

**Christ Church Apostolic**  
**“Fast Forward”: 40 Days of Consecration – Logistics & Guide**  
**James E. Tyson II, Lead Pastor**

**Consecration Dates:** Sunday, September 4, 2022 – Friday, October 14, 2022

**Purpose of Consecration:** The purpose of a time of consecration is to set apart a person, thing, or place as sacred, holy or to dedicate to a higher purpose. “Fast Forward” is set time in preparation for the dedication to a higher purpose leading to our pastoral installation weekend. “Forward,” the theme given by the Lord for our pastoral installation, is not an insult or disrespecting our foundation. You honor history by using it to create the future.

**Thematic Scripture (What does it say?):** Proverbs 4:25 ESV, Let your eyes look directly forward, and your gaze be straight before you.

**Meaning of Thematic Scripture (What does it mean?):** Proverbs 4 consists of three sets of paternal instructions. In the first, the father encourages his sons to listen to wisdom (vv. 1–2) and quotes the teachings of his own father (vv. 3–9). In the second, he urges his son to keep hold of his instruction (vv. 10–13) and warns him not to follow the path of the wicked (vv. 14–19). In the third, he advises his son to continue on the path of wisdom and not turn aside from it (vv. 20–27). The father encourages his son to keep wisdom by guarding various aspects of his body. His heart should be vigilant (v. 23), his mouth should avoid falsehood (v. 24), and his eyes should be directed forward (v. 25). Finally, he should keep the path of his feet clear and not turn toward evil (vv. 26–27).

## Fast Foreword

***“Let your eyes look directly forward, and your gaze be straight before you.” (Proverbs 4:25 ESV)***

**Welcome to the season of elevation and advancement!** My wife, Lady Desiree, and I are elated about your decision to partner with your Christ Church Apostolic family and us in this opportunity in the presence of God. Christ’s Church and Christ Church Apostolic were founded on prayer, fasting, and consecration. After the history afforded to us and its fruit in front of us, I would be unwise to uproot our foundation and anticipate positive results. Through revelation by the Holy Spirit and confirmation of the Scriptures, I have an overwhelming expectation for transformation, alignment, and empowerment. In short, I expect GOD! Just as Jesus allotted forty days for fasting and prayer in the wilderness before public ministry, Christ Church Apostolic postures herself to **“Fast Forward!”**

Following the instructions of the father to his son in our thematic scripture that you read above, we will dedicate ourselves to a history of wisdom, instruction for the present, and our heart, mouth, eyes, and feet to God, purpose, and the future. What do these various aspects of the body represent in the Scriptures?

- Heart - According to the Bible, the heart is the center not only of spiritual activity, desires, and affections but of all the operations of human life.
- Mouth - Besides its normal physical functions, it has excellent potential for good and evil. The words of God’s mouth are always adequate. Mouth is also used in the sense of an entrance or opening.
- Eyes - The part of the body designed for seeing. In Scripture, eyes are often associated with light, watchfulness, or spiritual understanding, whereas blindness may be a metaphor for darkness, ignorance of God, or rebellion against him. The eyes of God watch over all his creation.
- Feet - The body part associated with moving and with foundation, direction, and chosen path. Feet may symbolize the response to God’s direction. The feet of God and Jesus Christ are mentioned symbolically to describe some divine characteristics.

The following pages serve as a guide in our time of corporate fasting. I have shared what we are corporately anticipating, but I want you to take a moment and consider your expectations for this time of consecration. Journal, voice record, or meditate on them through this experience. Exercise your means of chronicling and retaining your faith goals and specific prayer requests for you, your family, friends, church, and the future. If you desire, I welcome you to lay your requests and expectations on the altar for these 40 days.

I encourage you to join Lady D and me in this spiritual journey from September 4-October 14. In advance, I honor your commitment to becoming all that God has called for you to be. Bring your spirit, mind, and body into alignment with the Spirit of God, positioning yourself, your family, and your future to **"Fast Forward!"**

**Pastor James Tyson**  
**Lead Pastor**

## About Fasting and Prayer

***“And when you fast...” (Matthew 6:16 ESV)***

### **A Means of Grace**

John Wesley, the founder of the Methodist Movement in the Church of England, described fasting and prayer in his 1746 sermon as a "Means of Grace." Wesley defined the means of grace as "outward signs, words, or actions, ordained of God, and appointed for this end, to be the ordinary channels he could convey to men preventing, justifying, and/or sanctifying grace." These are practiced privately and collectively, establishing and advancing "the mind that was in Christ" (Philippians 2:5).

### **What is Fasting?**

Fasting is primarily defined as refraining from eating food; however, when fasting is exercised as a means of grace, it is beyond food. It is the abstinence from what is pleasurable to the flesh and what satisfies and keeps the natural appetite alive. For example, money, social media, shopping, food, and others feed the natural appetite. Fasting and prayer transform from simply abstinence and communication to having spiritual implications when the Spirit of God is infused. Jesus said in Matthew 17:21 KJV, "Howbeit this kind goeth not out but by prayer and fasting." Fasting must be accompanied by prayer to transition it from natural to supernatural. You can go without food, but it will not be spiritual fasting. Fasting can never be spiritually meaningful without prayer.

### **What is Prayer?**

Prayer is the believer's means of communication and contact with God, which helps strengthen and develop our relationship with Him. Prayer is two-way communication: we speak to God, and then we listen to hear from Him, sitting quietly in His presence.

**Types of Prayer:** There are different types of prayer for different circumstances. Jesus used different prayers for different needs and circumstances. We must be intentional as well to reap the best prayer benefits.

1. Prayer of Agreement – Matthew 18:19
2. Prayer of Faith – Mark 11:24
3. Prayer of Repentance – 2 Chronicles 7:14
4. Prayer of Intercession – Romans 8:26
5. Prayer of Praise – Psalm 100:1-2
6. Prayer of Submission – 1 Peter 5

## The ACTS Prayer Model

This method of prayer serves as an outline or guide for prayer so you can organize your thoughts and requests. The acronym ACTS stands for **adoration, confession, thanksgiving, and supplication**. This model of prayer prioritizes our time with God, so we first approach Him with reverence (adoration), then repent of the sin in our life (confession), then express our gratitude to Him for all He has done (thanksgiving), and finally submit to Him our requests (supplication).

## Why Fast?

In Matthew 6, Jesus gave us specific directions on how to live as a child of God. That pattern addressed three specific duties of a Christian: Giving, Praying, and Fasting. Jesus said, "When you give," "when you pray," "when you fast." He clarified that fasting, like giving and praying, was a regular part of the Christian life.

Unless it is an intentional discipline, many do not engage in a spiritual fast unless it is called corporately. Realistically, no one, however, can "put" you on a fast. Fasting is self-imposed abstinence for a period of time. It must be voluntary, or it is ineffective. This is why many of our attitudes are upside down when it is time to fast because our perspective of this time of discipline is wrong. The attitude of the faster should be one of anticipation. We cannot view fasting as simply afflicting the body but rather freeing the spirit to hear, see, and understand the things of God. Bishop Norman Wagner once wrote, "To engage in a fast unto God against your will is a contradiction of terms; it is not an acceptable sacrifice." Fasting must be accompanied by resolve.

## What Do I Need to Get During This Fast?

1. God – Without Him and his direction, this time of consecration is not a spiritual sacrifice.
2. Faith Goals – State your primary goal, then your secondary, natural, or temporal goal. What do you believe the Lord for?
3. Established Prayer Times – I strongly urge you to try to pray not less than three times per day. First, pray in the morning; second, pray sometime in the afternoon; and finally, pray sometime in the evening. If eating three square meals daily is good for your health, praying and feeding your spirit three meals per day has to improve your spiritual health and wellness.
4. The Bible – The Bible is God's operation manual for human life. When fasting, one should **read the Bible more** at this time than at any other time. Therefore, if you read the Bible ten minutes a day, when you are fasting, you should read it not less than 30 minutes a day. **Consider downloading the YouVersion Bible App for daily devotionals, Scriptures, and topical studies.**

5. An Appropriate Posture – “And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.” (Matthew 6:16-18 ESV)

### **Types of Fasts Involving Food**

**FULL FAST.** Drink only liquids – especially water. On this type of fast, you may also take in clear broth and 100 percent fruit or vegetable juices to maintain your strength. You establish the number of days for your fast in your prayer time. Be sure to consult your doctor.

**SELECTIVE FAST.** This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast (Daniel 10), during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

**PARTIAL FAST.** This fast involves abstaining from eating any type of food in the morning and afternoon. This can correlate to specific times of the day, such as 6:00 AM to 4:00 PM or from sunup to sundown.

## **Before, During, and Breaking the Fast**

### **Planning Your Fast**

***“Then Joshua said to the people, “Consecrate yourselves, for tomorrow the Lord will do wonders among you.” Joshua 3:5***

Pray—Spend time reading the Bible before the fast. Ask the Holy Spirit for guidance in your prayers. Write down your faith goals and specific prayer requests for your family, friends, church, and nation.

Commit—Pray about the kind of fast you will undertake and commit to it ahead of time. Ask God for grace to help you follow through with your decisions.

Act—Start eating smaller portions a few days before the fast. Avoid food high in sugar and fat. Plan to limit physical and social activities for the week of the fast. Ask someone to be your prayer partner throughout the fast.

### **While Fasting**

***[Jesus] answered, “It is written, ‘Man shall not live by bread alone, but by every word that comes from the mouth of God.’” Matthew 4:4***

Focus—Set aside time to work through the devotionals. Be ready to respond to God’s Word and the leading of the Holy Spirit.

Pray—Join at least one prayer meeting in your local church. Intercede for your family, church, pastors, nation, campuses, and missions throughout the week.

Replenish—During mealtime, read the Bible and pray instead. Drink plenty of water and rest as much as you can. Be ready for temporary bouts of physical weakness and mental annoyances like impatience and irritability.

### **Breaking the Fast**

***And this is the confidence that we have toward him, that if we ask anything according to his will he hears us. And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him. 1 John 5:14–15***

Eat—Reintroduce solid food gradually. Your body will need time to adjust to a regular diet. Start with fruits, juices, and salad, then add more vegetables. Eat small portions throughout the day.

Pray—Do not stop praying! Trust God’s faithfulness and timing. Carry your newfound passion for God throughout the year. Be in faith for God to answer your prayers.

## Frequently Asked Questions

### **What if I have a medical condition?**

Consult your doctor before starting any fast. Decide together what is possible. If your health condition prohibits you from fasting food, try fasting something else and concentrate on prayer and Bible study.

### **Can children fast?**

The best way to show your children the power of fasting is to lead by example. If they want to participate in fasting or if you want to have a family fast, consider giving up desserts or soft drinks. In addition to giving up an item of food, you could also give up television as a family and spend that time reading and discussing Bible stories.

### **What if I start and cannot finish out the fast? Have I fasted for nothing?**

Seeking God through prayer and fasting is never a waste of time. When you make an effort, God takes notice. Just determine within your heart that you will make an even better effort next time. Alternatively, try finishing up with a partial fast.

### **I forgot and ate something that was not on my fast. Do I need to start again?**

No, think of fasting as a marathon rather than a sprint. Do not give up! If you fall, get up and keep trying. Conquering “king stomach” is complex, but you will make it.

### **Do I continue to exercise while fasting?**

Moderate exercise is good. However, it is best to always consult a doctor about fasting and exercise. If you are on a complete fast, you may not have the energy for a high level of exercise.

### **What if I have a manual labor job?**

If you have a job that requires you to expend much physical energy, you may want to consider a partial fast that allows you to receive enough nutrition to perform your job.

### **Can my spouse and I be intimate during our fast?**

Read I Corinthians 7:2-5, especially verse 5, which says do not deprive one another (of sexual relations) EXCEPT WITH CONSENT, for a time . . . that you may give yourselves to fasting and prayer. So, the answer is yes. Scripture allows this for fasting and prayer, but only with mutual consent.

## Fasting and Prayer Information

***“And after fasting forty days and forty nights, he was hungry.” (Matthew 4:2 ESV)***

***Please view the “Fast Forward” Playlist on Christ Church Apostolic’s YouTube Channel for inspirational videos and encouragement.***

***Note: Bible Studies will remain on Wednesdays at 12:00 PM and 7:00 PM EST***

### **Week 1 (September 4–September 10): “Focus Forward”**

Devotional Scriptures: Proverbs 4 (entirety), Colossians 3:2, Matthew 6:33, Proverbs 16:3, Ecclesiastes 9:10, 1 Peter 1:13

### **Corporate Fasting Guidelines**

Type of Fast: Social & Media Fast – Abstaining from all unnecessary communication, social interactions, gossip, negativity (sharing or receiving), displays of anger, phone calls, texting, social media platforms, television or streaming platforms, emails, secular music, and procrastination.

***\*Note: This includes any form of socializing or media unrelated to pertinent business, job responsibilities, or career. \****

**Duration:** Entire week without breaks

**Purpose:** During Week 1 of consecration, we intentionally focus our minds, attention, and spirits on God. Often, during extended fasts such as these, the attention is primarily on the absence of food, distracting us from the presence of God. Our goal is to eliminate the distractions that will prohibit us from maximizing this information by God.

### **Corporate Prayer Guidelines and Opportunities**

What: Morning Devotion & Prayer (online only)

Location: Christ Church Apostolic Facebook and YouTube pages

Time: 5:00 AM to 5:45 AM EST

Days: Monday – Friday

What: Corporate Prayer (Afternoon)

Location: Christ Church Apostolic, 6601 North Grandview Drive, Indianapolis, IN 46260

Time: 12:00 PM – 1:00 PM EST

Days: Monday, Wednesday, and Friday

What: Corporate Worship and Prayer (Evening)

Location: Christ Church Apostolic, 6601 North Grandview Drive, Indianapolis, IN 46260 and Online

Time: 7:00 PM - 8:00 PM EST

Days: Monday and Friday

## **Week 2 (September 11–September 17): “Flow Forward: Keep My Heart...”**

Devotional Scriptures: Proverbs 4:23, Psalm 51:10, Matthew 5:8, Matthew 22:37, Proverbs 27:19, Proverbs 3:5, 2 Timothy 2:22

### **Corporate Fasting Guidelines**

Be sure to consult your doctor, especially if you have any medical condition.

Type of Fast: Week 1 Guidelines & No red meats, sweets, bread, or dairy

Primary Beverage: Water

What are considered red meats? Beef (including burgers), lamb and mutton, pork (including sausages and bacon), veal, venison, and goat

What are not considered red meats? Chicken, turkey, duck, goose, game birds, and rabbit

**Duration:** Entire week without breaks

**Purpose:** During Week 2 of consecration, we focus on the heart. The heart should be guarded, for out of it (a wellspring) come one's actions (Luke 6:45). In Proverbs 4:23, the word "heart" means more than mental or emotional capacity; it also encompasses one's values. We are asking God to help us keep our hearts flowing forward into His will.

### **Corporate Prayer Guidelines and Opportunities**

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Time: 5:00 AM to 5:45 AM EST

Days: Monday – Friday

What: Corporate Prayer (Afternoon)

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Location: Christ Church Apostolic, 6601 North Grandview Drive, Indianapolis, IN 46260 and Online

Time: 7:00 PM – 8:00 PM EST

Days: Monday and Friday

### **Week 3 (September 18–September 24): “Speak Forward”**

Devotional Scriptures: Proverbs 4:24, Proverbs 13:3, Proverbs 17:28, 1 Peter 3:9, James 3:5, Ecclesiastes 3:7, Proverbs 10:11

#### **Corporate Fasting Guidelines**

Be sure to consult your doctor, especially if you have any medical condition.

Type of Fast: Week 1 Guidelines & Fruits and vegetables only (Daniel Fast)

Primary Beverage: Water

**Duration:** Entire week without breaks

**Purpose:** During Week 3 of consecration, we focus on the mouth. After asking the Lord to guide the flow of our hearts, His leading impacts our speech. We have learned that our words create our world. Do you carefully monitor your words? Could it be that you are living in what you have spoken about yourself? This week we are asking the Lord to teach us to put away deceitful speech (or falseness of mouth). In Proverbs, the mouth often reflects a person’s character.

#### **Corporate Prayer Guidelines and Opportunities**

What: Morning Devotion & Prayer (online only)

Location: Christ Church Apostolic Facebook and YouTube pages

Time: 5:00 AM to 5:45 AM EST

Days: Monday – Friday

What: Corporate Prayer (Afternoon)

Location: Christ Church Apostolic, 6601 North Grandview Drive, Indianapolis, IN 46260

Time: 12:00 PM – 1:00 PM EST

Days: Monday, Wednesday, and Friday

What: Corporate Worship and Prayer (Evening)

Location: Christ Church Apostolic, 6601 North Grandview Drive, Indianapolis, IN 46260 and Online

Time: 7:00 PM – 8:00 PM EST

Days: Monday and Friday

## **Week 4 (September 25–October 1): “Look Forward”**

Devotional Scriptures: Proverbs 4:25, Matthew 6:22, Proverbs 20:12, 2 Corinthians 4:18, 1 Peter 3:12, Psalm 121:1, Mark 8:25

### **Corporate Fasting Guidelines**

Be sure to consult your doctor, especially if you have any medical condition.

Type of Fast: Week 1 Guidelines & Fruits and vegetables only (Daniel Fast)

Primary Beverage: Water

**Duration:** Entire week without breaks

**Purpose:** During Week 4 of consecration, we focus attention on the eyes. The father of Proverbs instructs his son to “look directly forward.” In essence, he instructs him to pursue a sincere and direct purpose, avoiding the temptation of distraction. What is God's vision for your life, career, and family? Peter was performing a miracle, something he thought he could never do, but he was doing it! It was not until he lost his vision/focus of Jesus that he sank. This week, we recapture our vision!

### **Corporate Prayer Guidelines and Opportunities**

What: Morning Devotion & Prayer (online only)

Location: Christ Church Apostolic Facebook and YouTube pages

Time: 5:00 AM to 5:45 AM EST

Days: Monday – Friday

What: Corporate Prayer (Afternoon)

Location: Christ Church Apostolic, 6601 North Grandview Drive, Indianapolis, IN 46260

Time: 12:00 PM – 1:00 PM EST

Days: Monday, Wednesday, and Friday

What: Corporate Worship and Prayer (Evening)

Location: Christ Church Apostolic, 6601 North Grandview Drive, Indianapolis, IN 46260 and Online

Time: 7:00 PM – 8:00 PM EST

Days: Monday and Friday

## **Week 5 (October 2–October 8): “Walk Forward”**

Devotional Scriptures: Proverbs 4:26, Psalm 119:105, Hebrews 12:13, Psalm 40:2, Psalm 17:5, Ephesians 5:8, Galatians 5:16

### **Corporate Fasting Guidelines**

Be sure to consult your doctor, especially if you have any medical condition.

Type of Fast: Week 1 Guidelines & Vegetables and Juicing only

Abstaining from Food Time: 6:00 AM – 3:00 PM EST

Primary Beverage: Water (may drink all day)

**Duration:** Entire week without breaks

**Purpose:** During Week 5 of consecration, we focus on the feet. The Hebrew word here indicates clearing a way (Isaiah 26:7). Here, the father encourages his son to intentionally remain on the path of wisdom and righteousness (Proverbs 4:11). The succession of steps by which vision is turned into action demands practical planning. The object of the tempter is to keep you from doing so. This week we are praying that God moves us from vision to action! Seeing to planning and becoming.

### **Corporate Prayer Guidelines and Opportunities**

What: Morning Devotion & Prayer (online only)

Location: Christ Church Apostolic Facebook and YouTube pages

Time: 5:00 AM to 5:45 AM EST

Days: Monday – Friday

What: Corporate Prayer (Afternoon)

Location: Christ Church Apostolic, 6601 North Grandview Drive, Indianapolis, IN 46260

Time: 12:00 PM – 1:00 PM EST

Days: Monday, Wednesday, and Friday

What: Corporate Worship and Prayer (Evening)

Location: Christ Church Apostolic, 6601 North Grandview Drive, Indianapolis, IN 46260 and Online

Time: 7:00 PM – 8:00 PM EST

Days: Monday and Friday

## **Week 6 (October 9–October 14): “Fast Forward”**

Devotional Scriptures: Proverbs 4 (entirety), Numbers 27:18–23, Matthew 10:1, 2 Timothy 2:15, Philippians 4:13, Genesis 1:27–28

**Important: Holy Communion and Foot Washing will be Sunday, October 9, 2022.**

### **Corporate Fasting Guidelines**

Be sure to consult your doctor, especially if you have any medical condition.

Type of Fast: Week 1 Guidelines & 1 meal per day (Please read “Break the Fast”)

Abstaining from Food Time: 6:00 AM – 3:00 PM EST

Primary Beverage: Water (may drink all day)

**Duration:** Entire week without breaks

**Purpose:** During Week 6 of consecration, we focus on preparing for elevation and acceleration. We have allotted time, space, and opportunity to align ourselves with the passions of God for our lives and ministries. This week we anticipate manifestation! This week we are ready to receive from the Father.

### **Corporate Prayer Guidelines and Opportunities**

What: Morning Devotion & Prayer (online only)

Location: Christ Church Apostolic Facebook and YouTube pages

Time: 5:00 AM to 5:45 AM EST

Days: Monday – Friday

What: Corporate Prayer (Afternoon)

Location: Christ Church Apostolic, 6601 North Grandview Drive, Indianapolis, IN 46260

Time: 12:00 PM – 1:00 PM EST

Days: Monday – Friday

What: Corporate Worship and Prayer (Evening)

Location: Christ Church Apostolic, 6601 North Grandview Drive, Indianapolis, IN 46260 and Online

Time: 7:00 PM – 8:00 PM EST

Days: Monday and Thursday

### **Pastoral Installation Weekend Schedule**

What: Pastoral Installation Service

Date: Friday, October 14, 2022

Time: 7:30 PM EST

What: Servants Saturday (Christ Church Apostolic Leadership ONLY)

Date: Saturday, October 15, 2022

Time: 12:00 PM – 2:00 PM EST

What: Sunday Worship Experience and Family Dinner

Date: Sunday, October 16, 2022

Time: 11:00 AM

***\*Note: Please RSVP by Sunday, October 2<sup>nd</sup> to reserve your seat for the Family Dinner. \****

## Daily Confessions: Who/What I Am in Christ

I am reigning in life by Jesus Christ (Romans 5:17)

I am not looking at the things that are seen, but at the things which are not seen (II Corinthians 4:18)

I am walking by faith and not by sight (II Corinthians 5:7)

I am casting down imaginations and every high thing that exalts itself against the knowledge of God (II Corinthians 10:5)

I am the righteousness of God in Christ Jesus (II Corinthians 5:21 and Romans 6:14)

I am rooted and grounded in love because Christ dwells within me (Ephesians 3:17)

I am the workmanship of God, created in Christ Jesus for good works (Ephesians 2:10)

I am a partaker of God's divine nature (II Peter 1:4)

I am prosperous and in good health because my soul prospers (III John 2)

I am being transformed by the renewing of my mind to prove the perfect will of God (Romans 12:2)

I am healed by the stripes of Jesus Christ (I Peter 2:24)

I am more than a conqueror through Jesus Christ (Romans 8:37)

I am the salt of the earth, and the light of the world (Matthew 5:13a, 14a)

I am complete in Christ (Colossians 2:10)

I am strong in the Lord and in the power of His might (Ephesians 6:10)

I am taking the shield of faith and quenching all the fiery darts of the enemy (Ephesians 6:16)

I am praying for my desires and receiving them (Mark 11:24)

I am like a tree planted by the rivers of water, and everything that I do prospers (Psalm 1:3)

I am a temple of the Holy Ghost (I Corinthians 6:19)

I am given exceeding great and precious promises, and by them I partake of the divine nature, having escaped the corruption that is in the world through lust (II Peter 1:4)

I am led by the spirit of God; therefore, I am a son of God (Romans 8:14)

I am not walking after the flesh but after the Spirit (Romans 8:1)

I am receiving all of my needs met according to His riches in glory by Christ Jesus (Philippians 4:19)

I am casting all of my cares upon Him because I know He cares for me (I Peter 5:7)

I am blessed with all spiritual blessings in Christ Jesus (Ephesians 1:3)

I am blessed when I come in and blessed when I go out (Deuteronomy 28:6)

I am an heir of God and a joint-heir with Jesus Christ (Romans 8:17)

I am increasing and abounding in love (I Thessalonians 3:12)

I am being made perfect in every good work to do God's will (Hebrews 13:21)

I am showing forth the praise of God (Psalms 51:15)