

PRAYER90X

90 DAYS TO A SPIRITUALLY FIT YOU



90 DAYS OF EXTREME SPIRITUAL TRAINING

IVOR MYERS

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This book is dedicated to my wife and children, and
for those of you who tested the first 14 days, and
strongly encouraged me to finish the project.

INTRODUCTION

How This Book Came About:

My wife and I were in our gym working out together to a video exercise program. It claimed that in 90 days we would be looking at a more fit version of ourselves. It did not disappoint. The workout called for commitment, dedication, and the need to reach deep within yourself, to push yourself to your maximum. Each workout was an hour long, and left us drenched in sweat.

It was during one of these workouts that a moment of meditation came to me. What if Christians were this dedicated to becoming spiritually fit? What if they were willing to be dedicated for 90 days to a spiritual program that would have them looking at a “fitter” version of themselves? Of course prayer is the answer, but how many Christians actually know how to spend quality time in prayer? This book is the answer to that moment of meditation. You hold in your hands a 90-day prayer workout book that will make you a better, more fit Christian!

This book is a new kind of devotional. It will lead you step by step through the hour of worship.

This prayer workout will help you to stretch, that is, to expand your mind and heart to receive ever-expanding truths in the Word of God. It will build spiritual muscle so that you can manage the heavy truths in God’s Word. It will burn the fat of sin from you so that you will no longer be weighted down with a multitude of bad habits and attitudes. It will help to eliminate your weaknesses. And most importantly, it will leave you drenched in the Spirit of God.

PRAYER 90

If you will commit to 90 days of worship, for one hour a day, you will indeed see changes you may have thought impossible. Take a mental picture of where you are now, and see what the Spirit of God can do for you in 90 days. Your study of the Bible and your prayer life will not be the same!

How to Use This Book

This book is written for the person who does not know how to have worship, and the person who is very used to worship. It is written so that young and old alike can experience the Bible and worship in a more personal and consistent way. It can be used especially for the small unit or group leader who seeks to assist his unit in becoming more spiritually fit, or for the church as a whole to equip the members with a powerful worship life. We are in the Lord's Army, and as soldiers, spiritual fitness is vital.

13 Weeks

The book consists of 13 themes, each covering one week. Each theme picks up where the last one left off, taking the reader from the fall of Lucifer from heaven and the introduction of sin to the restoration of all things and the earth made new. The book consists of 90 worship thoughts, or "worship starters." Each worship starter is a skeleton that will be fleshed out by your personal interaction with the Word of God and the Spirit of God. The book will paint one picture, that of the warfare between good and evil, how God wins in the end, and what we need to do to be on the winning side. This means understanding the principles that led to the first rebellion in heaven and the principles of the gospel, the remedy for rebellion. In 90 days you will have an understanding of the major theme of the Bible from Genesis to Revelation. You may even do the Prayer 90 challenge again, and receive even clearer inspiration the second, third, or fourth time through! Every worship day will be a different and unique experience with new gems of truth being revealed.

The Prayer 90 Workbook:

The Prayer 90 Workbook is where you will journal and record the precious gems that the Spirit and Word of God will reveal to

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you during this 90-day journey. There are 200 memory verses located in the back of the workbook. One of your goals is to memorize as many of these as you can during the 90-day challenge. Each day there is a suggested memory verse in the Prayer 90 book. Feel free to add to or change the memory verse as you go along. Each memory scripture should be memorized throughout the day, not just during the suggested memorization time. Your goal is to have the scripture memorized so that you can recite it the next day in your scripture memory time without looking at the verse.

Godly Imagination and Meditation:

Far from being rigid and static, this book is dynamic, leading you to interact personally with the Spirit and Word of God while you worship. It will call upon you to use godly imagination to meditate on the different scenes and themes in the Word of God. It will be like watching a movie, except the screen is your mind. “Thou wilt keep *him* in perfect peace, *whose* mind (margin, imagination) *is* stayed on thee: because he trusteth in thee” (Isaiah 26:3). If you like music, feel free to listen to godly music that is not distracting while you worship. Music is an important part of worship. Think of it as the “soundtrack” as you imagine and meditate on the different scenes of God’s word on the screen of your mind.

Today there are many philosophies of prayer and meditation penetrating Christianity, that are not based upon solid biblical principles. Practices such as contemplative prayer, repeating a word or key phrase over and over, emptying the mind without filling it with the word of God, visualization, the teaching that we should visualize what we want to come to pass and then certain energies will bring it into reality, the stress of posture of body while praying, and more have been weaved into Christianity more and more frequently. Prayer 90 helps you to focus your mind on the word of God, memorize the word of God, communicate with the God of the bible all while avoiding these popular and unbiblical techniques.

Time Periods:

For each section of the worship a suggested amount of time is given, found in brackets. Don’t feel bound to the time, or let

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time distract you. If you are focused on your worship, that suggested time may not be long enough! The more you go overtime, the better! The longer you worship, the deeper your worship time will be. Imagine that every minute spent in worship is the equivalent of going deeper and deeper into the boundless ocean of God's presence. As the weeks progress the time frames will eventually be dropped, as well as the explanations of what to do in each section. Think of it as training wheels being removed.

Sections:

The worship hour is broken down into sections with suggested times. Feel free to move those sections around to best fit you. You can even add sections that you really like that may be in one day and not another. Switch sections around. If you feel on a particular day that you need "praise" instead of "petition," or that you may want "confession" instead of "praise," feel free to make the adjustments. You can double your time for some sections and lessen your time for others. In other words, make it work for you, experiment with the combinations but always try to aim for an average of an hour. Be consistent and watch as God makes you "fit" for the kingdom of heaven.

MAJOR SECTION:

Every day consists of 4 major sections.

- **Warm Ups:** The warm-up section is where you spend time preparing for the meat of your worship. Take good time to warm up so that your mind and heart can be totally focused on the Word of God. This section will consist of focusing your mind on the Word of God and dropping all other burdens.
- **Strength and Endurance Training:** This section follows the warm up. It will be the meat of your worship. The key here is to go beyond the surface and seek to drill deep into the Word of God. During this time, be sure to record in the Prayer Journal the things God is sharing with you as you contemplate the verses and scenes. Surface meditation will lead to surface revelation. Deeper meditation will lead to deeper revelation. Here is where you want to feel the burn, as you push yourself

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further into the Word of God. That is exactly the goal, to feel the fire of the Spirit of God as you focus on the Word. When the disciples discovered that it was the resurrected Jesus with whom they spoke on the road to Emmaus, they said, “Did not our heart burn within us, while he talked with us by the way, and while he opened to us the scriptures?” (Luke 24:32). When God draws close to you in worship, showing you precious things from the Word, your heart will burn.

- **Cardio and Fat Burner:** This section deals with burning the fat of sin from your character. Many Christians are overweight with anger, lust, resentment, and more. During this time, you allow the Spirit of God to search your heart deeper and deeper, showing you the things that you must overcome. Here is where we “lay aside every weight, and the sin which doth so easily beset us” so that we can more easily and swiftly “run with patience the race that is set before us” (Hebrews 12:1).
- **Rest:** Throughout the day it is important to rest. Real growth of the spiritual muscle comes only as we learn to rest in God’s will, not resist it. Learn to rest in what He has shown you that day. “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28).

SUBSECTIONS:

There are a variety of subjections under each major section.

- **Focus:** This time is spent emptying your mind of all other thoughts and focusing it upon the Word and presence of God. You want to break through as it were an invisible veil into the very presence, the chamber room of God.
- **Stretching:** During this time you are asking God to expand your capacity to receive the precious gems of His Word.
- **Praise:** Take this time to praise and thank God for all that He has done or is doing in your life.
- **Confession:** Take this time to confess known sins in your life.

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- **Petitions:** Use this time to bring your prayer requests and intercession before the Lord.
- **Silence:** During this time you should be training your ear to listen for the promptings of the Holy Spirit through the Word. What does the Spirit want to say to you in light of your worship?
- **Recap:** A recap will come at the end of most of the weekly themes. During this time you are putting together in a single, chronological order a combination of the prior worship thoughts.

Your Personal Trainer:

The Prayer 90 Challenge is designed to get you in communion with the Spirit and Word of God. Do not view this book as your trainer! Do not think of the hour of worship as a time that you are simply meditating and studying, but rather see it as time that you are meeting with your personal trainer, the Holy Spirit. “I will teach thee and instruct thee in the way which thou shalt go; I will guide thee with mine eye” (Psalm 32:8). Let God direct your thoughts and teach you. Do more listening than speaking since God is the trainer. And a word of caution: the Spirit of God never leads us contrary to the Word of God. All things should be tested by the Scriptures!

Day 91: The Power Workout.

The Power Workout can only be accomplished after you have finished the 90-day prayer workout. The Power Workout takes all the scenes of the 90-day workout and strings them into one theme. It will be like watching the entire theme of the Bible unfolding on the screen of your mind in one setting. Day 91 can leave you meditating upon the Word of God for 1 to 2 hours or more. It is the marathon worship day.

Additional Suggestions

- Choose a consistent time to pray. If you miss a day or a few days, don't despair. If it takes you extra time to finish it, don't

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despair. The important thing is to complete the challenge. However, the more consistent you are, the better results you will get.

- Choose a consistent place to pray.
- Choose a partner or a group to go through the challenge with you.
- Get rid of the junk food: junk books, junk movies, junk music, junk thrills, etc. Don't counteract the very thing you're aiming for. Anything that is impure, sensual, or worldly will add the fat of sin to your life.
- To get maximum results, put your heart into it! "Then shall ye call upon me, and ye shall go and pray unto me, and I will hearken unto you. And ye shall seek me, and find me, when ye shall search for me with all your heart" (Jeremiah 29:12, 13).

The Mystery Questions:

There are two mystery questions in this book. The answers are not found in the book. The purpose of these mystery questions is to encourage the reader to earnestly seek God in prayer for the answer. There is only one answer to each question, and to find the correct answer may even require some additional personal inquiry and research. Look out for these two questions. (DON'T JUMP AHEAD OR YOU WILL NOT GET THE SIGNIFICANCE OF THE MYSTERY QUESTIONS.) Once you find the answer, your life will never be the same! Guaranteed.

Remember that God wants to make you spiritually fit! "And Jesus said unto him, No man, having put his hand to the plough, and looking back, is fit for the kingdom of God" (Luke 9:62). Never look back. Never give up.

Share your prayer experiences online with other Prayer 90 Xers here:

<http://www.facebook.com/group.php?gid=138520622827591&ref=ts>.

or here:

<http://groups.google.com/group/prayer-90-x>

WEEK 1

The War in Heaven

Day 1: How Sin Began

WARM UP

(5) **Focus:** Lay all your burdens at the foot of the cross of Christ, emptying your mind of distractions, problems, and issues so that you can direct your entire mental focus upon the Word of God and the presence of God. Focus on the following verse word by word. Commit it to memory.

“Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee” (Isaiah 26:3). (Or you may choose a verse from the back of your Prayer 90 Workbook.)

(5) **Stretch:** Pray for a warming up of yourself to receive the things of God. Pray that your eyes and ears become spiritually sensitive to be able to see and hear what God has to show you in your prayer time, and in His Word. Pray that your heart will be willing and obedient to do what God reveals.

Claim: “The eyes of your understanding being enlightened; that ye may know what is the hope of his calling, and what the riches of the glory of his inheritance in the saints” (Ephesians 1:18).

STRENGTH AND ENDURANCE TRAINING

(5) **Read:** “Thou *art* the anointed cherub that covereth; and I have set thee *so*: thou wast upon the holy mountain of God; thou hast walked up and down in the midst of the stones of fire. Thou *wast*

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perfect in thy ways from the day that thou wast created, till iniquity was found in thee" (Ezekiel 28:14, 15).

The Bible reveals that Lucifer was once a "covering" cherub, or angel. What is a "covering" angel? Shortly after their deliverance from Egypt, God told the children of Israel to build a sanctuary so that He could "dwell among them" (Exodus 25:8). This sanctuary was a miniature model of the true sanctuary in heaven, the place from which God rules, the "White House" of the universe.

"Now of the things which we have spoken *this is* the sum: We have such an high priest, who is set on the right hand of the throne of the Majesty in the heavens; A minister of the sanctuary, and of the true tabernacle, which the Lord pitched, and not man" (Hebrews 8:1, 2).

"For he hath looked down from the height of his sanctuary; from heaven did the LORD behold the earth" (Psalm 102:9).

Inside this miniature sanctuary was a miniature model of the throne of God, called the "mercy seat." The mercy seat sat on top of the ark of the covenant, which held the law of God, showing that the law was the foundation of God's throne.

"And thou shalt put the mercy seat above upon the ark; and in the ark thou shalt put the testimony that I shall give thee" (Exodus 25:21).

"And I turned myself and came down from the mount, and put the tables in the ark which I had made; and there they be, as the LORD commanded me" (Deuteronomy 10:5).

On either side of the ark and mercy seat were two angels called "covering" angels. They were the angels who stood in the very presence of God, next to the throne of God, covering or protecting the law of God, which was the foundation of His throne in heaven.

Week 1: The War in Heaven

“And the cherubims shall stretch forth *their* wings on high, covering the mercy seat with their wings, and their faces *shall look* one to another; toward the mercy seat shall the faces of the cherubims be” (Exodus 25:20).

“...the cherubims, that spread out their wings, and covered the ark of the covenant of the LORD” (1 Chronicles 28:18).

Lucifer was one of these two “covering” angels in heaven that stood in the very presence of God. He protected the very law of God and was perfect until “iniquity” was found in him. The Bible describes iniquity (sin) as follows: “Whosoever committeth sin transgresseth also the law: for sin is the transgression of the law” (1 John 3:4).

Lucifer, therefore, turned against the very foundation of God’s throne, and began a rebellion based upon lawlessness.

(20) Meditation: Meditate upon this rebellion in heaven. Go in imagination to the scene. Try to see it as vividly as you can. First, a time of peace, then a gradual change in an angel named Lucifer. Meditate on the results of rebellion and sin. Ask God questions about this, as you would talk with a friend. What Bible verses or stories come to mind that connect with these scenes? Write down your reflections in your Prayer 90 Journal.

CARDIO AND FAT BURNER

(10) Cardio: The Bible tells us that iniquity was found “in” Lucifer. Iniquity is also to be found in our hearts. How has sin in your life destroyed relationships? God desires to root out that iniquity, if we will let Him. In your daily life, whose philosophy do you lean toward? Satan’s anti-obedience or God’s obedience? Allow the Spirit of God to search your heart, much in the way we go through airport security checks. Let God’s Spirit detect known or unknown sins you are carrying upon your person. Or think of a full-body scan. God is seeking to identify and root out of your life the disease known as sin. Confess those sins and ask the Lord to transform you, to burn the fat of sin with which you are weighed down away from you.

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Claim: “Search me, O God, and know my heart: try me, and know my thoughts: And see if *there be any* wicked way in me, and lead me in the way everlasting” (Psalm 139:23, 24).

(10) Intercessory: Now, spend this time on those burdens you laid at the foot of the cross. Pray for your friends, your family, your business, your schooling, whatever is pressing upon your heart.

(5) REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). **How can you rest in what God has shown you today?** How can you submit to and not resist His will? Spend this time asking God how you can live out your worship today in a practical way.

Day 2: Self-Righteousness

WARM UP

(5) Focus: Lay all your burdens at the foot of the cross of Christ, emptying your mind of distractions, problems, and issues so that you can direct your entire mental focus upon the Word of God and God Himself. Focus on the following verse word by word. Commit it to memory.

“Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee” (Isaiah 26:3). (Or you may choose a verse from the back of your Prayer 90 Workbook.)

(5) Stretch: Pray that you warm up to receive the things of God. Pray that your eyes and ears become spiritually sensitive to be able to see and hear what God has to show you in your prayer time, and in His Word. Pray that your heart be willing and obedient to do what God reveals.

Claim: “Open thou mine eyes, that I may behold wondrous things out of thy law” (Psalm 119:18).

STRENGTH AND ENDURANCE TRAINING

(5) Read: “How art thou fallen from heaven, O Lucifer, son of the morning! *how* art thou cut down to the ground, which didst weaken the nations! For thou hast said in thine heart, I will ascend into heaven, I will exalt my throne above the stars of God: I will sit also upon the mount of the congregation, in the sides of the north: I will ascend above the heights of the clouds; I will be like the most High” (Isaiah 14:12-14).

Lucifer had turned against the law of God, while at the same time claiming that he could be “like God.” Since the law of God is a transcript of His very character and the foundation of His throne, Lucifer’s argument was that he could be like God in character without the need to obey the law. It was an argument of self-righteousness, which is what made the argument so deceptive. In essence, Lucifer argued, “We can govern ourselves and be holy without law. Laws are for slaves, not for the free!”

(20) Focus: Meditate upon Isaiah 14:13, 14, and the faulty argument of Lucifer. Again, focus on the deceptiveness of the argument. Would you have fallen for such an argument? On the screen of your mind, see Lucifer as a master “politician” campaigning for reform in God’s government under the guise of righteousness. Allow the Spirit of God to reveal to you the danger of such a deceptive argument. Have you seen this same philosophy on earth today, mainly that one can be good without God? Can Christians fall for this deceptive argument? What about those who do think they can be holy without daily submitting to the will of God, or daily praying and communing with Him? What Bible stories or verses come to mind that bear upon your worship today?

CARDIO AND FAT BURNER

(10) Cardio: Ask God to search your heart. Is there anything in you that desires to rebel against the will of God? Do you sometimes fall into the trap of self-righteousness? How? How often? Lay yourself on the operating table of the Word of God, and allow the Spirit to cut away the spiritual fat that has you out of spiritual shape.

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Claim: “For to be carnally minded *is* death; but to be spiritually minded *is* life and peace. Because the carnal mind *is* enmity against God: for it is not subject to the law of God, neither indeed can be. So then they that are in the flesh cannot please God” (Romans 8:6-8).

(10) Intercession: Pray for those who you know live by this philosophy. Pray for your needs and for God to go before you today, and that you will not attempt to be good while forgetting that God is your only strength. Pray for your family, friends, and enemies by name.

(5) REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to and not resist His will? Ask God how you can live out your worship today.

Day 3: The Desire to Ascend

WARM UP

(5) Focus: Lay all your burdens at the foot of the cross of Christ, emptying your mind of distractions, problems, and issues so that you can direct your entire mental focus upon the Word of God and His presence. Focus on the following verse. (Or you may choose a verse from the back of your Prayer 90 Workbook.) Commit it to memory.

Scripture Memory: “The fear of the LORD *is* clean, enduring for ever: the judgments of the LORD *are true and righteous* altogether. More to be desired *are they* than gold, yea, than much fine gold: sweeter also than honey and the honeycomb” (Psalm 19:9, 10).

(5) Silence: Spend this time silencing your soul before God.

Scripture Claim: “But the LORD *is* in his holy temple: let all the earth keep silence before him” (Habakkuk 2:20).

STRENGTH AND ENDURANCE TRAINING

(5) Read: “How art thou fallen from heaven, O Lucifer, son of the morning! *how* art thou cut down to the ground, which didst weaken the nations! For thou hast said in thine heart, I will ascend into heaven, I will exalt my throne above the stars of God: I will sit also upon the mount of the congregation, in the sides of the north: I will ascend above the heights of the clouds; I will be like the most High” (Isaiah 14:12-14).

Lucifer wanted to take God’s place and sit upon the “mount of congregation,” that is, over the angels of God. Notice how rebellion began in the midst of the congregation, or church of angels in heaven. It was all over the desire in the heart of Lucifer to be highest. He wanted to “ascend,” to “exalt” himself. Jesus came to this earth demonstrating a very different attitude.

“Let this mind be in you, which was also in Christ Jesus: Who, being in the form of God, thought it not robbery to be equal with God: But made himself of no reputation, and took upon him the form of a servant, and was made in the likeness of men: And being found in fashion as a man, he humbled himself, and became obedient unto death, even the death of the cross. Wherefore God also hath highly exalted him, and given him a name which is above every name” (Philippians 2:5-9).

(20) Meditation: Allow your imagination to grip the scenes of this controversy. Allow the Spirit of God to show you the dangers of self-exaltation. Listen for verses and stories in the Bible that amplify this very danger. Journal your findings.

CARDIO AND FAT BURNER

(10) Cardio: Ask the Spirit of God to make this theme applicable to you today. In what ways have you sought to exalt yourself above others? Allow the Spirit of God to search your heart. How can you live out in a practical manner today what God has shown you? Ask God to burn the fat of sin out of your life by His Holy Spirit.

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(10) Petition: Pray for those concerns you have and for those you have concerns for.

(5) REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). **How can you rest in what God has shown you today?** How can you submit to and not resist His will? Ask God how you can live out your worship in a practical way today.

Day 4: One-Third of Angels Deceived

WARM UP

(5) Focus: Lay all your burdens at the foot of the cross of Christ, emptying your mind of distractions, problems, and issues so that you can direct your entire mental focus upon the Word of God and God’s presence. Focus on the following verse. (Or you may choose a verse from the back of your Prayer 90 Workbook.) Commit it to memory.

Scripture Memory: “The fear of the LORD *is* clean, enduring for ever: the judgments of the LORD *are true and righteous* altogether. More to be desired *are they* than gold, yea, than much fine gold: sweeter also than honey and the honeycomb” (Psalm 19:9, 10).

(5) Confession: Confess any sin that you are aware of. Cherished sin blocks the flow of God’s blessing in worship.

(5) Stretching: Pray for a warming up to receive the things of God. Pray for a submitted and willing heart, and spiritual discernment. Pray for God to expand your capacity to receive truth from Him.

Scripture Claim: “Therefore if any man *be* in Christ, *he is* a new creature: old things are passed away; behold, all things are become new” (2 Corinthians 5:17).

(10) Listening: Listen for the Spirit of God speaking to you. A caution: remember that the Spirit of God does not speak anything

Week 1: The War in Heaven

contrary to the Word of God. Listen for a scripture to be brought to your memory, or a theme or story from the Bible brought to your attention for some specific purpose. Listen to what God may have to say to you personally this morning.

STRENGTH AND ENDURANCE TRAINING

(5) Read: “And there was war in heaven: Michael and his angels fought against the dragon; and the dragon fought and his angels” (Revelation 12:7).

“And his tail drew the third part of the stars of heaven” (Revelation 12:4).

Satan deceived one-third of the angels in his anti-law rebellion against God. They were deceived based upon an argument of self-righteousness, that there were ways to attain righteousness other than submission to the explicit will of God. This is what led to the war in heaven. Satan and his angels were cast out as a result of sin. The last book of the Bible states that those who enter heaven will be those who submit to the law of God, which is the foundation of His throne and government.

“Blessed are they that do his commandments, that they may have right to the tree of life, and may enter in through the gates into the city” (Revelation 22:14).

(20) Meditation: Allow your imagination to grip the scenes of this war in heaven. Ask the Spirit of God to show you the inner workings of Lucifer’s deception of one-third of the heavenly angels. See how sin destroyed friendships in heaven. What side would you have taken were you there? Which argument would you have gone with? What role does obedience play in the life of a Christian? Ask God to give you a spirit of perception as you meditate upon these verses. Listen out for any other verses or stories that the Spirit of God may bring in connection with this theme.

CARDIO AND FAT BURNER

(10) Cardio: Ask the Lord to show you the lessons applicable to your day today. Listen for the promptings of the Spirit. Also, pray for your loved ones who are in need of understanding the themes of salvation.

(10) Petition: Present your personal petitions.

REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). **How can you rest in what God has shown you today?** How can you submit to and not resist His will? Record in your Prayer 90 Workbook the things spoken to you by God and His Word. How can you live out today’s worship in your life?

Day 5: Breaking Heaven’s Rest

WARM UP

(5) Focus: Lay all your burdens at the foot of the cross of Christ, emptying your mind of distractions, problems, and issues so that you can direct your entire mental focus upon the Word of God and His presence. Focus on the following verse. (Or you may choose a verse from the back of your Prayer 90 Workbook.) Commit it to memory.

Scripture Memory: “But as many as received him, to them gave he power to become the sons of God, *even* to them that believe on his name” (John 1:12).

(5) Confession: Confess any sin that you are aware of. Cherished sin blocks the flow of God’s blessing in worship.

(5) Spiritual Stretching: Pray for a warming up of yourself to receive the things of God. Pray for a submitted and willing heart, and spiritual discernment.

Week 1: The War in Heaven

Scripture Claim: “How much better *is it* to get wisdom than gold! and to get understanding rather to be chosen than silver!” (Proverbs 16:16).

STRENGTH AND ENDURANCE TRAINING

(5) Read: “There remaineth therefore a rest to the people of God” (Hebrews 4:9).

The Greek word for rest is *sabbatismos*. The rest here referred to is heaven, the Christian’s ultimate resting place. Heaven is God’s *sabbatismos*. The foundation of heaven’s law is based upon this principle of *sabbatismos*, or resting in the will of God. When Lucifer rebelled in heaven, he had broken heaven’s state of rest and tranquility, bringing about a state of unrest.

“And there was war in heaven: Michael and his angels fought against the dragon; and the dragon fought and his angels, And prevailed not; neither was their place found any more in heaven” (Revelation 12:7, 8).

Lucifer had, in effect, broken the *sabbatismos* of God. Rebellion and rest are, therefore, two opposite principles in the war between God and Satan.

(20) Focus: Allow your imagination to see the scenes that lead to the breaking of God’s *sabbatismos*. Contemplate what sin (lawlessness, 1 John 3:4) does to a perfect environment. Ask the Spirit of God to show you the inner workings of the principles of rest versus rebellion. What verses or stories come to mind that amplify this idea of rest vs. rebellion?

CARDIO AND FAT BURNER

(10) Cardio: Focus upon how these same principles are manifested on earth today. How can you truly find rest for your soul? Is there rest in obeying the will, word, and law of God? Read the commandments found in Exodus 20 and ask what kind of world

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we would live in if all abided by God's will. Ask God to burn any sin out of your life, any rebellion against the stated will of God.

(10) Listening: Listen for the Spirit of God speaking to you. Listen for a scripture to be brought to your memory, or a theme or story from the Bible to be brought to your attention for some specific purpose. Listen to what God may have to say to you personally this morning.

Scripture Claim: "Be silent, O all flesh, before the LORD: for he is raised up out of his holy habitation" (Zechariah 2:13).

REST: "Come unto me, all ye that labour and are heavy laden, and I will give you rest" (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to and not resist His will? Record in your Prayer 90 Workbook the things spoken to you by God and His Word. How can you live out today's worship in your life?

Day 6: Jury Selection

WARM UP

(5) Focus: Lay all your burdens at the foot of the cross of Christ, emptying your mind of distractions, problems, and issues so that you can direct your entire mental focus upon the Word of God and God Himself. Focus on the following verse word by word. (Or you may choose a verse from the back of your Prayer 90 Workbook.) Commit it to memory.

Scripture Memory: "But as many as received him, to them gave he power to become the sons of God, *even* to them that believe on his name" (John 1:12).

(5) Stretching: Pray for a warming up of yourself to receive the things of Gods. Pray for your eyes, mind, heart, and ears to be open to God's leading.

Week 1: The War in Heaven

Scripture Claim: “I will instruct thee and teach thee in the way which thou shalt go: I will guide thee with mine eye” (Psalm 32:8).

(10) Petitions: Lift your petitions to God.

STRENGTH AND ENDURANCE TRAINING

(5) Read: “Thou *art* the anointed cherub that covereth; and I have set thee *so*: thou wast upon the holy mountain of God; thou hast walked up and down in the midst of the stones of fire. Thou *wast* perfect in thy ways from the day that thou wast created, till iniquity was found in thee. By the multitude of thy merchandise they have filled the midst of thee with violence, and thou hast sinned: therefore I will cast thee as profane out of the mountain of God: and will destroy thee, O covering cherub, from the midst of the stones of fire. Thine heart was lifted up because of thy beauty, thou hast corrupted thy wisdom by reason of thy brightness: I will cast thee to the ground, I will lay thee before kings, that they may behold thee” (Ezekiel 28:14-17).

“If a false witness rise up against any man to testify against him that which is wrong; Then both the men, between whom the controversy is, shall stand before the LORD, before the priests and the judges, which shall be in those days; And the judges shall make diligent inquisition: and, behold, if the witness be a false witness, and hath testified falsely against his brother; Then shall ye do unto him, as he had thought to have done unto his brother: so shalt thou put the evil away from among you” (Deuteronomy 19:16-19).

“Do ye not know that the saints shall judge the world? and if the world shall be judged by you, are ye unworthy to judge the smallest matters? Know ye not that we shall judge angels?” (1 Corinthians 6:1-3).

God designed that whenever a controversy arises between two individuals, it is vital that there must be a third party to decide between the two. Lucifer accused God of being unjust. All heaven became polarized, and there was yet no third party to judge between

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the two. God, therefore, created a third party, a jury of “kings” that will ultimately judge Lucifer and the fallen angels. That third party is humanity. God created humanity fitting the characteristics needed to be a juror. They were not present during the crime, were created as law-abiding citizens, and have the ability to discern between right and wrong.

(20) Meditation: Focus on the wisdom of God in the way that He would judge Lucifer. Consider why God did not immediately destroy Lucifer and his angels. What would have happened if God, the one accused, presided as judge and jury in His own trial? Why does God call us to be “His witnesses”?

CARDIO AND FAT BURNER

(10) Cardio: Focus on the high calling of being a juror for God. Are you currently living your life as a sound juror, or like one being bribed?

(5) Silence: Spend this time silencing your soul before God.

Scripture Claim: “But the LORD *is* in his holy temple: let all the earth keep silence before him” (Habakkuk 2:20).

REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to and not resist His will? Record in your Prayer 90 Workbook the things spoken to you by God and His Word. How can you live out today’s worship in your life?

Day 7: Recap

WARM UP

(5) Focus: Lay all your burdens at the foot of the cross of Christ, emptying your mind of distractions, problems, and issues so that you can direct your entire mental focus upon the Word of God and God Himself. Focus on the following verse word by word. (Or you

Week 1: The War in Heaven

may choose a verse from the back of your Prayer 90 Workbook.) Commit it to memory.

Scripture Recital: Recite the scripture verse you memorized this week.

(5) Stretching: Pray for a warming up of yourself to receive the things of Gods. Pray for your eyes, mind, heart, and ears to be open to the leading of God.

(10) Petition: Lift your petitions to God, and confess any sins.

STRENGTH AND ENDURANCE TRAINING

(40) Review: On this day, recap on the screen of you mind all you have learned this week. String the worships together and allow the Spirit of God to speak to your heart. Write down thoughts that come to your mind. Let the Spirit of God lead you in your prayer time this morning.

REST

WEEK 2

The Garden to the Flood

Day 8: The Creation

WARM UP

(5) **Focus:** Prepare your mind to focus on God. Again, lay all your burdens down, and focus all your mental strength on God and His Word. Train your mind not to wander with distractions. Focus on your memory verse.

Scripture Memory: “Therefore if any man *be* in Christ, *he is* a new creature: old things are passed away; behold, all things are become new” (2 Corinthians 5:17).

STRENGTH AND ENDURANCE TRAINING

(10) **Read:** Read the entire chapters of Genesis 1 and 2.

(20) **Meditation:** Let your imagination focus on what you've read. Contemplate the power of God to create. Go through each day of Creation and stand in awe at God's might. At the end of each day God saw that it was good. All earth was subject to Him. Earth was at rest, as heaven once was before Lucifer rebelled. Focus on the beautiful state of rest and contemplate its significance. What thoughts come to mind as you contemplate God's power? What spiritual lessons do you observe from the Creation days?

CARDIO AND FAT BURNER

(10) **Cardio:** Consider the power of God to recreate you in His image. Do you have faith that God is able to make you into a new

Week 2: The Garden to the Flood

creature? Allow God to operate on you, removing every unclean thing by the same power with which He created the world.

(10) Petition: Bring your petitions to the Lord.

(5) Praise: Praise God for His goodness and mercy towards you.

REST: Record in your Prayer 90 Workbook the gems God has given to you today in your worship time. How can you live out in a practical manner what God has shown you?

Day 9: In Our Image

WARM UP

(5) Focus: Prepare your mind to focus on God. Lay all your burdens down, and focus all your mental strength on God and His Word, remembering to train your mind not to wander. Focus on your memory verse.

Scripture Memory: “Therefore if any man *be* in Christ, *he is* a new creature: old things are passed away; behold, all things are become new” (2 Corinthians 5:17).

(5) Stretch: Ask the Lord to expand your mind and heart to be able to receive the things of God.

STRENGTH AND ENDURANCE TRAINING

(5) Read: “And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth. So God created man in his *own* image, in the image of God created he him; male and female created he them. And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth, and subdue it: and have dominion over the fish of the sea, and over the fowl of the air, and over every living thing that moveth upon the earth” (Genesis 1:26-28).

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God created man in His image and in His likeness. This was not so much physical as it was spiritual. Satan hated the image of God in man and was bent on wiping this image out.

(20) Focus: Focus on the fact that God made us in his image. How did God create Adam and Eve to reflect His image? Listen closely as the Spirit of God speaks to you through the Word. What does it mean to reflect the image of God? What verse comes to mind that bears upon this theme of meditation?

CARDIO AND FAT BURNER

(10) Cardio: How does this thought reflect the New Testament teaching that Paul speaks of? “Lie not one to another, seeing that ye have put off the old man with his deeds; And have put on the new *man*, which is renewed in knowledge after the image of him that created him” (Colossians 3:9, 10). Whose image do you bear in your mind and heart? When people see you, who are they more likely to see reflected, God or Satan? Allow God to reveal to you the truth of your image. Pray that the fat of sin be burned so that you will be fit like Christ.

(10) Petition: Bring your petitions before God.

(5) Praise: Praise God for His work in your life.

REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to and not resist His will? Record in your Prayer 90 Workbook the things spoken to you by God and His Word. How can you live out today’s worship in your life?

Day 10: The Test and Fall

WARM UP

(5) Praise: Praise God for His goodness.

Week 2: The Garden to the Flood

(5) Focus: Focus on your memory verse and let all worries go from your heart and mind.

Scripture Memory: “If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God. Set your affection on things above, not on things on the earth. For ye are dead, and your life is hid with Christ in God” (Colossians 3:1-3).

(10) Petition: Lift your petitions before God for yourself, family, and friends.

STRENGTH AND ENDURANCE TRAINING

(5) Read: “And the LORD God took the man, and put him into the garden of Eden to dress it and to keep it. And the LORD God commanded the man, saying, Of every tree of the garden thou mayest freely eat: But of the tree of the knowledge of good and evil, thou shalt not eat of it: for in the day that thou eatest thereof thou shalt surely die” (Genesis 2:15-17).

God told Adam and Eve that every tree was good for food except one. It was a test to see if they would be loyal to God’s government or would side with the apostate, Satan. Satan approached Eve in the garden with the same deception he pulled off in heaven. He told her that she could be “like gods.” He was in essence seeking to bribe the very jury that was to judge him.

“Now the serpent was more subtil than any beast of the field which the LORD God had made. And he said unto the woman, Yea, hath God said, Ye shall not eat of every tree of the garden? And the woman said unto the serpent, We may eat of the fruit of the trees of the garden: But of the fruit of the tree which is in the midst of the garden, God hath said, Ye shall not eat of it, neither shall ye touch it, lest ye die. And the serpent said unto the woman, Ye shall not surely die: For God doth know that in the day ye eat thereof, then your eyes shall be opened, and ye shall be as gods, knowing good and evil” (Genesis 3:1-5).

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By resisting the will of God, Adam and Eve had broken the state of rest on earth, ushering in the error of rebellion.

(20) Focus: Meditate on this test and the fall of Adam and Eve. See on the screen of your mind how sad God must have been. What did this fall mean for mankind? Why was Lucifer seeking to bring unrest to earth? What verse or stories from the Bible come to mind as you meditate on this theme? Again, listen closely as the Spirit of God guides you into incredible truths.

CARDIO AND FAT BURNER

(10) Cardio: Ask God to search your heart. Is there anything in you that desires to disobey the plainly stated commandments of God? How does the devil's lie that "ye shall not surely die" deceive people in this day and age? Pray to have the fat of sin burned away by His Spirit.

(5) Stretch: Ask God to again expand your mind to grasp the truths of His Word.

REST: "Come unto me, all ye that labour and are heavy laden, and I will give you rest" (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to and not resist His will? Record in your Prayer 90 Workbook the things spoken to you by God and His Word. How can you live out today's worship in your life?

Day 11: The Promise and Expulsion

WARM UP

(5) Praise: Praise God for His goodness.

(5) Focus: Focus on your memory verse and let all worries go from your heart and mind.

Scripture Memory: "If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand

Week 2: The Garden to the Flood

of God. Set your affection on things above, not on things on the earth. For ye are dead, and your life is hid with Christ in God” (Colossians 3:1-3).

(10) Petition: Lift your petitions before God for yourself, family, and friends.

STRENGTH AND ENDURANCE TRAINING

(5) Read: “And I will put enmity between thee and the woman, and between thy seed and her seed; it shall bruise thy head, and thou shalt bruise his heel … And unto Adam he said, Because thou hast hearkened unto the voice of thy wife, and hast eaten of the tree, of which I commanded thee, saying, Thou shalt not eat of it: cursed is the ground for thy sake; in sorrow shalt thou eat of it all the days of thy life; Thorns also and thistles shall it bring forth to thee; and thou shalt eat the herb of the field; In the sweat of thy face shalt thou eat bread, till thou return unto the ground; for out of it wast thou taken: for dust thou art, and unto dust shalt thou return” (Genesis 3:15, 17-19).

God promised Adam and Eve that a Deliverer would come who would “bruise” the “head” of the serpent. This Deliverer would be none other than Jesus. But as a result of sin, man was put out of the garden of God, just as Satan had been put out of heaven.

“And the LORD God said, Behold, the man is become as one of us, to know good and evil: and now, lest he put forth his hand, and take also of the tree of life, and eat, and live for ever: Therefore the LORD God sent him forth from the garden of Eden, to till the ground from whence he was taken. So he drove out the man; and he placed at the east of the garden of Eden Cherubims, and a flaming sword which turned every way, to keep the way of the tree of life” (Genesis 3:21-24).

(20) Focus: Focus on the similarities between the fall of Satan in heaven, and the fall of Adam in the garden. Meditate on the results of a seemingly small act of disobedience. How small does sin have

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to be for it to be considered dangerous? What about the promise of the coming Messiah? How significant are the words of Jesus in connection with this theme? “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28).

CARDIO AND FAT BURNER

(10) Cardio: Ask God to search your heart. Do you possess the same attitude as Adam and Eve did? Are there actions of disobedience reflected in your daily actions? Plead with God to show you the true nature of your heart. Ask Him to cut away the fat of sin in your life.

(5) Praise: Thank God for His mercy!

REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to and not resist His will? Record in your Prayer 90 Workbook the things spoken to you by God and His Word. How can you live out today’s worship in your life?

Day 12: Two Forms of Worship

WARM UP

(5) Confession: Take this time to confess your faults before God.

(5) Silence: Spend this time silencing your soul before God.

Scripture Claim: “But the LORD *is* in his holy temple: let all the earth keep silence before him” (Habakkuk 2:20).

(5) Focus: Focus on God and His Word. Meditate on your new memory verse.

Scripture Memory: “But God forbid that I should glory, save in the cross of our Lord Jesus Christ, by whom the world is crucified unto me, and I unto the world” (Galatians 6:14).

STRENGTH AND ENDURANCE TRAINING

(5) Read: “And Adam knew Eve his wife; and she conceived, and bare Cain, and said, I have gotten a man from the LORD. And she again bare his brother Abel. And Abel was a keeper of sheep, but Cain was a tiller of the ground. And in process of time it came to pass, that Cain brought of the fruit of the ground an offering unto the LORD. And Abel, he also brought of the firstlings of his flock and of the fat thereof. And the LORD had respect unto Abel and to his offering: But unto Cain and to his offering he had not respect. And Cain was very wroth, and his countenance fell. And the LORD said unto Cain, Why art thou wroth? and why is thy countenance fallen? If thou doest well, shalt thou not be accepted? and if thou doest not well, sin lieth at the door. And unto thee shall be his desire, and thou shalt rule over him. And Cain talked with Abel his brother: and it came to pass, when they were in the field, that Cain rose up against Abel his brother, and slew him” (Genesis 4:1-8).

(20) Focus: Abel and Cain both worshiped God with their offerings. But Cain’s worship was unacceptable. Can we choose to worship God in our convenience, as long as it is worship? Does God accept any kind of worship, so long as we call it worship? Meditate upon the world’s first murder. What caused it? Again, allow the Spirit of God to guide you into new thoughts about the passage. What verses come to mind, what stories, what modern-day illustrations?

CARDIO AND FAT BURNER

(10) Cardio: Allow the Spirit of God to operate on your heart and mind. Do you have the spirit of anger? Ask the Lord to cut it away from you like fat from the body. Pray to lose the weight of anger or rebellion and become a Christian fit for the kingdom of heaven.

(10) Petition: Lift your petitions to God.

(5) Praise: Praise God for His mercy.

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REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to and not resist His will? Record in your Prayer 90 Workbook the things spoken to you by God and His Word. How can you live out today’s worship in your life?

Day 13: The Spread of Wickedness

WARM UP

(5) Stretch: Ask God to expand your mind to receive and grasp the truths God has in store for you today.

(5) Praise: Praise God for His goodness.

(5) Focus: Focus on God and His Word. Meditate on your new memory verse.

Scripture Memory: “But God forbid that I should glory, save in the cross of our Lord Jesus Christ, by whom the world is crucified unto me, and I unto the world” (Galatians 6:14).

(10) Petition: Lift your prayer list before God.

STRENGTH AND ENDURANCE TRAINING

(5) Read: “And it came to pass, when men began to multiply on the face of the earth, and daughters were born unto them, That the sons of God saw the daughters of men that they were fair; and they took them wives of all which they chose. And the LORD said, My spirit shall not always strive with man, for that he also is flesh: yet his days shall be an hundred and twenty years. There were giants in the earth in those days; and also after that, when the sons of God came in unto the daughters of men, and they bare children to them, the same became mighty men which were of old, men of renown. And GOD saw that the wickedness of man was great in the earth, and that every imagination of the thoughts of his heart was only evil continually. And it repented the LORD that he had made man on the earth, and it grieved him

Week 2: The Garden to the Flood

at his heart. And the LORD said, I will destroy man whom I have created from the face of the earth; both man, and beast, and the creeping thing, and the fowls of the air; for it repenteth me that I have made them. But Noah found grace in the eyes of the LORD” (Genesis 6:1-8).

(20) Meditation: Focus on the conditions that existed before the Flood. From Adam’s first sin to the time of Noah, consider how sin, like a virus, spread to the whole then-known world. Imagine yourself in Noah’s place. What would it have been like for you to go through such a challenge? Why did Noah “find grace” in God’s eyes? Is grace a New Testament concept only? Let the Spirit of God speak to you of the lessons to be learned about the Flood.

CARDIO AND FAT BURNER

(10) Cardio: Search your heart and mind once again. Pray to be a lean Christian, not burdened down with the fat of sin. Let God show you where you need to lose the weight of sin in your life. If you were in Noah’s day, would you have gotten on the ark? Or would you have let the crowd hold you back? What lessons can we learn about peer pressure?

REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to and not resist His will? Record in your Prayer 90 Workbook the things spoken to you by God and His Word. How can you live out today’s worship in your life?

Day 14: Recap

WARM UP

(5) Focus: Lay all your burdens at the foot of the cross of Christ, emptying your mind of distractions, problems, and issues so that you can direct your entire mental focus upon the Word of God and God Himself.

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Scripture Recital: Recite the six Scripture verses you memorized over the last two weeks.

(5) Stretching: Pray for a warming up of yourself to receive the things of Gods. Pray for your eyes, mind, heart, and ears to be open to the leading of God.

(10) Petition: Lift your petitions to God, and confess any sins.

STRENGTH AND ENDURANCE TRAINING

(40) Review: On this day, recap on the screen of your mind all you have learned so far (the last two weeks). String the themes together and allow the Spirit of God to speak to your heart. Write down thoughts that come to your mind. Let the Spirit of God lead you in your prayer time this morning.

REST

WEEK 3

The Promise

Day 15: Abraham

WARM UP

(5) Thank: Spend time thanking God for what He has done in your life.

(5) Confession: Confess your sins and faults to God.

(5) Focus: Lay aside all things on your mind and focus on God. Focus on your new memory text.

Scripture Memory: “Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw nigh to God, and he will draw nigh to you. Cleanse your hands, ye sinners; and purify your hearts, ye double minded” (James 4:7, 8).

STRENGTH AND ENDURANCE TRAINING

(5) Read: “Now the LORD had said unto Abram, Get thee out of thy country, and from thy kindred, and from thy father’s house, unto a land that I will shew thee: And I will make of thee a great nation, and I will bless thee, and make thy name great; and thou shalt be a blessing: And I will bless them that bless thee, and curse him that curseth thee: and in thee shall all families of the earth be blessed” (Genesis 12:1-3).

God raised up Abraham to be the father of a great multitude. This great multitude was likened unto a countless number of stars.

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“And he brought him forth abroad, and said, Look now toward heaven, and tell the stars, if thou be able to number them: and he said unto him, So shall thy seed be” (Genesis 15:5).

The work of these “stars” would be to take the gospel to the world covered in darkness.

“And they that be wise shall shine as the brightness of the firmament; and they that turn many to righteousness as the stars for ever and ever” (Daniel 12:3).

These “stars” will one day take the place of the “stars,” or angels, that were cast out of heaven.

“And there appeared another wonder in heaven; and behold a great red dragon ... And his tail drew the third part of the stars of heaven, and did cast them to the earth” (Revelation 12:3, 4).

(20) Focus: Meditate upon this theme of the replacement of the “fallen stars” from heaven with the “risen stars” from earth. Meditate on Satan’s desire to overcome these stars on earth as he took one-third of them in heaven. Allow the Spirit of God to direct your thoughts to verses and stories that connect with this theme.

CARDIO AND FAT BURNER

(10) Cardio: Now allow the Spirit of God to operate on your heart, cutting away, burning away the fat of sin. What has He revealed to you in relation to this worship thought? Are you a rising star or a falling one? What in your life is keeping you from coming up higher in your Christian experience? Are you letting your light shine amidst the moral darkness of this world?

(10) Petition: Lift up your petitions to God.

REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to and not resist

Week 3: The Promise

His will? Record in your Prayer 90 Workbook the things spoken to you by God and His Word. How can you live out today's worship in your life?

Day 16: Abraham II

WARM UP

(5) **Praise:** Spend time thanking God for what He has done in your life.

(5) **Confession:** Confess your sins and faults to God.

(5) **Focus:** Lay aside all things on your mind and focus on God. Focus on your new memory text.

Scripture Memory: "Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw nigh to God, and he will draw nigh to you. Cleanse your hands, ye sinners; and purify your hearts, ye double minded" (James 4:7, 8).

STRENGTH AND ENDURANCE TRAINING

(5) **Read:** "Now the LORD had said unto Abram, Get thee out of thy country, and from thy kindred, and from thy father's house, unto a land that I will shew thee: And I will make of thee a great nation, and I will bless thee, and make thy name great; and thou shalt be a blessing: And I will bless them that bless thee, and curse him that curseth thee: and in thee shall all families of the earth be blessed" (Genesis 12:1-3).

"By faith Abraham, when he was called to go out into a place which he should after receive for an inheritance, obeyed; and he went out, not knowing whither he went" (Hebrews 11:8).

(20) **Meditation:** Focus upon the thought of Abraham leaving his father's house, not knowing where he was going. Meditate on the faith of such an action. Imagine yourself in Abraham's place. What would this have been like for you? Again, allow the Spirit of

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God to direct your thoughts, bringing together verses that bear on this thought.

CARDIO AND FAT BURNER

(10) Cardio: Search your heart. What sin is God revealing in light of your meditation today? Do you have faith like Abraham, or are you plagued with doubt? Do you obey, even when you're uncertain of the end result? Let the Spirit of God burn away the fat of doubt or discouragement in your life.

(5) Praise: Praise God for what He has done in your life.

(5) Stretch: Ask God to expand your mind and heart to be able to handle the deeper truths of His Word.

REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to and not resist His will? Record in your Prayer 90 Workbook the things spoken to you by God and His Word. How can you live out today’s worship in your life?

Day 17: Isaac

WARM UP

(5) Stretch: Pray that your heart and mind be expanded to receive the things of God. Pray that your eyes and ears be sensitive to the leading of the Spirit and Word of God.

(5) Focus: Focusing on your new memory verse, let all else fade from your mind.

Scripture Memory: “But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you” (John 14:26).

Week 3: The Promise

(5) Confession: Confess your weaknesses, faults, and sins.

STRENGTH AND ENDURANCE TRAINING

(5) Read: “And Abraham called the name of his son that was born unto him, whom Sarah bare to him, Isaac. And Abraham circumcised his son Isaac being eight days old, as God had commanded him. And Abraham was an hundred years old, when his son Isaac was born unto him” (Genesis 21:3-5).

Abraham was one hundred years old before he fathered Isaac. His faith was severely tested. In his impatience, he sought to bring about the promise himself by fathering another child with his handmaid, Hagar. God would test Abraham’s faith again to see if he had learned the lesson of absolute trust, even when the outcome appeared insurmountable.

“And it came to pass after these things, that God did tempt Abraham, and said unto him, Abraham: and he said, Behold, here I am. And he said, Take now thy son, thine only son Isaac, whom thou lovest, and get thee into the land of Moriah; and offer him there for a burnt offering upon one of the mountains which I will tell thee of. And Abraham rose up early in the morning, and saddled his ass, and took two of his young men with him, and Isaac his son, and clave the wood for the burnt offering, and rose up, and went unto the place of which God had told him. Then on the third day Abraham lifted up his eyes, and saw the place afar off. And Abraham said unto his young men, Abide ye here with the ass; and I and the lad will go yonder and worship, and come again to you. And Abraham took the wood of the burnt offering, and laid it upon Isaac his son; and he took the fire in his hand, and a knife; and they went both of them together. And Isaac spake unto Abraham his father, and said, My father: and he said, Here am I, my son. And he said, Behold the fire and the wood: but where is the lamb for a burnt offering? And Abraham said, My son, God will provide himself a lamb for a burnt offering: so they went both of them together. And they came to the place which God had told him of; and Abraham built an altar there, and laid the wood in

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order, and bound Isaac his son, and laid him on the altar upon the wood. And Abraham stretched forth his hand, and took the knife to slay his son. And the angel of the LORD called unto him out of heaven, and said, Abraham, Abraham: and he said, Here am I. And he said, Lay not thine hand upon the lad, neither do thou any thing unto him: for now I know that thou fearest God, seeing thou hast not withheld thy son, thine only son from me. And Abraham lifted up his eyes, and looked, and behold behind him a ram caught in a thicket by his horns: and Abraham went and took the ram, and offered him up for a burnt offering in the stead of his son" (Genesis 22:1-3).

(20) Meditation: Focus on this heart-wrenching story. Imagine the struggles involved, and the incredible test of faith and trust. Let the Spirit of God lead you into truth as you meditate. Put yourself in Abraham's place, then in Isaac's. Consider Isaac's willingness to lay his life down, and Abraham's to put God above His own promise of a miracle child.

CARDIO AND FAT BURNER

(10) Cardio: Allow the Spirit of God to search your heart, revealing the fat of sin and burning it from you. Consider how Abraham's and Isaac's trial may reflect your trials in your daily life.

(10) Petition: Lay your petitions before God.

(5) Praise: Close with praising God for His goodness.

REST: "Come unto me, all ye that labour and are heavy laden, and I will give you rest" (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to and not resist His will? Record in your Prayer 90 Workbook the things spoken to you by God and His Word. How can you live out today's worship in your life?

Day 18: Jacob

WARM UP

(5) **Stretch:** Pray that your heart and mind be expanded to receive the things of God. Pray that your eyes and ears be sensitive to the leading of the Spirit and Word of God.

(5) **Focus:** Focusing on your new memory verse. Let all else fade from your mind.

Scripture Memory: “But the Comforter, which is the Holy Ghost, whom the Father will send in my name, he shall teach you all things, and bring all things to your remembrance, whatsoever I have said unto you” (John 14:26).

(5) **Silence:** Spend this time silencing your soul before God.

Scripture Claim: “But the LORD *is* in his holy temple: let all the earth keep silence before him” (Habakkuk 2:20).

STRENGTH AND ENDURANCE TRAINING

(10) Read: “And Isaac intreated the LORD for his wife, because she was barren: and the LORD was intreated of him, and Rebekah his wife conceived. And the children struggled together within her; and she said, If it be so, why am I thus? And she went to enquire of the LORD. And the LORD said unto her, Two nations are in thy womb, and two manner of people shall be separated from thy bowels; and the one people shall be stronger than the other people; and the elder shall serve the younger. And when her days to be delivered were fulfilled, behold, there were twins in her womb. And the first came out red, all over like an hairy garment; and they called his name Esau. And after that came his brother out, and his hand took hold on Esau’s heel; and his name was called Jacob: and Isaac was threescore years old when she bare them. And the boys grew: and Esau was a cunning hunter, a man of the field; and Jacob was a plain man, dwelling in tents. And Isaac loved Esau, because he did eat of his venison: but Rebekah loved Jacob. And Jacob sod pottage: and Esau came from the field, and he was faint: And Esau

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said to Jacob, Feed me, I pray thee, with that same red pottage; for I am faint: therefore was his name called Edom. And Jacob said, Sell me this day thy birthright. And Esau said, Behold, I am at the point to die: and what profit shall this birthright do to me? And Jacob said, Swear to me this day; and he sware unto him: and he sold his birthright unto Jacob. Then Jacob gave Esau bread and pottage of lentiles; and he did eat and drink, and rose up, and went his way: thus Esau despised his birthright" (Genesis 25:22-34).

The story of Jacob and Esau reveals the danger of doing *anything* to be saved, and *not doing enough* to secure salvation. Jacob hunted after the birthright and was willing to deceive to get it. (Also read Genesis 27.) Esau, on the other hand, was apathetic to the birthright, which by nature belonged to him. He was willing to sell it for a pot of lentils.

(20) Focus: Meditate on this story, connecting verses and other stories that amplify your meditation. How does this story reveal the attitudes of the saved and the lost?

CARDIO AND FAT BURNER

(10) Cardio: Search your heart. Are you Esau, or Jacob? What lessons did Jacob have to learn from his act of deception, and what can you learn from this today? Again, allow this time to be a sin-burning time. Let the Spirit of God burn anything unlike Him from you.

(5) Praise: Thank God for His goodness.

REST: "Come unto me, all ye that labour and are heavy laden, and I will give you rest" (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to and not resist His will? Record in your Prayer 90 Workbook the things spoken to you by God and His Word. How can you live out today's worship in your life?

Day 19: Israel

WARM UP

(5) **Focus:** Lay all your thoughts down and focus on Christ and His Word. Put all your mental focus on the memory verse.

Scripture Memory: “And they that be wise shall shine as the brightness of the firmament; and they that turn many to righteousness as the stars for ever and ever. But thou, O Daniel, shut up the words, and seal the book, even to the time of the end: many shall run to and fro, and knowledge shall be increased” (Daniel 12:3, 4).

(5) **Stretch:** Ask God to stretch and expand your capacity to receive what He has to share with you today.

(5) **Confession:** Confess any sins and shortcomings.

STRENGTH AND ENDURANCE TRAINING

(5) **Read:** “And Jacob was left alone; and there wrestled a man with him until the breaking of the day. And when he saw that he prevailed not against him, he touched the hollow of his thigh; and the hollow of Jacob's thigh was out of joint, as he wrestled with him. And he said, Let me go, for the day breaketh. And he said, I will not let thee go, except thou bless me. And he said unto him, What is thy name? And he said, Jacob. And he said, Thy name shall be called no more Jacob, but Israel: for as a prince hast thou power with God and with men, and hast prevailed. And Jacob asked him, and said, Tell me, I pray thee, thy name. And he said, Wherefore is it that thou dost ask after my name? And he blessed him there. And Jacob called the name of the place Peniel: for I have seen God face to face, and my life is preserved” (Genesis 32:24).

Jacob was preparing to face Esau again after many years. He knew his brother was still angry over his deceptive act in gaining the blessing from their father that belonged to Esau. On his way to meet Esau he encountered a stranger and, perhaps thinking it

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was Esau, he wrestled with him. Jacob did not know it, but he was wrestling with God.

(20) Focus: Watch this epic struggle on the screen of your mind. Meditate on what it means to wrestle with God, to say, “I will not let thee go, except thou bless me.” Jacob’s name was changed to Israel, meaning “one who has wrestled with God and overcome.” Consider the meaning of this name in connection with your personal struggle against the fat of sin.

CARDIO AND FAT BURNER

(10) Cardio: Plead with God to bless you, to touch the fat of sin in your life and burn it away from you, whether it be anger, pride, contention, or lust, ask Him to burn it from your life.

(10) Petition: Lift your petitions before God.

Write down what God has shown you in your Prayer 90 Journal.

Day 20: Israel and Joseph

WARM UP

(5) Focus: Lay all your thoughts down and focus on Christ and His Word. Put all your mental focus on the memory verse.

Scripture Memory: “And they that be wise shall shine as the brightness of the firmament; and they that turn many to righteousness as the stars for ever and ever. But thou, O Daniel, shut up the words, and seal the book, even to the time of the end: many shall run to and fro, and knowledge shall be increased” (Daniel 12:3, 4).

(5) Stretch: Ask God to stretch and expand your capacity to receive what He has to share with you today.

(5) Confession: Confess any sins and shortcomings.

Week 3: The Promise

STRENGTH AND ENDURANCE TRAINING

(10) Read: “Now the sons of Jacob were twelve” (Genesis 35:22). Jacob (Israel) had twelve sons. Joseph was his favorite of the twelve and this caused division among the brothers.

“Now Israel loved Joseph more than all his children, because he was the son of his old age: and he made him a coat of many colours. And when his brethren saw that their father loved him more than all his brethren, they hated him, and could not speak peaceably unto him” (Genesis 37:3, 4).

As a result he was sold by his brothers into slavery in Egypt.

“And it came to pass, when Joseph was come unto his brethren, that they stript Joseph out of his coat, his coat of many colours that was on him; And they took him, and cast him into a pit: and the pit was empty, there was no water in it. And they sat down to eat bread: and they lifted up their eyes and looked, and, behold, a company of Ishmeelites came from Gilead with their camels bearing spicery and balm and myrrh, going to carry it down to Egypt. And Judah said unto his brethren, What profit is it if we slay our brother, and conceal his blood? Come, and let us sell him to the Ishmeelites, and let not our hand be upon him; for he is our brother and our flesh. And his brethren were content” (Genesis 37:23-27).

As a result of God’s providence, Joseph rose from slavery to the second in command in Egypt.

“And Pharaoh said unto Joseph, See, I have set thee over all the land of Egypt. And Pharaoh took off his ring from his hand, and put it upon Joseph’s hand, and arrayed him in vestures of fine linen, and put a gold chain about his neck; And he made him to ride in the second chariot which he had; and they cried before him, Bow the knee: and he made him ruler over all the land of Egypt. And Pharaoh said unto Joseph, I am Pharaoh, and without thee shall no man lift up his hand or foot in all the land of Egypt” (Genesis 41:41-44).

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Eventually a famine hit the entire region and all, including Joseph's brothers, went to Egypt for help. It was a time of forgiveness between Joseph and his brothers as Joseph, instead of taking revenge on his brothers, provided for them a safe haven in Egypt. It was in Egypt that the children of Israel began to multiply like the stars of heaven.

"And the famine was over all the face of the earth: And Joseph opened all the storehouses, and sold unto the Egyptians; and the famine waxed sore in the land of Egypt. And all countries came into Egypt to Joseph for to buy corn; because that the famine was so sore in all lands" (Genesis 41:56, 57).

"Then Joseph could not refrain himself before all them that stood by him; and he cried, Cause every man to go out from me. And there stood no man with him, while Joseph made himself known unto his brethren. And he wept aloud: and the Egyptians and the house of Pharaoh heard. And Joseph said unto his brethren, I am Joseph; doth my father yet live? And his brethren could not answer him; for they were troubled at his presence. And Joseph said unto his brethren, Come near to me, I pray you. And they came near. And he said, I am Joseph your brother, whom ye sold into Egypt. Now therefore be not grieved, nor angry with yourselves, that ye sold me hither: for God did send me before you to preserve life. For these two years hath the famine been in the land: and yet there are five years, in the which there shall neither be earing nor harvest. And God sent me before you to preserve you a posterity in the earth, and to save your lives by a great deliverance" (Genesis 45:1-7).

"And all the souls that came out of the loins of Jacob were seventy souls: for Joseph was in Egypt already. And Joseph died, and all his brethren, and all that generation. And the children of Israel were fruitful, and increased abundantly, and multiplied, and waxed exceeding mighty; and the land was filled with them" (Exodus 1:5-7).

Week 3: The Promise

(20) Focus: Meditate upon the scenes of this story. The one they had rejected became the very one upon whom they had to depend upon to save them from famine. What other story does this bring to mind? As a result of this intervention, Israel was able to become as the stars of heaven for number. What was Satan's reaction? How did he deal with this prophecy that seemed to be fulfilling before his very eyes? Many reject Christ today, but will have to turn to him in time of famine. Meditate on that concept.

CARDIO AND FAT BURNER

(10) Cardio: Allow God to search you for "body fat." Is there envy in your heart, your family? What about your church family? What lessons from the life of Joseph and his brothers are applicable to you personally?

(5) Praise: Spend your final 5 praising God for His goodness.

REST: "Come unto me, all ye that labour and are heavy laden, and I will give you rest" (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to and not resist His will? Record in your Prayer 90 Workbook the things spoken to you by God and His Word. How can you live out today's worship in your life?

Day 21: Recap

WARM UP

(5) Focus: Lay all your burdens at the foot of the cross of Christ, emptying your mind of distractions, problems, and issues so that you can direct your entire mental focus upon the Word of God and God Himself.

Scripture Recital: Recite the scripture verses you memorized so far.

(5) Stretching: Pray for a warming up of yourself to receive the things of God. Pray for your eyes, mind, heart, and ears to be open to the leading of God.

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(10) Petitions: Lift your petitions to God, and confess any sins.

STRENGTH AND ENDURANCE TRAINING

(40) Review: On this day, recap on the screen of you mind all you have learned in the last three weeks. String the themes together and allow the Spirit of God to speak to your heart. Write down thoughts that come to your mind. Let the Spirit of God lead you in your prayer time this morning.

REST

WEEK 4

The Captivity and the Exodus

Day 22: Moses

WARM UP

(5) Stretch: During this time pray that the Lord will expand your mind and heart.

(5) Focus: Meditate on your memory scripture. Again, let all other thoughts go and focus upon the Word of God.

Scripture Memory: “But the LORD is in his holy temple: let all the earth keep silence before him” (Habakkuk 2:20).

STRENGTH AND ENDURANCE TRAINING

(5) Read: “Now there arose up a new king over Egypt, which knew not Joseph. And he said unto his people, Behold, the people of the children of Israel are more and mightier than we: Come on, let us deal wisely with them; lest they multiply, and it come to pass, that, when there falleth out any war, they join also unto our enemies, and fight against us, and so get them up out of the land. ... And Pharaoh charged all his people, saying, Every son that is born ye shall cast into the river, and every daughter ye shall save alive” (Exodus 1:8-10, 22).

This new Pharaoh saw the children of Israel multiply in number and, fearful of them, he enslaved them. This was indeed Satan’s move to stop the fulfillment of God’s promise of a great nation. Eventually Moses was born. He escaped the death decree of Pharaoh.

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"And the woman conceived, and bare a son: and when she saw him that he was a goodly child, she hid him three months. And when she could not longer hide him, she took for him an ark of bulrushes, and daubed it with slime and with pitch, and put the child therein; and she laid it in the flags by the river's brink. And his sister stood afar off, to wit what would be done to him. And the daughter of Pharaoh came down to wash herself at the river; and her maidens walked along by the river's side; and when she saw the ark among the flags, she sent her maid to fetch it. And when she had opened it, she saw the child: and, behold, the babe wept. And she had compassion on him, and said, This is one of the Hebrews' children. Then said his sister to Pharaoh's daughter, Shall I go and call to thee a nurse of the Hebrew women, that she may nurse the child for thee? And Pharaoh's daughter said to her, Go. And the maid went and called the child's mother. And Pharaoh's daughter said unto her, Take this child away, and nurse it for me, and I will give thee thy wages. And the woman took the child, and nursed it. And the child grew, and she brought him unto Pharaoh's daughter, and he became her son. And she called his name Moses: and she said, Because I drew him out of the water" (Exodus 2:2-10).

(20) Meditation: Meditate on the scenes you've just read about. Ask God to amplify, to zoom in on the picture, to take you beneath the surface of the text. Allow the Spirit of God to lead you as you contemplate the unseen conflict over Moses. Write down verses and stories that come to mind as you meditate on the theme.

CARDIO AND FAT BURNER

(10) Cardio: Allow the Spirit of God to search through you. Are you in Egyptian captivity? Are you drowning in Egypt's sea of sin? Again, call the burning presence of God to reveal and singe sin from you today. Has God called you for a special purpose?

(10) Petition: Lift your petitions before God.

(5) Praise: Praise God for the fat of sin He is burning from you!

REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to and not resist His will? Record in your Prayer 90 Workbook the things spoken to you by God and His Word. How can you live out today’s worship in your life?

Day 23: Moses’ Wrong Move

WARM UP

(5) **Confession:** Spend time confessing your sins before God.

(5) **Praise:** Spend this time praising God for changes happening in your prayer life.

(5) **Focus:** Focus all your thoughts on the scripture memory verse. Lay everything down at the foot of the cross. “But the LORD is in his holy temple: let all the earth keep silence before him” (Habakkuk 2:20).

(10) **Petition:** Lift your prayer petitions before God.

STRENGTH AND ENDURANCE TRAINING

(5) **Read:** “And it came to pass in those days, when Moses was grown, that he went out unto his brethren, and looked on their burdens: and he spied an Egyptian smiting an Hebrew, one of his brethren. And he looked this way and that way, and when he saw that there was no man, he slew the Egyptian, and hid him in the sand. And when he went out the second day, behold, two men of the Hebrews strove together: and he said to him that did the wrong, Wherefore smitest thou thy fellow? And he said, Who made thee a prince and a judge over us? intendest thou to kill me, as thou killedst the Egyptian? And Moses feared, and said, Surely this thing is known. Now when Pharaoh heard this thing, he sought to slay Moses. But Moses fled from the face of Pharaoh, and dwelt in the land of Midian: and he sat down by a well” (Exodus 2:11-15).

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(20) Meditation: During this time, meditate upon the scene that sends Moses out of Egypt. Moses' desire to take matters into his own hands to deliver his people ends in dismal failure. He is rejected both by his own people and the enemies of his people. He spends 40 years in the wilderness herding sheep. Allow the Spirit of God to speak to you concerning this portion of Scripture. Ask to be taken behind the scene, and see the spiritual ramifications at play.

CARDIO AND FAT BURNER

(10) Cardio: Have you ever attempted to take matters into your own hands? What led you to move outside the will of God? Ask God to show you your heart and show you what needs to be refined within you. Is God preparing you to lead others out of captivity? What kind of training is He trying to give you?

(5) Praise: Again, praise God for what He has shown you today.

REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to and not resist His will? Record in your Prayer 90 Workbook the things spoken to you by God and His Word. How can you live out today’s worship in your life?

Day 24: Encounter with God

WARM UP

(5) Stretch: During this time, pray that God will expand your mind and heart to be able to receive greater gems from your worship time.

(5) Focus: Focus your thoughts on the memory verse for today. Let all other thoughts go.

Scripture Memory: “All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for in-

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struction in righteousness: That the man of God may be perfect, thoroughly furnished unto all good works" (2 Timothy 3:16, 17).

STRENGTH AND ENDURANCE TRAINING

(5) Read: "Now Moses kept the flock of Jethro his father in law, the priest of Midian: and he led the flock to the backside of the desert, and came to the mountain of God, *even* to Horeb. And the angel of the LORD appeared unto him in a flame of fire out of the midst of a bush: and he looked, and, behold, the bush burned with fire, and the bush *was* not consumed. And Moses said, I will now turn aside, and see this great sight, why the bush is not burnt. And when the LORD saw that he turned aside to see, God called unto him out of the midst of the bush, and said, Moses, Moses. And he said, Here *am* I. And he said, Draw not nigh hither: put off thy shoes from off thy feet, for the place whereon thou standest *is* holy ground. Moreover he said, I *am* the God of thy father, the God of Abraham, the God of Isaac, and the God of Jacob. And Moses hid his face; for he was afraid to look upon God. And the LORD said, I have surely seen the affliction of my people which *are* in Egypt, and have heard their cry by reason of their taskmasters; for I know their sorrows; And I am come down to deliver them out of the hand of the Egyptians, and to bring them up out of that land unto a good land and a large, unto a land flowing with milk and honey; unto the place of the Canaanites, and the Hittites, and the Amorites, and the Perizzites, and the Hivites, and the Jebusites. Now therefore, behold, the cry of the children of Israel is come unto me: and I have also seen the oppression wherewith the Egyptians oppress them. Come now therefore, and I will send thee unto Pharaoh, that thou mayest bring forth my people the children of Israel out of Egypt. And Moses said unto God, Who *am* I, that I should go unto Pharaoh, and that I should bring forth the children of Israel out of Egypt? And he said, Certainly I will be with thee; and this *shall be* a token unto thee, that I have sent thee: When thou hast brought forth the people out of Egypt, ye shall serve God upon this mountain. And Moses said unto God, Behold, *when* I come unto the children of Israel, and shall say unto them, The God of your fathers hath sent me unto you; and

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they shall say to me, What *is* his name? what shall I say unto them? And God said unto Moses, I AM THAT I AM: and he said, Thus shalt thou say unto the children of Israel, I AM hath sent me unto you" (Exodus 3:14).

(20) Meditation: Spend this time watching the scene unfold. Consider the amazing mission God was about to send Moses on. Consider the divine encounter with God. What must Moses have felt? As you meditate upon the scene, allow the Spirit of God to take you behind the scene. Consider the burning bush, the conversation, the sandals, the rod, and whatever else may be pointed out by God's Spirit. Put yourself in Moses' place and experience the awe of encountering God.

CARDIO AND FAT BURNER

(10) Cardio: Now ask God to search your heart in light of what He has shown you. Pray that God would make you fit to go and take the gospel to those in captivity to sin.

(10) Petition: Lift your petitions to God.

(5) Praise: Praise God for His goodness to you.

REST: "Come unto me, all ye that labour and are heavy laden, and I will give you rest" (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to and not resist His will? Record in your Prayer 90 Workbook the things spoken to you by God and His Word. How can you live out today's worship in your life?

Day 25: Pharaoh-Hearted

WARM UP

(5) Stretch: During this time, pray that God will expand your mind and heart to be able to receive greater gems from your worship time.

Week 4: The Captivity and the Exodus

(5) Focus: Focus your thoughts on the memory verse for today. Let all other thoughts go.

Scripture Memory: “All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: That the man of God may be perfect, thoroughly furnished unto all good works” (2 Timothy 3:16, 17).

STRENGTH AND ENDURANCE TRAINING

(5) Read: “Then Pharaoh called for Moses and Aaron, and said, Intreat the LORD, that he may take away the frogs from me, and from my people; and I will let the people go, that they may do sacrifice unto the LORD. And Moses said unto Pharaoh, Glory over me: when shall I intreat for thee, and for thy servants, and for thy people, to destroy the frogs from thee and thy houses, that they may remain in the river only? And he said, To morrow. And he said, Be it according to thy word: that thou mayest know that there is none like unto the LORD our God. And the frogs shall depart from thee, and from thy houses, and from thy servants, and from thy people; they shall remain in the river only. And Moses and Aaron went out from Pharaoh: and Moses cried unto the LORD because of the frogs which he had brought against Pharaoh. And the LORD did according to the word of Moses; and the frogs died out of the houses, out of the villages, and out of the fields. And they gathered them together upon heaps: and the land stank. But when Pharaoh saw that there was respite, he hardened his heart, and hearkened not unto them; as the LORD had said” (Exodus 8:8-15).

(20) Meditation: Take this time to meditate upon the theme of the destructive plagues on Egypt. God was continually trying to open the eyes of Pharaoh and the Egyptians. Pharaoh would repent, but as soon as God showed mercy, he would turn back to his old ways. Meditate on what it means to be Pharaoh-hearted.

CARDIO AND FAT BURNER

(10) Cardio: Have you ever found yourself in a bind, promising to God that if He gets you out of it, you'll serve Him forever? What

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did you do when He got you out of it? Are you Pharaoh-hearted? Search your heart and allow the Spirit of God to burn this attitude from you.

(10) Petition: Again, lift your petitions before God.

(5) Praise: Praise God for the changes occurring in your heart.

REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to and not resist His will? Record in your Prayer 90 Workbook the things spoken to you by God and His Word. How can you live out today’s worship in your life?

Day 26: The Blood on the Posts

WARM UP

(5) Focus: Lay all your burdens at the foot of the cross of Christ, emptying your mind of distractions, problems, and issues so that you can direct your entire mental focus upon the Word of God and God Himself. Focus on the following verse word by word. Commit it to memory.

Scripture Memory: “For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them” (Ephesians 2:10).

(5) Stretch: Pray for a warming up of yourself to receive the things of God. Pray that your eyes and ears become spiritually sensitive to be able to see and hear what God has to show you in your prayer time, and in His Word. Pray that your heart be willing and obedient to do what God reveals.

STRENGTH AND ENDURANCE TRAINING

(5) Read: “For I will pass through the land of Egypt this night, and will smite all the firstborn in the land of Egypt, both man and

Week 4: The Captivity and the Exodus

beast; and against all the gods of Egypt I will execute judgment: I am the LORD. And the blood shall be to you for a token upon the houses where ye are: and when I see the blood, I will pass over you, and the plague shall not be upon you to destroy you, when I smite the land of Egypt" (Exodus 12:12, 13).

God delivered Israel from Egyptian captivity through the blood of a slain lamb. This foreshadowed a greater deliverance from the captivity of sin through the blood of Jesus Christ.

(20) Meditation: See on the screen of your mind this epic night. Meditate on the meaning of the blood on the posts and the deliverance from captivity. Allow the Spirit of God to bring verses to your mind that connect with the principles of this deliverance. Put yourself as one of the Israelites in that time. Experience the joy of deliverance from captivity. Can God do this for you today?

CARDIO AND FAT BURNER

(10) Cardio: Ask the Lord to show you what you need deliverance from. Ask Him to apply the blood to your account to cover your sins. Remove anything from yourself, and even from your house, that cannot be covered by the blood of Jesus.

(10) Petition: Continue to lift up your prayer list and petitions.

(5) Silence: Spend this time silencing your soul before God.

Scripture Claim: "But the LORD *is* in his holy temple: let all the earth keep silence before him" (Habakkuk 2:20).

REST: "Come unto me, all ye that labour and are heavy laden, and I will give you rest" (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to and not resist His will? Record in your Prayer 90 Workbook the things spoken to you by God and His Word. How can you live out today's worship in your life?

Day 27: The Red Sea

WARM UP

(5) **Praise:** Thank God for what He has done in your life.

(5) **Confession:** Confess your sins and faults to God.

(5) **Focus:** Lay aside all things on your mind and focus on God. Focus on your new memory text.

Scripture Memory: “For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them” (Ephesians 2:10).

STRENGTH AND ENDURANCE TRAINING

(5) **Read:** “And Moses stretched out his hand over the sea; and the LORD caused the sea to go back by a strong east wind all that night, and made the sea dry land, and the waters were divided. And the children of Israel went into the midst of the sea upon the dry ground: and the waters were a wall unto them on their right hand, and on their left. And the Egyptians pursued, and went in after them to the midst of the sea, even all Pharaoh’s horses, his chariots, and his horsemen. And it came to pass, that in the morning watch the LORD looked unto the host of the Egyptians through the pillar of fire and of the cloud, and troubled the host of the Egyptians, And took off their chariot wheels, that they drove them heavily: so that the Egyptians said, Let us flee from the face of Israel; for the LORD fighteth for them against the Egyptians. And the LORD said unto Moses, Stretch out thine hand over the sea, that the waters may come again upon the Egyptians, upon their chariots, and upon their horsemen. And Moses stretched forth his hand over the sea, and the sea returned to his strength when the morning appeared; and the Egyptians fled against it; and the LORD overthrew the Egyptians in the midst of the sea. And the waters returned, and covered the chariots, and the horsemen, and all the host of Pharaoh that came into the sea after them; there remained not so much as one of them. But the children of Israel walked upon dry land in the midst of the sea; and the waters were a wall unto

Week 4: The Captivity and the Exodus

them on their right hand, and on their left. Thus the LORD saved Israel that day out of the hand of the Egyptians; and Israel saw the Egyptians dead upon the sea shore” (Exodus 14:21-30).

(20) Meditation: Allow this scene to unfold on the screen of your mind. Imagine what it must have been like to walk through the sea on dry ground! See how God is able to keep His promise in saving a great multitude and see how the devil is continually seeking to counterattack the promises of God.

CARDIO AND FAT BURNER

(10) Cardio: Is there anything in you that doubts the power of God to deliver? The children of Israel thought God had abandoned them, but through the lifting up of the rod they were delivered. What does the lifting up of the rod represent? Ask Christ to remove your doubt in His power to deliver.

(10) Petition: Spend this time in petition for your loved ones who may be in captivity seeking for deliverance.

REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to and not resist His will? Record in your Prayer 90 Workbook the things spoken to you by God and His Word. How can you live out today’s worship in your life?

Day 28: Recap

WARM UP

(10) Focus: Lay all your burdens at the foot of the cross of Christ, emptying your mind of distractions, problems, and issues so that you can direct your entire mental focus upon the Word of God and God Himself.

Scripture Recital: Recite the scripture verses you memorized over the last four weeks.

PRAYER 90

STRENGTH AND ENDURANCE TRAINING

(40) Review: On this day, recap on the screen of your mind all you have learned over the last four weeks. String the themes together and allow the Spirit of God to speak to your heart. Write down thoughts that come to your mind. Let the Spirit of God lead you in your prayer time this morning.

(5) Praise: Praise God for the changes He is making in your life.

REST

WEEK 5

The Sanctuary

Day 29: The Purpose of the Sanctuary

WARM UP

(5) Praise: Take this time to praise God for what He has done in your life.

(10) Focus: Focus on the scriptures you have memorized in the previous weeks while adding this new one.

“But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you” (Matthew 6:33).

STRENGTH AND ENDURANCE TRAINING

(5) Read: “And let them make me a sanctuary; that I may dwell among them. According to all that I shew thee, after the pattern of the tabernacle, and the pattern of all the instruments thereof, even so shall ye make it … And look that thou make them after their pattern, which was shewed thee in the mount” (Exodus 25:8, 9, 40).

Moses was given a view of the tabernacle in heaven and commanded to make one exactly like it.

“The LORD is in his holy temple, the LORD’s throne is in heaven” (Psalm 11:4).

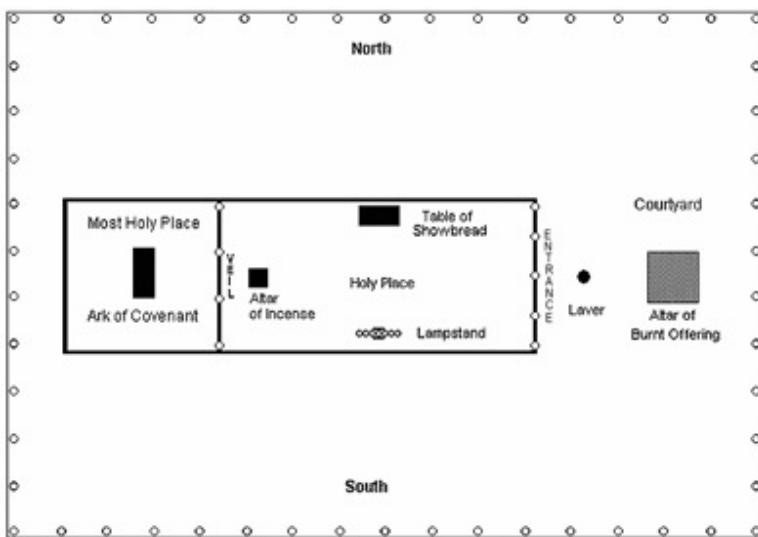
“And after that I looked, and, behold, the temple of the tabernacle of the testimony in heaven was opened” (Revelation 15:5).

PRAYER 90

“Now of the things which we have spoken this is the sum: We have such an high priest, who is set on the right hand of the throne of the Majesty in the heavens; A minister of the sanctuary, and of the true tabernacle, which the Lord pitched, and not man” (Hebrews 8:1, 2).

The sanctuary then was a blueprint of the true temple in heaven, and a blueprint of the plan of salvation.

“Thy way, O God, is in the sanctuary” (Psalm 77:13).



(20) Meditation: Meditate upon the blueprint God gave to Israel. In it is contained vital information for the saving of all mankind. Israel was to study this blueprint so that they could take this vital information, the gospel in symbol, to the whole world. Satan knew this and doubled his efforts to destroy the people with the blueprint, and to destroy the blueprint itself. Meditate on the importance of understanding this blueprint. How would Satan have been familiar with this blueprint?

Week 5: The Sanctuary

CARDIO AND FAT BURNER

(10) Cardio: Focus on your heart condition. God has called you to take the gospel to the world. Have you taken the time to understand the gospel blueprint? Have other things gotten in the way of you having a deeper understanding of the Word of God? Ask God to burn away the excess fat of wasted time and energy on things that do not matter, and to give you a greater desire to spend time learning about the gospel, so that you may help take it to the world.

“And this gospel of the kingdom shall be preached in all the world for a witness unto all nations; and then shall the end come” (Matthew 24:14).

(10) Praise and Petition: Praise God and lift your petitions to Him.

REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to and not resist His will? Record in your Prayer 90 Workbook the things spoken to you by God and His Word. How can you live out today’s worship in your life?

Day 30: The Altar of Sacrifice

WARM UP

(5) Stretch: Ask the Lord to anoint your eyes and ears to be sensitive to His Spirit. Ask to have your mind expanded to receive the broad and deep truth God has in store for you today.

(10) Focus: Focus on the scriptures you have memorized in the previous weeks while adding this new one.

Scripture Memory: “But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you” (Matthew 6:33).

PRAYER 90

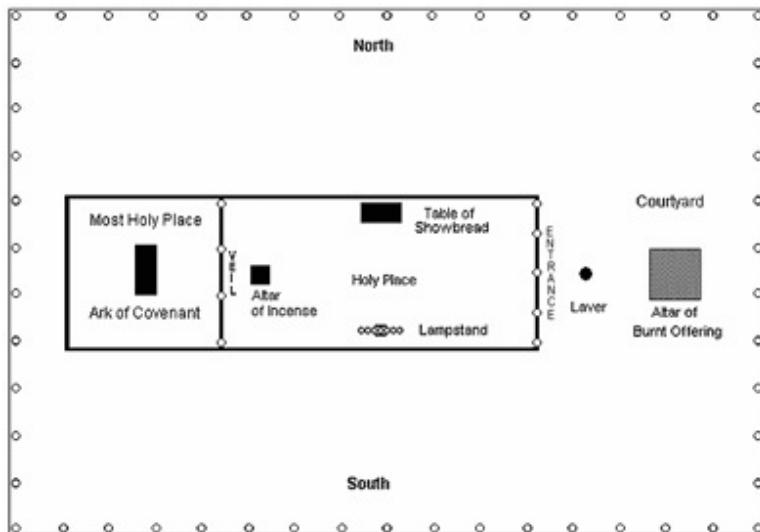
(10) Praise and Confession: Mingle your praises and confessions to God.

STRENGTH AND ENDURANCE TRAINING

(5) Read: “And thou shalt anoint the altar of the burnt offering, and all his vessels, and sanctify the altar: and it shall be an altar most holy” (Exodus 40:10).

“And he put the altar of burnt offering by the door of the tabernacle of the tent of the congregation, and offered upon it the burnt offering and the meat offering; as the LORD commanded Moses” (Exodus 40:29).

The altar of burnt offering was located in the courtyard. The lesson this article of furniture was intended to teach was that of the sacrifice of Christ. “Purge out therefore the old leaven, that ye may be a new lump, as ye are unleavened. For even Christ our passover is sacrificed for us” (1 Corinthians 5:7).



Week 5: The Sanctuary

(20) Meditation: During this time focus on the meaning of the sacrifice of Christ. In what way does Satan seek to stop people from taking up the cross?

CARDIO AND FAT BURNER

(10) Cardio: Take this time to focus on the theme of sacrifice. Sacrifice is the very first step for a Christian on the path back to God, who dwells in the Most Holy Place. Have you picked up the cross to follow Jesus? Cross-lifting is crucial strength training for the Christian. Nothing burns the fat of sin like bearing the cross. Search your heart to see what may be holding you back from sacrificing all for Christ.

(10) Petition: Lift your prayer petitions before God.

REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to and not resist His will? Record in your Prayer 90 Workbook the things spoken to you by God and His Word. How can you live out today’s worship in your life?

Day 31: The Laver

WARM UP

(5) Stretch: Ask the Lord to anoint your eyes and ears to be sensitive to His Spirit. Ask to have your mind expanded to receive the broad and deep truths God has in store for you today.

(10) Focus: Focus on the scriptures you have memorized in the previous weeks while adding this new one.

Scripture Memory: “I am the true vine, and my Father is the husbandman. Every branch in me that beareth not fruit he taketh away: and every branch that beareth fruit, he purgeth it, that it may bring forth more fruit” (John 15:1-3).

PRAYER 90

(10) Confession and Praise: Praise God for His goodness, and confess your sins. Singing is a part of praising God as well.

STRENGTH AND ENDURANCE TRAINING

(5) **Read:** “Thou shalt also make a laver of brass, and his foot also of brass, to wash withal: and thou shalt put it between the tabernacle of the congregation and the altar, and thou shalt put water therein. For Aaron and his sons shall wash their hands and their feet thereat: When they go into the tabernacle of the congregation, they shall wash with water, that they die not; or when they come near to the altar to minister, to burn offering made by fire unto the LORD: So they shall wash their hands and their feet, that they die not: and it shall be a statute for ever to them, even to him and to his seed throughout their generations” (Exodus 30:18-21).

The sanctuary next contained the laver, also found in the outer court, signifying washing. After a person accepts Christ on the cross, they must also be baptized. “Then Peter said unto them, Repent, and be baptized every one of you in the name of Jesus Christ for the remission of sins, and ye shall receive the gift of the Holy Ghost” (Acts 2:38).

(20) **Meditation:** During this time, meditate on the idea of baptism. In order to enter into the sanctuary proper, one had to be cleansed. What does it mean to be truly clean? See on the screen of your mind the great issues involved in the work to cleanse the soul temple. In what way does Satan seek to prevent people from being baptized?

CARDIO AND FAT BURNER

(10) **Cardio:** Search to see if your heart is clean. “Hide thy face from my sins, and blot out all mine iniquities. Create in me a clean heart, O God; and renew a right spirit within me. Cast me not away from thy presence; and take not thy holy spirit from me” (Psalm 51:9-11).

Week 5: The Sanctuary

REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to and not resist His will? Record in your Prayer 90 Workbook the things spoken to you by God and His Word. How can you live out today’s worship in your life?

Day 32: The Table of Shewbread

WARM UP

(5) Stretch: Ask the Lord to anoint your eyes and ears to be sensitive to His Spirit. Ask to have your mind expanded to receive the broad and deep truth God has in store for you today.

(10) Focus: Focus on the scriptures you have memorized in the previous weeks while adding this new one.

Scripture Memory: “Wherewithal shall a young man cleanse his way? by taking heed thereto according to thy word” (Psalm 119:9).

(10) Confession and Praise: Praise God for His goodness, and confess your sins. Remember, singing is also a part of praising God.

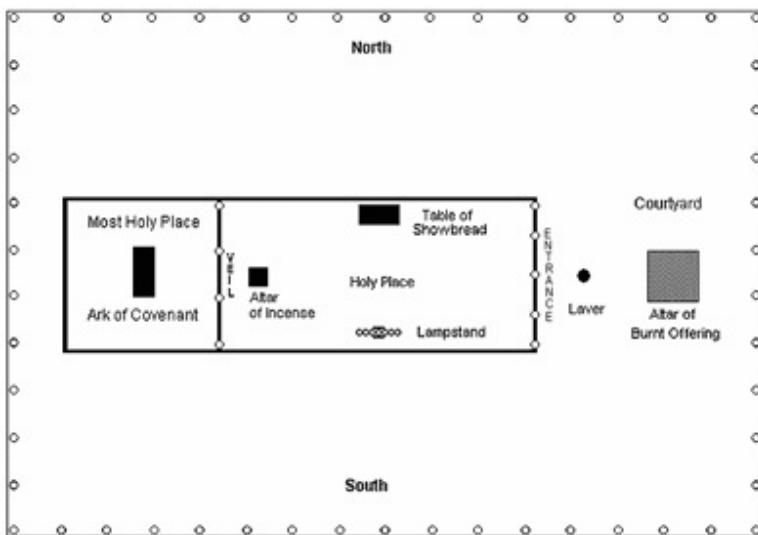
STRENGTH AND ENDURANCE TRAINING

(5) Read: “And thou shalt set upon the table shewbread before me alway” (Exodus 25:30).

“And thou shalt take fine flour, and bake twelve cakes thereof: two tenth deals shall be in one cake. And thou shalt set them in two rows, six on a row, upon the pure table before the LORD. And thou shalt put pure frankincense upon each row, that it may be on the bread for a memorial, even an offering made by fire unto the LORD” (Leviticus 24:5-7).

The table of shewbread was located in the holy place of the tabernacle. The bread represents the Word of God. “Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God” (Matthew 4:4).

PRAYER 90



(20) Meditation: As you view on the screen of your mind the table of shewbread, meditate on the importance of a Christian to live by every word that proceeds out of the mouth of God. What other verses come to mind as you meditate? In what way does Satan seek to stop people from studying or believing in God's Word?

CARDIO AND FAT BURNER

(10) Cardio: During this time, consider whether you are living by every word that proceeds out of God's mouth. Are you truly willing to obey the will of God, the Word of God, even if it means going against manmade traditions?

REST: "Come unto me, all ye that labour and are heavy laden, and I will give you rest" (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to and not resist His will? Record in your Prayer 90 Workbook the things spoken to you by God and His Word. How can you live out today's worship in your life?

Day 33: The Altar of Incense

WARM UP

(5) Stretch: Ask the Lord to anoint your eyes and ears to be sensitive to His Spirit. Ask to have your mind expanded to receive the broad and deep truth God has in store for you today.

(10) Focus: Focus on the scriptures you have memorized in the previous weeks while adding this new one.

Scripture Memory: “Wherewithal shall a young man cleanse his way? by taking heed thereto according to thy word” (Psalm 119:9).

(10) Petition: Lift your prayer petitions before God.

STRENGTH AND ENDURANCE TRAINING

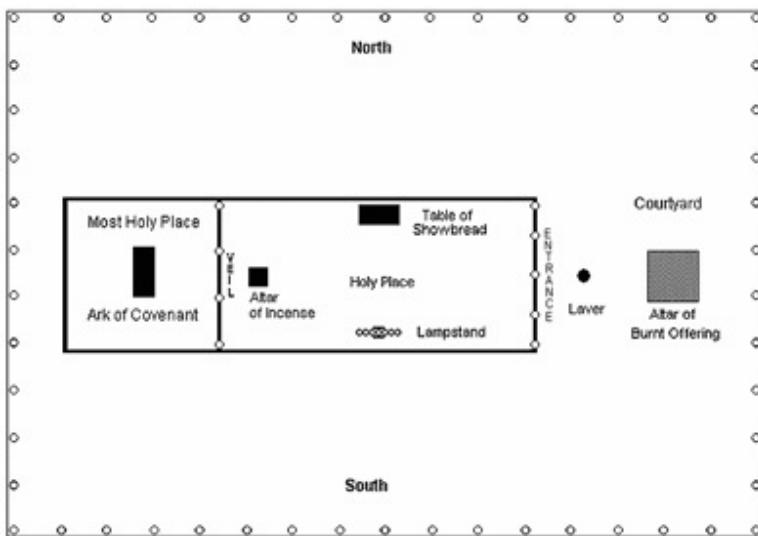
(5) Read: “And thou shalt make an altar to burn incense upon: of shittim wood shalt thou make it” (Exodus 30:1).

“And thou shalt put it before the veil that is by the ark of the testimony, before the mercy seat that is over the testimony, where I will meet with thee. And Aaron shall burn thereon sweet incense every morning: when he dresseth the lamps, he shall burn incense upon it. And when Aaron lighteth the lamps at even, he shall burn incense upon it, a perpetual incense before the LORD throughout your generations” (Exodus 30:6-8).

The altar of incense was located in the holy place “before the veil.” The priest burned incense on this altar morning and evening. The incense is symbolic of rising prayer.

“And another angel came and stood at the altar, having a golden censer; and there was given unto him much incense, that he should offer it with the prayers of all saints upon the golden altar which was before the throne. And the smoke of the incense, which came with the prayers of the saints, ascended up before God out of the angel’s hand” (Revelation 8:3, 4).

PRAYER 90



(20) Meditation: Meditate on the importance of prayer. As you see the incense rising in the sanctuary, see your prayer rising to the heavenly throne of God. In what ways does Satan seek to war against this step of prayer?

CARDIO AND FAT BURNER

(10) **Cardio:** Consider your prayer life. Prayer helps to burn the fat of sin. How much do you pray? Is this an area in your life that needs improvement?

REST: "Come unto me, all ye that labour and are heavy laden, and I will give you rest" (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to and not resist His will? Record in your Prayer 90 Workbook the things spoken to you by God and His Word. How can you live out today's worship in your life?

Day 34: The Seven-Branched Candlestick

WARM UP

(5) Stretch: Ask the Lord to anoint your eyes and ears to be sensitive to His Spirit. Ask to have your mind expanded to receive the broad and deep truth God has in store for you today.

(10) Focus: Focus on the scriptures you have memorized in the previous weeks while adding this new one.

Scripture Memory: “Even the mystery which hath been hid from ages and from generations, but now is made manifest to his saints: To whom God would make known what is the riches of the glory of this mystery among the Gentiles; which is Christ in you, the hope of glory” (Colossians 1:26, 27).

(10) Petition: Lift your prayer petitions before God.

STRENGTH AND ENDURANCE TRAINING

(5) Read: “And thou shalt make a candlestick of pure gold: of beaten work shall the candlestick be made: his shaft, and his branches, his bowls, his knobs, and his flowers, shall be of the same. And six branches shall come out of the sides of it; three branches of the candlestick out of the one side, and three branches of the candlestick out of the other side” (Exodus 25:31, 32).

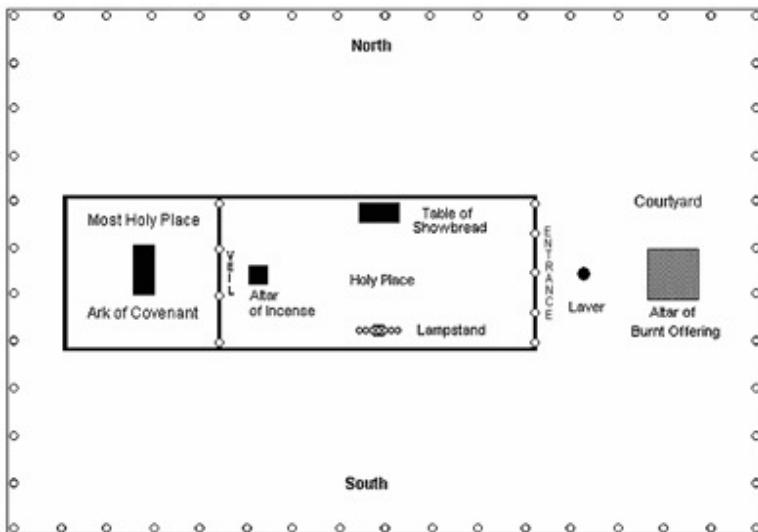
“And thou shalt make the seven lamps thereof: and they shall light the lamps thereof, that they may give light over against it” (Exodus 25:37).

“And he put the candlestick in the tent of the congregation, over against the table, on the side of the tabernacle southward” (Exodus 40:24).

The seven-branched candlestick was to give light in the temple. The candlestick is symbolic of God’s people as witnesses. “Ye are the light of the world. A city that is set on an hill cannot be hid.

PRAYER 90

Neither do men light a candle, and put it under a bushel, but on a candlestick; and it giveth light unto all that are in the house. Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven" (Matthew 5:14-16).



(20) Meditation: Meditate on the candlestick and the meaning of letting your light shine, of being a good example in all things, reflecting the glory of God. In what ways does the devil seek to cause us to hide our light, or make us to walk in darkness?

CARDIO AND FAT BURNER

(10) Cardio: During this time, consider your own witness. Do you let your light shine, or do you hide it under a bushel? Allow God to bring you closer to His ideal for you.

REST: "Come unto me, all ye that labour and are heavy laden, and I will give you rest" (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to and not resist His will? Record in your Prayer 90 Workbook the things spoken to you by God and His Word. How can you live out today's worship in your life?

Day 35: The Ark of the Covenant

WARM UP

(5) **Stretch:** Ask the Lord to anoint your eyes and ears to be sensitive to His Spirit. Ask to have your mind expanded to receive the broad and deep truths God has in store for you today.

(10) **Focus:** Focus on the scriptures you have memorized in the previous weeks.

STRENGTH AND ENDURANCE TRAINING

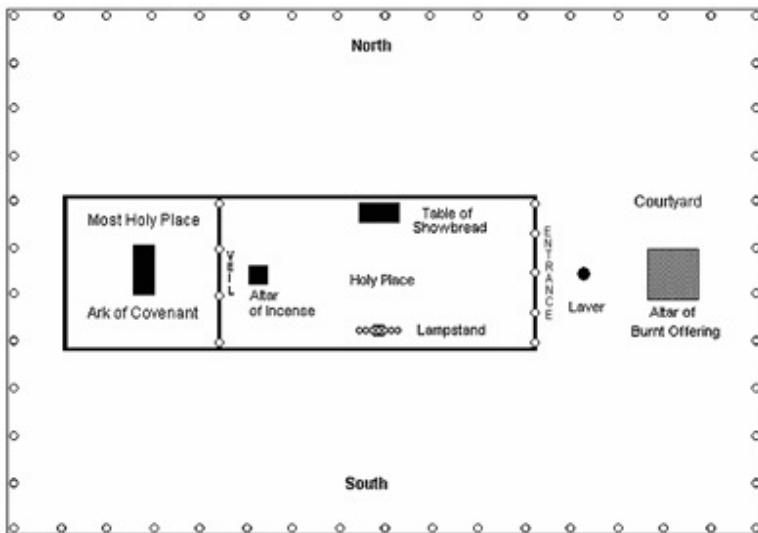
(5) **Read:** “And they shall make an ark of shittim wood ... And thou shalt overlay it with pure gold, within and without shalt thou overlay it, and shalt make upon it a crown of gold round about” (Exodus 25:10, 11).

“And thou shalt put into the ark the testimony which I shall give thee. And thou shalt make a mercy seat of pure gold: two cubits and a half shall be the length thereof, and a cubit and a half the breadth thereof. And thou shalt make two cherubims of gold, of beaten work shalt thou make them, in the two ends of the mercy seat. And make one cherub on the one end, and the other cherub on the other end: even of the mercy seat shall ye make the cherubims on the two ends thereof. And the cherubims shall stretch forth their wings on high, covering the mercy seat with their wings, and their faces shall look one to another; toward the mercy seat shall the faces of the cherubims be. And thou shalt put the mercy seat above upon the ark; and in the ark thou shalt put the testimony that I shall give thee. And there I will meet with thee, and I will commune with thee from above the mercy seat, from between the two cherubims which are upon the ark of the testimony, of all things which I will give thee in commandment unto the children of Israel” (Exodus 25:16-22).

The ark of the covenant was the foundation of the mercy seat. This represents the final step in the plan of salvation. God’s plan is to bring man step by step back to submission to His law, the foundation of the government in the kingdom of heaven.

PRAYER 90

“Blessed are they that do his commandments, that they may have right to the tree of life, and may enter in through the gates into the city. For without are dogs, and sorcerers, and whoremongers, and murderer, and idolaters, and whosoever loveth and maketh a lie” (Revelation 22:14, 15).



(20) Meditation: During this time, meditate upon the law of God, the covering cherub who rebelled against it, and the consistent war since then to blot it out. (See Exodus 20.) God wants to get us back to the Most Holy Place. In what ways does the devil war against this law today?

CARDIO AND FAT BURNER

(10) Cardio: “Whosoever committeth sin transgresseth also the law: for sin is the transgression of the law” (1 John 3:4). As you look at each commandment, are there any that your heart desires to resist? True conversion is to live in harmony with God’s law. Consider this verse: “For to be carnally minded is death; but to be spiritually minded is life and peace. Because the carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be. So then they that are in the flesh cannot please God”

Week 5: The Sanctuary

(Romans 8:6-8). Which, if any, of these commandments might you be “at enmity” with?

(10) Overtime Thought: Consider that before God gave the Israelites the sanctuary, He delivered them through the very same pattern.

1. Sacrifice of a lamb. Exodus 12:1-7 (altar of sacrifice).
2. Crossing the Red Sea, a type of baptism. Exodus 14:21; 1 Corinthians 10:1, 2 (laver).
3. Gives the gift of manna. Exodus 16:14, 15 (table of shewbread).
4. Declares Israel His royal kingdom and holy nation. Exodus 19:5, 6 (candlestick).
5. Commands the Israelites to spend three days on heart preparation to encounter God. Exodus 19:10, 11 (altar of incense).
6. Reveals to the Israelites His presence and speaks to them the Ten Commandments. Exodus 20 (the ark of the covenant).

REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to and not resist His will? Record in your Prayer 90 Workbook the things spoken to you by God and His Word. How can you live out today’s worship in your life?

WEEK 6

The Wilderness to Canaan

Day 36: God's GPS

WARM UP

(10) Focus: Begin by reciting the verses you have learned over the past five weeks. Add the following verse. Meditate on each verse as you recite it.

Scripture Memory: “Therefore also now, saith the LORD, turn ye even to me with all your heart, and with fasting, and with weeping, and with mourning: And rend your heart, and not your garments, and turn unto the LORD your God: for he is gracious and merciful, slow to anger, and of great kindness, and repenteth him of the evil” (Joel 2:12, 13).

(5) Silence: Spend this time silencing your soul before God.

Scripture Claim: “But the LORD *is* in his holy temple: let all the earth keep silence before him” (Habakkuk 2:20).

(10) Petition: Lift your petitions to the Lord.

STRENGTH AND ENDURANCE TRAINING

(5) Read: “Then a cloud covered the tent of the congregation, and the glory of the LORD filled the tabernacle. And Moses was not able to enter into the tent of the congregation, because the cloud abode thereon, and the glory of the LORD filled the tabernacle. And when the cloud was taken up from over the tabernacle, the children of Israel went onward in all their journeys: But if the cloud were not

Week 6: The Wilderness to Canaan

taken up, then they journeyed not till the day that it was taken up” (Exodus 40:34-37).

God led the children of Israel from the wilderness into the Promised Land, the land of rest, via His tabernacle, or blueprint. This journey is symbolic of the Christian’s journey from the wilderness of this world to the Promised Land of heaven. Those traveling without the GPS (God’s Prophetic Sanctuary) are very likely to be confused and left wandering in the wilderness. God desires to lead us into rest and uses the blueprint to show us how to get there. Satan desires to lead us into resistance by going against the government of God.

(20) Meditation: Meditate on the thought of God using the sanctuary to guide and lead His people through a daunting wilderness. Lucifer rejected God’s heavenly government and was removed from heaven. God now uses the blueprint sanctuary and the journey of Israel to illustrate that the way back to God is through His sanctuary.

CARDIO AND FAT BURNER

(10) Cardio: Focus on the thought of following God through the wilderness of this world. Many people propose that there are many ways to get to God. Will you trust God’s blueprint, or the suggestions of others? “Enter ye in at the strait gate: for wide is the gate, and broad is the way, that leadeth to destruction, and many there be which go in thereto: Because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it” (Matthew 7:13, 14). Ask God to search your heart. Which road are you on?

REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to and not resist His will? Record in your Prayer 90 Workbook the things spoken to you by God and His Word. How can you live out today’s worship in your life?

Day 37: The Serpent on a Pole

WARM UP

(10) Focus: Begin by reciting the verses you have learned over the past five weeks. Add the following verse. Meditate on each verse as you recite it.

Scripture Memory: “Therefore also now, saith the LORD, turn ye even to me with all your heart, and with fasting, and with weeping, and with mourning: And rend your heart, and not your garments, and turn unto the LORD your God: for he is gracious and merciful, slow to anger, and of great kindness, and repenteth him of the evil” (Joel 2:12, 13).

(5) Confession: Spend this time confessing and forsaking any wrongdoing.

(10) Petition: Lift your petitions to the Lord.

STRENGTH AND ENDURANCE TRAINING

(5) Read: “And they journeyed from mount Hor by the way of the Red sea, to compass the land of Edom: and the soul of the people was much discouraged because of the way. And the people spake against God, and against Moses, Wherefore have ye brought us up out of Egypt to die in the wilderness? for there is no bread, neither is there any water; and our soul loatheth this light bread. And the LORD sent fiery serpents among the people, and they bit the people; and much people of Israel died. Therefore the people came to Moses, and said, We have sinned, for we have spoken against the LORD, and against thee; pray unto the LORD, that he take away the serpents from us. And Moses prayed for the people. And the LORD said unto Moses, Make thee a fiery serpent, and set it upon a pole: and it shall come to pass, that every one that is bitten, when he looketh upon it, shall live. And Moses made a serpent of brass, and put it upon a pole, and it came to pass, that if a serpent had bitten any man, when he beheld the serpent of brass, he lived” (Numbers 21:4-9).

Week 6: The Wilderness to Canaan

Through the illustration of a serpent on a pole, the lesson was to be observed that Christ's death alone could heal from the bite of "that old serpent, called the Devil, and Satan" (Revelation 12:9). The murmurings and discontentment of the people against God removed His presence from them, allowing the enemies to come in.

(20) **Meditation:** As you view this scene on the screen of your mind, focus on the sinfulness of discontentment, the same that got Lucifer removed from heaven, and Adam and Eve from the garden. Ask the Spirit of God to show you the depth and danger of such a sin. What is the danger of focusing on serpents on the ground instead of the serpent lifted up on the pole?

CARDIO AND FAT BURNER

(10) **Cardio:** Search your heart. Ask God to burn away the fat of discontentment, that you might become a more fit Christian for the Promised Land. In what ways does Satan seek to get your focus on earthly things instead of heavenly?

REST: "Come unto me, all ye that labour and are heavy laden, and I will give you rest" (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to and not resist His will? Record in your Prayer 90 Workbook the things spoken to you by God and His Word. How can you live out today's worship in your life?

Day 38: The Fleshpots of Egypt

WARM UP

(10) **Focus:** Begin by reciting the verses you have learned over the past five weeks. Add the following verse. Meditate on each verse as you recite it.

Scripture Memory: "This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh. For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the

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one to the other: so that ye cannot do the things that ye would” (Galatians 5:16, 17).

(5) Confession: Spend this time confessing and forsaking any wrongdoing.

(10) Petition: Lift your petitions to the Lord.

STRENGTH AND ENDURANCE TRAINING

(5) Read: “And the whole congregation of the children of Israel murmured against Moses and Aaron in the wilderness: And the children of Israel said unto them, Would to God we had died by the hand of the LORD in the land of Egypt, when we sat by the flesh pots, and when we did eat bread to the full; for ye have brought us forth into this wilderness, to kill this whole assembly with hunger” (Exodus 16:2, 3).

(20) Meditation: During this time focus on this scene. The children of Israel desire to go back to the “good old days” of slavery in Egypt, so that they could be well taken care of. Instead of advancing toward the Promised Land, they desired to retreat to captivity. What are the lessons God has for you today?

CARDIO AND FAT BURNER

(10) Cardio: Search your heart during this time. Do you feel the pull back to the old days and the old ways? Ask God to burn any such desire for the “fleshpots of Egypt” out of you. The diet of earthliness is the number one way to gain the weight of sin in your life.

REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to and not resist His will? Record in your Prayer 90 Workbook the things spoken to you by God and His Word. How can you live out today’s worship in your life?

Day 39: Korah's Rebellion

WARM UP

(10) Focus: Begin by reciting the verses you have learned over the past five weeks. Add the following verse. Meditate on each verse as you recite it.

Scripture Memory: "This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh. For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would" (Galatians 5:16, 17).

(5) Confession: Spend this time confessing and forsaking any wrongdoing.

(10) Petition: Lift your petitions to the Lord.

STRENGTH AND ENDURANCE TRAINING

(5) Read: "Now Korah, the son of Izhar, the son of Kohath, the son of Levi, and Dathan and Abiram, the sons of Eliab, and On, the son of Peleth, sons of Reuben, took men: And they rose up before Moses, with certain of the children of Israel, two hundred and fifty princes of the assembly, famous in the congregation, men of renown: And they gathered themselves together against Moses and against Aaron, and said unto them, Ye take too much upon you, seeing all the congregation are holy, every one of them, and the LORD is among them: wherefore then lift ye up yourselves above the congregation of the LORD? And when Moses heard it, he fell upon his face" (Numbers 16:1-4).

Korah's rebellion (See Numbers 16 and Worship Day 2) was a reflection of the rebellion that took place in heaven. The very same argument of self-righteousness proposed by Satan was proposed by Korah saying, "Ye take too much upon you, seeing all *the congregation are holy, every one of them*."

(20) Meditation: As you meditate upon this scene, reflect upon the similarities between the rebellion in heaven and the one here

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as Moses, God's representative, is challenged by another on the grounds of "holiness."

CARDIO AND FAT BURNER

(10) Cardio: Search your own heart. In what ways can self deceive you into thinking that you may be right with God, when the opposite is the case?

REST: "Come unto me, all ye that labour and are heavy laden, and I will give you rest" (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to and not resist His will? Record in your Prayer 90 Workbook the things spoken to you by God and His Word. How can you live out today's worship in your life?

Day 40: Giants in the Land

WARM UP

(10) Focus: Begin by reciting the verses you have learned over the past five weeks. Add the following verse. Meditate on each verse as you recite it.

Scripture Memory: "For as the body without the spirit is dead, so faith without works is dead also" (James 2:26).

(5) Confession: Spend this time confessing and forsaking any wrongdoing.

(10) Petition: Lift your petitions to the Lord.

STRENGTH AND ENDURANCE TRAINING

(10) Read: "And Moses sent them to spy out the land of Canaan, and said unto them, Get you up this way southward, and go up into the mountain: And see the land, what it is; and the people that dwelleth therein, whether they be strong or weak, few or many; And what the land is that they dwell in, whether it be good or bad; and what cities they be that they dwell in, whether in

Week 6: The Wilderness to Canaan

tents, or in strong holds; And what the land is, whether it be fat or lean, whether there be wood therein, or not. And be ye of good courage, and bring of the fruit of the land. Now the time was the time of the firstripe grapes. So they went up, and searched the land ... And they told him, and said, We came unto the land whither thou sentest us, and surely it floweth with milk and honey; and this is the fruit of it. Nevertheless the people be strong that dwell in the land, and the cities are walled, and very great: and moreover we saw the children of Anak there. The Amalekites dwell in the land of the south: and the Hittites, and the Jebusites, and the Amorites, dwell in the mountains: and the Canaanites dwell by the sea, and by the coast of Jordan. And Caleb stilled the people before Moses, and said, Let us go up at once, and possess it; for we are well able to overcome it. But the men that went up with him said, We be not able to go up against the people; for they are stronger than we. And they brought up an evil report of the land which they had searched unto the children of Israel, saying, The land, through which we have gone to search it, is a land that eateth up the inhabitants thereof; and all the people that we saw in it are men of a great stature. And there we saw the giants, the sons of Anak, which come of the giants: and we were in our own sight as grasshoppers, and so we were in their sight" (Numbers 13:17-23).

The children of Israel, on the verge of the Promised Land, halted for fear of "giants in the land." Only Joshua and Caleb were faithful out of the 12 sent to go and search out the land. As a result, the other 10 spies could not enter the Promised Land, and only those under the age of 20 in all the congregation would see the Promised Land. (See Numbers 14.)

(20) Meditation: During this time, meditate on this scene, and ponder the energy, hope, and fear that must have been present. Ask the Spirit of God to speak to you about this scene, bring verses and stories, illustrations, and lessons to your mind that bear upon the picture before you.

CARDIO AND FAT BURNER

(10) Cardio: Do you have fears of giants in your life? What holds you back from doing what God has called you to do? Search your heart and ask God to burn away the fat of fear from your life. Pray for the spirit of Joshua and Caleb to reside in your own heart.

REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to and not resist His will? Record in your Prayer 90 Workbook the things spoken to you by God and His Word. How can you live out today’s worship in your life?

Day 41: The Shout of Victory

WARM UP

(10) Focus: Begin by reciting the verses you have learned over the past five weeks. Add the following verse. Meditate on each verse as you recite it.

Scripture Memory: “For as the body without the spirit is dead, so faith without works is dead also” (James 2:26).

(5) Confession: Spend this time confessing and forsaking any wrongdoing.

(10) Petition: Lift your petitions to the Lord.

STRENGTH AND ENDURANCE TRAINING

(5) Read: “Now Jericho was straitly shut up because of the children of Israel: none went out, and none came in. And the LORD said unto Joshua, See, I have given into thine hand Jericho, and the king thereof, and the mighty men of valour. And ye shall compass the city, all ye men of war, and go round about the city once. Thus shalt thou do six days. And seven priests shall bear before the ark seven trumpets of rams’ horns: and the seventh day ye shall compass the city seven times, and the priests shall blow with the trumpets. And

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it shall come to pass, that when they make a long blast with the ram's horn, and when ye hear the sound of the trumpet, all the people shall shout with a great shout; and the wall of the city shall fall down flat, and the people shall ascend up every man straight before him. And Joshua the son of Nun called the priests, and said unto them, Take up the ark of the covenant, and let seven priests bear seven trumpets of rams' horns before the ark of the LORD. And he said unto the people, Pass on, and compass the city, and let him that is armed pass on before the ark of the LORD. And it came to pass, when Joshua had spoken unto the people, that the seven priests bearing the seven trumpets of rams' horns passed on before the LORD, and blew with the trumpets: and the ark of the covenant of the LORD followed them. And the armed men went before the priests that blew with the trumpets, and the rereward came after the ark, the priests going on, and blowing with the trumpets. And Joshua had commanded the people, saying, Ye shall not shout, nor make any noise with your voice, neither shall any word proceed out of your mouth, until the day I bid you shout; then shall ye shout. ... So the people shouted when the priests blew with the trumpets: and it came to pass, when the people heard the sound of the trumpet, and the people shouted with a great shout, that the wall fell down flat, so that the people went up into the city, every man straight before him, and they took the city" (Joshua 6:1-10, 20).

(20) Meditation: Meditate upon this scene. Notice the prominent place of the ark of the covenant as the children of Israel prepare to enter in the land of Canaan, the Promised Land. Ask God to reveal to you precious lessons and thoughts about the crossing and the victory. God ultimately wants to lead us into the Promised Land of heaven. What can you learn from this object lesson?

CARDIO AND FAT BURNER

(10) Cardio: Focus on what you need to do to be prepared to enter into the Promised Land. Will you be a part of the final shout, the giving of the gospel to the whole world, which will ultimately bring about the fall of spiritual Babylon? "And there followed another angel, saying, Babylon is fallen, is fallen, that great city, because she

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made all nations drink of the wine of the wrath of her fornication” (Revelation 14:8).

REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to and not resist His will? Record in your Prayer 90 Workbook the things spoken to you by God and His Word. How can you live out today’s worship in your life?

Day 42: Recap

WARM UP

(10) Focus: Lay all your burdens at the foot of the cross of Christ, emptying your mind of distractions, problems, and issues so that you can direct your entire mental focus upon the Word of God and God Himself.

Scripture Recital: Recite the scripture verses you have memorized so far.

(10) Petitions: Lift your petitions to God, and confess any sins.

STRENGTH AND ENDURANCE TRAINING

(40) Review: On this day, recap on the screen of your mind all you have learned the last six weeks. String the themes together and allow the Spirit of God to speak to your heart. Write down thoughts that come to your mind. Let the Spirit of God lead you in your prayer time this morning.

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Canaan to Jesus

Day 43: Establishing His People, and the Temple

WARM UP

(10) Focus: Focus on the scriptures you have memorized over the past six weeks. Go over each verse and try to extract deeper thoughts from each. Add to your memory list the following verse, or a verse or more of your choice.

Scripture Memory: “He that hath my commandments, and keepeth them, he it is that loveth me: and he that loveth me shall be loved of my Father, and I will love him, and will manifest myself to him” (John 14:21).

(5) Silence: Spend this time silencing your soul before God.

Scripture Claim: “But the LORD *is* in his holy temple: let all the earth keep silence before him” (Habakkuk 2:20).

STRENGTH AND ENDURANCE TRAINING

(5) Read: “And Solomon sent to Hiram, saying, Thou knowest how that David my father could not build an house unto the name of the LORD his God for the wars which were about him on every side, until the LORD put them under the soles of his feet. But now the LORD my God hath given me rest on every side, so that there is neither adversary nor evil occurrent. 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

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thy throne in thy room, he shall build an house unto my name” (1 Kings 5:3-5).

After crossing the Jordan, Israel went through a series of battles conquering different portions of the land of Canaan. Under King David the entire region of Canaan was finally conquered. So complete was the rule of David that when Solomon his son came to the throne, he could say, “But now the LORD my God hath given me rest on every side, so that there is neither adversary nor evil occurrent.” It was under these conditions, when the land was at “rest,” that God called for the building of a permanent tabernacle.

(20) Meditation: Compare the concepts of the rest in heaven, with its heavenly sanctuary before Lucifer rebelled, to the rest in Canaan (Israel) with the earthly tabernacle being built. God was preparing Israel to herald the coming of Christ and consequently reveal to the world the plan of salvation as given in the blueprint, the sanctuary.

(10) Focus: Focus on the thought that God wants to prepare you to do a work in spreading the gospel and lifting up Jesus. But His work will be best accomplished when you yourself are at rest in Him. Are you resting in the complete will of God? Do you have rest on every side so that God can work through you? If not, what internal or external war still rages over you?

(10) Petition: Close with lifting your petitions to God.

REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to and not resist His will? Record in your Prayer 90 Workbook the things spoken to you by God and His Word. How can you live out today’s worship in your life?

Day 44: Satan Counters

WARM UP

(10) Focus: Focus on the scriptures you have memorized over the past six weeks. Go over each verse and try to extract deeper thoughts from each. Add to your memory list the following verse, or a verse or more of your choice.

Scripture Memory: “He that hath my commandments, and keepeth them, he it is that loveth me: and he that loveth me shall be loved of my Father, and I will love him, and will manifest myself to him” (John 14:21).

(5) Praise: Give praises to God for what He is doing in your prayer life.

STRENGTH AND ENDURANCE TRAINING

(10) Read: “So when all Israel saw that the king hearkened not unto them, the people answered the king, saying, What portion have we in David? neither have we inheritance in the son of Jesse: to your tents, O Israel: now see to thine own house, David. So Israel departed unto their tents. But as for the children of Israel which dwelt in the cities of Judah, Rehoboam reigned over them. Then king Rehoboam sent Adoram, who was over the tribute; and all Israel stoned him with stones, that he died. Therefore king Rehoboam made speed to get him up to his chariot, to flee to Jerusalem. So Israel rebelled against the house of David unto this day. And it came to pass, when all Israel heard that Jeroboam was come again, that they sent and called him unto the congregation, and made him king over all Israel: there was none that followed the house of David, but the tribe of Judah only. And when Rehoboam was come to Jerusalem, he assembled all the house of Judah, with the tribe of Benjamin, an hundred and fourscore thousand chosen men, which were warriors, to fight against the house of Israel, to bring the kingdom again to Rehoboam the son of Solomon” (1 Kings 12:16-21).

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Just as Lucifer broke the rest in heaven and brought division among once united angels, so he accomplishes the same against the briefly united new kingdom of Israel. Because of internal strife, ten of the tribes of Israel separated from the tribes of Judah and Benjamin, hence forming a divided kingdom. They set up a new system of worship and began to bow before idols. (“Israel” consisted of the ten tribes, while “Judah” consisted of itself and the tribe of Benjamin.)

“And Jeroboam said in his heart, Now shall the kingdom return to the house of David: If this people go up to do sacrifice in the house of the LORD at Jerusalem, then shall the heart of this people turn again unto their lord, even unto Rehoboam king of Judah, and they shall kill me, and go again to Rehoboam king of Judah. Whereupon the king took counsel, and made two calves of gold, and said unto them, It is too much for you to go up to Jerusalem: behold thy gods, O Israel, which brought thee up out of the land of Egypt. And he set the one in Bethel, and the other put he in Dan. And this thing became a sin: for the people went to worship before the one, even unto Dan. And he made an house of high places, and made priests of the lowest of the people, which were not of the sons of Levi. And Jeroboam ordained a feast in the eighth month, on the fifteenth day of the month, like unto the feast that is in Judah, and he offered upon the altar. So did he in Bethel, sacrificing unto the calves that he had made: and he placed in Bethel the priests of the high places which he had made. So he offered upon the altar which he had made in Bethel the fifteenth day of the eighth month, even in the month which he had devised of his own heart; and ordained a feast unto the children of Israel: and he offered upon the altar, and burnt incense” (1 Kings 12:27-33).

(20) Meditation: Compare the rebellion and division in heaven to the rebellion and division now going on in Israel. Satan’s goal was to divide so that the people with the blueprint would be found unfaithful and unprepared to do the work of ushering in the Messiah and taking the blueprint to the world.

CARDIO AND FAT BURNER

(10) Cardio: During this time, ask God to search your heart. Jesus said, “Every kingdom divided against itself is brought to desolation; and every city or house divided against itself shall not stand” (Matthew 12:25). Are you divided against yourself? Do you decide for Christ one day, and then live against Him the next? Ask God to burn the fat of inconsistency from you so that you may be fit to do the work God has called you to do, the work of reflecting His glory in your life.

(5) Stretch: Ask the Lord to expand your ability to retain and comprehend the truths of His Word.

REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to and not resist His will? Record in your Prayer 90 Workbook the things spoken to you by God and His Word. How can you live out today’s worship in your life?

Day 45: Rebellion, Captivity, and Rest

WARM UP

(5) Stretch: Ask the Lord to expand your ability to retain and comprehend the truths of His Word.

(10) Focus: Focus on the scriptures you have memorized over the past six weeks. Go over each verse and try to extract deeper thoughts from each. Add to your memory list the following verse, or a verse or more of your choice.

Scripture Memory: “He that is not with me is against me; and he that gathereth not with me scattereth abroad” (Matthew 12:30).

(5) Praise: Give praises to God for what He is doing in your prayer life.

STRENGTH AND ENDURANCE TRAINING

(10) Read: As a result of the rebellious attitudes of both the northern kingdom (Israel's 10 northern tribes) and Judah (the two southern tribes), both kingdoms eventually fell to outside powers, Israel to Assyria in 722 B.C. and Judah to Babylon in 607 B.C. Judah in particular would go into seventy years of captivity so the land it had so recklessly lived in could once again enjoy "rest." The people of the blueprint were carried away captive (Judah) and the blueprint itself was burned down.

Assyria Captures The Ten Northern Tribes (Israel):

"Then the king of Assyria came up throughout all the land, and went up to Samaria, and besieged it three years. In the ninth year of Hoshea the king of Assyria took Samaria, and carried Israel away into Assyria, and placed them in Halah and in Habor by the river of Gozan, and in the cities of the Medes. For so it was, that the children of Israel had sinned against the LORD their God, which had brought them up out of the land of Egypt, from under the hand of Pharaoh king of Egypt, and had feared other gods, And walked in the statutes of the heathen, whom the LORD cast out from before the children of Israel, and of the kings of Israel, which they had made. And the children of Israel did secretly those things that were not right against the LORD their God, and they built them high places in all their cities, from the tower of the watchmen to the fenced city. And they set them up images and groves in every high hill, and under every green tree: And there they burnt incense in all the high places, as did the heathen whom the LORD carried away before them; and wrought wicked things to provoke the LORD to anger: For they served idols, whereof the LORD had said unto them, Ye shall not do this thing" (1 Kings 17:5-12).

Babylon Captures The Two Southern Tribes (Judah):

"And the LORD God of their fathers sent to them by his messengers, rising up betimes, and sending; because he had compassion on his people, and on his dwelling place: But they mocked the messengers of God, and despised his words, and misused his prophets, until the wrath of the LORD arose against his people, till there

was no remedy. Therefore he brought upon them the king of the Chaldees, who slew their young men with the sword in the house of their sanctuary, and had no compassion upon young man or maiden, old man, or him that stooped for age: he gave them all into his hand. And all the vessels of the house of God, great and small, and the treasures of the house of the LORD, and the treasures of the king, and of his princes; all these he brought to Babylon. And they burnt the house of God, and brake down the wall of Jerusalem, and burnt all the palaces thereof with fire, and destroyed all the goodly vessels thereof. And them that had escaped from the sword carried he away to Babylon; where they were servants to him and his sons until the reign of the kingdom of Persia: To fulfil the word of the LORD by the mouth of Jeremiah, until the land had enjoyed her sabbaths: for as long as she lay desolate she kept sabbath, to fulfil threescore and ten years" (2 Chronicles 36:15-21).

(20) Meditation: During this time, see on the screen of your mind the sure result of division and rebellion against God. How will God counter this masterly move by Satan? Ask God to speak to you lessons from this scene, and try to see this scene in the light of all you have studied so far. How is Satan seeking to do the same thing among Christians today?

CARDIO AND FAT BURNER

(10) Cardio: Ask God to show you your heart. A rebellious spirit only leads to captivity in the enemies' land. Ask God to remove from your heart the fat of a rebellious spirit, that you might be able to live free in Him.

REST: "Come unto me, all ye that labour and are heavy laden, and I will give you rest" (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to and not resist His will? Record in your Prayer 90 Workbook the things spoken to you by God and His Word. How can you live out today's worship in your life?

Day 46: The Last-Chance Prophecy

WARM UP

(5) **Stretch:** Ask the Lord to expand your ability to retain and comprehend the truths of His Word.

(10) **Focus:** Focus on the scriptures you have memorized over the past seven weeks. Go over each verse and try to extract deeper thoughts from each. Add to your memory list the following verse, or a verse or more of your choice.

Scripture Memory: “He that is not with me is against me; and he that gathereth not with me scattereth abroad” (Matthew 12:30).

(5) **Praise:** Give praises to God for what He is doing in your prayer life.

STRENGTH AND ENDURANCE TRAINING

(10) **Read:** “Seven times seventy years is the length of time God has set for freeing your people and your holy city from sin and evil. Sin will be forgiven and eternal justice established, so that the vision and the prophecy will come true, and the holy Temple will be rededicated” (Daniel 9:24 GNB).

Daniel the prophet was one of the many people taken away in the captivity of Jerusalem. During this time Daniel received a vision, which in essence revealed the very time that the long-awaited Messiah would come. The vision stated that the temple would be set up in connection with the coming Messiah. But a warning was added to this prophecy. It foretold that the destroyed temple and city of Jerusalem would soon be rebuilt, but if God's people failed to be ready for the Messiah and to be faithful to the very reason God raised them up, something drastic would occur. The prophecy was a warning for Israel not to mess up again. This would be their last opportunity.

“Know therefore and understand, *that* from the going forth of the commandment to restore and to build Jerusalem unto the Messiah

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the Prince *shall be* seven weeks, and threescore and two weeks [483 prophetic years]" (Daniel 9:25).

The decree to rebuild Jerusalem came in 457 B.C. Counting 69 weeks, or 483 days, or 483 prophetic years, brings us to the year A.D. 27, the very year Jesus was anointed. (In Bible prophecy a day equals a year. See Numbers 14:34 and Ezekiel 4:6.)

(20) Meditation: Take this time to meditate on the mercy of God in allowing the temple and city to be rebuilt. Meditate on how the children of Israel must have decided in their mind to be faithful this time around, letting no more idolatry enter into their midst. This would be the beginning of an overzealous, hyper-orthodoxy manifested in the religious leaders that would greet Jesus when he came unto his own people. This hyper-orthodoxy would ultimately lead them to deny Christ.

CARDIO AND FAT BURNER

(10) Cardio: Close your worship time by allowing God to show you how important it is to be ready for Jesus when he comes. The devil doesn't care how he gets us to be unbalanced, as long as we are unbalanced. Some fall on the side of liberalism, thinking anything goes, while others fall on the side of hyper-conservatism. Both will lead to a rejection of Jesus. As you wait for the coming of Christ, pray that God will help you to be as faithful as Daniel.

REST: "Come unto me all ye who labour, and are heavy laden, and I will give you rest" (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to and not resist His will? Record in your Prayer 90 Workbook the things spoken to you by God and His Word. How can you live out today's worship in your life?

Day 47: Israel Restored, the Temple Rebuilt

WARM UP

(5) **Stretch:** Ask the Lord to expand your mind and heart to be able to receive the truths of His Word.

(5) **Confession:** During this time confess your sins and faults to God.

(10) **Focus:** Recite silently the verses you have memorized so far. Add the following verse to your list.

“Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey; whether of sin unto death, or of obedience unto righteousness?” (Romans 6:16).

STRENGTH AND ENDURANCE TRAINING

(5) **Read:** “Artaxerxes, king of kings, unto Ezra the priest, a scribe of the law of the God of heaven, perfect peace, and at such a time. I make a decree, that all they of the people of Israel, and of his priests and Levites, in my realm, which are minded of their own freewill to go up to Jerusalem, go with thee” (Ezra 7:12, 13).

“But in the first year of Cyrus the king of Babylon the same king Cyrus made a decree to build this house of God. And the vessels also of gold and silver of the house of God, which Nebuchadnezzar took out of the temple that was in Jerusalem, and brought them into the temple of Babylon, those did Cyrus the king take out of the temple of Babylon, and they were delivered unto one, whose name was Sheshbazzar, whom he had made governor; And said unto him, Take these vessels, go, carry them into the temple that is in Jerusalem, and let the house of God be builded in his place” (Ezra 5:13-15).

Under the guidance of Nehemiah and Ezra, the temple and the city of Jerusalem were rebuilt. God restored Israel and the blueprint. If they remained faithful, they would be ready to receive the Messiah and usher in the gospel of peace to the whole world.

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(20) Meditation: As you meditate on this scene contemplate the goodness of God in restoring both blueprint and people. Think of how important this blueprint is to God and how hated it is by the devil. Wonder why more people have not heard about this blueprint.

CARDIO AND FAT BURNER

(10) Cardio: During this time ask God to search your heart. God wants us to build up His church on earth. Are you partaking in this work? What holds you back? Ask God to burn it from your life.

REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to and not resist His will? Record in your Prayer 90 Workbook the things spoken to you by God and His Word. How can you live out today’s worship in your life?

Day 48: The Coming Glory of the Temple

WARM UP

(5) Silence: Spend this time silencing your soul before God.

Scripture Claim: “But the LORD *is* in his holy temple: let all the earth keep silence before him” (Habakkuk 2:20).

(5) Confession: During this time confess your sins and faults to God.

(10) Focus: Recite silently the verses you have memorized so far. Add the following verse to your list.

“Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey; whether of sin unto death, or of obedience unto righteousness?” (Romans 6:16).

STRENGTH AND ENDURANCE TRAINING

(5) **Read:** “And when the builders laid the foundation of the temple of the LORD, they set the priests in their apparel with trumpets, and the Levites the sons of Asaph with cymbals, to praise the LORD, after the ordinance of David king of Israel. And they sang together by course in praising and giving thanks unto the LORD; because he is good, for his mercy endureth for ever toward Israel. And all the people shouted with a great shout, when they praised the LORD, because the foundation of the house of the LORD was laid. But many of the priests and Levites and chief of the fathers, who were ancient men, that had seen the first house, when the foundation of this house was laid before their eyes, wept with a loud voice; and many shouted aloud for joy: So that the people could not discern the noise of the shout of joy from the noise of the weeping of the people: for the people shouted with a loud shout, and the noise was heard afar off” (Ezra 3:10-13).

When the children of Israel finished the foundation of this rebuilt temple it was as nothing compared to the glory of Solomon’s temple. Those who were alive when Solomon’s temple was still standing wept as they compared this new temple with the former. Yet through the prophet Haggai, this incredible prophecy is recorded.

“Who is left among you that saw this house in her first glory? and how do ye see it now? is it not in your eyes in comparison of it as nothing? Yet now be strong, O Zerubbabel, saith the LORD; and be strong, O Joshua, son of Josedech, the high priest; and be strong, all ye people of the land, saith the LORD, and work: for I am with you, saith the LORD of hosts: According to the word that I covenanted with you when ye came out of Egypt, so my spirit remaineth among you: fear ye not. For thus saith the LORD of hosts; Yet once, it is a little while, and I will shake the heavens, and the earth, and the sea, and the dry land; And I will shake all nations, and the desire of all nations shall come: and I will fill this house with glory, saith the LORD of hosts. *The glory of this latter house shall be greater than of the former*, saith the LORD of hosts: and in this place will I give peace, saith the LORD of hosts” (Haggai 2:3-9).

Week 7: Canaan to Jesus

This prophecy indicated that the glory that would fill this house was the presence of Jesus himself, the “desire of all nations.” Would Israel be ready for her Messiah?

(20) Meditation: During this time, consider the lesson of appearances. Though this temple was not as beautiful as the one before it, this temple was to be honored with the presence of Jesus. Ask God to show how the presence of Jesus in the soul temple beautifies.

CARDIO AND FAT BURNER

(10) Cardio: Is Jesus dwelling in you? Are you concerned more with the outer appearance than the inner? Ask God to search your heart and show what Jesus can do if he abides within you.

REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to and not resist His will? Record in your Prayer 90 Workbook the things spoken to you by God and His Word. How can you live out today’s worship in your life?

Day 49: Recap

WARM UP

(10) Focus: Lay all your burdens at the foot of the cross of Christ, emptying your mind of distractions, problems, and issues so that you can direct your entire mental focus upon the Word of God and God Himself.

Scripture Recital: Recite the scripture verses you have memorized so far.

(10) Petitions: Lift your petitions to God, and confess any sins.

STRENGTH AND ENDURANCE TRAINING

(40) Review: On this day, recap on the screen of your mind all you have learned the last seven weeks. String the themes together

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and allow the Spirit of God to speak to your heart. Write down thoughts that come to your mind. Let the Spirit of God lead you in your prayer time this morning.

WEEK 8

The Messiah

Day 50: The Birth of Christ

WARM UP

(10) Meditate on your memory verses, allowing all other thoughts to be laid aside. Add the following scripture, or one or more of your choosing.

Scripture Memory: “And hereby we do know that we know him, if we keep his commandments.

He that saith, I know him, and keepeth not his commandments, is a liar, and the truth is not in him. But whoso keepeth his word, in him verily is the love of God perfected: hereby know we that we are in him” (1 John 2:3-5).

(5) Confession and heart searching.

STRENGTH AND ENDURANCE TRAINING

(5) **Read:** “And she shall bring forth a son, and thou shalt call his name JESUS: for he shall save his people from their sins. Now all this was done, that it might be fulfilled which was spoken of the Lord by the prophet, saying, Behold, a virgin shall be with child, and shall bring forth a son, and they shall call his name Emmanuel, which being interpreted is, God with us” (Matthew 1:21-23).

The Old Testament sanctuary was built so that God could “dwell among” Israel. (See Exodus 25:8.) His glory was hidden within the temple. In this same way, God hid Himself under the veil of flesh

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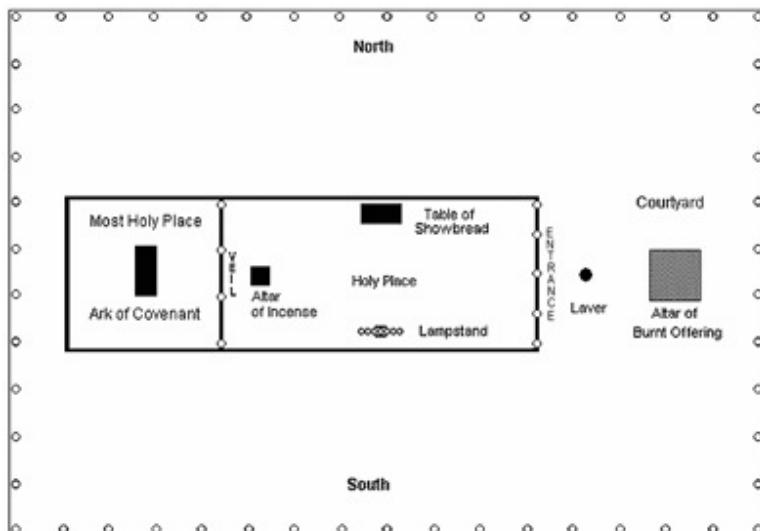
in Christ. Christ is Emmanuel, “God with us,” in the midst of us. He claimed himself to be the true temple of God on earth.

“Jesus answered and said unto them, Destroy this temple, and in three days I will raise it up.

Then said the Jews, Forty and six years was this temple in building, and wilt thou rear it up in three days? But he spake of the temple of his body” (John 2:19-21).

He came into the world to “take away” our sins. And sin is “transgression of the law” (1 John 3:4). “The next day John seeth Jesus coming unto him, and saith, Behold the Lamb of God, which taketh away the sin of the world” (John 1:29).

Christ was born in a manger with animals. Look at our sanctuary diagram; he came into this world born as a living sacrifice at the altar of sacrifice. His entire life was one of sacrifice. Satan would seek to “sacrifice” Christ as a child before he could complete his mission. “Then Herod, when he saw that he was mocked of the wise men, was exceeding wroth, and sent forth, and slew all the children that were in Bethlehem, and in all the coasts thereof, from



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two years old and under, according to the time which he had diligently enquired of the wise men” (Matthew 2:16).

“And his tail drew the third part of the stars of heaven, and did cast them to the earth: and the dragon stood before the woman which was ready to be delivered, for to devour her child as soon as it was born” (Revelation 12:4).

(20) Meditation: Contemplate the events surrounding the birth and mission of Christ. See these events in light of the first war in heaven, the bribing of the jury in the garden, the calling out of Israel and the giving of the sanctuary blueprint, Israel’s rebellion and captivity, and then restoration. How did Israel meet the long-awaited Messiah? See how Satan tried to destroy Christ before his mission began. Allow the Spirit of God to direct you in your worship. See the scenes of Christ’s birth and the events surrounding it as vividly as you can on the screen of your mind. Write down your thoughts and inspirations in your Prayer 90 Journal.

CARDIO AND FAT BURNER

(10) Take this time to search your heart. When Jesus came to earth, there was no room for him except in a manger. Do you have room in your heart for Jesus, or do you invite him to stay outside yet close by? Let God burn away the fat of sin in your life, for this is what Christ has come to do, take away our sins.

(10) Intercession

REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to and not resist His will? Ask God how you can take your worship thought into your practical experience today.

Day 51: The Baptism of Christ

WARM UP

(10) Meditate on your memory verses, allowing all other thoughts to be laid aside. Memorize the following scripture as well.

Scripture Memory: “And hereby we do know that we know him, if we keep his commandments.

He that saith, I know him, and keepeth not his commandments, is a liar, and the truth is not in him. But whoso keepeth his word, in him verily is the love of God perfected: hereby know we that we are in him” (1 John 2:3-5).

(5) Confession and heart searching.

STRENGTH AND ENDURANCE TRAINING

(5) **Read:** “Then cometh Jesus from Galilee to Jordan unto John, to be baptized of him. But John forbad him, saying, I have need to be baptized of thee, and comest thou to me? And Jesus answering said unto him, Suffer it to be so now: for thus it becometh us to fulfil all righteousness. Then he suffered him. And Jesus, when he was baptized, went up straightway out of the water: and, lo, the heavens were opened unto him, and he saw the Spirit of God descending like a dove, and lighting upon him: And lo a voice from heaven, saying, This is my beloved Son, in whom I am well pleased” (Matthew 3:13-17).

Just as the laver was symbolic of baptism, so Jesus, immediately after being pronounced the sacrificial Lamb of God, was baptized on our behalf.

(20) **Meditation:** See the scene on the screen of your mind. Jesus is baptized; the voice of God is heard declaring him His Son. In light of the battle between Christ and Satan, how would Satan seek to challenge Christ over the truth declared at the “laver,” that he was indeed the Son of God? Record in your Prayer 90 Journal the things God has shown you.

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CARDIO AND FAT BURNER

(10) Search your heart. Listen to the words of John the Baptist. “And now also the axe is laid unto the root of the trees: therefore every tree which bringeth not forth good fruit is hewn down, and cast into the fire. I indeed baptize you with water unto repentance: but he that cometh after me is mightier than I, whose shoes I am not worthy to bear: he shall baptize you with the Holy Ghost, and with fire: Whose fan is in his hand, and he will thoroughly purge his floor, and gather his wheat into the garner; but he will burn up the chaff with unquenchable fire” (Matthew 3:10-12). Have you been baptized with fire? Are you on fire for Christ? Is the fire of His love burning the fat of sin from your life? What stands in the way of your relationship with him?

(10) Praise and Petition: Take this time to praise God for all His goodness and mercy towards you.

REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to and not resist His will? Ask God how you can live out your worship thought today.

Day 52: The Temptations of Christ

WARM UP

(10) Meditate on your memory verses, allowing all other thoughts to be laid aside. Memorize the following scripture as well.

Scripture Memory: “For I am not ashamed of the gospel of Christ: for it is the power of God unto salvation to every one that believeth; to the Jew first, and also to the Greek” (Romans 1:16).

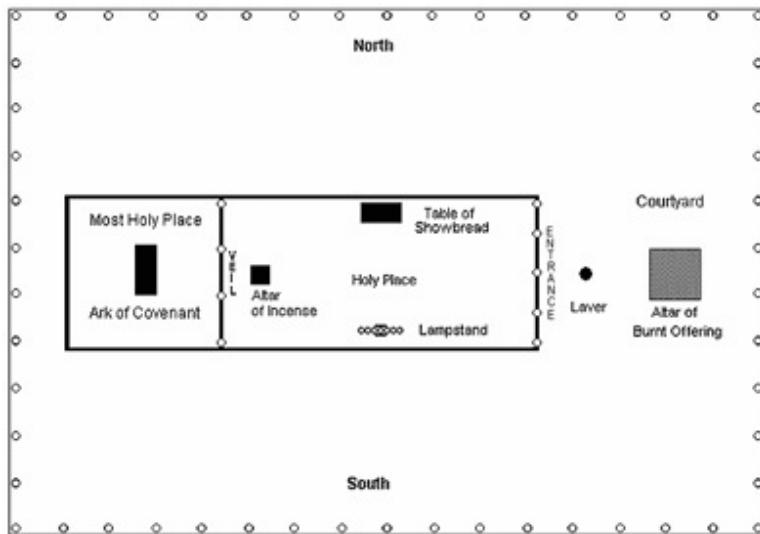
(5) Silence: Spend this time silencing your soul before God.

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Scripture Claim: "But the LORD *is* in his holy temple: let all the earth keep silence before him" (Habakkuk 2:20).

STRENGTH AND ENDURANCE TRAINING

(5) Read: "Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil. And when he had fasted forty days and forty nights, he was afterward an hungered. And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread. But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God. Then the devil taketh him up into the holy city, and setteth him on a pinnacle of the temple, And saith unto him, If thou be the Son of God, cast thyself down: for it is written, He shall give his angels charge concerning thee: and in their hands they shall bear thee up, lest at any time thou dash thy foot against a stone. Jesus said unto him, It is written again, Thou shalt not tempt the Lord thy God. Again, the devil taketh him up into an exceeding high mountain, and sheweth him all the kingdoms of the world, and the glory of them; And saith unto him, All



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these things will I give thee, if thou wilt fall down and worship me. Then saith Jesus unto him, Get thee hence, Satan: for it is written, Thou shalt worship the Lord thy God, and him only shalt thou serve" (Matthew 4:1-10).

Christ was tempted three times in the wilderness. In our sanctuary blueprint there are three articles of furniture in the holy place.

The three temptations correspond with the three articles.

1. Turn stone into bread: Table of shewbread
2. Throw yourself down and pray to God, He will save you: Altar of incense, representing prayer.
3. Bow down and I'll give you your holy city: Lampstand, representing the city or people of God.

(20) Meditate upon these three temptations. See how the devil is fully aware of the blueprint showing the path that Jesus must trod for us, to show how to get back to the Father, and how to get to the kingdom of heaven. Allow God to show you the importance of understanding the blueprint. Record your findings in your Prayer 90 Journal.

CARDIO AND FAT BURNER

(10) Spend time searching your heart for the fat of sin. How does the devil use these same temptations against you on a daily basis? How can you overcome? What example did Jesus leave us?

(10) Intercession

REST: "Come unto me, all ye that labour and are heavy laden, and I will give you rest" (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to and not resist His will? Ask God how you can live out your worship thought today.

Day 53: The Message of Christ

WARM UP

(10) Meditate on your memory verses, allowing all other thoughts to be laid aside. Memorize the following scripture as well.

Scripture Memory: “For I am not ashamed of the gospel of Christ: for it is the power of God unto salvation to every one that believeth; to the Jew first, and also to the Greek” (Romans 1:16).

(5) Praise and Thanksgiving.

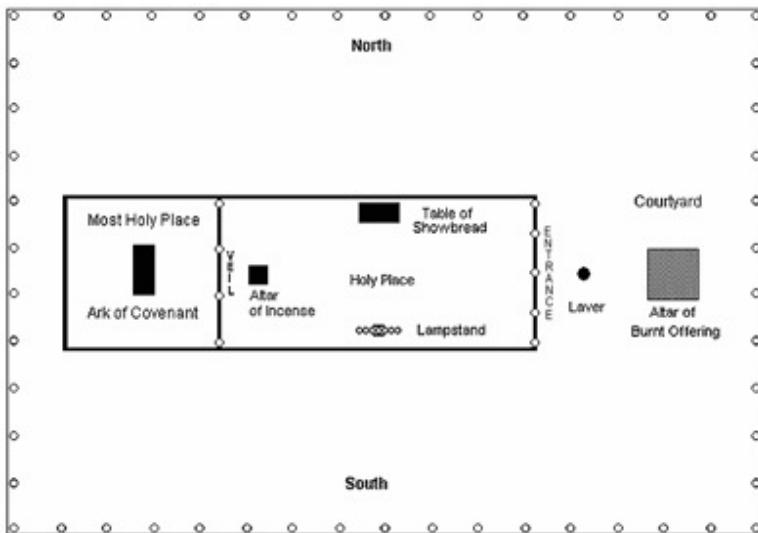
STRENGTH AND ENDURANCE TRAINING

(5) Read: “If ye love me, keep my commandments. And I will pray the Father, and he shall give you another Comforter, that he may abide with you for ever; Even the Spirit of truth; whom the world cannot receive, because it seeth him not, neither knoweth him: but ye know him; for he dwelleth with you, and shall be in you” (John 14:15-17). “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28).

After Jesus overcame these three temptations in the wilderness, he went on to preach the good news of the gospel. The gospel is designed to lead us back into the presence of God. In our sanctuary blueprint, this is symbolized by the Most Holy Place, which holds the throne of God, the foundation of that throne being the law of God. Jesus preached, “Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it, Thou shalt love thy neighbour as thyself” (Matthew 22:37-39). Elsewhere he states, “Thou knowest the commandments, Do not commit adultery, Do not kill, Do not steal, Do not bear false witness, Defraud not, Honour thy father and mother” (Mark 10:19). True rest is the opposite of rebellion against God. We can either resist His law as Lucifer did in heaven, or rest in God’s will as Jesus did on earth. Most of the commandments begin with “thou shalt not,” or in other words, “cease.” Christ desires to give us rest from lawlessness.

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By the indwelling of the Holy Spirit, Christ promises that he can restore the thief, liar, and murderer to the status of law-abiding citizen. “There is therefore now no condemnation to them which are in Christ Jesus, who walk not after the flesh, but after the Spirit. For the law of the Spirit of life in Christ Jesus hath made me free from the law of sin and death. For what the law could not do, in that it was weak through the flesh, God sending his own Son in the likeness of sinful flesh, and for sin, condemned sin in the flesh: That the righteousness of the law might be fulfilled in us, who walk not after the flesh, but after the Spirit” (Romans 8:1-4).



(20) Meditation: During this time, meditate on the purpose of the gospel, which is to restore us to law-abiding citizens of the government of heaven. How does Satan seek to attack the law of God today as he did back in heaven? What does it mean to have rest from lying, coveting, lusting, etc? Write down your thoughts in your Prayer 90 Journal. Consider the following verse: “And hereby we do know that we know him, if we keep his commandments. He that saith, I know him, and keepeth not his commandments, is a liar, and the truth is not in him. But whoso keepeth his word, in him verily is the love of God perfected: hereby know we that we are

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in him” (1 John 2:3-5). Record what God has shown you in your Prayer 90 Journal.

CARDIO AND FAT BURNER

(10) Ask God to search your heart. Is there anything in you that recoils from the law of God? Consider Romans 8:6-8: “For to be carnally minded is death; but to be spiritually minded is life and peace. Because the carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be. So then they that are in the flesh cannot please God.”

(10) Intercession and Petition.

REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to and not resist His will? Ask God how you can live out your worship thought today.

Day 54: The Miracles of Christ

WARM UP

(10) Meditate on your memory verses, allowing all other thoughts to be laid aside. Memorize the following scripture as well.

Scripture Memory: “Not every one that saith unto me, Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the will of my Father which is in heaven. Many will say to me in that day, Lord, Lord, have we not prophesied in thy name? and in thy name have cast out devils? and in thy name done many wonderful works? And then will I profess unto them, I never knew you: depart from me, ye that work iniquity” (Matthew 7:21-23).

(5) Stretch: Ask the Lord to expand your capacity to receive the deeper truths of His Word.

STRENGTH AND ENDURANCE TRAINING

(5) Read: “When Jesus saw their faith, he said unto the sick of the palsy, Son, thy sins be forgiven thee. But there were certain of the scribes sitting there, and reasoning in their hearts, Why doth this man thus speak blasphemies? who can forgive sins but God only? And immediately when Jesus perceived in his spirit that they so reasoned within themselves, he said unto them, Why reason ye these things in your hearts? Whether is it easier to say to the sick of the palsy, Thy sins be forgiven thee; or to say, Arise, and take up thy bed, and walk? But that ye may know that the Son of man hath power on earth to forgive sins, (he saith to the sick of the palsy,) I say unto thee, Arise, and take up thy bed, and go thy way into thine house” (Mark 2:5-11).

Christ performed a physical miracle to illustrate a spiritual truth.

(20) Meditation: Focus on the miracles of Christ. Realize that these miracles were given to illustrate spiritual realities. In light of this, meditate on the different miracles and consider what they mean for us today spiritually. Focus on the healing of the blind, the deaf, the lame, the dumb, the leper, the feeding of the 5,000, the walking on water, the paralytic, etc. Record your thoughts in your Prayer 90 Journal.

CARDIO AND FAT BURNER

(10) What is your condition? Are you a paralytic? Has God asked you to go for Him, and yet you find yourself unable or unwilling to go? Do you find yourself deaf to the promptings of God, mute when it comes to sharing your faith? Ask God to heal you so that you may be spiritually whole and fit to do His will.

(10) Petition and Praise.

REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to and not resist His will? Ask God how you can live out your worship thought today.

Day 55: The Garden of Gethsemane

WARM UP

(10) Meditate on your memory verses, allowing all other thoughts to be laid aside. Memorize the following scripture as well.

Scripture Memory: “Not every one that saith unto me, Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the will of my Father which is in heaven. Many will say to me in that day, Lord, Lord, have we not prophesied in thy name? and in thy name have cast out devils? and in thy name done many wonderful works? And then will I profess unto them, I never knew you: depart from me, ye that work iniquity” (Matthew 7:21-23).

(5) **Stretch:** Pray to have your capacity to receive expanded.

(5) **Read:** “Then cometh Jesus with them unto a place called Gethsemane, and saith unto the disciples, Sit ye here, while I go and pray yonder. And he took with him Peter and the two sons of Zebedee, and began to be sorrowful and very heavy. Then saith he unto them, My soul is exceeding sorrowful, even unto death: tarry ye here, and watch with me. And he went a little further, and fell on his face, and prayed, saying, O my Father, if it be possible, let this cup pass from me: nevertheless not as I will, but as thou wilt. And he cometh unto the disciples, and findeth them asleep, and saith unto Peter, What, could ye not watch with me one hour? Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak. He went away again the second time, and prayed, saying, O my Father, if this cup may not pass away from me, except I drink it, thy will be done. And he came and found them asleep again: for their eyes were heavy. And he left them, and went away again, and prayed the third time, saying the same words. Then cometh he to his disciples, and saith unto them, Sleep on now, and take your rest: behold, the hour is at hand, and the Son of man is betrayed into the hands of sinners. Rise, let us be going: behold, he is at hand that doth betray me. And while he yet spake, lo, Judas, one of the twelve, came, and with him a great multitude with swords and staves, from the chief priests and elders

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of the people. Now he that betrayed him gave them a sign, saying, Whomsoever I shall kiss, that same is he: hold him fast. And forthwith he came to Jesus, and said, Hail, master; and kissed him. And Jesus said unto him, Friend, wherefore art thou come? Then came they, and laid hands on Jesus, and took him" (Matthew 26:36-50).

STRENGTH AND ENDURANCE TRAINING

(30) Let the Spirit of God take you into the depths of this scene. Try to understand the thoughts and feelings of Jesus in his trial and subsequent sufferings.

CARDIO AND FAT BURNER

(10) Allow the Spirit of God to search your heart and bring conviction to you.

REST: "Come unto me, all ye that labour and are heavy laden, and I will give you rest" (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to and not resist His will? Ask God how you can live out your worship thought today.

Day 56: The Death and Resurrection of Christ

WARM UP

(10) Meditate on your memory verses, allowing all other thoughts to be laid aside.

(5) Praise and Thanksgiving

STRENGTH AND ENDURANCE TRAINING

(5) Read: "In the end of the sabbath, as it began to dawn toward the first day of the week, came Mary Magdalene and the other Mary to see the sepulchre. And, behold, there was a great earthquake: for the angel of the Lord descended from heaven, and came and rolled back the stone from the door, and sat upon it. His countenance was like lightning, and his raiment white as snow: And for fear of him the keepers did shake, and became as dead men. And the an-

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gel answered and said unto the women, Fear not ye: for I know that ye seek Jesus, which was crucified. He is not here: for he is risen, as he said. Come, see the place where the Lord lay. And go quickly, and tell his disciples that he is risen from the dead; and, behold, he goeth before you into Galilee; there shall ye see him: lo, I have told you" (Matthew 28:1-7).

STRENGTH AND ENDURANCE TRAINING

(30) Meditation: Meditate on the death and resurrection of Christ. Allow the Spirit of God to take you deep into these scenes. Record the revealing of the Spirit.

CARDIO AND FAT BURNER

(10) How does the death and resurrection of Christ apply to your own daily dying and being born again? Ask God to perform this miracle in your own life on a daily basis.

REST: "Come unto me, all ye that labour and are heavy laden, and I will give you rest" (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to and not resist His will? Ask God to make this devotional practical in your day today.

WEEK 9

Cross Transitions

Day 57: From Lamb to Priest

WARM UP

(5) Stretch: Ask the Lord to expand your capacity to receive the impressions of God's Spirit.

(10) Focus: Focus all your mind and heart on your memory verses, letting all earthly concerns fade. Add the following memory verse:

Scripture Memory: "And they that be wise shall shine as the brightness of the firmament; and they that turn many to righteousness as the stars for ever and ever" (Daniel 12:3).

(10) Petition and Praise

STRENGTH AND ENDURANCE TRAINING

(5) Read: "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. For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin" (Hebrews 4:14, 15).

"And I turned to see the voice that spake with me. And being turned, I saw seven golden candlesticks; And in the midst of the seven candlesticks one like unto the Son of man, clothed with a garment down to the foot, and girt about the paps with a golden girdle. His head and his hairs were white like wool, as white as snow; and his eyes were as a flame of fire; And his feet like unto

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fine brass, as if they burned in a furnace; and his voice as the sound of many waters" (Revelation 1:12-15).

John, writing around A.D. 95, revealed what he saw in vision. Christ, our high priest, was standing in the holy place compartment, in the midst of the seven golden lampstands. The first transition that took place because of the cross was Christ from lamb to high priest. Christ now serves as our high priest interceding on our behalf. He is interceding that we may find mercy in the time of need. Just as the high priest entered upon his work, ministering among the lampstands, so Jesus began his work after his ascension to heaven.

(20) Meditate: Take this time to focus on the transition from lamb to priest. How do the two positions differ? Why is Jesus ministering on our behalf? The blueprint shows that salvation did not end at the altar of sacrifice, but rather began there. How does the cross of Christ begin the journey back to God? Allow the Spirit of God to minister to you during this time. What scriptures or lessons come to mind? Write down what you learn.

CARDIO AND FAT BURNER

(10) Take this time to cooperate with Christ's intercession for you. God calls you to intercede on behalf of your friends and your enemies. If you have enemies, ask God to burn the fat of resentment toward them, and to give you a greater spirit of intercession. Allow God to search you deeper and more thoroughly. Ask Him to show you what you cannot see with your own eye.

REST: "Come unto me, all ye that labour and are heavy laden, and I will give you rest" (Matthew 11:28). **How can you rest in what God has shown you today? How can you submit to and not resist His will? Ask God how you can live out your worship thought today.**

Day 58: From Earthly to Heavenly

WARM UP

(5) **Stretch:** Ask the Lord to expand your capacity to receive the impressions of God's Spirit.

(10) **Focus:** Focus all your mind and heart on your memory verses, letting all earthly concerns fade. Add the following memory verse:

Scripture Memory: "And they that be wise shall shine as the brightness of the firmament; and they that turn many to righteousness as the stars for ever and ever" (Daniel 12:3).

(10) Petition and Praise

STRENGTH AND ENDURANCE TRAINING

(5) **Read:** "O Jerusalem, Jerusalem, thou that killst the prophets, and stonest them which are sent unto thee, how often would I have gathered thy children together, even as a hen gathereth her chickens under her wings, and ye would not! Behold, your house is left unto you desolate" (Matthew 27:37, 38).

"Jesus, when he had cried again with a loud voice, yielded up the ghost. And, behold, the veil of the temple was rent in twain from the top to the bottom; and the earth did quake, and the rocks rent" (Matthew 27:50, 51).

"But Christ being come an high priest of good things to come, by a greater and more perfect tabernacle, not made with hands, that is to say, not of this building" (Hebrews 9:11).

"Now of the things which we have spoken this is the sum: We have such an high priest, who is set on the right hand of the throne of the Majesty in the heavens; A minister of the sanctuary, and of the true tabernacle, which the Lord pitched, and not man" (Hebrews 8:1, 2).

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The cross of Christ also brought about a transition from the earthly temple to the heavenly temple. From the death, resurrection, and ascension of Christ, man's attention was to be turned permanently to the heavenly sanctuary.

Imagine the disappointment of the disciples as they misunderstood Christ's mission as Lamb of God. Next he was resurrected and ascended. Imagine the ridicule they must have faced. The disciples, filled with joy, began to teach that Christ had ascended into a heavenly temple. People probably thought they were making it up in an effort to save face. Amidst these forbidding circumstances, the disciples went forth preaching an unpopular and seemingly unbelievable message.

(20) Meditate: What would you have done were you there? Would you have been among those that mocked, or those that believed in the face of overwhelming odds? What if the internet were around in those days? What kind of bad PR would the disciples have gotten for preaching that Christ had ascended and was in some unseen sanctuary doing the work of intercession? Meditate on the scene. Where would you stand? Record what God has shown you in your Prayer 90 Journal.

CARDIO AND FAT BURNER

(10) Ask the Lord to turn your focus upon the heavenly temple, where Christ is interceding for us. People mock today at the thought of Jesus in a heavenly, unseen temple. What do you believe? Ask the Lord to rid you of any shred of unbelief or tendency to doubt. Search your heart deeply and remember that “for whatsoever is not of faith is sin” (Romans 14:23).

REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to and not resist His will? Record in your Prayer 90 Workbook the things spoken to you by God and His Word. How can you live out today’s worship in your life?

Day 59: From Literal to Spiritual

WARM UP

(5) **Stretch:** Ask the Lord to expand your capacity to receive the impressions of God's Spirit.

(10) **Focus:** Focus all your mind and heart on your memory verses, letting all earthly concerns fade. Add the following memory verse:

Scripture Memory: "But ye shall receive power, after that the Holy Ghost is come upon you: and ye shall be witnesses unto me both in Jerusalem, and in all Judaea, and in Samaria, and unto the uttermost part of the earth" (Acts 1:8).

(10) Petition and Praise

STRENGTH AND ENDURANCE TRAINING

(5) **Read:** "Therefore say I unto you, The kingdom of God shall be taken from you, and given to a nation bringing forth the fruits thereof" (Matthew 21:43).

"And think not to say within yourselves, We have Abraham to our father: for I say unto you, that God is able of these stones to raise up children unto Abraham" (Matthew 3:9).

"Neither, because they are the seed of Abraham, are they all children: but, In Isaac shall thy seed be called. That is, They which are the children of the flesh, these are not the children of God: but the children of the promise are counted for the seed" (Romans 9:7, 8).

"Know ye therefore that they which are of faith, the same are the children of Abraham. For as many of you as have been baptized into Christ have put on Christ ... There is neither Jew nor Greek, there is neither bond nor free, there is neither male nor female: for ye are all one in Christ Jesus. And if ye be Christ's, then are ye Abraham's seed, and heirs according to the promise" (Galatians 3:7; 27, 28).

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The third transition brought about by the cross was the transition from literal to spiritual Israel. Israel had been given 490 years to be prepared for the coming of Christ. They rejected him. As a result, the blueprint was taken from them and they lost their calling to be the people who would take this blueprint of the gospel to the world.

(20) Meditation: Meditate on the following verses and allow God to expand their meaning. What other verses come to mind in light of this transition? Consider the mistake of thinking that once they were the people of God, nothing could change that. What are the dangers of trusting in the flesh while neglecting the Spirit? Israel thought that once they were “saved” they would always be in favor with God. Meditate deeply on this theme.

CARDIO AND FAT BURNER

(10) Take this time to consider the dangers of trusting in the flesh. What lessons can you learn from Israel’s failure to realize that God would judge them by their fruits? Consider the following verse: “And think not to say within yourselves, We have Abraham to our father: for I say unto you, that God is able of these stones to raise up children unto Abraham. And now also the axe is laid unto the root of the trees: therefore every tree which bringeth not forth good fruit is hewn down, and cast into the fire” (Matthew 3:9, 10). Ask God to search your heart. What kind of fruit are you bringing forth?

(5) Silence: Spend this time silencing your soul before God.

Scripture Claim: “But the LORD *is* in his holy temple: let all the earth keep silence before him” (Habakkuk 2:20).

REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to and not resist His will? Record in your Prayer 90 Workbook the things spoken to you by God and His Word. How can you live out today’s worship in your life?

Day 60: The Blueprint Advances

WARM UP

(5) **Silence:** Spend this time silencing your soul before God.

Scripture Claim: “But the LORD *is* in his holy temple: let all the earth keep silence before him” (Habakkuk 2:20).

(10) **Focus:** Review in your mind the scriptures you have memorized. Add the following scripture, or a new one or more of your choosing.

Scripture Memory: “But ye shall receive power, after that the Holy Ghost is come upon you: and ye shall be witnesses unto me both in Jerusalem, and in all Judaea, and in Samaria, and unto the uttermost part of the earth” (Acts 1:8).

(5) **Praise**

STRENGTH AND ENDURANCE TRAINING

(5) **Read:** “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. For we have not an high priest which cannot be touched with the feeling of our infirmities; but was in all points tempted like as we are, yet without sin. Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need” (Hebrews 4:13-15).

Imagine the blueprint as a football. In the beginning God gave this blueprint to His team, Israel. Their mission was to carry it into all the world. They struggled through to get to the 50-yard line. However, at the 50-yard line they voluntarily stumbled and stumbled the blueprint, rejecting its divine architect. God picked up the blueprint, this time the heavenly, not the earthly, and handed it to a new nation: spiritual Israel.

PRAYER 90

“Unto you therefore which believe he is precious: but unto them which be disobedient, the stone which the builders disallowed, the same is made the head of the corner, And a stone of stumbling, and a rock of offence, even to them which stumble at the word, being disobedient: whereunto also they were appointed. But ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should shew forth the praises of him who hath called you out of darkness into his marvellous light: Which in time past were not a people, but are now the people of God: which had not obtained mercy, but now have obtained mercy” (1 Peter 2:7-10).

This is what happened at the 50-yard line of this conflict between good and evil. Israel after the flesh had rejected the Messiah. Therefore, the sanctuary truth and the mission of bringing the gospel to the world was taken from them and given to the Gentiles. The mission, then, of the early church was to preach this gospel in all the world, to take it into the end zone.

(20) Meditation: Meditate on the above scene. Why did the transition take place? Can we possibly lose our place just as Israel after the flesh lost theirs? How? What is your mission as a member of God’s team?

CARDIO AND FAT BURNER:

(10) Silence: Take this time to silence the soul before God. Focus on His presence and His voice. What is He saying to you in light of your study?

(5) Praise: Take this time to praise God for what He has shown you!

REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). **How can you rest in what God has shown you today? How can you submit to and not resist His will?** Ask God to show you how you can live out your worship today.

Day 61: Satan Counters Through Israel and Rome

WARM UP

(5) **Silence:** Spend this time silencing your soul before God.

Scripture Claim: “But the LORD *is* in his holy temple: let all the earth keep silence before him” (Habakkuk 2:20).

(10) **Focus:** Review in your mind the scriptures you have memorized. Add the following scripture, or a new one or more of your choosing.

Scripture Memory: “Therefore said he unto them, The harvest truly is great, but the labourers are few: pray ye therefore the Lord of the harvest, that he would send forth labourers into his harvest” (Luke 10:2).

(5) **Praise**

STRENGTH AND ENDURANCE TRAINING

(5) **Read:** “And at that time there was a great persecution against the church which was at Jerusalem; and they were all scattered abroad throughout the regions of Judaea and Samaria, except the apostles” (Acts 8:1).

In the early centuries Satan brought persecution upon the church through a two-pronged assault from Israel after the flesh and pagan Rome. Both of these powers sought to crush out Christianity.

(20) **Meditation:** What was Satan’s purpose in trying to stamp out the church? What did they have in their possession that would make them dangerous in his eyes? What did they have that Satan didn’t want them taking to the world?

CARDIO AND FAT BURNER:

(10) **Silence:** Take this time to silence the soul before God. Focus on His presence and His voice. What is He saying to you in light of your study?

PRAYER 90

(5) Praise: Take this time to praise God for what He has shown you!

REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to and not resist His will? Ask God to show you how you can live out your worship today.

Day 62: Abraham’s Promise: Israel Multiplies

WARM UP

(5) Confession

(10) Focus: Review in your mind the scriptures you have memorized. Add the following new scripture, or one or more of your choosing.

Scripture Memory: “Therefore said he unto them, The harvest truly is great, but the labourers are few: pray ye therefore the Lord of the harvest, that he would send forth labourers into his harvest” (Luke 10:2).

(10) Petition and Praise

STRENGTH AND ENDURANCE TRAINING

(5) Read: “Then they that gladly received his word were baptized: and the same day there were added unto them about three thousand souls. And they, continuing daily with one accord in the temple, and breaking bread from house to house, did eat their meat with gladness and singleness of heart, Praising God, and having favour with all the people. And the Lord added to the church daily such as should be saved” (Acts 2:41, 42, 46, 47).

(20) Meditation: God had promised Abraham a great multitude in the Old Testament. This promise is now applied to spiritual Israel, that is, Jew or Gentile that believes in Jesus. No matter how much Satan persecutes with fire and death, the church multiplies. Focus

Week 9: Cross Transitions

on the zeal of the church in seeing the fulfillment of the promise to Abraham. We multiply by soul-winning. Allow God to speak to you during this time, bringing verses, stories, and illustrations to your mind.

CARDIO AND FAT BURNER

(10) Cardio: How faithful are you in time of persecution from your family, friends, workplace, or enemies? Ask God to search your heart and burn from it the fat of unfaithfulness.

REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to and not resist His will? Ask God to show you how you can live out your worship today.

Day 63: Recap

WARM UP

(10) Focus: Lay all your burdens at the foot of the cross of Christ, emptying your mind of distractions, problems, and issues so that you can direct your entire mental focus upon the Word of God and God Himself.

(10) Petitions: Lift your petitions to God, and confess any sins.

STRENGTH AND ENDURANCE TRAINING

(40) Review: On this day, recap on the screen of your mind all you have learned over the last nine weeks. String the themes together and allow the Spirit of God to speak to your heart. Write down thoughts that come to your mind. Let the Spirit of God lead you in your prayer time this morning.

WEEK 10

The Blueprint Cast Down

Day 64: The Sanctuary Captured / God's People Scattered

WARM UP
Confession

Praise and Petition

Silence

Focus and Scripture Memory

STRENGTH AND ENDURANCE TRAINING

Read: “Yea, he magnified himself even to the prince of the host, and by him the daily sacrifice was taken away, and the place of his sanctuary was cast down” (Daniel 8:11).

“And he shall speak great words against the most High, and shall wear out the saints of the most High, and think to change times and laws: and they shall be given into his hand until a time and times and the dividing of time” (Daniel 7:25).

Satan saw that his assault against Christianity through pagan Rome and Israel after the flesh only caused God's people to multiply. Around A.D. 321 a new tactic was employed. Rome made Christianity its official religion, but in so doing paganism began to creep into church teachings. In this way Satan began to attack the heavenly sanctuary truths by obscuring them under a counterfeit

Week 10: The Blueprint Cast Down

of the genuine. At the same time, over the next 1,000 years, anyone refusing to go along with the new version of Christianity was to be persecuted.

Meditation: Focus on the insidious attack of Satan. How was it similar to what he did in heaven? Why is Satan's best front infiltration of the congregation of God? Consider Jesus' words, "This people draweth nigh unto me with their mouth, and honoureth me with their lips; but their heart is far from me. But in vain they do worship me, teaching for doctrines the commandments of men" (Matthew 15:8, 9).

CARDIO AND FAT BURNER

Cardio: Search your heart in reference to the above scripture. Do you honor the traditions of men above the Word of God? If you found you were doing something that you thought was of God and then discovered it was actually a counterfeit, and against the Word of God, would you cling to or forsake the tradition?

REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to His will?

Day 65: The Brazen Altar Trampled

WARM UP

Confession

Praise and Petition

Silence

Focus and Scripture Memory

STRENGTH AND ENDURANCE TRAINING

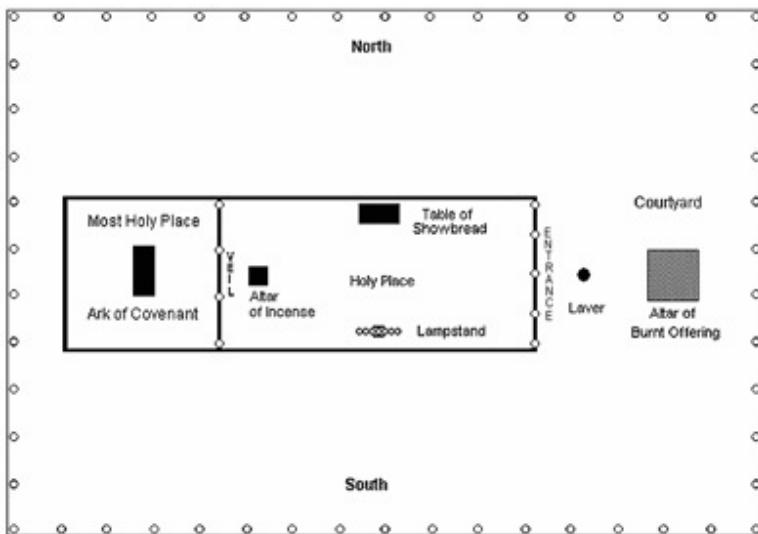
Read: “Yea, he magnified himself even to the prince of the host, and by him the daily sacrifice was taken away, and the place of

PRAYER 90

his sanctuary was cast down ... And it cast down the truth to the ground; and it practised, and prospered" (Daniel 8:12).

"For Christ also hath once suffered for sins, the just for the unjust, that he might bring us to God, being put to death in the flesh, but quickened by the Spirit" (1 Peter 3:18).

The brazen altar reflects the truth of Christ's one-time sacrifice, and that the first condition of salvation is faith in what Christ did for us at the cross. This truth, symbolized by the brazen altar, was cast down when the church of the Dark Ages began to teach that they had power to sacrifice Christ again and again on the altar. They also began to teach that forgiveness through the death of Christ was not sufficient. Instead, indulgences were sold so that people could obtain forgiveness from the punishment of hell.



Meditate: How did this supplanting of truth affect the teachings of Christianity? Why was it so deceptive?

CARDIO AND FAT BURNER

Silence: Listen for God to speak to you concerning what you are learning.

REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to His will?

Day 66: The Laver Trampled

WARM UP

Stretch

Focus

Petition

Confession

STRENGTH AND ENDURANCE TRAINING

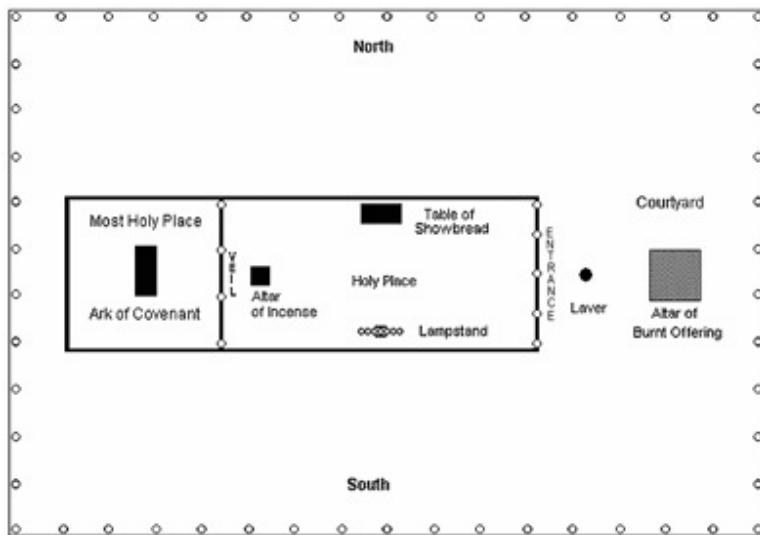
Read: “Yea, he magnified himself even to the prince of the host, and by him the daily sacrifice was taken away, and the place of his sanctuary was cast down ... And it cast down the truth to the ground; and it practised, and prospered” (Daniel 8:12).

“Then Peter said unto them, Repent, and be baptized every one of you in the name of Jesus Christ for the remission of sins, and ye shall receive the gift of the Holy Ghost” (Acts 2:38).

The laver symbolized the repentant sinner, who, having accepted Christ’s death on his behalf, was to be baptized only after he acknowledged his sin and need for Christ. This truth was lost when the church began to teach infant baptism, and hence baptism by sprinkling.

Meditation: How would this teaching affect the teaching of Christianity in the future? What would it do to the need for

PRAYER 90



genuine repentance in order to be accepted into the kingdom of God? How would it affect the rich symbolism of baptism by immersion? Consider the following verse:

"Know ye not, that so many of us as were baptized into Jesus Christ were baptized into his death? Therefore we are buried with him by baptism into death: that like as Christ was raised up from the dead by the glory of the Father, even so we also should walk in newness of life. For if we have been planted together in the likeness of his death, we shall be also in the likeness of his resurrection: 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" (Romans 6:3-6).

Silence

REST: "Come unto me, all ye that labour and are heavy laden, and I will give you rest" (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to His will?

Day 67: The Table of Shewbread Trampled

Focus

Praise

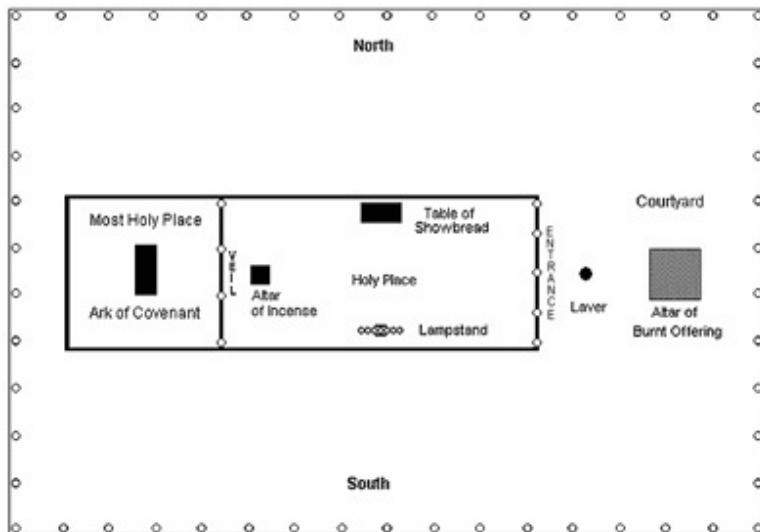
Silence

STRENGTH AND ENDURANCE TRAINING

Read: “Yea, he magnified himself even to the prince of the host, and by him the daily sacrifice was taken away, and the place of his sanctuary was cast down … and it cast down the truth to the ground; and it practised, and prospered” (Daniel 8:11, 12).

“But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God” (Matthew 4:4).

“But he answered and said unto them, Why do ye also transgress the commandment of God by your tradition?” (Matthew 15:3).



PRAYER 90

The table of shewbread represented the truth that the Word of God is sufficient for salvation, and that the Word of God is for all men. This truth was cast down when the church of the Dark Ages began to teach that the common person could not understand the Word of God for himself. Instead, they would need to go to the leaders of the church to have them explain the Word. In this way many traditions not found in the Bible found their way into the church, unchallenged by the common person. And anyone found in possession of a Bible was persecuted by the church itself.

Meditate: How did this new teaching affect Christianity, and does it affect it even to this day?

CARDIO AND FAT BURNER

Silence

REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to His will?

Day 68: The Altar of Incense Trampled Praise

Confession

Petition

Focus

STRENGTH AND ENDURANCE TRAINING

Read: “Yea, he magnified himself even to the prince of the host, and by him the daily sacrifice was taken away, and the place of his sanctuary was cast down ... and it cast down the truth to the ground; and it practised, and prospered” (Daniel 8:11, 12).

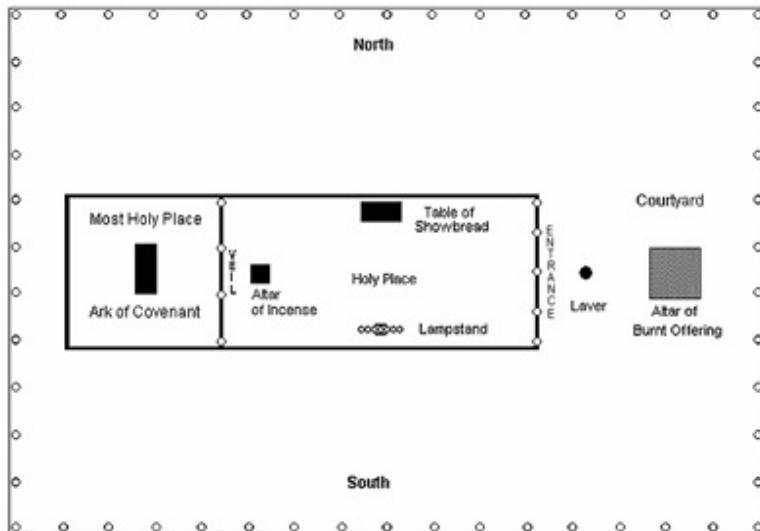
Week 10: The Blueprint Cast Down

“And the smoke of the incense, which came with the prayers of the saints, ascended up before God out of the angel’s hand” (Revelation 8:4).

“For there is one God, and one mediator between God and men, the man Christ Jesus” (1 Timothy 2:15).

“Why doth this man thus speak blasphemies? who can forgive sins but God only?” (Mark 2:7).

The altar of incense symbolized the truth that there is one mediator between God and man, and that man could have direct access to the throne of God through Christ’s mediation. This truth was cast down with the creation of the confessional booth, a two-compartment room in which a man sits in the place of God, claiming to have power to forgive sins. The church of the Dark Ages would teach that man had to go through dead saints and living priests in order to have access to God.



PRAYER 90

Meditation: How would the casting down of this truth during the Dark Ages affect Christianity? Meditate upon the importance of understanding that Christ only is our mediator. Why was this error so successful? Why did it prosper?

CARDIO AND FAT BURNER

Cardio

REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to His will?

Day 69: The Seven-Branched Candlestick Trampled

Focus

Praise

Confession

Petition

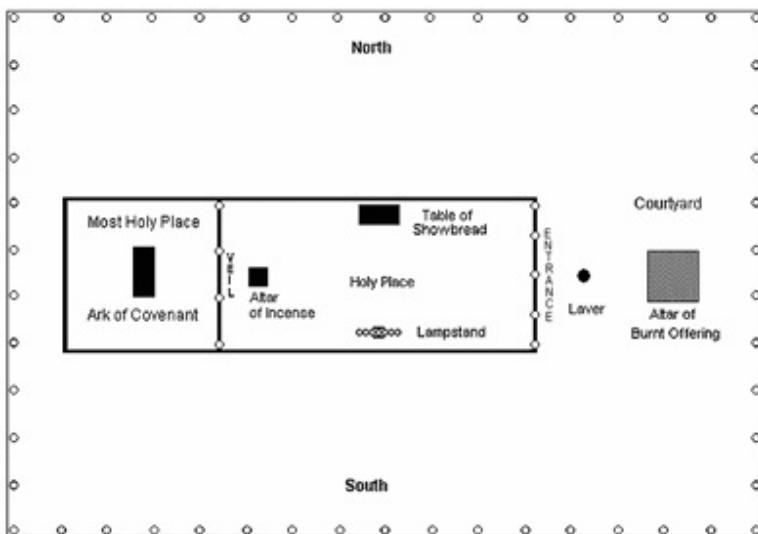
STRENGTH AND ENDURANCE TRAINING

Read: “Yea, he magnified himself even to the prince of the host, and by him the daily sacrifice was taken away, and the place of his sanctuary was cast down ... and it cast down the truth to the ground; and it practised, and prospered” (Daniel 8:11, 12).

“Ye are the light of the world. A city that is set on an hill cannot be hid. Neither do men light a candle, and put it under a bushel, but on a candlestick; and it giveth light unto all that are in the house. Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven” (Matthew 5:14-16).

Week 10: The Blueprint Cast Down

The candlestick illustrates the people of God spreading the light to the world. This light was nearly put out by the church of *the Dark Ages*, which persecuted millions of Christians and almost wiped out the blueprint, which showed the true way of salvation.



Meditate:

CARDIO AND FAT BURNER

Cardio: How is your fire? Do you let your light shine, even if that light is unpopular?

REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to His will?

Day 70: The Law of God Trampled Focus

Confession

Praise

Petition

STRENGTH AND ENDURANCE TRAINING

Read: “Yea, he magnified himself even to the prince of the host, and by him the daily sacrifice was taken away, and the place of his sanctuary was cast down. and it cast down the truth to the ground; and it practised, and prospered” (Daniel 8:11, 12).

“And he shall speak great words against the most High, and shall wear out the saints of the most High, and think to change times and laws: and they shall be given into his hand until a time and times and the dividing of time” (Daniel 7:25).

The law of God located in the Most Holy Place reveals the truth that the foundation of God’s government is His law, as all governments are based on law. Since God’s government is perfect and hence unchangeable, so is the law upon which that government is based. Hence Satan, the one-time “covering cherub,” attempted to “change times and laws,” which is exactly what he attempted to do in heaven.

“The earth mourneth and fadeth away, the world languisheth and fadeth away, the haughty people of the earth do languish. The earth also is defiled under the inhabitants thereof; because they have transgressed the laws, changed the ordinance, broken the everlasting covenant. Therefore hath the curse devoured the earth, and they that dwell therein are desolate: therefore the inhabitants of the earth are burned, and few men left” (Isaiah 24:4-6).

Week 10: The Blueprint Cast Down

This truth of the unchangeable law of God was cast down during the Dark Ages.

Meditate: MYSTERY QUESTION: Read over the Ten Commandments found in Exodus 20. Ask God to show you which one of these commandments has been altered by “tradition.” Why would Satan choose to tamper with this specific commandment? As you meditate, consider the principle found in James 2:10-12. “For whosoever shall keep the whole law, and yet offend in one point, he is guilty of all. For he that said, Do not commit adultery, said also, Do not kill. Now if thou commit no adultery, yet if thou kill, thou art become a transgressor of the law.”

CARDIO AND FAT BURNER

Silence

Cardio: Remember how one-third of the angels in heaven were deceived? How the war had broken the rest in heaven? How is Satan’s assault on the law of God now similar to his assault upon it in heaven?

WEEK 11

The Blueprint Restored

Day 71: The Sanctuary Restored

WARM UP

Focus

Petition

Praise

STRENGTH AND ENDURANCE TRAINING

Read: “Then I heard one saint speaking, and another saint said unto that certain saint which spake, How long shall be the vision concerning the daily sacrifice, and the transgression of desolation, to give both the sanctuary and the host to be trodden under foot? And he said unto me, Unto two thousand and three hundred days; then shall the sanctuary be cleansed” (Daniel 8:13, 14).

The prophecy of Daniel 8:13, 14 is an answer to the question of how long the truths that were cast down would remain obscure. In other words, at some point in the future, all the truths that had been lost sight of would be restored and this would usher in the final drive to the finish line, the end zone of time.

No starting point is given until Daniel 9:25. “Know therefore and understand, that from the going forth of the commandment to restore and to build Jerusalem.” This would be the same starting point as the 70-week prophecy, which had been given to Israel after the flesh concerning the coming of Jesus. That year was 457

Week 11: The Blueprint Restored

B.C. If we add 2,300 years (remembering that a day in Bible prophecy equals a year), it would bring us to 1844 as the time that the truths of the sanctuary would be fully restored.

Meditate: Consider the importance of such a declaration for the people of God who had been scattered by the enemy and had also lost sight of the heavenly sanctuary and blueprint. If the devil knew about this prediction, what do you think he would do against the very ones whom God would use to declare these restored truths? Consider Revelation 12:17 in light of this.

“And the dragon was wroth with the woman, and went to make war with the remnant of her seed, which keep the commandments of God, and have the testimony of Jesus Christ.”

CARDIO AND FAT BURNER

Silence

REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to His will?

Day 72: The Shewbread Restored

WARM UP

Focus

Praise

Stretch

Confess

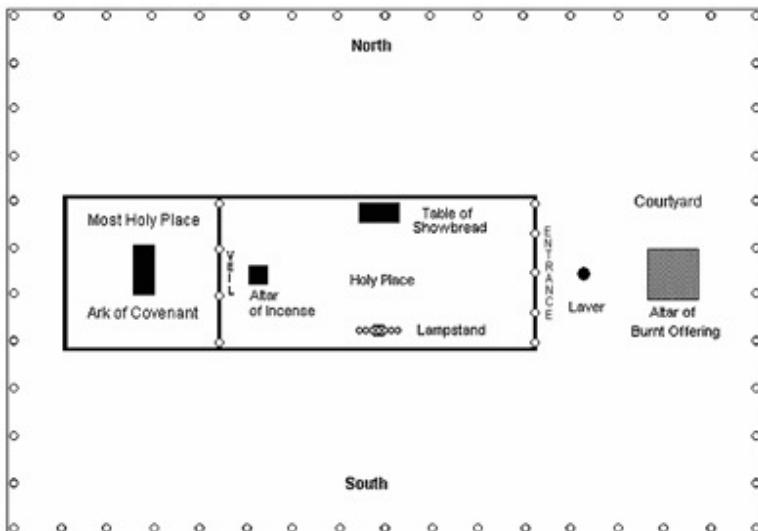
STRENGTH AND ENDURANCE TRAINING

Read: “Wherewithal shall a young man cleanse his way? by taking heed thereto according to thy word” (Psalm 119:9).

“Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth” (2 Timothy 2:15).

PRAYER 90

Over a period of 500 years, God would raise up people and movements to restore a different element of the blueprint. In the 1300s John Wycliff translated the Bible into the common language of the people. He, in essence, restored the table of shewbread, or the Word of God, to the people.



Meditate: Focus on the restoration of the Word of God to the common people. Focus on how gladly they accepted the Word, and how it was the Word that paved the way for a future reformation. Meditate on the fact that the Word of God is what saves us from deception.

CARDIO AND FAT BURNER

Silence

REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to His will?

Day 73: The Altar of Sacrifice Restored

WARM UP

Focus

Praise

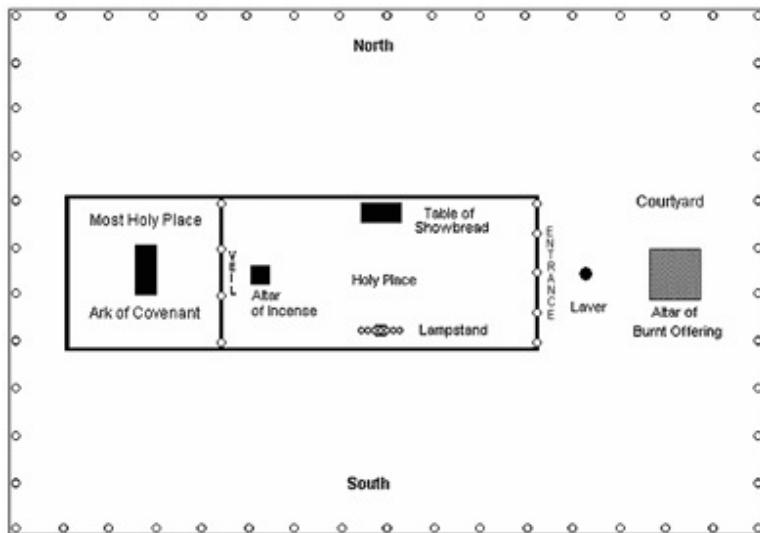
Petition

Confession

STRENGTH AND ENDURANCE TRAINING

Read: “For therein is the righteousness of God revealed from faith to faith: as it is written, The just shall live by faith” (Roman 1:17).

In the 1400s, Martin Luther was born. Martin Luther, founder of the Lutheran Church, began the reformation in 1517 with his ninety-five theses, a document calling out the abuses of the church. The truth that sparked Martin Luther was that the sacrifice of Christ was sufficient for salvation, and one need not perform indulgences to be forgiven. Martin Luther had begun to restore the truth taught at the altar of sacrifice, that the death of Christ was sufficient for forgiveness of sins.



PRAYER 90

Meditate

CARDIO AND FAT BURNER

Silence

REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to His will?

Day 74: The Altar of Incense Restored

Focus

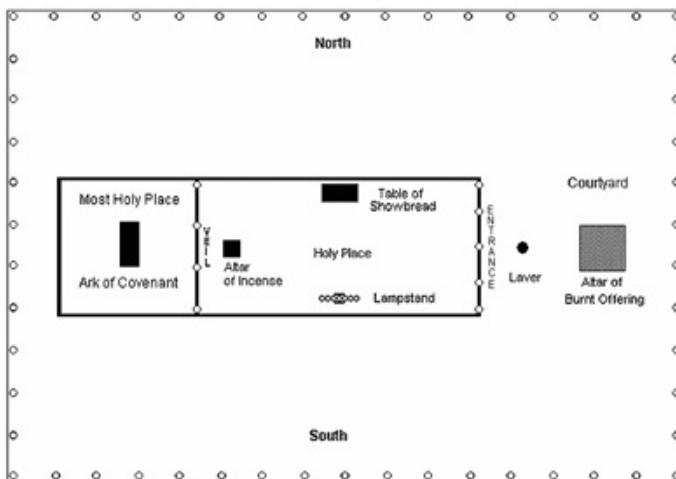
Praise

Stretch

Confession

STRENGTH AND ENDURANCE TRAINING

Read: “Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need” (Hebrews 4:16).



Week 11: The Blueprint Restored

In the 1500s, God raised up John Calvin, founder of the Presbyterian Church, who emphasized personal prayer. Calvin would do much as one of the most prolific authors on the subject of prayer to help restore the truth symbolized by the altar of incense.

Meditate

Silence

CARDIO AND FAT BURNER

Cardio

REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to His will?

Day 75: The Laver Restored

WARM UP

Focus

Stretch

Confess

Praise and Petition

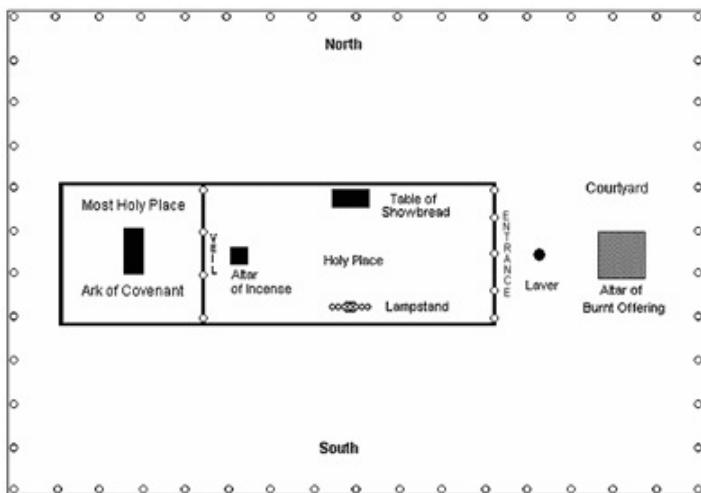
STRENGTH AND ENDURANCE TRAINING

Read: “One Lord, one faith, one baptism” (Ephesians 4:5).

In the 1600s, God would raise up yet another movement, the Baptists, led by John Smyth. The Baptists emphasized, among other things, baptism by immersion only, which also required confession of sins and thus made infant baptism unacceptable.

Meditate

PRAYER 90



CARDIO AND FAT BURNER

Cardio

REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to His will?

Day 76: The Seven-Branched Candlestick Restored

WARM UP

Focus

Stretch

Confession

Praise and Petition

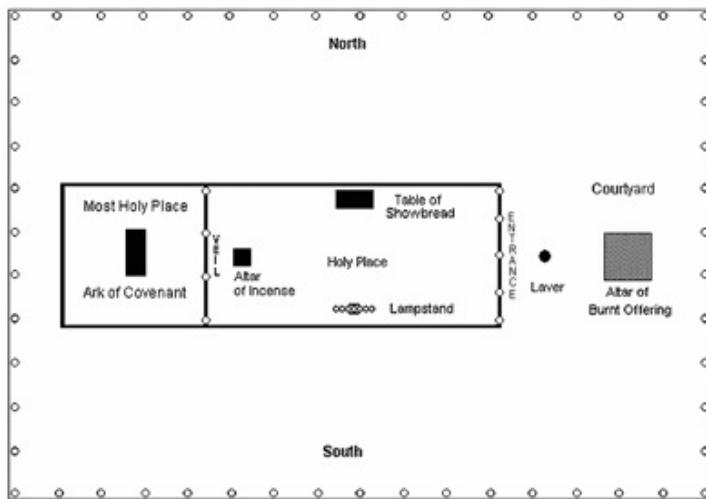
STRENGTH AND ENDURANCE TRAINING

Read: “But ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should shew forth the praises of

Week 11: The Blueprint Restored

him who hath called you out of darkness into his marvellous light” (1 Peter 2:9).

In the 1700s, God rose up yet another man and movement, John Wesley, founder of the Methodist Church. With an emphasis on godly living and missionary work, Wesley would restore the truth taught by the candlestick, that we are indeed the light of the world. As Christians our work is the winning of souls, not through the fire of persecution but through the fire of love.



Meditate

CARDIO AND FAT BURNER

Cardio

Silence

REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to His will?

Day 77: The Ark of the Covenant Restored

WARM UP

Focus

Praise

Confession

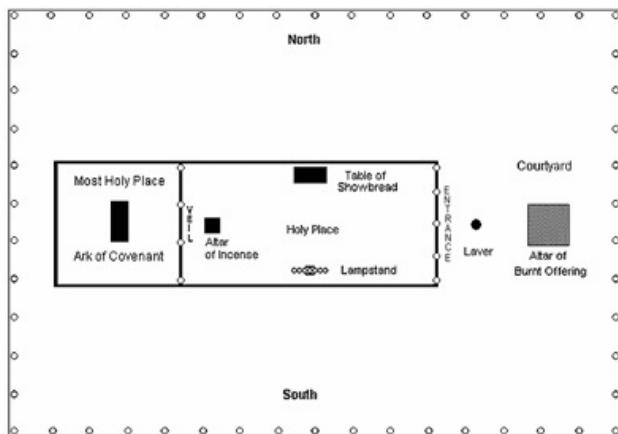
Petition

STRENGTH AND ENDURANCE TRAINING

Read: “For I the LORD thy God am a jealous God, visiting the iniquity of the fathers upon the children unto the third and fourth generation of them that hate me; And shewing mercy unto thousands of them that love me, and keep my commandments” (Exodus 20:5, 6).

“Here is the patience of the saints: here are they that keep the commandments of God, and the faith of Jesus” (Revelation 14:12).

Meditate: MYSTERY QUESTION: By the 1800s, what one truth was left to be restored and how would Satan feel about those whom God raised up for this task? Consider the following verses again:



Week 11: The Blueprint Restored

“He shall think to change times and laws” (Daniel 7:25).

“And the dragon was wroth with the woman, and went to make war with the remnant of her seed, which keep the commandments of God, and have the testimony of Jesus Christ” (Revelation 12:17).

Silence

REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to His will?

WEEK 12

The End Zone

Day 78: The First Angel's Message

WARM UP

Focus

Stretch

Confession

Petition

STRENGTH AND ENDURANCE TRAINING

Read: “And I saw another angel fly in the midst of heaven, having the everlasting gospel to preach unto them that dwell on the earth, and to every nation, and kindred, and tongue, and people, Saying with a loud voice, Fear God, and give glory to him; for the hour of his judgment is come: and worship him that made heaven, and earth, and the sea, and the fountains of waters” (Revelation 14:6, 7).

STRENGTH AND ENDURANCE TRAINING

“Let us hear the conclusion of the whole matter: Fear God, and keep his commandments: for this is the whole duty of man. For God shall bring every work into judgment, with every secret thing, whether it be good, or whether it be evil” (Ecclesiastes 12:13, 14).

Jesus left the disciples and the early church with a commission. They were to do the work that literal Israel had failed to do, to take the gospel blueprint into all the world. “And he said unto them,

Week 12: The End Zone

Go ye into all the world, and preach the gospel to every creature” (Mark 16:15).

“And this gospel of the kingdom shall be preached in all the world for a witness unto all nations; and then shall the end come” (Matthew 24:14).

Through a series of attacks from Satan, the gospel blueprint was cast down and the people of God scattered. But by God’s intervention, the gospel was fully restored over a period of 500 years. The gospel being fully restored, the final dash to the end of time is under way as is revealed in the message of Revelation 14:6: “And I saw another angel fly in the midst of heaven, having the everlasting gospel to preach unto them that dwell on the earth, and to every nation, and kindred, and tongue, and people.”

Immediately after the warnings of the three angels’ messages of Revelation 14 go to the whole world, the next thing to happen is the harvest.

“And I looked, and behold a white cloud, and upon the cloud one sat like unto the Son of man, having on his head a golden crown, and in his hand a sharp sickle. And another angel came out of the temple, crying with a loud voice to him that sat on the cloud, Thrust in thy sickle, and reap: for the time is come for thee to reap; for the harvest of the earth is ripe. And he that sat on the cloud thrust in his sickle on the earth; and the earth was reaped” (Revelation 14:14-16).

Hence, the three angels’ messages of Revelation 14 are the final messages to the whole world, to prepare them for the coming of Jesus.

Meditate: What is the significance of the first angel’s message being a call to fear God by keeping His commandments? How does this tie in with Daniel 7:25: “And he shall ... think to change times and

PRAYER 90

laws”? How does this final message tie in with the rebellion that occurred in heaven?

CARDIO AND FAT BURNER

Cardio: Are you part of the first angel's message or against it?

Silence

REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to His will?

Day 79: The Second Angel's Message

WARM UP

Stretch

Focus

Petition

Praise

STRENGTH AND ENDURANCE TRAINING

Read: “And there followed another angel, saying, Babylon is fallen, is fallen, that great city, because she made all nations drink of the wine of the wrath of her fornication” (Revelation 14:8).

“And after these things I saw another angel come down from heaven, having great power; and the earth was lightened with his glory. And he cried mightily with a strong voice, saying, Babylon the great is fallen, is fallen, and is become the habitation of devils, and the hold of every foul spirit, and a cage of every unclean and hateful bird. For all nations have drunk of the wine of the wrath of her fornication, and the kings of the earth have committed fornication with her, and the merchants of the earth are waxed rich

Week 12: The End Zone

through the abundance of her delicacies. And I heard another voice from heaven, saying, Come out of her, my people, that ye be not partakers of her sins, and that ye receive not of her plagues” (Revelation 18:1-4).

Babylon represents confusion. The second angel’s message is a call to separate from every system that is teaching a false gospel, a gospel contrary to the blueprint. Hence, any church that holds on to a false gospel, any church that is against the government of God and its foundational law, is symbolized as Babylon. Just as Satan disguised his rebellion against God’s government under a holy appearance, so he does on earth, leading people to think that God’s law is done away with and not needed for righteousness.

Meditate: In what ways is it evident that many churches are against the ten commandments of God?

CARDIO AND FAT BURNER

Cardio: “For this is the covenant that I will make with the house of Israel after those days, saith the Lord; I will put my laws into their mind, and write them in their hearts: and I will be to them a God, and they shall be to me a people” (Hebrews 8:10).

Are you living under the new covenant? Is the law of God in your heart, or is your heart against it? Allow God to search your heart and write His will on it.

Silence

REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to His will?

Day 80: The Third Angel's Message

WARM UP

Focus

Praise

Confession

Petition

STRENGTH AND ENDURANCE TRAINING

Read: “And the third angel followed them, saying with a loud voice, If any man worship the beast and his image, and receive his mark in his forehead, or in his hand, The same shall drink of the wine of the wrath of God, which is poured out without mixture into the cup of his indignation; and he shall be tormented with fire and brimstone in the presence of the holy angels, and in the presence of the Lamb: And the smoke of their torment ascendeth up for ever and ever: and they have no rest day nor night, who worship the beast and his image, and whosoever receiveth the mark of his name. Here is the patience of the saints: here are they that keep the commandments of God, and the faith of Jesus” (Revelation 14:9-12).

Whatever the mark of the beast is, those who “keep the commandments of God, and the faith of Jesus” will not receive it. The mark of the beast is the mark of rebellion, the mark of iniquity. God’s people are sealed. “Bind up the testimony, seal the law among my disciples” (Isaiah 8:16).

Just as Cain was marked in his forehead because he had broken the law of God in that he murdered Abel, so the mark of the beast is a mark of lawlessness.

James records this: “For whosoever shall keep the whole law, and yet offend in one point, he is guilty of all. For he that said, Do not commit adultery, said also, Do not kill. Now if thou commit no

Week 12: The End Zone

adultery, yet if thou kill, thou art become a transgressor of the law” (James 2:10-12).

Satan’s attempt to change laws, to set up a counterfeit law and then enforce it upon pain of death, is with the intent to mark people with the mark of rebellion. This mark is not yet here, but when it comes it will be in opposition to one of God’s ten commandments, and will be enforced on pain of death.

Meditate: Notice how the wicked have “no rest.” What connection does this have to what happened in heaven, and what Satan, the covering cherub, has done to the law of God on earth? Consider how Cain believed that as long as he worshiped God, as long as he gave God something, that God should be alright with it. How will this same concept deceive well meaning people in that time?

CARDIO AND FAT BURNER

Cardio

Silence

REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to His will?

Day 81: The Latter Rain

WARM UP

Focus

Stretch

Petition

Praise

Confession

STRENGTH AND ENDURANCE TRAINING

Read: “Then shall we know, if we follow on to know the LORD: his going forth is prepared as the morning; and he shall come unto us as the rain, as the latter and former rain unto the earth” (Hosea 6:3).

The Bible speaks of a time in the end when the Spirit of God will be poured out upon His people, giving them a final boost to preach the gospel in all the world with special power. Just as this power was poured out to assist the early church as the early rain (See Acts 2 on the day of Pentecost), so it will be poured out upon God’s church in the last days, also known as the latter rain. This latter rain will make the harvest ready to be reaped. The latter rain prepares God’s people for the Second Coming, where Christ reaps the earth. The people of God will preach with great power under this outpouring of the Spirit. It is described in Revelation 18:1-4:

“And after these things I saw another angel come down from heaven, having great power; and the earth was lightened with his glory. And he cried mightily with a strong voice, saying, Babylon the great is fallen, is fallen, and is become the habitation of devils, and the hold of every foul spirit, and a cage of every unclean and hateful bird. For all nations have drunk of the wine of the wrath of her fornication, and the kings of the earth have committed fornication with her, and the merchants of the earth are waxed rich through the abundance of her delicacies. And I heard another voice from heaven, saying, Come out of her, my people, that ye be not partakers of her sins, and that ye receive not of her plagues.”

Meditate

CARDIO AND FAT BURNER

Cardio: In the early rain, the Spirit fell only on those who were praying and confessing their sins. Who will the latter rain fall on then? Where do you stand?

Week 12: The End Zone

REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to His will?

Day 82: The Time of Trouble

WARM UP

Focus

Praise

Petition

Silence

STRENGTH AND ENDURANCE TRAINING

Read: “And at that time shall Michael stand up, the great prince which standeth for the children of thy people: and there shall be a time of trouble, such as never was since there was a nation even to that same time: and at that time thy people shall be delivered, every one that shall be found written in the book” (Daniel 12:1).

“But pray ye that your flight be not in the winter, neither on the sabbath day: For then shall be great tribulation, such as was not since the beginning of the world to this time, no, nor ever shall be. And except those days should be shortened, there should no flesh be saved: but for the elect’s sake those days shall be shortened” (Matthew 24:20-22).

Jesus spoke of a time of trouble that will come upon the people of God. This time of trouble culminates with the following event:

“And he had power to give life unto the image of the beast, that the image of the beast should both speak, and cause that as many as would not worship the image of the beast should be killed. And he causeth all, both small and great, rich and poor, free and bond, to receive a mark in their right hand, or in their foreheads: And that

PRAYER 90

no man might buy or sell, save he that had the mark, or the name of the beast, or the number of his name. Here is wisdom. Let him that hath understanding count the number of the beast: for it is the number of a man; and his number is Six hundred threescore and six" (Revelation 13:15-18).

Meditate

CARDIO AND FAT BURNER

If your life were put on the line, as the three Hebrews who were asked to bow down before an idol or be cast into a burning furnace (See Daniel 3), what would you do? Ask God to burn away the fat of compromise from your life.

REST: "Come unto me, all ye that labour and are heavy laden, and I will give you rest" (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to His will?

Day 83: The Seven Last Plagues

Focus

Stretch

Praise and Petition

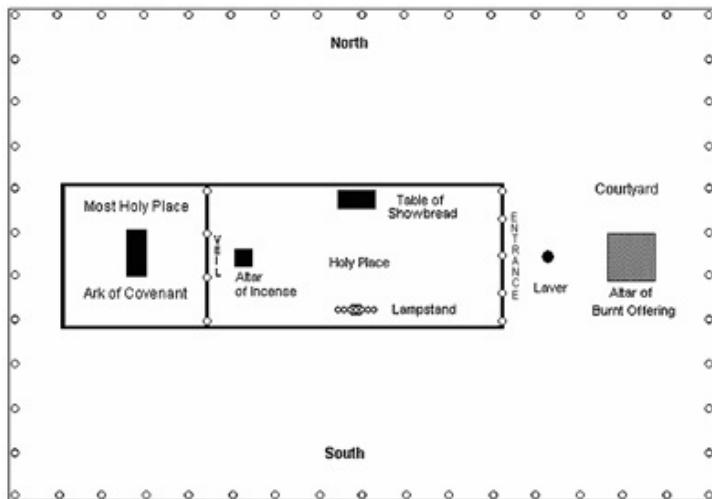
Confess

STRENGTH AND ENDURANCE TRAINING

Read: "And I saw another sign in heaven, great and marvellous, seven angels having the seven last plagues; for in them is filled up the wrath of God ... And after that I looked, and, behold, the temple of the tabernacle of the testimony in heaven was opened: And the seven angels came out of the temple, having the seven plagues, clothed in pure and white linen, and having their breasts girded with golden girdles" (Revelation 15:1, 5, 6).

Week 12: The End Zone

The angels with the seven last plagues have come to punish those who have been persecuting those who “keep the commandments of God and the faith of Jesus” (Revelation 14:12). They are seen coming out of the “tabernacle of the testimony” or the most holy, wherein is the law of God.



Those who are spared from the plagues are described in this way: “for I the LORD thy God am a jealous God, visiting the iniquity of the fathers upon the children unto the third and fourth generation of them that hate me; *And shewing mercy unto thousands of them that love me, and keep my commandments*” (Exodus 20:4-6).

Those who keep the commandments of God will find mercy, while those who ignored or broke them willingly without repentance will suffer the seven last plagues. God’s desire is to move you by faith into a “Most Holy Place” relationship with Him. Here is the benefit of getting into the “ark” of the covenant before the plagues fall.

“He that dwelleth in the secret place of the most High” (that is, the Most Holy Place) “shall abide under the shadow of the Almighty. I will say of the LORD, He is my refuge and my fortress: my God; in him will I trust. Surely he shall deliver thee from the snare of the

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fowler, and from the noisome pestilence. He shall cover thee with his feathers, and under his wings shalt thou trust: his truth shall be thy shield and buckler. Thou shalt not be afraid for the terror by night; nor for the arrow that flieth by day; Nor for the pestilence that walketh in darkness; nor for the destruction that wasteth at noonday. A thousand shall fall at thy side, and ten thousand at thy right hand; but it shall not come nigh thee. Only with thine eyes shalt thou behold and see the reward of the wicked. Because thou hast made the LORD, which is my refuge, even the most High, thy habitation; There shall no evil befall thee, neither shall any plague come nigh thy dwelling” (Psalm 91:1-10).

Meditate

CARDIO AND FAT BURNER

Cardio

Silence

REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to His will?

Day 84: The Second Coming

Focus

Stretch

Praise

STRENGTH AND ENDURANCE TRAINING

Read: “Behold, he cometh with clouds; and every eye shall see him, and they also which pierced him: and all kindreds of the earth shall wail because of him. Even so, Amen” (Revelation 1:7).

Week 12: The End Zone

“But as the days of Noe were, so shall also the coming of the Son of man be. For as in the days that were before the flood they were eating and drinking, marrying and giving in marriage, until the day that Noe entered into the ark, And knew not until the flood came, and took them all away; so shall also the coming of the Son of man be. Then shall two be in the field; the one shall be taken, and the other left. Two women shall be grinding at the mill; the one shall be taken, and the other left” (Matthew 24:37-41).

“And all flesh died that moved upon the earth, both of fowl, and of cattle, and of beast, and of every creeping thing that creepeth upon the earth, and every man: All in whose nostrils was the breath of life, of all that was in the dry land, died. And every living substance was destroyed which was upon the face of the ground, both man, and cattle, and the creeping things, and the fowl of the heaven; and they were destroyed from the earth: and Noah only remained alive, and they that were with him in the ark” (Genesis 7:21-23).

Jesus uses the story of Noah and the Flood to describe his second coming.

Meditate: What happened to those who were “taken” in the days of Noah? Was there a second chance for them? What happens to those who are not ready for Jesus’ return? What happens to those not caught up at the second coming of Christ?

“And another angel came out of the temple which is in heaven, he also having a sharp sickle. And another angel came out from the altar, which had power over fire; and cried with a loud cry to him that had the sharp sickle, saying, Thrust in thy sharp sickle, and gather the clusters of the vine of the earth; for her grapes are fully ripe. And the angel thrust in his sickle into the earth, and gathered the vine of the earth, and cast it into the great winepress of the wrath of God” (Revelation 14:17-19).

And whom is He returning for? Consider this verse: “He shall call to the heavens from above, and to the earth, that he may judge his

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people. Gather my saints together unto me; those that have made a covenant with me by sacrifice” (Psalm 50:4, 5).

“But this shall be the covenant that I will make with the house of Israel; After those days, saith the LORD, I will put my law in their inward parts, and write it in their hearts; and will be their God, and they shall be my people” (Jeremiah 31:33).

“A new heart also will I give you, and a new spirit will I put within you: and I will take away the stony heart out of your flesh, and I will give you an heart of flesh. And I will put my spirit within you, and cause you to walk in my statutes, and ye shall keep my judgments, and do them” (Ezekiel 36:26).

CARDIO AND FAT BURNER

Silence

REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to His will?

WEEK 13

The Final Scenes

Day 85: The Resurrection

WARM UP

Focus

Petition

Praise

Silence

STRENGTH AND ENDURANCE TRAINING

Read: “Marvel not at this: for the hour is coming, in the which all that are in the graves shall hear his voice, And shall come forth; they that have done good, unto the resurrection of life; and they that have done evil, unto the resurrection of damnation” (John 5:28).

“And at that time shall Michael stand up, the great prince which standeth for the children of thy people: and there shall be a time of trouble, such as never was since there was a nation even to that same time: and at that time thy people shall be delivered, every one that shall be found written in the book. And many of them that sleep in the dust of the earth shall awake, some to everlasting life, and some to shame and everlasting contempt” (Daniel 12:1, 2).

“Behold, I shew you a mystery; We shall not all sleep, but we shall all be changed, In a moment, in the twinkling of an eye, at the last trump: for the trumpet shall sound, and the dead shall be raised

PRAYER 90

incorruptible, and we shall be changed. For this corruptible must put on incorruption, and this mortal must put on immortality. So when this corruptible shall have put on incorruption, and this mortal shall have put on immortality, then shall be brought to pass the saying that is written, Death is swallowed up in victory” (1 Corinthians 15:51-54).

“For this we say unto you by the word of the Lord, that we which are alive and remain unto the coming of the Lord shall not prevent them which are asleep. For the Lord himself shall descend from heaven with a shout, with the voice of the archangel, and with the trump of God: and the dead in Christ shall rise first: Then we which are alive and remain shall be caught up together with them in the clouds, to meet the Lord in the air: and so shall we ever be with the Lord” (1 Thessalonians 4:15-17).

“For the living know that they shall die: but the dead know not any thing, neither have they any more a reward; for the memory of them is forgotten. Also their love, and their hatred, and their envy, is now perished; neither have they any more a portion for ever in any thing that is done under the sun. Whatsoever thy hand findeth to do, do it with thy might; for there is no work, nor device, nor knowledge, nor wisdom, in the grave, whither thou goest” (Ecclesiastes 9:5, 6, 10).

Meditate: Meditate slowly upon these verses. What will happen to those who are asleep in Jesus, when Jesus comes again? When do the righteous receive the gift of immortality?

Silence:

REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to His will?

Day 86: The Earth Desolate

WARM UP

Stretch

Focus

Praise

STRENGTH AND ENDURANCE TRAINING

Read: “Let not your heart be troubled: ye believe in God, believe also in me. In my Father’s house are many mansions: if it were not so, I would have told you. I go to prepare a place for you. And if I go and prepare a place for you, I will come again, and receive you unto myself; that where I am, there ye may be also” (John 14:1-3).

“I beheld the earth, and, lo, it was without form, and void; and the heavens, and they had no light. I beheld the mountains, and, lo, they trembled, and all the hills moved lightly. I beheld, and, lo, there was no man, and all the birds of the heavens were fled. I beheld, and, lo, the fruitful place was a wilderness, and all the cities thereof were broken down at the presence of the LORD, and by his fierce anger. For thus hath the LORD said, The whole land shall be desolate; yet will I not make a full end. For this shall the earth mourn, and the heavens above be black: because I have spoken it, I have purposed it, and will not repent, neither will I turn back from it” (Jeremiah 4:23).

According to the prophet Jeremiah, the condition of earth will be desolation, like an abyss, as a result of the second coming of Christ. The righteous will be caught up while the wicked are destroyed, just like the days of Noah. The prophet John saw that Satan would be bound in this desolate abyss for 1,000 years, while the righteous are in heaven.

“And I saw an angel come down from heaven, having the key of the bottomless pit and a great chain in his hand. And he laid hold on the dragon, that old serpent, which is the Devil, and Satan, and

PRAYER 90

bound him a thousand years, And cast him into the bottomless pit, and shut him up, and set a seal upon him, that he should deceive the nations no more, till the thousand years should be fulfilled: and after that he must be loosed a little season. And I saw thrones, and they sat upon them, and judgment was given unto them: and I saw the souls of them that were beheaded for the witness of Jesus, and for the Word of God, and which had not worshiped the beast, neither his image, neither had received his mark upon their foreheads, or in their hands; and they lived and reigned with Christ a thousand years. But the rest of the dead lived not again until the thousand years were finished. This is the first resurrection. Blessed and holy is he that hath part in the first resurrection: on such the second death hath no power, but they shall be priests of God and of Christ, and shall reign with him a thousand years" (Revelation 20:1-6).

The rest of the dead, that is, the wicked, will not live again until the thousand years are finished. The nations of the saved will be in heaven with God, the nations of the lost will be dead on earth, and Satan will be bound with no one to tempt.

Meditate

Silence

REST: "Come unto me, all ye that labour and are heavy laden, and I will give you rest" (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to His will?

Day 87: Jury Duty

WARM UP

Stretch

Focus

Confess

Praise

STRENGTH AND ENDURANCE TRAINING

Read: “And I saw thrones, and they sat upon them, and judgment was given unto them: and I saw the souls of them that were beheaded for the witness of Jesus, and for the word of God, and which had not worshiped the beast, neither his image, neither had received his mark upon their foreheads, or in their hands; and they lived and reigned with Christ a thousand years. But the rest of the dead lived not again until the thousand years were finished. This is the first resurrection.

Blessed and holy is he that hath part in the first resurrection: on such the second death hath no power, but they shall be priests of God and of Christ, and shall reign with him a thousand years” (Revelation 20:4-6).

“Do ye not know that the saints shall judge the world? and if the world shall be judged by you, are ye unworthy to judge the smallest matters? Know ye not that we shall judge angels?” (1 Corinthians 6:2, 3).

The jury that God has set aside to judge Satan and his angels will prove faithful, by the grace of God, to be law-abiding citizens, fit for the kingdom of heaven, rightly discerning between right and wrong, and not swayed by popular or public opinion. They will enter the supreme court of heaven, where “judgment is given unto them.” During this time, the righteous will see why loved ones, family and friends, and even some professed Christians did not make it into heaven. They will get to see then that God did everything He possibly could have to save them, to bring them into a knowledge of truth, and yet they refused. This judgment will settle in the minds of the redeemed that God is in no way responsible for one lost soul.

Meditate

CARDIO AND FAT BURNER

Cardio: Ask the Lord to show you if there is anything in your character that would make you unfit for the kingdom. Ask Him to burn from you the fat of rebellion and a stubborn disposition, that you may indeed become a spiritually fitter Christian.

Petition: Pray for your friends and family who need to accept Jesus or accept truth in their hearts before it is too late.

Day 88: Armageddon

WARM UP

Stretch

Focus

STRENGTH AND ENDURANCE TRAINING

Read: “But the rest of the dead lived not again until the thousand years were finished. This is the first resurrection ... And when the thousand years are expired, Satan shall be loosed out of his prison, And shall go out to deceive the nations which are in the four quarters of the earth, Gog and Magog, to gather them together to battle: the number of whom is as the sand of the sea. And they went up on the breadth of the earth, and compassed the camp of the saints about, and the beloved city” (Revelation 20:5, 7-9).

“The earth is utterly broken down, the earth is clean dissolved, the earth is moved exceedingly. The earth shall reel to and fro like a drunkard, and shall be removed like a cottage; and the transgression thereof shall be heavy upon it; and it shall fall, and not rise again. And it shall come to pass in that day, that the LORD shall punish the host of the high ones that are on high, and the kings of the earth upon the earth. And they shall be gathered together, as prisoners are gathered in the pit, and shall be shut up in the prison, and after many days shall they be visited” (Isaiah 24:19-22).

Week 13: The Final Scenes

The 1,000-year judgment has ended. The angels in heaven, the redeemed, and God are unanimous in the decision of the fate of the wicked; there is no dissenting vote. It is now time to meet out the final judgment on Satan, his angels, and the lost. The wicked dead are resurrected, after “many days” or at the end of the one thousand years. At the same time the camp of the saints, “the holy city,” is seen descending from heaven.

“And I John saw the holy city, new Jerusalem, coming down from God out of heaven, prepared as a bride adorned for her husband” (Revelation 22:2).

Satan rallies the wicked one last time for one final battle. The whole wicked world, “Gog and Magog,” gather to take the city but their plot is suspended by the appearance of God on His judgment throne.

“And I saw a great white throne, and him that sat on it, from whose face the earth and the heaven fled away; and there was found no place for them. And I saw the dead, small and great, stand before God; and the books were opened: and another book was opened, which is the book of life: and the dead were judged out of those things which were written in the books, according to their works. And the sea gave up the dead which were in it; and death and hell delivered up the dead which were in them: and they were judged every man according to their works” (Revelation 20:11-13).

The wicked are shown their life record and how they rejected the mercy and law of God. Satan, his angels, and the lost will all confess their guilt.

“For we shall all stand before the judgment seat of Christ. For it is written, As I live, saith the Lord, every knee shall bow to me, and every tongue shall confess to God” (Romans 14:10, 11).

God, good angels, the redeemed, Satan, bad angels, and the lost will be unanimous in understanding that God is in no way guilty

PRAYER 90

for the decisions of the wicked. All of existence will declare God just, and the exclusion and punishment of the wicked fair, before the final punishment is executed.

Meditate: Who is spiritually fit for the kingdom and who is not?

CARDIO AND FAT BURNER

Cardio: Ask God to show you your heart. Is there any rebellion in you that would make you unfit for the kingdom?

REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to His will?

Day 89: Our God a Consuming Fire

WARM UP

Focus

Stretch

Praise

Confession

STRENGTH AND ENDURANCE TRAINING

Read: “For, behold, the day cometh, that shall burn as an oven; and all the proud, yea, and all that do wickedly, shall be stubble: and the day that cometh shall burn them up, saith the LORD of hosts, that it shall leave them neither root nor branch ... And ye shall tread down the wicked; for they shall be ashes under the soles of your feet in the day that I shall do this, saith the LORD of hosts” (Malachi 4:1, 3).

“For our God is a consuming fire” (Hebrews 12:29).

Week 13: The Final Scenes

“Therefore will I bring forth a fire from the midst of thee, it shall devour thee, and I will bring thee to ashes upon the earth in the sight of all them that behold thee. All they that know thee among the people shall be astonished at thee: thou shalt be a terror, and never shalt thou be any more” (Ezekiel 28:18, 19).

“And fire came down from God out of heaven, and devoured them” (Revelation 20:9).

“And this shall be the plague wherewith the LORD will smite all the people that have fought against Jerusalem; Their flesh shall consume away while they stand upon their feet, and their eyes shall consume away in their holes, and their tongue shall consume away in their mouth” (Zechariah 14:12).

The wicked, while they stand upon this desolate earth, are consumed by fire coming down from God out of heaven. It is a time where the righteous will weep, not rejoice, because of the loss of the wicked. That eternal fire, God Himself, will bring the wicked to ashes, and then consume the entire earth. John says the following:

“And I saw a new heaven and a new earth: for the first heaven and the first earth were passed away; and there was no more sea ... And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away” (Revelation 21:1, 4).

No more sea of fire, no more weeping or pain. Satan and sin are forever gone.

While the righteous will be able to stand in the presence of God, those who were not baptized with the fire of the Holy Spirit will not be able to stand in the fiery presence of God. They will not be fireproof; rather, they will be consumed. It is the righteous that will be able to dwell in “everlasting burnings” forever, not the wicked.

PRAYER 90

“The sinners in Zion are afraid; fearfulness hath surprised the hypocrites. Who among us shall dwell with the devouring fire? who among us shall dwell with everlasting burnings? He that walketh righteously, and speaketh uprightly; he that despiseth the gain of oppressions, that shaketh his hands from holding of bribes, that stoppeth his ears from hearing of blood, and shutteth his eyes from seeing evil; He shall dwell on high: his place of defence shall be the munitions of rocks: bread shall be given him; his waters shall be sure” (Isaiah 33:14-16).

Just as Shadrach, Meshach, and Abednego were cast into a burning fiery furnace and were not consumed, so will the righteous be able to dwell in the city of God without being consumed. And just as the wicked who, through Shadrach, Meshach, and Abednego, were consumed by that same fire, so will the wicked be consumed by the fire of God’s presence.

Meditate

CARDIO AND FAT BURNER

Cardio: Ask God to burn sin from you, so that you will not burn up with it. You must be “fit” to enter the presence of God!

REST: “Come unto me, all ye that labour and are heavy laden, and I will give you rest” (Matthew 11:28). How can you rest in what God has shown you today? How can you submit to His will?

Day 90: Rest: The New Jerusalem

WARM UP

Focus

STRENGTH AND ENDURANCE TRAINING

Read: Revelation 21 and 22

Meditate

PRAISE!!!!

“For as the new heavens and the new earth, which I will make, shall remain before me, saith the LORD, so shall your seed and your name remain. And it shall come to pass, that from one new moon to another, and from one sabbath to another, shall all flesh come to worship before me, saith the LORD” (Isaiah 66:22, 23).

Stay Fit and REST!

“Come unto me all ye who labour, and are heavy laden, and I will give you rest” (Matthew 11:28).

Day 91: “Power” Workout: The Big Picture:

Endurance, Strength, Cardio, and Fatburner

Meditate on the entire theme of the blueprint. From the beginning to the end, let the scenes progress in chronological order as if a movie unfolding on the screen of your mind. This meditation may last between 1 to 2 hours. Below are the themes of each week.

- Week 1: The War in Heaven**
- Week 2: The Garden to the Flood**
- Week 3: The Promise**
- Week 4: The Captivity and the Exodus**
- Week 5: The Sanctuary**
- Week 6: The Wilderness to Canaan**
- Week 7: Canaan to Jesus**
- Week 8: The Messiah**
- Week 9: Cross Transitions**
- Week 10: The Blueprint Cast Down**
- Week 11: The Blueprint Restored**
- Week 12: The End Zone**
- Week 13: The Final Scenes**

WILL YOU ACCEPT THE CHALLENGE?

If you will commit to 90 days of worship, for one hour a day, you will indeed see changes you may have thought impossible. Take a mental picture of where you are now, and see what the Spirit of God can do for you in 90 days. Your study of the Bible and your prayer life will not be the same!

This book is written for the person who does not know how to have worship, and the person who is very used to worship. It is written so that young and old alike can experience the Bible and worship in a more personal and consistent way. It can be used especially for the small unit or group leader who seeks to assist his or her unit or group in becoming more spiritually fit, or for the church as whole to equip the members with a powerful worship life. We are in the Lord's Army, and as soldiers, spiritual fitness is vital.



Ivor Myers and his wife, Atonte, live in Atascadero, California, with their four children Jaden, Joshua, Jenesis, and Jaliyah. They are co-hosts of the *Battles of Faith* television program that airs on 3ABN.

Power of the Lamb Ministries goal is to lead people from a mere theoretical knowledge of God into an actual experience with God. In an age when witchcraft and the New Age movement are recruiting thousands through the promise of power, God too is offering power, a power that cannot be counterfeited, that is, the supernatural power of righteousness. The Power of the Lamb alone is what will prepare a people to stand firm in these last days.

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