

# **21 Days To Breakthrough**

**One touch from heaven will bring us to our knees, set us on our feet, open our lips, and strengthen us; for it is God that works on us, and works in us, both to will and to do that which is good.**



CORE Discipleship is a faith-based, Christian organization. Our mission is to help you make disciples of Jesus. We provide a simple and reproducible discipleship process based on Jesus' "inner circle" or "core" comprised of Peter, James, and John. We also provide discipleship training and free discipleship resources as free downloadable eBooks.

Just like you, Father God is using the many events and circumstances of life's journey to mold and shape me into the person He desires. Occasionally, I've cooperated completely. It's in those rare moments when something extraordinary takes place - Heaven touches earth, mountains are moved, a part of me is transformed.

Through His infinite patience and unfathomable love I am learning to become the man He created me to be. As I daily surrender my life to Him through His precious Holy Spirit, I see more clearly life eternal.

My hope and prayer for you are that you too will discover God's purpose and become exactly what He has planned for you all along - His son or daughter.

May God grant that we become His disciples by His grace,

*Doug Morrell*

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## **The Power To Overcome:**

The life of a Christian is not just about arriving at some destination; it's a journey of steps, one right after the other.

21 Days To Breakthrough is based on the belief that the habits we form, the sin we embrace, the forces we struggle against, are very real and can be overcome because they have been defeated by Jesus at Calvary. These habits are formed in the mind and lived out in action and word. It is only as we realize that the battleground is in the mind, that we have been given God's weapons to do battle, that we can overcome and live life abundantly, defeat our enemy and break ungodly habits.

“For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. And we will be ready to punish every act of disobedience, once your obedience is complete.” (2 Corinthians 10:3-6).

A married pastor, addicted to porn, surfs the web. The schoolteacher is late once more after having downed two six packs the night before. The police officer pulls a young driver to the side of the road and in a fit of rage reprimands her beyond the call of duty. The engineer across the street with the very nice home verbally assaulted his wife and children as he has done for over eight years. The secretary refuses to face the reality of the bathroom scale as she consumes a package of powdered donuts.

All of these good people attend the same church and are honest, God fearing believers trapped in a dark cellar of sin, bound by invisible cords that are slowly, but surely choking the very life from them.

Most of us live a kind of prime-time soap with all the darkly comedic turns - where our secret lives aren't always what they seem. Nestled in perfect little houses, in the loveliest of suburbs, we are alone and afraid and afraid of being alone.

We are single moms going to extraordinary lengths for love. Ex-career women who have traded the boardroom for boredom - so many have become spiritual Martha Stewarts' on steroids, whose families are about to commit mutiny.

We are men vying for power, prestige, and position oblivious to challenges of life lived apart from Wall Street, Monday Night, or at the bottom of an empty glass.

We desire that our lives be different, but we are often times more willing to share all the delicious secrets of what evils lie hidden behind our neighbor's closed doors than our own.

Pretending that everything is okay is not okay. People are dying. We must stop the denial and face the fact that we are bound in sin. We must be honest and admit that everything is not okay and quit pretending that we are okay and that we are not alone and that everyone, every single one of us is confronted by some giant that needs to be slain.

Most of us, however, don't want to recognize anything. Rather than facing our sin, we play like it doesn't exist. We live lives of quiet desperation hoping no one will ever discover our secret sin.

You will recall the story where God told the Israelites that the Promised Land was rich and fertile. Not only that, He promised that this bountiful land would be theirs. When the spies who were sent in to see what the land was like reported back to Moses, they gave plenty of good reasons for entering the land, but they couldn't stop focusing on their fear. Talk of giants in the land and fortified cities made it easy to forget about God's promise to help. When they returned to give their report, 10 of the men uttered four words that forever changed their destiny, "We be not able" (Numbers 13:31). But, Caleb who saw exactly the same land, giants and cities said, "Let us go up at once, and possess it; for we are well able to overcome it" (Numbers 13:30).

Joshua also saw the same giants and walled city as the other spies, and added, "Only rebel not ye against the LORD, neither fear ye the people of the land; for they are bread for us" (Numbers 14:9).

Joshua proclaimed that the giants in the land were bread for them: Giants are the breakfast of champions. Whatever you are facing today, whatever sin binds you, whatever is keeping you from realizing your destiny, know that as you commit yourself to be wholly devoted to the Lord, fully separated to Him, allowing the Lord to develop in you the spirit of Caleb and Joshua, and following the Lord wholeheartedly, that He promises that even though delays may come that He will ultimately bring victory in your life!

Understanding your purpose, why you are here, is the first step toward realizing your destiny. Knowing that life is more than just getting by and becoming the person God created you to be is the beginning of experiencing a tremendous breakthrough. It's all about destiny and realizing that God has a perfect plan for your life that is so much



more than the mundane.

Many teach that to be victorious that we should focus on the problem to resolve the problem. However, though this is somewhat beneficial, if you focus on the problem, you will increase the problem. That is the very basis of what takes place when the Law came in. For instance, if you see a sign on a wall that reads “Wet Paint, Do Not Touch” I can assure you there will be a couple hundred fingerprints on the wall before the day is out. Focusing entirely on the problem increases the problem.

To use another illustration, if you were to take a 2,000 piece puzzle, toss it up in the air, and then try putting it together without having the cover as a guideline you would soon grow frustrated. However, if you have the cover and you know what the puzzle should look like once all the pieces are in place, you can complete the picture. To begin, you’ve got to have a starting point, a base-line, and a guideline - a destiny - you’re aiming toward.

Romans 12:2 exhorts us: “Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind.” God has good, pleasing, and perfect plans for His kids. He wants us to be transformed people with renewed minds, living to honor and obey Him. Because he wants only what is best for us, and because He gave His Son to make our new lives possible, we should joyfully give ourselves as living sacrifices for His service. Once you know that you were made for God’s purpose and that life is not about you and you alone, you will discover God’s perfect will for you and begin to discover what abundant life really is.

I believe that victory can be yours. I believe God is calling you forth in this season to intercede and to praise Him as you purpose to pray to breakthrough - then expect God to answer at the right time. But we must realize that all our efforts apart from walking in the Holy Spirit, walking blamelessly, and understanding that we are not wrestling with flesh and blood will accomplish nothing but frustration.

“They overcame him by the blood of the Lamb and by the word of their testimony; they did not love their lives so much as to shrink from death.” (Revelation 12:11)

### **You Are Not Alone.**

Most get-rich-quick, get-thin-quick, get-built-quick, get anything quick without discipline, without God’s Holy Spirit, without first surrendering to God, without hard work are nothing but schemes that make grandiose promises without substance.

As a believer, you are in a battle against rulers and authorities - powerful evil forces

of fallen angels headed by Satan, who is a vicious fighter.

“For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms.” (Ephesians 6:12)

To withstand their attacks, you must depend on God’s strength and use every piece of His armor.

As you do battle against “the powers of this dark world,” you must fight in the strength of the church, whose power comes from the Holy Spirit. Until you make this a part of your everyday life, abundant life will always be something just beyond your reach.

How do you become a victorious believer and overcomer? Realizing that we wrestle against spiritual forces and that the battle ground is in the mind is the first step. These evil forces are not mere fantasies - they are very real. You face a powerful army whose purpose is to defeat you. When you believe in Christ, these beings become your enemies, and they try every device to turn you away from God, His plan for you, and back to sin. Although you are assured of victory, you must engage in the struggle until Christ returns, because Satan is constantly battling against all who are on the Lord’s side. You need supernatural power to defeat Satan, and God has provided this by giving you His Holy Spirit within you and His armor surrounding you. Remember Jesus’ words to Peter: “On this rock I will build my church, and the gates of Hades will not overcome it” (Matthew 16:18).

### **God Has A Plan For You:**

“For I know the plans I have for you, says the Lord, plans for welfare and not for evil, to give you a future and a hope” (Jeremiah 29:11)

God knows the future, and His plans for you are good and full of hope. As long as you surrender your whole self to God’s plans and as He goes with you as you fulfill His mission, you can realize unlimited possibilities. The Apostle John wrote in 1 John 2:17, “The world and its desires pass away, but the man who does the will of God lives forever.” It may be difficult to believe that the person who does the will of God will live forever. But this is based on the facts of Jesus’ life, death, resurrection, and promises. Knowing that this evil world and your desires for its pleasures will end can give you courage to control your greedy, self-indulgent behavior and to continue doing God’s will. Now, this does not mean that you will be spared pain, suffering, or hardship in this world, but that God will see you through to a glorious conclusion.

When evil, pain, suffering, or hardship strikes, you can still be thankful for God's presence and for the good that He will accomplish through the storm. God loves you and wants only His best for you!

**To understand God's purpose, we must first understand why it takes place.**

“For this is the will of God, your sanctification.” (1 Thessalonians 4:3)

Sanctification has to do with what I am, not what I do. The word sanctification comes from the same root word from which we get the word holy. We are to be holy. What makes something or someone holy? It is that it or they belong to God. It is God's desire that we become entirely His property. “This is the will of God, your sanctification; that you become God's property.” So, we must first understand that we now are God's property and our lives and attitude should reflect this new standard.

“May the God of peace Himself sanctify you wholly; and may your spirit and soul and body be kept sound and blameless at the coming of our Lord Jesus Christ.” (1 Thessalonians 5:23)

The indwelling presence of God in our entire being is the will of God for us, but it is something we must choose moment-by-moment. Love never compels, and God is love.

So what is absolutely essential before a life is pleasing to God? “Without faith it is impossible to please Him” (Hebrews 11:6). Please note, it does not say it will be difficult – it says it is impossible. Therefore, the life that pleases God is the life that is lived by faith and we must recognize the distinction between belief and faith; you can believe in Christ, but you must move out in faith to demonstrate the sincerity of your belief. We must live a life of faith to be pleasing to God. In fact, the Bible says, “everything that does not come from faith is sin” (Romans 14:23).

We must believe that God's view of everything is true regardless of popular opinion - we must have a Biblical world view, not simply a world view. If God says something is good, and we say it is bad, we can never experience freedom. If God says something is bad, and we say it is good, we are deceived.

When you are united with Christ by trusting in Him, you are experiencing the power that raised Him from the dead. That same mighty power will help you live a morally renewed and regenerated life – it is the power of the Holy Spirit. But before you can walk in newness of life, you must also die to sin. Just as the resurrection gives you Christ's power to live for Him, His crucifixion marks the death of your old sinful na-

ture. You can't know the victory of the resurrection without personally applying the crucifixion – you must die to yourself daily, which means you are not fulfilling your old sinful desires of the flesh.

In the future you will become, but until then you must overcome three very powerful forces: Overcoming this world's temptations, Satan's deceptions, and your own inwardly selfish desires. This means you will experience difficulties that help you grow. You can rejoice in suffering not because you enjoy pain or deny its tragedy, but because you know God is using life's difficulties and circumstances, Satan's attacks, and even your own sinful nature to build your character – in essence, using these as vehicles to accomplish His purposes. The problems that you encounter will develop your perseverance, which in turn, will strengthen your character, deepen your trust in God, and give you greater confidence about the future.

You must understand that spiritual growth is personal (Philippians 2:13), progressive (Deuteronomy 7:22), joyful (1 Peter 1:8-9), painful (John 15:2; 16:8; Hebrews 12:5; James 1:2-4), and productive (John 15:2, 8, 16).

To realize God's purpose and to be victorious you must:

- Be submitted to God's Holy Spirit (Galatians 5:16);
- Be equipped by God's team (Ephesians 4:12);
- Demonstrate mutual, unconditional love of one another (2 Thessalonians 1:3);
- Have daily spiritual nourishment from God's Word (1 Pet. 2:2);
- Have opportunity to exercise faith (Philippians 1:6);
- Have an understanding of moral absolutes (2 Peter 1:5-11);
- Be grounded in essential doctrine (Hebrews 5:11-14).

As you live for Christ, you will experience troubles because you are God's instrument in a perverse world. Some people say that troubles are the result of sin or lack of faith, but the Bible also teaches that they may be a part of God's plan for you. Your problems can help you look upward and forward, instead of downward and inward (Mark 13:35, 36; Philippians 3:13, 14); they can build strong character (Romans 5:3, 4); and they can provide opportunities to comfort others who also are also struggling (2 Corinthians 1:3-5). Your troubles may be an indication that you actually are in the center of God's purpose.

“All this is evidence that God's judgment is right, and as a result you will be counted worthy of the kingdom of God, for which you are suffering.” (2 Thess. 1:5)

You can gain relief in knowing that your sufferings are strengthening you, making



you ready for Christ's kingdom. You can also gain relief in the fact that one day everyone will stand before God; at that time, wrongs will be righted, judgment will be pronounced, and evil will be terminated.

“Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance” (Rom. 5:3)

The Bible encourages you not to live according to the flesh, but to put to death the deeds of the body. Therefore, being “led by the Spirit of God” involves a daily, progressive putting to death the sinful desires of your lower nature. This suggests that, while all Christians are in some ways being “led by the Spirit of God,” there are ever increasing degrees of being led by the Spirit. Regardless of how long you have walked with God, there is always room for improvement. As you are more fully led by the Holy Spirit, the more completely you will be obedient to God and be conformed to His holy standard.

Obedience to God always begins with humility. You must believe that His way is better than your own. You may not always understand the way God works, but through humble obedience, you can begin to receive His blessings and develop an understanding of His character. You must remember that:

- God's ways are always best.
- God places a premium on your obedience.
- God can use anything or anyone to accomplish His purposes.

God's purpose for you in your moral and spiritual life has been clearly shown to you in His Word. God's will never goes against the Bible. For example, in 1 Thessalonians 5:16-22 and Ephesians 4:22-6:24 we discover a list of things that we know are His will, and throughout the Scriptures God shows us how He wants you to live.

## **21 Days To Breakthrough**

It's easy to want to stop being angry, jealous, divisive, envious, sexually immoral, abusive... but how do you actually do it?

“For a man's ways are in full view of the LORD, and he examines all his paths. The evil deeds of a wicked man ensnare him; the cords of his sin hold him fast. He will die for lack of discipline, led astray by his own great folly.” (Proverbs 5:21-23)

Like this man who has developed some sinful habits - a man who has habitual flaws in his character and behavior described as cords - we all have evil desires, and we

must deal with them decisively...those evil desires must be crucified: “Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires” (Galatians 5:24). These desires include such things as sexual immorality, witchcraft, selfish ambition, hatred, and jealousy. If you ignore such sins or refuse to deal with them, you are revealing that you have not received the gift of the Holy Spirit that leads to a transformed life.

The chains of habit are generally too small to be felt until they are too strong to be broken. -Samuel Johnson

You may be struggling with:

- Anger
- Materialism
- Presumption
- Complaining, murmuring, and gossip
- Pornography
- Smoking
- Drinking
- Overeating
- Cursing

The list could go on and on, but you know what your bad habit is and you struggle to breakthrough.

We must daily commit our sinful tendencies to God’s control, daily crucify them, and moment by moment draw on the Holy Spirit’s power to overcome them.

Ultimately, the only way you can realize a breakthrough is to live by the Holy Spirit. The Apostle Paul tells us, “So I say, live by the Spirit, and you will not gratify the desires of the sinful nature” (Galatians 5:16). You are to live each and every moment of your day controlled and guided by the Holy Spirit. As you surrender your heart to God, it is only then that the words of Christ are available to you, the love of Christ expressed in your actions, and the power of Christ present to help you control your selfish desires.

If you are trying to rely on your own wisdom, you will make wrong choices. If you try to follow the Holy Spirit by your own human strength, you will fail. According to the Bible, the only way to freedom from your evil desires is through the empowering of the Holy Spirit (Romans 8:9; Ephesians 4:23, 24; Colossians 3:3-8).

When your actions and words are not guided by love, you will find yourself becoming critical of others. You will focus on their faults and not see what's good in them. Soon, you will find a wedge between yourself and others. Are you talking behind someone's back? Are you focusing on others' shortcomings instead of their strengths? These are sure signs of brokenness.

We all do this in some form or fashion, but focusing on someone's faults discards Jesus' command to love others as you love yourself (Matthew 22:39).

The Apostle Paul said of himself, "I do not understand what I do. For what I want to do I do not do, but what I hate I do" (Romans 7:15)

From this we learn that in trying to deal with our sinful desires that knowledge is not the answer. We discover that where there is no law, there is no sin, because we are unaware that our actions are sinful unless a law forbids those actions. God's law makes us realize that we are sinners, yet it offers no help to overcome our sinful nature. We must realize that sin is real, and it is extremely dangerous.

To illustrate, imagine taking a vacation on the coast. It's a perfectly beautiful day and you jump into the water. Then you read a sign that says: "No swimming. Great white sharks in the area." You panic for fear of your life, run to the beach and in anger think, "Who knew?" Your vacation ruined, you now either get mad at the sign, the beach patrol who posted the sign or yourself for not seeing the sign in the first place.

The Law is like the sign. It is essential, and we are thankful for it, but it doesn't do anything to get rid of the man-eaters lurking just out of sight. We all feel just fine as long as we do not understand what the Law demands. When we learn the truth, we're in deep trouble.

Secondly, self-effort will not work. We end up sinning in other ways and areas that before were not even a consideration. Like being caught in quicksand, the more we struggle, the deeper we go.

Lastly, we must realize that just because we are now Christians we are not delivered from all sin and temptation. You become a Christian in one moment of faith, but becoming Christ-like takes a life-time...it is a process and partnership between God and man. All of us must depend entirely on the work of Christ to realize abundant life.

The power of sin can't be underestimated. Satan is a deceiver, liar, murderer and thief and we have this incredible ability to make all kinds of excuses. God has given

you the Holy Spirit Who lives in you and gives you power to break the bondage of sin.

## **How To Renew Your Mind and Realize Your Breakthrough**

### **I. Call Your Bad Habit a Sin, and Bring It Under The Blood of Christ**

You must take personal responsibility for your own habits and not refuse to call it sin. You are not just trying to break a bad habit, you are purposing to root out and overcome a sinful tendency in your life.

Let's review the following powerful statements from the Apostle Paul:

“You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness. Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body. “In your anger do not sin”: Do not let the sun go down while you are still angry, and do not give the devil a foothold. He who has been stealing must steal no longer, but must work, doing something useful with his own hands, that he may have something to share with those in need. Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” (Ephesians 4:22-32)

Here we learn that we are never to be driven by desire and impulse. We must learn to think like Christ Jesus. We also discover that lying breaks fellowship with others and destroys trust, tearing down relationships, leading to warfare in the church.

Paul tells us that our anger can hurt others and destroy relationships, too. He tells us to deal with our anger immediately. If you are angry with anyone, you should not let the day end before you begin to work on mending that relationship.

Paul warns us against unwholesome language, bitterness, improper use of anger, brawling, slander, and bad attitudes toward others. As forgiven saints, we should be the most forgiving people on the planet. We pray, “Forgive us our debts, as we also have forgiven our debtors.” If you are unwilling to forgive, you have not become one with Christ, who has forgiven you.

Sin must be confessed and brought under the blood of Jesus.

## 2. Walk In The Spirit:

We discover that we become a Christian because we “receive Christ Jesus the Lord.” We become empowered and filled with the Holy Spirit as we “walk in Him.”

It is possible for a person to receive Christ, be converted, and not be controlled by the Holy Spirit. To live in the spiritual plane, we must see each moment from the spiritual viewpoint. Nothing we do is coincidental, or accidental, or from luck. God is God and He is in control whether we realize, accept, or reject this truth (Proverbs 16:9).

It is important to note here that if you have received Christ Jesus as your Lord, Master and Savior, you have the Holy Spirit. If you are not a Christian, you do not have the Holy Spirit.

“Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit.” (Ephesians 5:18)

What does it mean to be “filled with the Holy Spirit?”

We are commanded as Christians to “be filled with the Spirit.” A Spirit-filled believer is one who is controlled by the Holy Spirit and not by any other kind of spirit.

The Greek verb translated “be filled” is worthy of our study and will amplify our understanding. “Be filled” is:

1. In the present tense: it is something we can experience and enjoy now.
2. In the imperative mood (a command): this is not optional.
3. In the passive voice: being filled is not something a believer achieves through his or her own strength, will, or desire, but that it is done for a believer by the Holy Spirit as the believer submits to His control.
4. In the plural form: in other words, being filled is not reserved for some particular group or denomination, but is for the universal body of Christians and for you today.

As Spirit-filled believers serve the Lord in their moment-by-moment lives, there is a tendency to become “self-led” - relying more on our fleshly desires than the Holy Spirit’s presence and power. It becomes important to ask for a refueling by the Holy Spirit in order that His power may be replenished. As said, the command in Ephesians 5:18 is literally, “Keep on being filled with the Spirit.” Herein lies the key to Spirit-filled living. The Spirit-filled life is a continuous process of receiving and giving, of being filled and sharing with others, of receiving power from God and spending it in His service.



The Holy Spirit marks the beginning of the Christian experience. We cannot belong to Christ without His Holy Spirit (Romans 8:9); we cannot be united to Christ without His Holy Spirit (1 Corinthians 6:17); we cannot be adopted as His children without His Holy Spirit (Romans 8:14-17; Galatians 4:6-7); we cannot be in the body of Christ except by baptism in the Holy Spirit (1 Corinthians 12:13; Matthew 3:11; Mark 1:8; Luke 3:16; John 1:33; Acts 1:5; 11:16).

The Holy Spirit is the power of our new lives. He begins a lifelong process of change as we become more like Christ (Galatians 3:3; Philippians 1:6). When we receive Christ by faith, we begin an immediate personal relationship with God. The Holy Spirit works in us to help us become like Christ.

The promise of the Holy Spirit is a gift for every believer for all generations and an experience for you today.

### **3. You Must Not Have Unconfessed Sin, Bitterness or Unforgiveness in Your Life ... You Must Be Blameless**

“And we know that all things work together for good to them that love God, to them who are the called according to his purpose.” (Romans 8:28)

God works in “all things” – not just isolated incidents – for your good. This does not mean that all that happens to you is good. Evil is very present in our fallen world, but God is able to turn every circumstance around for our long-range good. It’s important to note that God is not working to make you happy, but to fulfill His purpose. It’s also crucial to note that this promise is not for all people. Only those who love God and are called according to His purpose can claim it. Those who are “called” are those the Holy Spirit convinces and enables to receive Christ – born-again, regenerated, Holy Spirit-filled believers. Such people have a new perspective, a new mind-set on life. They trust God, not life’s treasures; they look for their security in heaven, not on earth; they learn to accept, not resent, pain and persecution because God is with them.

### **4. Realize The Truth: You Are Accepted, Secure & Special In Christ Jesus**

The following promises of God are very important and will greatly help you as you learn to not be conformed to this world, but be transformed by the renewing of your mind.

Back in my school days, in the lunchroom, there were posters encouraging us kids to eat well-balanced diets. One poster in particular always caught my attention. It read, “You are what you eat.” In other words, it was saying that the kind of fuel I put

into my body determined my performance - the higher the octane level, the higher the output. This is true in the spiritual, too.

Proverbs 23:7 tell us that, “as a man thinks, so he becomes.” In other words, what you put into your mind determines what comes out in your words and actions.

As a man continues to think, so he remains. What you focus on is what you develop. What are you focusing on? If you are thinking on negative, critical, demeaning thoughts, that is precisely what you will become.

In Philippians 4:4-8, the Apostle Paul tells us to: “not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things. Whatever you have learned or received or heard from me, or seen in me - put it into practice. And the God of peace will be with you.”

We need to:

- Reprogram our minds with thoughts that are true, noble, right, pure, lovely, admirable, excellent, and praiseworthy.
- Examine what you are putting into your mind through television, books, conversations, movies, and magazines.
- Replace harmful input with wholesome material.
- Above all, read God’s Word and pray. Ask God to help you focus your mind on what is good and pure. It takes practice, but it can be done.
- Take time each day to be still and know that God is God.

One way you can begin realizing God’s destiny for you is to know what God has said about you. Read the following promises out loud. Then, each day for the next 21 days, read them out loud to yourself. Early mornings or late evenings are great times. You will want to refer to these powerful statements often. You might find it greatly beneficial to post these powerful promises on your refrigerator or bathroom mirror. In this way, you can review them often and always be mindful of God’s great grace and mercy. As you say these out loud, you’ll begin realizing the life changing truth of God’s promises for you.

## **I am accepted - God says that ...**

- I am God's child (John 1:12)
- I am Christ's friend (John 15:15)
- I have been justified (Romans 5:1)
- I am united with the Lord and I am one spirit with Him (1 Corinthians 6:17)
- I have been bought with a price; I belong to God (1 Corinthians 6:19,20)
- I am a member of Christ's body (1 Corinthians 12:27)
- I have been adopted as God's child (Ephesians 1:5)
- I have direct access to God through the Holy Spirit (Ephesians 2:18)
- I have been redeemed and forgiven of all my sins (Colossians 1:14)
- I am complete in Christ (Colossians 2:10)

## **I am secure - God says that ...**

- I am free forever from condemnation (Romans 8:1,2)
- I am assured that God works all things together for good (Romans 8:28)
- I cannot be separated from the love of God (Romans 8:35-39)
- I have been established, anointed, and sealed by God (2 Corinthians 1:21-22)
- I am confident that God will finish the good work He started in me (Philippians 1:6)
- I am a citizen of heaven (Philippians 3:20)
- I am hidden with Christ (Colossians 3:3)
- I have not been given a spirit of fear, but of power, love, and a self discipline (2 Timothy 1:7)
- I can find mercy and grace to help in time of need (Hebrews 4:16)
- I am born of God and the evil one cannot touch me (1 John 5:18)

## **I am special - God says that ...**

- I am the salt of the earth and light of the world (Matthew 5:13-14)
- I am a branch of the true vine, Jesus, a channel of His life (John 15:15)
- I have been chosen to bear fruit (John 15:16)
- I am a personal, Spirit-empowered witness of Christ (Acts 1:8)
- I am a temple of God (2 Corinthians 3:16)
- I am a minister of reconciliation for God (2 Corinthians 5:17-21)
- I am God's co-worker (2 Corinthians 6:1)
- I am seated with Christ in the heavenly realm (Ephesians 2:6)
- I am God's workmanship, created for good works (Ephesians 2:10)
- I may approach God with freedom and confidence (Ephesians 3:12)
- I can do all things through Christ who strengthens me (Philippians 4:13)

## 5. Choose Your New, Good Habit First

When you think about the bad habit (sin) that you want to break, envision a new, good habit that will replace it. For instance, if you overeat when you become depressed, think instead of an alternative such as exercising - replace the old habit with a new, good habit. Or, instead of becoming angry when things don't go your way, commit God's Word to memory and say it out loud such as "I will never leave you nor forsake you."

Practice. By repeating your new habit over and over again, you're renewing your mind (Romans 12:2).

Once you know your new, good habit, here are some practical steps:

- Slay one giant at a time: Don't try to destroy every sin habit all at once. This will end in frustration and burn out. Pick one (smaller is better than bigger), stick with it, and realize victory. This provides hope, encouragement and faith to move onto another giant.
- Set your date and make it official: Draw the line in the sand and mark your calendar. Make it official. Tell a more spiritually mature friend or two. Allow them to pray with you and for you. Let them hold you accountable in safety and confidence.
- Work out your 21 Days To Breakthrough plan: As mentioned, it takes about 21 days for a new habit to replace an old habit. Mark your calendar. Each day, mark the completion of the day and give praise to God for that day's victory.
- If you fall down: This is not an academic test. God is for you and He wants only the best for you. He greatly desires your success. If you fall down, don't become discouraged. Pray and praise. Then keep going through the remainder of the 21 Days. If you persist, your real reward will come: the day you don't even have to think about it.

Overcoming requires purpose and discipline, hard work, self-denial, and preparation. The essential disciplines of prayer, Bible study, and worship will help you run with vigor and stamina. Train diligently - being an overcomer depends upon it.

Commit the following verse to long-term memory:

"No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it." (1 Corinthians 10:13)

## **Daniel's 21 Days To Breakthrough**

“A hand touched me and set me trembling on my hands and knees. He said, “Daniel, you who are highly esteemed, consider carefully the words I am about to speak to you, and stand up, for I have now been sent to you.” And when he said this to me, I stood up trembling. Then he continued, “Do not be afraid, Daniel. Since the first day that you set your mind to gain understanding and to humble yourself before your God, your words were heard, and I have come in response to them. But the prince of the Persian kingdom resisted me twenty-one days. Then Michael, one of the chief princes, came to help me, because I was detained there with the king of Persia.” (Daniel 10:10-13)

During this period the angel said to Daniel it took him 21 days to break through the forces of darkness to tell Daniel his prayers had been answered. This is one of the clearest examples of spiritual warfare in the Old Testament. Demonic armies oppose God's purposes – prayer and fasting may affect the outcome.

Daniel prayed daily, and breakthrough came at the end of 21 days.

### **Keys To Be Discovered From Daniel 10:10-13:**

- The hand that touched him set him at first upon his knees and the palms of his hands.
- Before God gives strength and power to His people He makes them aware of their own weakness.
- Humility is the pathway to breakthrough.
- We have lost our integrity and have reason to be ashamed.
- Whenever we enter into communion with God we will discover the vastness and closeness between us and God.
- One touch from heaven will bring us to our knees, set us on our feet, open our lips, and strengthen us; for it is God that works on us, and works in us, both to will and to do that which is good.
- God will assure us of His love.
- God will, by His word, put life, and strength, and spirit into His people.



- To those who, like Daniel, have no might God will increase their strength (Is. 40:29). Our communion with God cannot be maintained apart from strength derived from Him.
- He assured Daniel that his fasting and prayers had come up for a memorial before God, as the angel told Cornelius, too (Acts 10:4).
- Daniel's three weeks' prayers and fastings sent extraordinary messengers to heaven, "From the first day..." The first day that we begin to look towards God in a way of duty He is ready to meet us in a way of mercy. God is ready right now to hear your prayers.
- When God's praying people call to Him, He says, Here I am (Is. 58:9).
- Daniel was concerned for the church; he mourned the difficulties which his people met with in the present day. Daniel looked beyond his need into the needs of others.
- The decree of God is written, it remains and cannot be altered; nothing shall be added to nor taken from it.
- God showed Daniel that the kings of the earth were and are its adversaries; they set themselves against the Lord, and against His Anointed (Ps. 2:2).
- God is and will be your protector. The angels of heaven are God's messengers here to serve, protect, proclaim God's messages, and execute God's judgment.
- Jesus is the church's prince and presides in the affairs of the church and powerfully provides for its good.

## **The Vision:**

- You must realize that there is a struggle for control by principalities and rulers of darkness wanting to exercise dominion over your life, family, church, city, state, and nation.
- You must be willing to repent of lack of integrity, disobedience, murmuring, grumbling, division, indifference, materialism, secularism, and lack of godliness.
- You need to turn to God in genuine humility, prayer, and repentance - 2 Chronicles 7:14.

- Critical times in the Bible often resulted in deliberate, sustained times of prayer and fasting.
- Your present situation demands extraordinary action.

### **Personal and Church Implementation:**

- Ask others to join you as you launch your 21 Days To Breakthrough.
- Ask Christian ministry leaders to join you as you launch your 21 Days To Breakthrough.
- Launch the 21 Days To Breakthrough as directed and guided by the Holy Spirit.

### **Ideas:**

- Fasting, partial fasting and praying the entire 21 days or for part of the 21 days.
- Having special prayer times (early morning or late evenings).
- Having an around-the-clock prayer chain for the entire 21 days.
- Scheduling a special prayer retreat of several days.
- Turning to God in deep repentance and total dependence needs to be a life-style that continues after the 21 Days To Breakthrough.

Ask God what to do and how to do it - think big, keep it simple, expect a breakthrough.

### **21-Days To Breakthrough:**

#### 1. Cast The Vision:

“Where there is no vision, the people perish” (Proverbs 29:18)

#### 2. Teach, Preach, and Communicate The Vision:

“Write the vision, and make it plain upon tables, that he may run that readeth it.” (Hab. 2:2)

#### 3. Trust God To Build His House:

“And, behold, I purpose to build an house unto the name of the LORD my God, as the LORD spake unto David my father, saying, Thy son, whom I will set upon thy throne in thy room, he shall build an house unto my name.” (1 Kings 5:5)

4. Each Will Receive A Reward:

“The man who plants and the man who waters have one purpose, and each will be rewarded according to his own labor.” (1 Corinthians 3:8)

5. Be United In Spirit and Purpose:

“then make my joy complete by being like-minded, having the same love, being one in spirit and purpose.” (Philippians 2:2)

6. Resistance Is To Be Expected:

“But the prince of the Persian kingdom resisted me twenty-one days.” (Daniel 10:13)

7. God is a God of Breakthrough:

“So David went to Baal Perazim, and there he defeated them. He said, “As waters break out, the LORD has broken out against my enemies before me.” So that place was called Baal Perazim.” (2 Sam. 5:20)

As noted, research says that it takes 21 days to make or break a habit. Follow these simple prayers as guidelines for the next three weeks and discover your breakthrough!

**Day 1:**

Lord, thank You for taking my old way of life and putting it behind me. Today, renew my mind as I commit myself once again to this truth so that I am not driven by desire and impulse but by Your Holy Spirit.

“and to put on the new self, created to be like God in true righteousness and holiness.” (Eph. 4:24)

**Day 2:**

Lord, today I choose to speak the truth in love to all those You bring into my life knowing that lying destroys trust and causes division and disunity. Cleanse my heart and my lips so that all that I think and speak is edifying and encouraging.

“Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body.” (Eph. 4:25)

**Day 3:**

Father, I know that every circumstance today is divinely ordered. Help me to rest in the knowledge that the work I do is important so that I may be a blessing to others.

“He who has been stealing must steal no longer, but must work, doing something

useful with his own hands, that he may have something to share with those in need.” (Eph. 4:28)

#### **Day 4:**

Lord, I realize that I grieve Your Holy Spirit when I allow unwholesome words, bitterness, slander, gossip and the like in my life. Please forgive me and I choose right now to be forgiving and accepting of others just as You have forgiven and accepted me.

“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.” (Eph. 4:29)

#### **Day 5:**

Lord, thank You for giving Your Holy Spirit as the seal that I belong to You. I ask You to empower me moment-by-moment and that I may be Spirit-controlled in all that I do and say.

“And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption.” (Eph. 4:30)

#### **Day 6:**

Lord, take the pain, hurt, anger, bitterness and the like from me and give me a heart of love towards every person in my life. Allow me to see through Your eyes and embrace others as You embrace them.

“Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice.” (Eph. 4:31)

#### **Day 7:**

Lord, because of Your great mercy, please forgive me of my debts as I forgive my debtors. Help me to become just like Jesus.

“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” (Eph. 4:32)

#### **Day 8:**

Lord, I want to imitate Christ. His great love for me led Him to sacrifice Himself so that I might live. Give me the same love for others - a love that goes beyond affection to self-sacrificing service. Help me to avoid and reject any impure or immoral act or behavior.

“But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God’s holy people.” (Eph. 5:3)

**Day 9:**

Lord, I know that obscenity, coarse joking and foolish talking should have no place in my life or conversation. Please fill me with your gracious presence and let only praise come forth from my heart and life.

“Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving.” (Eph. 5:4)

**Day 10:**

Lord, I know that I can be deceived and that I am deceived in some area of my life. Give me a spirit of discernment so that I am not deceived, but someone who rightly discerns good from evil.

“Let no one deceive you with empty words, for because of such things God’s wrath comes on those who are disobedient.” (Eph. 5:6)

**Day 11:**

Lord, I do not want to be partnered with participating with those who are deceivers. Make my life holy, pure, and set apart for Your glory.

“Therefore do not be partners with them.” (Eph. 5:7)

**Day 12:**

Lord, I do not want to have anything to do with those who practice a darkened life-style. Please keep my life holy before You.

“Have nothing to do with the fruitless deeds of darkness, but rather expose them.” (Eph. 5:11)

**Day 13:**

Lord, the days are evil and evil is all around me. Give me a sense of urgency and keep my standards high and to act wisely and to do good whenever and wherever I can.

“making the most of every opportunity, because the days are evil.” (Eph. 5:16)

**Day 14:**

Lord, help me to know Your will and to have the courage and boldness to be about Your will in my life.



“Therefore do not be foolish, but understand what the Lord’s will is.” (Eph. 5:17)

**Day 15:**

Lord, fill me with Your Holy Spirit. Right now I submit myself to His leading and moment-by-moment to draw constantly on His power.

“Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit.” (Eph. 5:18)

**Day 16:**

Lord, give me a worshipful heart so that I can speak to others of Your greatness and to praise You in the Spirit.

“Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord” (Eph. 5:19)

**Day 17:**

Lord, please give me a heart of thanksgiving so that I can give You thanks in everything. I know that in all things You are working for my good. I thank You for the strength You are building in me through the difficult experiences of my life.

“always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.” (Eph. 5:20)

**Day 18:**

Lord, I surrender to Your Lordship over my life and willingly obey Your command to submit to others so that all my relationships are divinely ordered.

“Submit to one another out of reverence for Christ.” (Eph. 5:21)

**Day 19:**

Lord, thank You for the opportunity to serve others as if I am serving You. Please change my heart so that I serve others just as I would serve You.

“Serve wholeheartedly, as if you were serving the Lord, not men” (Eph. 6:7)

**Day 20:**

I realize that I am engaged in an active battle right now and that all spiritual warfare is waged only on the victorious basis of the Cross and Christ’s blood. Please give me the supernatural power to defeat Satan through Your Holy Spirit. I proclaim that Lord Jesus will build His church, and the gates of Hades will not overcome it!

“Put on the full armor of God so that you can take your stand against the devil’s schemes.” (Eph. 6:11)

**Day 21:**

Lord, teach me how to pray on all occasions throughout the day. Order my life around Your desires and teachings so that my very life becomes a prayer.

“And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints.” (Eph. 6:18)

My prayer for you is that you truly enjoy your life in Christ as you realize that you have joined Him in His death and resurrection. Your evil desires, your bondage to sin, and your love of sin died with Him. Now, joining Him in His resurrection life, you can experience unbroken fellowship with God and freedom from sin. Your debt for sin has been paid in full. Your sins are swept away and forgotten by God. You can walk blamelessly before God and man.

May God grant that we become His disciples by His grace,

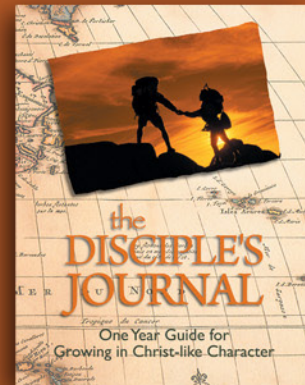
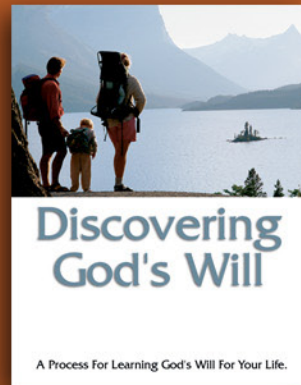
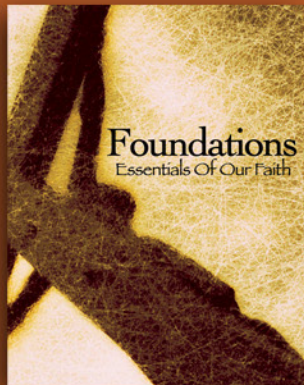
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