘ JOURNAL PROMPT

What breakthrough am I believing for that seems to require a higher

DAY 71 Power through Purity

MEMORY VERSE 2 Timothy 2:21

If a man therefore purge himself from these, he shall be a vessel unto honour, sanctified, and meet for the master's use.

■ KEY TEACHING

A clean vessel carries a higher voltage of the Spirit. Purity is not just morality — it is capacity. Undealt-with sin, compromise, and mixture diminish

◆ THE CONFESSION

I am a pure vessel. Purity

■ THE DRILL

30 mins tongues + 10 mins

↘ JOURNAL PROMPT

Is there any area of compromise I

DAY 72 The Transmission of Power

MEMORY VERSE Acts 19:11-12

And God wrought special miracles by the hands of Paul: so that from his body were brought unto the sick handkerchiefs or aprons.

■ KEY TEACHING

Power can be stored in a believer and transmitted to others through contact, laying on of hands, or even objects connected to the believer. This is not

◆ THE CONFESSION

Power flows through me and can be

■ THE DRILL

30 mins tongues + 10 mins

↘ JOURNAL PROMPT

Do I believe that God's power can

DAY 73 Power in the Word

MEMORY VERSE Hebrews 4:12

For the word of God is quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit.

■ KEY TEACHING

The Word is not information only — it is power. "Quick" means alive. "Powerful" is energies — energising, active. When you speak the Word into a

◆ THE CONFESSION

The Word of God is alive in my

■ THE DRILL

30 mins tongues + 10 mins

↘ JOURNAL PROMPT

Do I speak the Word as a formula or

DAY 74 — SABBATH / REVIEW

Memory Verse: Micah 3:8



Weekly Review: Assessing your "Spiritual Voltage." Rest and review. Reflect on your understanding and experience of power over Days 68–73.

WEEK 12

Operating in Dominion

Focus: Combining Authority and Power for results.

WEEK AT A GLANCE

Day	Topic	Scripture	Key Teaching Point
75	Speaking to the Mountain	Mark 11:23	Using Authority to command the physical realm.
76	Casting Out Spirits	Mark 16:17	The primary exercise of New Creation Authority.
77	Healing the Sick	1 Peter 2:24	Power (Zoe) flowing through the hand of the believer.
78	Dominion Over Circumstances	Romans 5:17	Those who receive "abundance of grace" reign in this life.
79	Boldness: The Trigger	Acts 4:31	Boldness is the "spark" that releases the "fuel" of power.
80	Phase 4 Finale: The Balanced Believer	1 Peter 7	Power + Love + Sound Mind = The perfect Kingdom operator.

DAILY SESSIONS

DAY 75 Speaking to the Mountain

MEMORY VERSE Mark 11:23

Whoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that

KEY TEACHING

Jesus instructs us to speak TO the mountain — not to ask God to remove it. This is the exercise of authority. God has given you the command; the mountain

THE CONFESSION

I speak to mountains! I do not beg

THE DRILL

30 mins tongues + 10 mins

JOURNAL PROMPT

What is the mountain I have been

DAY 76

Casting Out Spirits

MEMORY VERSE Mark 16:17

And these signs shall follow them that believe; In my name shall they cast out devils.

KEY TEACHING

Casting out spirits is described as a normal sign of the believer, not a specialist gift. The New Creation has authority over all demonic activity.

THE CONFESSION

In Jesus' Name, I have authority

THE DRILL

30 mins tongues + 10 mins

JOURNAL PROMPT

Do I see deliverance ministry as

DAY 77

Healing the Sick

MEMORY VERSE 1 Peter 2:24

Who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were

KEY TEACHING

Healing is not something God does when you pray hard enough — it is something He has already done, and you enforce through authority. The stripes of Jesus

THE CONFESSION

By His stripes I was healed. I

THE DRILL

30 mins tongues + 10 mins

JOURNAL PROMPT

What has held me back from praying

DAY 78

Dominion Over Circumstance

MEMORY VERSE Romans 5:17

For if by one man's offence death reigned by one; much more they which receive abundance of grace and of the gift of righteousness shall reign in

KEY TEACHING

You are called to REIGN in life — not to be managed by it. Dominion over circumstance is the natural expression of a strong spirit, renewed mind,

THE CONFESSION

I reign in life through Jesus

THE DRILL

30 mins tongues + 10 mins

JOURNAL PROMPT

In what area of my life do I feel

DAY 79

Boldness: The Trigger

MEMORY VERSE Acts 4:31

And when they had prayed, the place was shaken where they were assembled together; and they were all filled with the Holy Ghost, and they spake the

KEY TEACHING

Boldness is the spark that ignites power. The disciples didn't pray for miracles — they prayed for boldness, and the miracles followed. Timidity is

THE CONFESSION

I speak the Word of God with

THE DRILL

30 mins tongues + 10 mins

JOURNAL PROMPT

Where has timidity prevented me

DAY 80

Phase 4 Finale: The Balanced Believer

MEMORY VERSE 2 Timothy 1:7

For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

■ KEY TEACHING

The perfect Kingdom operator is not just powerful — they are balanced: POWER (dunamis), LOVE (the motive), and SOUND MIND (the wisdom to use it rightly).

◆ THE CONFESSION

I operate with power, love, and a

■ THE DRILL

Extended prayer — 45-60 minutes.

↘ JOURNAL PROMPT

Of the three — power, love, sound

STUDENT HANDBOOK STRATEGY

Jurisdiction Map — Student Handbook Strategy

- **AUTHORITY:** Given at New Birth. It is fixed. It is your "Right." Equal for every believer.
- **POWER:** Cultivated in the Secret Place. It is fluid. It is your "Might." Grows with depth of walk.
- **The Jurisdiction Drill:** Identify one "mountain" and write a scriptural Command of Authority to speak over it daily.
- **Prayer of Command:** Stop petitioning God about things He has already given you authority over — start commanding.
- **The Balance Check:** Power without love is dangerous. Love without power is ineffective. Sound mind keeps both aligned.

Multiplication & The Sent Life

Legacy and the Perpetual Lifestyle

Theme: "Legacy and the Perpetual Lifestyle"



FOCUS

Moving from receiving to reproducing — Kingdom ambassadors who multiply.

SPIRITUAL EXERCISE

Continue 30 mins of praying in the Spirit. Add The Intercession Drill: 15 minutes daily praying specifically for the "lost" and for your

PHASE GOAL

To ensure the 100 days isn't just an event, but the birth of a new man.

WEEK 13

The Ministry of Reconciliation

Focus: Taking the "New Creation" message to the world.

WEEK AT A GLANCE

Day	Topic	Scripture	Key Teaching Point
81	You are an Ambassador	<i>2 Cor. 5:20</i>	You don't represent yourself; you represent a Kingdom.
82	The Heart of the Father	<i>Luke 15:20</i>	Power and Authority are for the purpose of bringing sons home.
83	Overcoming Witnessing Fears	<i>Acts 1:8</i>	The Holy Spirit provides the "boldness" to share the Truth.
84	Signs Following the Word	<i>Mark 16:20</i>	God confirms the Word with signs; speak first, then see the signs.
85	Marketplace Dominion	<i>Matthew 5:14</i>	Being a "City on a Hill" in your career and business.
86	The Power of Your Testimony	<i>Revelation 12:11</i>	Your story is a weapon that overcomes the enemy's lies.
87	Sabbath / Review	<i>Romans 10:15</i>	Praying for "Beautiful Feet" to reach others.

DAILY SESSIONS

DAY 81 You are an Ambassador

MEMORY VERSE 2 Corinthians 5:20

Now then we are ambassadors for Christ, as though God did beseech you by us: we pray you in Christ's stead, be ye reconciled to God.

KEY TEACHING

An ambassador does not speak for themselves — they carry the message and weight of the government they represent. You do not go to the world in your

THE CONFESSION

I am an ambassador for Christ.

THE DRILL

30 mins tongues + 15 mins

JOURNAL PROMPT

Who in my immediate sphere of

DAY 82 The Heart of the Father

MEMORY VERSE Luke 15:20

And he arose, and came to his father. But when he was yet a great way off, his father saw him, and had compassion, and ran.

KEY TEACHING

All the power and authority of the previous four phases has one ultimate purpose: bringing sons home to the Father. The Father runs toward the

THE CONFESSION

I carry the heart of the Father. I

THE DRILL

30 mins tongues + 15 mins

JOURNAL PROMPT

Do I carry urgency for the lost, or

DAY 83 Overcoming Witnessing Fear

MEMORY VERSE Acts 1:8

But ye shall receive power, after that the Holy Ghost is come upon you: and ye shall be witnesses unto me.

KEY TEACHING

Witnessing fear is solved not by courage training but by Holy Spirit filling. Jesus promised POWER for witnessing. The same Spirit who raised Christ from

THE CONFESSION

I am a witness filled with Holy

THE DRILL

30 mins tongues + 15 mins

JOURNAL PROMPT

What is my biggest fear around

DAY 84 Signs Following the Word

MEMORY VERSE Mark 16:20

And they went forth, and preached every where, the Lord working with them, and confirming the word with signs following.

KEY TEACHING

The sequence is critical: SPEAK first, SIGNS follow. The disciples went — and then the Lord confirmed. God does not confirm your silence; He confirms the

THE CONFESSION

When I speak the Word, God confirms

THE DRILL

30 mins tongues + 15 mins

JOURNAL PROMPT

Where have I been waiting for

DAY 85

Marketplace Dominion

MEMORY VERSE Matthew 5:14

Ye are the light of the world. A city that is set on an hill cannot be hid.

KEY TEACHING

The marketplace — your career, your business, your school — is a mission field. The Total Man doesn't switch off the Kingdom when they walk into work.

THE CONFESSION

I am the light of the world in my marketplace. My work is ministry.

THE DRILL

30 mins tongues + 15 mins intercession for your workplace and

JOURNAL PROMPT

How is my Kingdom identity expressed in my career or

DAY 86

The Power of Your Testimony

MEMORY VERSE Revelation 12:11

And they overcame him by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death.

KEY TEACHING

Your testimony is a weapon. The blood of Jesus and the word of your testimony together overcome the enemy. A testimony shared is ammunition loaded into the

THE CONFESSION

My testimony is a weapon. I

THE DRILL

30 mins tongues + 15 mins

JOURNAL PROMPT

What is the core of my testimony —

DAY 87 — SABBATH / REVIEW

Memory Verse: Romans 10:15



Weekly Review: Praying for "Beautiful Feet" to reach others. Rest and review. Reflect on the shift from receiving to releasing over Days 81–86.

WEEK 14

Discipling Others (Multiplication)

Focus: Reproducing what has been built in you.

WEEK AT A GLANCE

Day	Topic	Scripture	Key Teaching Point
88	The Great Commission	Matt. 28:19	The command isn't just to make "converts," but "disciples."
89	Spiritual Parenting	1 Cor. 4:15	Moving from having "instructors" to being a "father/mother" in the spirit.
90	Entrusting the Truth	2 Timothy 2:2	Teaching others who will teach others also (4 generations).
91	Leading with Humility	Matt. 20:26-28	Authority is exercised through service, not lordship.
92	Discerning Spiritual Needs	Hebrews 5:14	Using your "trained senses" to help others get free.
93	The Power of Agreement	Matt. 18:19	Multiplying results by joining your faith with another disciple.
94	Sabbath / Review	John 15:16	Choosing to "bear fruit that remains."

DAY 88 The Great Commission**MEMORY VERSE** Matthew 28:19

Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost.

KEY TEACHING

The command is not to make "attenders" or even "converts" — it is to make DISCIPLES. A disciple is someone who is being transformed into the image of

◆ **THE CONFESSION**
I make disciples, not just

■ **THE DRILL**
30 mins tongues + 15 mins

↘ **JOURNAL PROMPT**
Who is the one person I am most

DAY 89 Spiritual Parenting**MEMORY VERSE** 1 Corinthians 4:15

For though ye have ten thousand instructors in Christ, yet have ye not many fathers: for in Christ Jesus I have begotten you through the gospel.

KEY TEACHING

There is a difference between an instructor (who transfers information) and a spiritual father or mother (who transfers life). The world has enough

◆ **THE CONFESSION**
I am becoming a spiritual

■ **THE DRILL**
30 mins tongues + 15 mins

↘ **JOURNAL PROMPT**
Do I see myself as a potential

DAY 90 Entrusting the Truth**MEMORY VERSE** 2 Timothy 2:2

And the things that thou hast heard of me among many witnesses, the same commit thou to faithful men, who shall be able to teach others also.

KEY TEACHING

Paul describes FOUR GENERATIONS in one verse: Paul → Timothy → Faithful Men → Others Also. Discipleship that stops at one generation is not multiplication —

◆ **THE CONFESSION**
I entrust the truth to faithful

■ **THE DRILL**
30 mins tongues + 15 mins

↘ **JOURNAL PROMPT**
What truth have I received in these

DAY 91 Leading with Humility

MEMORY VERSE Matthew 20:26-28

But whosoever will be great among you, let him be your minister; And whosoever will be chief among you, let him be your servant.

KEY TEACHING

Kingdom authority is exercised through servant leadership — not through hierarchy, control, or performance. The one who leads in the Kingdom stoops to

THE CONFESSION

I lead through service. I am great

THE DRILL

30 mins tongues + 15 mins

JOURNAL PROMPT

In what relationship or role am I

DAY 92 Discerning Spiritual Needs

MEMORY VERSE Hebrews 5:14

But strong meat belongeth to them that are of full age, even those who by reason of use have their senses exercised to discern both good and evil.

KEY TEACHING

Spiritual maturity produces discernment — the ability to perceive the true spiritual need beneath the surface problem. The trained senses, developed

THE CONFESSION

My senses are trained by use. I

THE DRILL

30 mins tongues + 15 mins

JOURNAL PROMPT

When I look at those around me,

DAY 93 The Power of Agreement

MEMORY VERSE Matthew 18:19

Again I say unto you, That if two of you shall agree on earth as touching any thing that they shall ask, it shall be done for them of my Father which

KEY TEACHING

Agreement multiplies the results. One believer moves mountains; two believers who agree create an exponential release of Kingdom authority and power.

THE CONFESSION

I multiply my faith through

THE DRILL

30 mins tongues + 15 mins

JOURNAL PROMPT

Who is my prayer partner? Who do I

DAY 94 — SABBATH / REVIEW

Memory Verse: John 15:16



Weekly Review: Choosing to "bear fruit that remains." Rest and review. Who have you begun to disciple or pour into this week? What fruit is beginning to form?

WEEK 15

The Unstoppable Lifestyle

Focus: Sealing the 100 days into a permanent "Rule of Life."

WEEK AT A GLANCE

Day	Topic	Scripture	Key Teaching Point
95	The Danger of Drift	Hebrews 2:1	How to keep the fire burning after the "challenge" ends.
96	Creating Your "Rule of Life"	Daniel 6:10	Setting non-negotiable daily rhythms for prayer and the Word.
97	Abiding: The Secret to Longevity	John 15:5	Apart from the Vine, the "Total Man" eventually withers.
98	Walking in Constant Renewal	Cor. 4:16	Even if the body ages, the spirit is renewed day by day.
99	Finishing Your Particular Race	Timothy 4:7	Focusing on the specific assignment God gave YOU.
100	The Century Celebration	Jude 1:24-25	A day of dedication: presenting yourself as a "finished" work.

DAILY SESSIONS

DAY 95 The Danger of Drift

MEMORY VERSE Hebrews 2:1

Therefore we ought to give the more earnest heed to the things which we have heard, lest at any time we should let them slip.

KEY TEACHING

Drift is the silent killer of spiritual progress. It does not announce itself — you simply look up one day and realise the fire has dimmed. The antidote is

THE CONFESSION
I am alert to drift. I give earnest

THE DRILL
30 mins tongues + 15 mins

JOURNAL PROMPT
Where is drift most likely to begin

DAY 96 Creating Your "Rule of Life"

MEMORY VERSE Daniel 6:10

And when Daniel knew that the writing was signed, he went into his house; and his windows being open in his chamber toward Jerusalem, he kneeled upon

KEY TEACHING

Daniel had a "Rule of Life" so established that even a death decree could not alter it. Your Rule of Life is your set of non-negotiable daily rhythms that

THE CONFESSION
I have a Rule of Life. My prayer

THE DRILL
30 mins tongues + 15 mins

JOURNAL PROMPT
What will my Rule of Life look like

DAY 97**Abiding: The Secret to Longevity****MEMORY VERSE** John 15:5

I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.

KEY TEACHING

The Total Man is not self-sustaining — he is Vine-dependent. Everything built in 97 days flows from connection to Jesus. The moment you begin to function

THE CONFESSION

I abide in Christ. He is my source,

THE DRILL

30 mins tongues + 15 mins

JOURNAL PROMPT

What is the most important thing I

DAY 98**Walking in Constant Renewal****MEMORY VERSE** 2 Corinthians 4:16

For which cause we faint not; but though our outward man perish, yet the inward man is renewed day by day.

KEY TEACHING

The outward man — your body — moves toward aging. But the inward man is renewed DAY BY DAY. This is the promise: daily renewal is available to every

THE CONFESSION

My inward man is renewed every

THE DRILL

30 mins tongues + 15 mins

JOURNAL PROMPT

What does "daily renewal" look like

DAY 99**Finishing Your Particular Race****MEMORY VERSE** 2 Timothy 4:7

I have fought a good fight, I have finished my course, I have kept the faith.

KEY TEACHING

Paul did not say he finished EVERY race — he finished HIS. You have a specific assignment, a specific course, a specific calling with your name on it. The

THE CONFESSION

I fight a good fight. I am

THE DRILL

30 mins tongues + 15 mins

JOURNAL PROMPT

What is the race that God has

DAY 100**The Century Celebration****MEMORY VERSE** Jude 1:24-25

Now unto him that is able to keep you from falling, and to present you faultless before the presence of his glory with exceeding joy — To the only

KEY TEACHING

ONE HUNDRED DAYS. You made it. But more than completing a curriculum, you have been transformed. A spirit has been built. A mind has been renewed. A body has

THE CONFESSION

I present myself to God as a vessel

THE DRILL

Extended worship, prayer, and

JOURNAL PROMPT

Write your "Century Entry" — the

Commissioning Page — Final Student Handbook Strategy

- The Next 100: Write your plan to repeat these disciplines for the next 100 days — this time as a guide for someone else.
- The Names List: Write 3 people you will mentor or "discipleship-partner" with using what you have learned.
- The Vow of Consistency: A formal personal commitment to keep the Spirit strong, the Mind renewed, and the Body subject.
- The Rule of Life: Your finalised, non-negotiable daily rhythms — prayer, Word, fasting schedule, confession, and intercession.
- Go. You are not a student anymore. You are a practitioner. Now reproduce.

100-Day Confession Guide

Speak these confessions aloud daily — morning and evening. Confession is not performance; it is alignment. You are not telling God something He doesn't know; you are agreeing with what He has already established.

PHASE 1 — SPIRIT & IDENTITY

- 1 *I am a new creation in Christ. Old things have passed away; all things are new.*
- 2 *I am a spirit being. I have a soul. I live in a body. My spirit leads.*
- 3 *My old man is crucified. He has no legal rights over me.*
- 4 *I am the righteousness of God in Christ Jesus.*
- 5 *My spirit is growing stronger, more robust, more dominant every day.*
- 6 *I am fed by the Word of God. My inner man is nourished and powerful.*
- 7 *I hear the Spirit of God clearly. I am led by Him in all things.*
- 8 *I am seated in heavenly places with Christ — ruling from above.*

PHASE 2 — MIND & SOUL

- 1 *My mind is being renewed by the Word of God. I am transformed, not conformed.*
- 2 *I pull down every stronghold of wrong thinking. No lie has a home in my mind.*
- 3 *I hold fast my confession of faith. I say what God says.*
- 4 *I have the mind of Christ. I think His thoughts and see His perspective.*
- 5 *I am in perfect peace because my mind is stayed on God.*
- 6 *My past does not define me. I live from the new creation forward.*
- 7 *I guard my mind with diligence. I entertain only what agrees with God's Word.*
- 8 *My soul prospers and therefore my whole life prospers.*

PHASE 3 — BODY & CONSECRATION

- 1 *My body is the temple of the Holy Spirit. I treat it as a sanctuary.*
- 2 *I present my body as a living sacrifice — holy and acceptable to God.*
- 3 *By the Spirit, I put to death the deeds of my body daily.*
- 4 *My hands, eyes, and feet are weapons of righteousness for God.*
- 5 *When I fast, the yoke is broken and the flesh loses its grip.*
- 6 *The Holy Spirit quickens my mortal body with divine life and health.*
- 7 *I keep my body under. It obeys me — it does not dictate to me.*
- 8 *I am a vessel of honour, sanctified and ready for the Master's use.*

PHASE 4 — AUTHORITY & POWER

- 1 *All authority has been delegated to me by Jesus. I go in His name.*
- 2 *The Name of Jesus is my Power of Attorney. I use it with confidence.*
- 3 *I am seated far above all principality, power, might, and dominion.*
- 4 *I bind what heaven binds. I loose what heaven looses.*
- 5 *I receive Dunamis power from the Holy Spirit. I have both right and might.*
- 6 *I go deeper in the river of God — from ankles to knees to swimming.*
- 7 *The Word of God is alive in my mouth. When I speak it, I release power.*
- 8 *I operate with power, love, and a sound mind — the balanced Kingdom operator.*

PHASE 5 — MULTIPLICATION & MISSION

- 1 *I am an ambassador for Christ. I carry the weight of the Kingdom I represent.*
- 2 *I speak the Word first and signs follow my obedience.*
- 3 *I am the light of the world in my marketplace. My excellence is my witness.*
- 4 *My testimony is a weapon. I overcome by the blood and the word of my testimony.*
- 5 *I make disciples — not converts. I reproduce what God has built in me.*
- 6 *I have been chosen and ordained to bear fruit that remains.*
- 7 *I abide in the Vine. Apart from Him, I can do nothing — so I stay connected.*
- 8 *I am the Total Man. Spirit strong. Mind renewed. Body subject. Deployed.*

Prayer & Fasting Schedule

Fasting is introduced in Phase 3 but benefits the entire journey. Below is the recommended fasting protocol for the 100 days. Adjust based on health and Holy Spirit guidance. Always break fasts wisely.

Phase	Days	Fasting Protocol	Purpose
1	1–20	Optional: 1 fast day per week, dawn to noon	Establishing the spiritual foundation
2	21–40	Recommended: 1 fast day per week, dawn to 6 PM	Breaking mental strongholds
3	41–60	Required: 2 fast days per week, 6 AM to 12 PM or 6 PM to 12 PM	Quieting the voice of the flesh
4	61–80	Required: 2 fast days per week. Add one extended fast (24 hours) per week	Building prayer days and spiritual capacity
5	81–100	1–2 fast days per week. Fast WITH your disciples	Sustaining the lifestyle and modelling it

FASTING GUIDELINES

- Always drink water during a fast. Dehydration is not consecration.
- Break fasts with fruit or light food — not a full meal.
- If you have a medical condition, consult your doctor and fast in a way appropriate to your health.
- Mark your fast days in your journal before the week begins. Pre-commitment defeats the flesh.
- Use hunger pangs as a prayer cue — every time your stomach speaks, your spirit speaks louder.
- Fasting without prayer is a diet. Fasting WITH prayer is spiritual warfare.
- When fasting with others, agree on what you are specifically believing God for during the fast.

The Commissioning Declaration

To be spoken aloud on Day 100, and whenever recommissioning is needed. Stand up. Speak boldly. Receive the commission.

Today, I present myself to God — transformed.

I have built my spirit on the Word and on prayer. My inner man is no longer weak, intimidated, or easily moved. My spirit is robust, active, and dominant.

I have renewed my mind with the truth of God's Word. I have torn down strongholds, replaced lies with truth, and aligned my thoughts, emotions, and will with the Kingdom. My mind agrees with God.

I have consecrated my body. It is no longer the master — it is the servant. It is yielded, disciplined, and ready to carry the Spirit's agenda without resistance.

I walk in delegated authority — the authority of the Name of Jesus, backed by all of heaven. I speak to mountains. I bind what must be bound. I loose what must be loosed.

I carry developing power — Dunamis power from the Holy Spirit. I go deeper in the river. I pay the price for higher levels. I am a vessel of honour, purged and ready.

I am an ambassador. I carry the ministry of reconciliation. I speak the Word first and signs follow. My testimony is a weapon. My marketplace is my mission field.

I am a multiplier. I make disciples, not converts. I pour into faithful people who will pour into others. I am a spiritual father/mother, not just an attender.

I have established my Rule of Life. My disciplines are non-negotiable. I will not drift. I will not fade. I will not stop.

I am the Total Man.

Spirit strong. Mind renewed. Body subject.

Authority exercised. Power developed.

Disciples made. Legacy being built.

To the only wise God, my Saviour — be glory and majesty, dominion and power, both now and ever. Amen.

Name: _____

Date: _____

Witnessed by: _____



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