

THE TOTAL MAN

100-Day Discipleship Workbook

Companion to the Handbook · From Identity to Manifestation

Name: _____

Start
Date: _____

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

"This workbook is not a record of what you studied. It is a record of who you became."

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This Workbook and the Handbook Work Together



The Handbook teaches. This Workbook processes. Every day, after you have read the day's teaching in your Handbook, you come to this Workbook to write your confession, complete your drill, check in on your spiritual state, and respond to the journal prompt. The two documents work as one.

Step 1 — Read	Open your Handbook and read the day's teaching thoroughly. Underline. Mark. Sit with it.
Step 2 — Confess	Speak the confession aloud from the Handbook. Then write it in your own words in the box below.
Step 3 — Do the Drill	Complete the spiritual exercise. Do not just read it. Check the box when done.
Step 4 — Check In	Rate your Spirit, Soul, Mind, and Body today on a scale of 1 (very low) to 5 (excellent).
Step 5 — Journal	Answer the journal prompt honestly. Write at minimum 5 sentences. Honesty is required.
Sabbath Days	Days 7, 14, 20, 27, 34, 40, 47, 54, 67, 74, 87, 94 are lighter. Reflect. Review. Rest.

DAY 1 BASELINE ASSESSMENT

Who Are You on Day 1?

Complete this honestly before you begin Day 1. You will return to this page on Day 100 and write a companion entry. The contrast will show you how far God has brought you.

DESCRIBE YOUR SPIRITUAL LIFE RIGHT NOW IN 3 HONEST WORDS:

WHAT IS THE BIGGEST WEAKNESS IN YOUR SPIRIT, SOUL, OR BODY?

WHAT DO YOU MOST WANT GOD TO DO IN YOU THROUGH THESE 100 DAYS?

WHAT IS THE HABIT OR PATTERN YOU MOST NEED TO BREAK?

WHO ARE YOU BELIEVING GOD TO MAKE YOU INTO?

MY DAY 1 COVENANT

I commit to these 100 days — not as a programme, but as a pursuit. I will pray, fast, confess, drill, journal, and obey. I will not skip. I will not quit. I will show up every day and give God access to every part of me — spirit, soul, and body. When this is complete, I will be different. Not because of the curriculum, but because of the God I pursued through it.

Signed: _____

Date: _____

Track Your Daily Disciplines

Tick or colour each box when you complete the discipline for that day. A completed grid is a visual record of a rebuilt life. Five grids — one per phase.

PHASE 1 — DAYS 1–20

Habit / Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
■ Praying in Tongues (30 min)																				
■ Word-Soaking (15 min)																				
■ Prayer of Command (10 min)																				
■ Intercession (15 min)																				
■ Fasting Day																				

PHASE 2 — DAYS 21–40

Habit / Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
■ Praying in Tongues (30 min)																				
■ Word-Soaking (15 min)																				
■ Prayer of Command (10 min)																				
■ Intercession (15 min)																				
■ Fasting Day																				

PHASE 3 — DAYS 41–60

Habit / Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
■ Praying in Tongues (30 min)																				
■ Word-Soaking (15 min)																				
■ Prayer of Command (10 min)																				
■ Intercession (15 min)																				
■ Fasting Day																				

PHASE 4 — DAYS 61–80

Habit / Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
■ Praying in Tongues (30 min)																				
■ Word-Soaking (15 min)																				
■ Prayer of Command (10 min)																				
■ Intercession (15 min)																				
■ Fasting Day																				

PHASE 5 — DAYS 81–100

Habit / Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
■ Praying in Tongues (30 min)																				
■ Word-Soaking (15 min)																				
■ Prayer of Command (10 min)																				
■ Intercession (15 min)																				
■ Fasting Day																				

Record Every Miracle, Breakthrough & Answer to Prayer

Every testimony recorded here is a weapon (Revelation 12:11). Write it down. Date it. Share it. Your log becomes a book of remembrance that fuels your faith and the faith of others.

#1	Day: _____	Category: _____	Date: _____
WHAT HAPPENED: <hr/> <hr/> <hr/>			
#2	Day: _____	Category: _____	Date: _____
WHAT HAPPENED: <hr/> <hr/> <hr/>			
#3	Day: _____	Category: _____	Date: _____
WHAT HAPPENED: <hr/> <hr/> <hr/>			
#4	Day: _____	Category: _____	Date: _____
WHAT HAPPENED: <hr/> <hr/> <hr/>			
#5	Day: _____	Category: _____	Date: _____
WHAT HAPPENED: <hr/> <hr/> <hr/>			
#6	Day: _____	Category: _____	Date: _____

WHAT HAPPENED:

#7

Day: _____ Category: _____

Date: _____

WHAT HAPPENED:

#8

Day: _____ Category: _____

Date: _____

WHAT HAPPENED:

#9

Day: _____ Category: _____

Date: _____

WHAT HAPPENED:

**#1
0**

Day: _____ Category: _____

Date: _____

WHAT HAPPENED:

**#1
1**

Day: _____ Category: _____

Date: _____

WHAT HAPPENED:

**#1
2**

Day: _____ Category: _____

Date: _____

WHAT HAPPENED:

Identified → Being Demolished → Demolished



A stronghold is a logic system built up over time that contradicts God's Word. Name it. Find the scriptural truth that demolishes it. Track its progress. Celebrate every victory.

Stronghold / Wrong Belief	Scripture That Demolishes It	Status	Date Demolished
		<input type="checkbox"/> Identified <input type="checkbox"/> In Progress <input type="checkbox"/> Demolished	
		<input type="checkbox"/> Identified <input type="checkbox"/> In Progress <input type="checkbox"/> Demolished	
		<input type="checkbox"/> Identified <input type="checkbox"/> In Progress <input type="checkbox"/> Demolished	
		<input type="checkbox"/> Identified <input type="checkbox"/> In Progress <input type="checkbox"/> Demolished	
		<input type="checkbox"/> Identified <input type="checkbox"/> In Progress <input type="checkbox"/> Demolished	
		<input type="checkbox"/> Identified <input type="checkbox"/> In Progress <input type="checkbox"/> Demolished	
		<input type="checkbox"/> Identified <input type="checkbox"/> In Progress <input type="checkbox"/> Demolished	
		<input type="checkbox"/> Identified <input type="checkbox"/> In Progress <input type="checkbox"/> Demolished	
		<input type="checkbox"/> Identified <input type="checkbox"/> In Progress <input type="checkbox"/> Demolished	

Those I Am Pouring Into

"The things that thou hast heard of me among many witnesses, the same commit thou to faithful men, who shall be able to teach others also." — 2 Timothy 2:2 List those you are discipling or will disciple. Track dates, progress, and what you are entrusting.

Timothy 1 Name: _____ Started: _____

WHAT I AM ENTRUSTING TO THEM:

PROGRESS & NOTES:

Timothy 2 Name: _____ Started: _____

WHAT I AM ENTRUSTING TO THEM:

PROGRESS & NOTES:

Timothy 3 Name: _____ Started: _____

WHAT I AM ENTRUSTING TO THEM:

PROGRESS & NOTES:

Timothy 4 Name: _____ Started: _____

WHAT I AM ENTRUSTING TO THEM:

PROGRESS & NOTES:

Timothy 5 Name: _____ Started: _____

WHAT I AM ENTRUSTING TO THEM:

PROGRESS & NOTES:

PHASE 1

Spirit-Building & Identity

The Art of Spiritual Athletics — Days 1–20

Days 1–20

1

MY INTENTION FOR THIS PHASE:

BEFORE PHASE 1 — HONEST ASSESSMENT

IN ONE SENTENCE, WHERE AM I RIGHT NOW IN THIS AREA (SPIRIT-BUILDING)?

WHAT SPECIFIC CHANGE DO I NEED MOST FROM THIS PHASE?

WHAT IS MY PRIMARY COMMITMENT FOR THE NEXT 20 DAYS?

WEEK 1

The Nature of the New Creation

WRITE THIS WEEK'S MEMORY VERSE FROM MEMORY:

DAY 1

The Genesis of You

2 Corinthians 5:17

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.*I am a new creation in Christ. The old has passed. I am brand new from the inside out!***■ THE DRILL — Check when complete. Note what you experienced.**

Pray 30 minutes in the Spirit. Declare: "I am not who I used to be."



Drill completed

What I experienced:

DAILY CHECK-IN Rate each (circle a number):SPIRIT
1 2 3 4 5SOUL
1 2 3 4 5MIND
1 2 3 4 5BODY
1 2 3 4 5**▽ JOURNAL PROMPT****What is one area of my life where I still think of myself as "the old me"? What does God's Word say instead?****DAY 2**

The Tripartite Reality

1 Thessalonians 5:23

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.*I am a spirit being. My spirit is in charge. My soul and body follow the leadership of my recreated spirit.***■ THE DRILL — Check when complete. Note what you experienced.**

30 minutes praying in tongues. Identify each part — spirit, soul, body — as you pray.



Drill completed

What I experienced:

DAILY CHECK-IN Rate each (circle a number):SPIRIT
1 2 3 4 5SOUL
1 2 3 4 5MIND
1 2 3 4 5BODY
1 2 3 4 5**▽ JOURNAL PROMPT****Which part of me (spirit, soul, or body) seems to be in control most of the time?
What would change if my spirit led?**

DAY 3

Identifying the "Old Man"

Romans 6:6

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

My old man is dead. He was crucified with Christ. I no longer serve sin — sin has no dominion over me!

■ THE DRILL — Check when complete. Note what you experienced.

30 mins in tongues. Renounce the old man 7 times: "You are dead and I refuse to resurrect you."

Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

↙ JOURNAL PROMPT

What "old man" behaviours am I still struggling with? What does it mean practically that he is crucified?

DAY 4

The Legal vs. The Vital

Romans 5:1

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

I am justified by faith. I have legal standing with God. He is working mightily in me — I am being vitally transformed daily.

■ THE DRILL — Check when complete. Note what you experienced.

30 minutes in tongues. Meditate on one legal right and one vital transformation you need.

Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

↙ JOURNAL PROMPT

Do I rely more on what Christ has done for me legally, or am I actively yielding to what He wants to do in me vitally?

DAY 5

Righteousness: A Nature, Not a Feeling

2 Corinthians 5:21

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

I am the righteousness of God in Christ Jesus. I don't feel my way into righteousness — I believe my way into it.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins in tongues. Counter every thought of unworthiness: "I AM the righteousness of God!"

Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

↙ JOURNAL PROMPT

How much does my "feeling righteous" determine how I approach God? What would change if I approached Him on His Word alone?

DAY 6

The Mirror of the Word

James 1:23-25

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

I look into the Word and I see who I truly am — righteous, free, powerful, and loved. That image is my reality.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins in tongues. Spend 10 minutes reading Ephesians 1–2 for your new identity.

Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

↙ JOURNAL PROMPT

What "mirrors" have I been using to define myself that contradict what God says? Which one is hardest to put down?

◆ DAY 7 — SABBATH & REVIEW

Memory Verse: *Psalm 139:14*

WEEKLY REFLECTION

What was the most significant revelation this week?

Where did I see God move in response to my obedience?

What was hardest? What did I learn from the resistance?

MY WEEKLY REVIEW — WHAT GOD HAS BEEN DOING:

WEEK 2

Feeding and Strengthening the Spirit

WRITE THIS WEEK'S MEMORY VERSE FROM MEMORY:

DAY 8

The Spirit's Bread

Matthew 4:4

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

I feed my spirit with the Word of God daily. My inner man is nourished, strong, and growing.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins in tongues. After, spend 10 mins slowly reading scripture for spiritual nutrition.



Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5SOUL
1 2 3 4 5MIND
1 2 3 4 5BODY
1 2 3 4 5

▽ JOURNAL PROMPT

How consistently am I feeding my spirit? What happens to my spiritual state when I skip the Word?

DAY 9

Edification: Building the Tower

Jude 1:20

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

Every time I pray in the Spirit, I am being built up, charged, and strengthened in my inner man.

■ THE DRILL — Check when complete. Note what you experienced.

Push your tongues time to 35–40 minutes. Notice what you feel as you push past comfort.



Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5SOUL
1 2 3 4 5MIND
1 2 3 4 5BODY
1 2 3 4 5

▽ JOURNAL PROMPT

Do I genuinely believe praying in tongues builds me spiritually? What evidence have I seen?

DAY 10

Sensitivity to the Spirit

Romans 8:14

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

I hear the Spirit of God clearly. My spirit is tuned to His frequency. I am led by the Spirit in all things.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins in tongues. Sit quietly for 5 minutes and listen. Write whatever comes to your spirit.

Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

↳ JOURNAL PROMPT

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

DAY 11

The Flow of Life

Proverbs 4:23

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

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

■ THE DRILL — Check when complete. Note what you experienced.

30 mins in tongues. Audit what has entered your heart this week — conversations, media, thoughts.

Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

↳ JOURNAL PROMPT

What "contaminated streams" have been flowing from my heart lately? How can I clean the source?

DAY 12

Speaking Spirit-Words

John 6:63

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

My words are spirit and life! I speak only what God says. My tongue is an instrument of the Kingdom.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins in tongues. Practice speaking only words that agree with God's Word about your life today.

Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

↳ JOURNAL PROMPT

Write 3 declarations to replace 3 negative statements you commonly speak about yourself.

DAY 13

The Fellowship of the Spirit

2 Corinthians 13:14

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

I am in deep fellowship with the Holy Spirit. He is my partner, my helper, my teacher, my closest companion.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins in tongues — talk TO the Holy Spirit. Thank Him. Ask questions. Acknowledge His presence.

Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

↳ JOURNAL PROMPT

Do I relate to the Holy Spirit as a Person or as a force? What would deepening our friendship look like?

◆ DAY 14 — SABBATH & REVIEW

Memory Verse: *Isaiah 40:31*

WEEKLY REFLECTION

What was the most significant revelation this week?

Where did I see God move in response to my obedience?

What was hardest? What did I learn from the resistance?

MY WEEKLY REVIEW — WHAT GOD HAS BEEN DOING:

WEEK 3

Walking in Spirit-Dominion

WRITE THIS WEEK'S MEMORY VERSE FROM MEMORY: _____

DAY 15

The Enthroned Spirit

Ephesians 2:6

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

I am seated in heavenly places with Christ. I operate from a position of victory. I rule from above, not from beneath.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins in tongues. Visualise yourself seated above every circumstance. Pray from that position.



Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5SOUL
1 2 3 4 5MIND
1 2 3 4 5BODY
1 2 3 4 5

⚡ JOURNAL PROMPT

Do I approach challenges as someone "up there" looking down, or overwhelmed from "down here"?

DAY 16

Overcoming the Senses

2 Corinthians 5:7

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

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

■ THE DRILL — Check when complete. Note what you experienced.

30 mins in tongues. Identify one area where senses contradict the Word. Speak the Word over it.



Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5SOUL
1 2 3 4 5MIND
1 2 3 4 5BODY
1 2 3 4 5

⚡ JOURNAL PROMPT

What situation is my physical senses screaming loudest about? What does the Word say instead?

DAY 17

The Intuition of the Spirit

1 John 2:27

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

The anointing abides in me and teaches me all things. I trust my spirit's witness. I am led from within.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins in tongues. Ask the Spirit for direction in one area. Wait for the inner witness.



Drill completed

What I experienced:

DAILY CHECK-IN

*Rate each (circle a number):*SPIRIT
1 2 3 4 5SOUL
1 2 3 4 5MIND
1 2 3 4 5BODY
1 2 3 4 5

▽ JOURNAL PROMPT

Can I identify a time when my spirit "knew" something my mind had not reasoned? Did I listen?

DAY 18

Strengthening the Inner Man

Ephesians 3:16

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

I am strengthened with might by the Spirit in my inner man. My spirit grows stronger, more powerful, every day.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues. Pray Ephesians 3:16 personalised: "Father, strengthen ME with might in MY inner man."



Drill completed

What I experienced:

DAILY CHECK-IN

*Rate each (circle a number):*SPIRIT
1 2 3 4 5SOUL
1 2 3 4 5MIND
1 2 3 4 5BODY
1 2 3 4 5

▽ JOURNAL PROMPT

What would a "mighty strengthened" inner man look like in my daily life? What would change?

DAY 19

Living from the Inside Out

Proverbs 20:27

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

My spirit is the candle of the Lord. God's light shines from within me into every area of my life.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins in tongues. Ask the Spirit to "search" you and invite His light into dark areas.



Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5SOUL
1 2 3 4 5MIND
1 2 3 4 5BODY
1 2 3 4 5**▽ JOURNAL PROMPT**

What areas of my external life need to come under the leadership of my inner man?

DAY 20

Phase 1 Finale: The Robust Spirit

Acts 1:8

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

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

■ THE DRILL — Check when complete. Note what you experienced.

Extended prayer — 45–60 minutes. Celebrate Phase 1. Declare what has changed in you.



Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5SOUL
1 2 3 4 5MIND
1 2 3 4 5BODY
1 2 3 4 5**▽ JOURNAL PROMPT**

Write a "before and after" entry. Who were you on Day 1? Who are you now? What has most shifted?

END OF PHASE 1 — REFLECTION



Phase 1 Complete — What Has Changed?

WHAT IS THE MOST SIGNIFICANT TRANSFORMATION IN THIS AREA OVER THE LAST 20 DAYS?

WHAT DID YOU FIND HARDEST? WHAT DID THE RESISTANCE REVEAL?

WRITE A "BEFORE AND AFTER" COMPARISON — WHO WERE YOU AT THE START OF THIS PHASE?

WHAT WILL YOU CARRY FORWARD FROM THIS PHASE INTO THE REST OF THE 100 DAYS?

I declare Phase 1 complete. God has worked in me. I am not the same person who began this phase. I carry what has been built here into every phase that follows.

Signed: _____

Date: _____

PHASE 2

Mind Renewal & Soul Alignment

Breaking the Mental Code — Days 21–40

Days 21–40

MY INTENTION FOR THIS PHASE:

2

BEFORE PHASE 2 — HONEST ASSESSMENT

IN ONE SENTENCE, WHERE AM I RIGHT NOW IN THIS AREA (MIND RENEWAL)?

WHAT SPECIFIC CHANGE DO I NEED MOST FROM THIS PHASE?

WHAT IS MY PRIMARY COMMITMENT FOR THE NEXT 20 DAYS?

WEEK 4

Dismantling the Old Logic

WRITE THIS WEEK'S MEMORY VERSE FROM MEMORY:

❖ DAY 21 — SABBATH & REVIEW

Memory Verse: Romans 12:2

WEEKLY REFLECTION

What was the most significant revelation this week?

Where did I see God move in response to my obedience?

What was hardest? What did I learn from the resistance?

MY WEEKLY REVIEW — WHAT GOD HAS BEEN DOING:

DAY 22

Identifying Strongholds

2 Corinthians 10:4-5

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

The weapons of my warfare are mighty through God! I pull down every stronghold of wrong thinking.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues + Word-Soaking. Write one stronghold and declare the opposite truth over it.

Drill completed

What I experienced:

DAILY CHECK-IN _____ Rate each (circle a number)

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

↳ JOURNAL PROMPT

What is the one thought pattern that has most limited me? Where did it come from?
What is God's antidote?

DAY 23

The Spirit-Soul Conflict

Galatians 5:17

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

My mind comes into alignment with my spirit. The Word bridges the gap. My soul agrees with what God says.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues + Word-Soaking. Identify one area where mind and spirit are in conflict.



Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

↳ JOURNAL PROMPT

Where is the loudest war between what my spirit "knows" and what my mind "thinks"?

DAY 24

De-programming the World

1 John 2:15-16

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

I am de-programmed from the world's logic. I am reprogrammed by the Word of God. My thinking is Kingdom-first.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues + Word-Soaking. Audit your media consumption — programming or de-programming?



Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

↳ JOURNAL PROMPT

What is the most powerful "world" input in my life right now? What godly input can counter it?

DAY 25

The Guard at the Gate

Proverbs 4:23

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

I guard my mind with diligence. I examine every thought that arrives and only entertain what agrees with God.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues + Word-Soaking. Catch negative thoughts today and counter each with scripture.

Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

↳ JOURNAL PROMPT

How quickly do I catch negative thoughts before they become narratives? What habits will I build?

DAY 26

Casting Down Imaginations

2 Corinthians 10:5

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

I cast down every imagination that contradicts God. My thought life is under my authority.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues + Word-Soaking. "Cast down" one recurring negative imagination 7 times today.

Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

↳ JOURNAL PROMPT

What is the fearful or negative "mental movie" that plays most? Write a scriptural counter-narrative.

DAY 27

Sabbath / Review

Philippians 4:8

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

■ THE DRILL — Check when complete. Note what you experienced.

Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

↳ JOURNAL PROMPT

WEEK 5

The Language of the New Mind

WRITE THIS WEEK'S MEMORY VERSE FROM MEMORY:

◆ DAY 28 — SABBATH & REVIEW

Memory Verse: Hebrews 4:14

WEEKLY REFLECTION

What was the most significant revelation this week?

Where did I see God move in response to my obedience?

What was hardest? What did I learn from the resistance?

MY WEEKLY REVIEW — WHAT GOD HAS BEEN DOING:

DAY 29

Thinking from Victory

Colossians 3:2

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

I set my mind on things above. I think from a position of victory. My mental posture is triumph in Christ.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues + Word-Soaking on Col. 3:1–4. Declare your victory before presenting any needs.

Drill completed

What I experienced:

DAILY CHECK-IN _____ Rate each (circle a number)

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

❖ JOURNAL PROMPT

Do I "think toward" God or "from" God? What is the practical difference in my prayer life?

DAY 30

The Mind of Christ

1 Corinthians 2:16

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

I have the mind of Christ! I think His thoughts. I see situations from His perspective.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues + Word-Soaking. Ask the Spirit to give you His mind on one specific decision.

Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

❖ JOURNAL PROMPT

What is one situation I've been approaching only from human reasoning? What might Christ's perspective be?

DAY 31

Emotional Stability

Isaiah 26:3

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

My mind is stayed on God and I am in perfect peace. No storm can remove my peace — it comes from above.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues + Word-Soaking on Isaiah 26:3. Practice "locking" your mind on God when anxiety rises.

Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

❖ JOURNAL PROMPT

What consistently disturbs my emotional equilibrium? What does "locking my mind" on God look like practically?

DAY 32

Re-writing your History

2 Corinthians 5:17

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

My past does not define me. Old things have passed away. I carry no debt from yesterday into today.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues + Word-Soaking. Write an "old narrative" then write the "new creation narrative."

Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

↳ JOURNAL PROMPT

What story from my past am I still living from? What would releasing that narrative look like?

DAY 33

The Power of Vision

Habakkuk 2:2

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

I see clearly who God has made me to be. I carry a clear vision of my destiny. I run toward what I can see.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues + Word-Soaking. "See" your renewed self clearly — write down what you see.

Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

↳ JOURNAL PROMPT

What is the God-given vision of my renewed, transformed life? Have I written it down? Am I running?

DAY 34

Sabbath / Review

Psalm 1:2-3

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

■ THE DRILL — Check when complete. Note what you experienced.

Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

↳ JOURNAL PROMPT

WEEK 6

Emotional Intelligence in the Spirit

WRITE THIS WEEK'S MEMORY VERSE FROM MEMORY:

◆ **DAY 35 — SABBATH & REVIEW**

Memory Verse: 2 Timothy 1:7

WEEKLY REFLECTION

What was the most significant revelation this week?

Where did I see God move in response to my obedience?

What was hardest? What did I learn from the resistance?

MY WEEKLY REVIEW — WHAT GOD HAS BEEN DOING:

DAY 36

The Joy Factor

Nehemiah 8:10

◆ **THE CONFESSION** — Speak this aloud. Then write it in your own words below.

The joy of the Lord is my strength! I choose joy regardless of circumstances. My strength comes from above.

■ **THE DRILL** — Check when complete. Note what you experienced.

30 mins tongues + 5 minutes deliberately cultivating joy through worship and gratitude.

Drill completed

What I experienced:

DAILY CHECK-IN (Rate each (circle a number))

SPIRIT

1 2 3 4 5

SOUL

1 2 3 4 5

MIND

1 2 3 4 5

BODY

1 2 3 4 5

❖ **JOURNAL PROMPT**

Do I associate joy with what's happening around me? What would practising joy as a discipline look like?

DAY 37

Breaking Mental Fatigue

Galatians 6:9

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

I do not faint. I do not quit. My mind holds steady in the long season. I will reap because I refused to give up.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues. Where are you closest to "fainting"? Pour extra prayer into that area today.

 Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5SOUL
1 2 3 4 5MIND
1 2 3 4 5BODY
1 2 3 4 5**↖ JOURNAL PROMPT**

Where am I most mentally fatigued? What promise of God am I holding to keep me from quitting?

DAY 38

Healing the Wounded Soul

Psalm 23:3

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

God restores my soul. Every wound, every scar, every broken place is being repaired by the Shepherd's hand.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues. Ask the Spirit to identify one area of soul damage and begin the repair.

 Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5SOUL
1 2 3 4 5MIND
1 2 3 4 5BODY
1 2 3 4 5**↖ JOURNAL PROMPT**

What wound in my soul has not yet been given to God for restoration? What would truly releasing it mean?

DAY 39

Intentional Thinking

Philippians 2:5

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

I intentionally let the mind of Christ operate in me. I choose humility, service, and the Father's agenda.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues + Word-Soaking on Phil. 2:5–8. Where must I choose intentional humility today?

Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

↳ JOURNAL PROMPT

In what relationship is the "mind of Christ" most needed in me? What would "letting it be" there look like?

DAY 40

Phase 2 Finale: Alignment

3 John 1:2

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

My soul prospers and therefore my life prospers. Spirit, soul, and body are in alignment. Let it flow.

■ THE DRILL — Check when complete. Note what you experienced.

Extended prayer — 45–60 minutes. Celebrate Phase 2 completion. Declare the alignment of your whole being.

Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

↳ JOURNAL PROMPT

Write a "soul audit": How has my mind, will, and emotional life changed over Days 21–40?

END OF PHASE 2 — REFLECTION

Phase 2 Complete — What Has Changed?

WHAT IS THE MOST SIGNIFICANT TRANSFORMATION IN THIS AREA OVER THE LAST 20 DAYS?

WHAT DID YOU FIND HARDEST? WHAT DID THE RESISTANCE REVEAL?

WRITE A "BEFORE AND AFTER" COMPARISON — WHO WERE YOU AT THE START OF THIS PHASE?

WHAT WILL YOU CARRY FORWARD FROM THIS PHASE INTO THE REST OF THE 100 DAYS?

I declare Phase 2 complete. God has worked in me. I am not the same person who began this phase. I carry what has been built here into every phase that follows.

Signed: _____

Date: _____

PHASE 3

Bodily Subjection & Consecration

The Living Sacrifice — Days 41–60

Days 41–60

MY INTENTION FOR THIS PHASE:

3

BEFORE PHASE 3 — HONEST ASSESSMENT

IN ONE SENTENCE, WHERE AM I RIGHT NOW IN THIS AREA (BODILY SUBJECTION)?

WHAT SPECIFIC CHANGE DO I NEED MOST FROM THIS PHASE?

WHAT IS MY PRIMARY COMMITMENT FOR THE NEXT 20 DAYS?

WEEK 7

The Theology of the Vessel

WRITE THIS WEEK'S MEMORY VERSE FROM MEMORY:

DAY 41

The Temple of the Spirit

1 Corinthians 6:19

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

My body is the temple of the Holy Spirit. I treat it as a sanctuary. I make holy decisions about what enters.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues + Begin 6 AM–12 PM fast. Declare your body consecrated to God as you fast.



Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

❖ JOURNAL PROMPT

Where have I been treating my body as "mine to do with as I please" rather than as God's temple?

◆ DAY 42 — SABBATH & REVIEW

Memory Verse: Romans 12:1

WEEKLY REFLECTION

What was the most significant revelation this week?

Where did I see God move in response to my obedience?

What was hardest? What did I learn from the resistance?

MY WEEKLY REVIEW — WHAT GOD HAS BEEN DOING:

DAY 43

Mortification

Colossians 3:5

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

By the Spirit, I put to death the deeds of my body daily. The flesh does not have the final word — my spirit does.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues. Identify one fleshly deed to "execute" this week. Pray over it and declare its end.

Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

↳ JOURNAL PROMPT

What "deeds of the body" am I still allowing to live? How do I mortify them by Spirit, not willpower?

DAY 44

Bought with a Price

1 Corinthians 6:20

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

I was bought with a price. My body belongs to God. I glorify Him in everything I do with my body.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues + Second fast day. Meditate on what the blood of Jesus purchased — including your body.

Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

↳ JOURNAL PROMPT

If I truly believed my body "belonged" to God, what specific choices would change?

DAY 45

The Members of Righteousness

Romans 6:13

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

My hands are weapons of healing. My mouth is a weapon of the Word. I am an instrument of righteousness.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues. Lay hands on your head and pray over each body part — dedicating each to God.

Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

↳ JOURNAL PROMPT

Which member of my body has most often been an instrument of unrighteousness? How do I re-dedicate it?

DAY 46

Breaking the Law of Sin

Romans 7:22-25

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

I am delivered from the law of sin through Jesus Christ. The Spirit of life sets me free. I walk after the Spirit.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues. Where are you most aware of Paul's war in Romans 7? Bring that battle to prayer.

Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

↳ JOURNAL PROMPT

Which "law of sin" in my body is the most stubborn? What spiritual strategy will I use to overcome it?

DAY 47

Sabbath / Review

1 Corinthians 9:27

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

■ THE DRILL — Check when complete. Note what you experienced.

Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

↳ JOURNAL PROMPT

WEEK 8

The Discipline of Yieldedness

WRITE THIS WEEK'S MEMORY VERSE FROM MEMORY:

DAY 48

The Purpose of Fasting

Isaiah 58:6

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

When I fast, the yoke is broken. The flesh loses its grip. My spirit rises to its rightful position of dominance.

■ THE DRILL — Check when complete. Note what you experienced.

Fast from 6 AM to 12 PM. Every hunger pang — use as a cue to pray: "My spirit is master here."

Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT	1	2	3	4	5
--------	---	---	---	---	---

SOUL	1	2	3	4	5
------	---	---	---	---	---

MIND	1	2	3	4	5
------	---	---	---	---	---

BODY	1	2	3	4	5
------	---	---	---	---	---

↳ JOURNAL PROMPT

What has fasting revealed about your relationship between appetite and spiritual sensitivity?

◆ DAY 49 — SABBATH & REVIEW

Memory Verse: James 3:2

WEEKLY REFLECTION

What was the most significant revelation this week?

Where did I see God move in response to my obedience?

What was hardest? What did I learn from the resistance?

MY WEEKLY REVIEW — WHAT GOD HAS BEEN DOING:

DAY 50

The Lust of the Flesh

Galatians 5:16

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

I walk in the Spirit. As I do, the lusts of the flesh lose their power. I am Spirit-filled and flesh-starved.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues + Fast day. For every temptation today, respond by immediately praying in tongues.

Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

↳ JOURNAL PROMPT

What is the difference between "trying not to sin" and "walking in the Spirit"?

DAY 51

Sleep and the Spirit

Proverbs 6:9-11

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

I master my sleep. I rise with purpose. My prayer hours are sacred and I protect them with discipline.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues. Set your prayer alarm one hour earlier than usual. Write your morning intention.

Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

↳ JOURNAL PROMPT

How disciplined is my sleep and rising schedule? What has laziness in this area cost me spiritually?

DAY 52

Consecrated Senses

Job 31:1

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

I make a covenant with my senses. My eyes, my ears, and my senses are consecrated to God.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues + Second fast. Make a formal written "covenant with your eyes" and sign it today.

Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

↖ JOURNAL PROMPT

What am I consuming through my senses that contradicts my consecration? What covenant must I make?

DAY 53

The Power of Habits

Romans 13:14

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

I make no provision for the flesh. I starve old habits and feed new Kingdom disciplines.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues. Identify one fleshly habit and list every "provision" that enables it. Remove one today.

Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

↖ JOURNAL PROMPT

What provisions am I maintaining that keep bad habits alive? What would happen if I removed them?

DAY 54

Sabbath / Review

Psalm 101:3

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

■ THE DRILL — Check when complete. Note what you experienced.

Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

↳ JOURNAL PROMPT

WEEK 9

The Spirit-Energized Body

WRITE THIS WEEK'S MEMORY VERSE FROM MEMORY:

DAY 55

Quickening the Mortal Body

Romans 8:11

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

The Spirit of God quickens my mortal body. Divine life flows from my spirit through every cell. I walk in divine health.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues + Fast day. Lay hands on your body and declare Romans 8:11 over every part.

Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

↖ JOURNAL PROMPT

What specific health area do I need to believe God for this phase? What is my declaration?

◆ DAY 56 — SABBATH & REVIEW

Memory Verse: 1 Corinthians 9:26

WEEKLY REFLECTION

What was the most significant revelation this week?

Where did I see God move in response to my obedience?

What was hardest? What did I learn from the resistance?

MY WEEKLY REVIEW — WHAT GOD HAS BEEN DOING:

DAY 57

Divine Health vs. Divine Healing

3 John 1:2

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

I walk in divine health. Sickness finds no landing place in a yielded, consecrated body.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues + Second fast. Declare health over each body system: immune, digestive, cardiovascular.

Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

❖ JOURNAL PROMPT

What is the difference between praying for healing and walking in health? How does Phase 3 support this?

DAY 58

Endurance and Stamina

Hebrews 12:1

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

I lay aside every weight. I run my race with endurance, patience, and stamina. I travel light.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues. Identify a "weight" (not sin, but slowing you down) and prayerfully lay it down.

Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

❖ JOURNAL PROMPT

What weights — not just sins — are slowing my spiritual race? What would laying them aside look like?

DAY 59

Yielded to the Touch

Romans 12:2

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

My body is fully yielded to the Spirit. He can move through me at any moment. I am ready, available.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues. Practice "yielded availability": "Here I am. Send me. Use me. Move through me."

Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

↳ JOURNAL PROMPT

What is the last area of my body or life that is still "mine"? What would full yieldedness look like there?

DAY 60

Phase 3 Finale: The Vessel of Honor

2 Timothy 2:21

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

I am a vessel of honour, sanctified, and prepared for every good work. Spirit, soul, and body are aligned.

■ THE DRILL — Check when complete. Note what you experienced.

Extended prayer — 45–60 minutes. Celebrate Phase 3. Write your Vessel Consecration declaration.

Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

↳ JOURNAL PROMPT

What has changed physically and spiritually over these 20 days? Write your "Vessel Consecration" entry.

END OF PHASE 3 — REFLECTION

Phase 3 Complete — What Has Changed?

WHAT IS THE MOST SIGNIFICANT TRANSFORMATION IN THIS AREA OVER THE LAST 20 DAYS?

WHAT DID YOU FIND HARDEST? WHAT DID THE RESISTANCE REVEAL?

WRITE A "BEFORE AND AFTER" COMPARISON — WHO WERE YOU AT THE START OF THIS PHASE?

WHAT WILL YOU CARRY FORWARD FROM THIS PHASE INTO THE REST OF THE 100 DAYS?

I declare Phase 3 complete. God has worked in me. I am not the same person who began this phase. I carry what has been built here into every phase that follows.

Signed: _____

Date: _____

PHASE 4

Authority vs. Power

The Hierarchy of the Kingdom — Days 61–80

Days 61–80

MY INTENTION FOR THIS PHASE:

4

BEFORE PHASE 4 — HONEST ASSESSMENT

IN ONE SENTENCE, WHERE AM I RIGHT NOW IN THIS AREA (AUTHORITY VS. POWER)?

WHAT SPECIFIC CHANGE DO I NEED MOST FROM THIS PHASE?

WHAT IS MY PRIMARY COMMITMENT FOR THE NEXT 20 DAYS?

WEEK 10

The Legal Rights (Authority)

WRITE THIS WEEK'S MEMORY VERSE FROM MEMORY:

DAY 61

Delegated Authority

Matthew 28:18-19

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

All authority has been delegated to me by Jesus. I go in His authority, backed by all of heaven.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues + 10 mins Prayer of Command. Speak TO one situation — command it to align with God's Word.



Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5SOUL
1 2 3 4 5MIND
1 2 3 4 5BODY
1 2 3 4 5**↳ JOURNAL PROMPT**

What areas of my life have I been unaware of or unused my delegated authority?

DAY 62

The Power of the Name

Philippians 2:9-10

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

I carry the Name of Jesus as my authority. Every knee bows at that Name. I use it with confidence.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues + 10 mins commanding in the Name. Target a specific spiritual obstacle.



Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5SOUL
1 2 3 4 5MIND
1 2 3 4 5BODY
1 2 3 4 5**↳ JOURNAL PROMPT**

Am I using the Name of Jesus casually, reverently, or boldly? What would change if I truly understood it?

◆ DAY 63 — SABBATH & REVIEW

Memory Verse: Ephesians 1:20-21

WEEKLY REFLECTION

What was the most significant revelation this week?

Where did I see God move in response to my obedience?

What was hardest? What did I learn from the resistance?

MY WEEKLY REVIEW — WHAT GOD HAS BEEN DOING:

DAY 64

The Keys of the Kingdom

Matthew 16:19

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

I carry the keys of the Kingdom. I bind what heaven binds and I loose what heaven looses.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues + 10 mins binding and loosing. Bind one illegal thing; loose the opposite Kingdom reality.

Drill completed

What I experienced:

DAILY CHECK-IN ... Rate each (circle a number):

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

❖ JOURNAL PROMPT

What have I been passively allowing that I should be actively binding? What must I loose into my sphere?

DAY 65

Identifying the Enemy

Ephesians 6:12

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

My fight is not against flesh and blood. I target the right enemy. I wage war in the spirit realm.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues + 10 mins targeted prayer. Address the spirit behind a problem, not the person.



Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5SOUL
1 2 3 4 5MIND
1 2 3 4 5BODY
1 2 3 4 5**↳ JOURNAL PROMPT**

Who or what have I been fighting in the flesh that is actually a spiritual battle?

DAY 66

The Armor of Light

Romans 13:12

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

I put on the Lord Jesus Christ as my armour. I am clothed in light and maintained in authority through relationship.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues + 10 mins authority prayer. "Put on" each piece of armour intentionally and name it.



Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5SOUL
1 2 3 4 5MIND
1 2 3 4 5BODY
1 2 3 4 5**↳ JOURNAL PROMPT**

What is the relationship between my intimacy with Christ and my level of spiritual authority?

DAY 67

Sabbath / Review

Luke 10:19

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

■ THE DRILL — Check when complete. Note what you experienced.

Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

❖ JOURNAL PROMPT

WEEK 11

The Capacity for Manifestation (Power)

WRITE THIS WEEK'S MEMORY VERSE FROM MEMORY:

DAY 68

Dunamis: The Dynamic Ability

Acts 1:8

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

I receive Dunamis power from the Holy Spirit. I have both the right and the might to enforce Kingdom realities.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues + 10 mins commanding. Ask specifically for a deeper release of Dunamis power today.



Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5SOUL
1 2 3 4 5MIND
1 2 3 4 5BODY
1 2 3 4 5**↳ JOURNAL PROMPT**

Where do I sense a gap between what I have the right to do and the capacity to do it?

DAY 69

Levels of Anointing

Ezekiel 47:3-5

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

I go deeper in the river of God. I move from ankles to knees, from waist to swimming.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues + 10 mins commanding. Pray specifically to go one level deeper in the anointing.



Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5SOUL
1 2 3 4 5MIND
1 2 3 4 5BODY
1 2 3 4 5**↳ JOURNAL PROMPT**

Honestly assess your current level in the river — ankles, knees, waist, or swimming? What takes you deeper?

◆ DAY 70 — SABBATH & REVIEW

Memory Verse: Matthew 17:21

WEEKLY REFLECTION

What was the most significant revelation this week?

Where did I see God move in response to my obedience?

What was hardest? What did I learn from the resistance?

MY WEEKLY REVIEW — WHAT GOD HAS BEEN DOING:

DAY 71

Power through Purity

2 Timothy 2:21

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

I am a pure vessel. Purity increases my capacity. The more I am purged, the more power flows through me.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues + 10 mins commanding + Second fast. Ask the Spirit to reveal any compromise limiting you.



Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number).

SPIRIT

1 2 3 4 5

SOUL

1 2 3 4 5

MIND

1 2 3 4 5

BODY

1 2 3 4 5

↳ JOURNAL PROMPT

Is there any area of compromise functioning as a "voltage limiter" in my spiritual life?

DAY 72

The Transmission of Power

Acts 19:11-12

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

Power flows through me and can be transmitted. When I lay hands on the sick, healing flows.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues + 10 mins commanding. Lay hands on someone today and pray with expectation.



Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

❖ JOURNAL PROMPT

Do I believe God's power can flow through my hands, my prayer, my presence? What confirms this?

DAY 73

Power in the Word

Hebrews 4:12

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

The Word of God is alive in my mouth. When I speak it, I release living power.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues + 10 mins commanding. Speak 3 scriptures over 3 situations with full conviction.



Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

❖ JOURNAL PROMPT

Do I speak the Word as a formula or as a force? What would change if I truly believed the Word is alive?

DAY 74

Sabbath / Review

Micah 3:8

◆ **THE CONFESSION** — Speak this aloud. Then write it in your own words below.

■ **THE DRILL** — Check when complete. Note what you experienced.

Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

❖ **JOURNAL PROMPT**

WEEK 12

Operating in Dominion

WRITE THIS WEEK'S MEMORY VERSE FROM MEMORY:

DAY 75

Speaking to the Mountain

Mark 11:23

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

I speak to mountains! I don't beg God to move what He told me to command. My words carry Kingdom authority.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues + 10 mins commanding. Identify one "mountain" and speak to it directly by name.



Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5SOUL
1 2 3 4 5MIND
1 2 3 4 5BODY
1 2 3 4 5

❖ JOURNAL PROMPT

What mountain have I been praying about rather than speaking to? What is my declaration over it?

DAY 76

Casting Out Spirits

Mark 16:17

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

In Jesus' Name, I have authority over every spirit. Casting out demons is my normal. Signs follow me.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues + 10 mins commanding. Practice authoritative declarations against demonic influence.



Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5SOUL
1 2 3 4 5MIND
1 2 3 4 5BODY
1 2 3 4 5

❖ JOURNAL PROMPT

Do I see deliverance as "for specialists" or as part of my normal Kingdom life? What would change?

◆ DAY 77 — SABBATH & REVIEW

Memory Verse: 1 Peter 2:24

WEEKLY REFLECTION

What was the most significant revelation this week?

Where did I see God move in response to my obedience?

What was hardest? What did I learn from the resistance?

MY WEEKLY REVIEW — WHAT GOD HAS BEEN DOING:

DAY 78

Dominion Over Circumstance

Romans 5:17

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

I reign in life through Jesus Christ. Circumstances obey me, not the other way around. I live over, not under.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues + 10 mins commanding. Choose one controlling circumstance and begin commanding it.



Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number).

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

❖ JOURNAL PROMPT

In what area of my life do I feel most "under" circumstances? How does "reigning" change my approach?

DAY 79

Boldness: The Trigger

Acts 4:31

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

I speak the Word of God with boldness. Boldness is the trigger. I refuse timidity. I release with courage.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues + 10 mins commanding with deliberate out-loud boldness. Raise your voice. Mean it.



Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5SOUL
1 2 3 4 5MIND
1 2 3 4 5BODY
1 2 3 4 5

↳ JOURNAL PROMPT

Where has timidity prevented me from releasing what God placed in me? What if I chose boldness this week?

DAY 80

Phase 4 Finale: The Balanced Believer

2 Timothy 1:7

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

I operate with power, love, and a sound mind. I am a balanced Kingdom agent — effective, compassionate, wise.

■ THE DRILL — Check when complete. Note what you experienced.

Extended prayer — 45–60 minutes. Celebrate Phase 4. Declare your authority, power, love, and wisdom.



Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5SOUL
1 2 3 4 5MIND
1 2 3 4 5BODY
1 2 3 4 5

↳ JOURNAL PROMPT

Of the three — power, love, sound mind — which is my weakest? What will I develop in Phase 5?

END OF PHASE 4 — REFLECTION



Phase 4 Complete — What Has Changed?

WHAT IS THE MOST SIGNIFICANT TRANSFORMATION IN THIS AREA OVER THE LAST 20 DAYS?

WHAT DID YOU FIND HARDEST? WHAT DID THE RESISTANCE REVEAL?

WRITE A "BEFORE AND AFTER" COMPARISON — WHO WERE YOU AT THE START OF THIS PHASE?

WHAT WILL YOU CARRY FORWARD FROM THIS PHASE INTO THE REST OF THE 100 DAYS?

I declare Phase 4 complete. God has worked in me. I am not the same person who began this phase. I carry what has been built here into every phase that follows.

Signed: _____

Date: _____

PHASE 5

Multiplication & The Sent Life

Legacy and the Perpetual Lifestyle — Days 81–100

Days 81–100

MY INTENTION FOR THIS PHASE:

5

BEFORE PHASE 5 — HONEST ASSESSMENT

IN ONE SENTENCE, WHERE AM I RIGHT NOW IN THIS AREA (MULTIPLICATION)?

WHAT SPECIFIC CHANGE DO I NEED MOST FROM THIS PHASE?

WHAT IS MY PRIMARY COMMITMENT FOR THE NEXT 20 DAYS?

WEEK 13

The Ministry of Reconciliation

WRITE THIS WEEK'S MEMORY VERSE FROM MEMORY:

DAY 81

You are an Ambassador

2 Corinthians 5:20

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

I am an ambassador for Christ. Every word I speak carries the weight of the Kingdom I represent.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues + 15 mins intercession. Pray for those in your life who need to be reconciled to God.

Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

↳ JOURNAL PROMPT

Who in my immediate sphere most needs the message I carry? What is holding me back from delivering it?

DAY 82

The Heart of the Father

Luke 15:20

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

I carry the heart of the Father. I run toward the lost, the broken, and the far-away.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues + 15 mins intercession. Pray for one specific person who is "yet a great way off."

Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

↳ JOURNAL PROMPT

Do I carry urgency for the lost, or has familiarity dulled my compassion? Who am I praying for specifically?

DAY 83

Overcoming Witnessing Fear

Acts 1:8

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

I am a witness filled with Holy Spirit power. Fear has no right to silence what God has put in me.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues + 15 mins intercession. Commit to one witnessing opportunity this week.
Pray for it today.

Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

❖ JOURNAL PROMPT

What is my biggest fear around sharing my faith? How does the promise of Acts 1:8 address that fear directly?

❖ DAY 84 — SABBATH & REVIEW

Memory Verse: Mark 16:20

WEEKLY REFLECTION

What was the most significant revelation this week?

Where did I see God move in response to my obedience?

What was hardest? What did I learn from the resistance?

MY WEEKLY REVIEW — WHAT GOD HAS BEEN DOING:

DAY 85

Marketplace Dominion

Matthew 5:14

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

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

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues + 15 mins intercession for your workplace and colleagues. How is the Kingdom visible there?

 Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5SOUL
1 2 3 4 5MIND
1 2 3 4 5BODY
1 2 3 4 5**↳ JOURNAL PROMPT**

How is my Kingdom identity expressed in my career? What would make my light shine brighter where I work?

DAY 86

The Power of Your Testimony

Revelation 12:11

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

My testimony is a weapon. I overcome by my testimony. I share what God has done because it defeats darkness.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues + 15 mins intercession. Write your 3-minute testimony — clear, personal, specific.

 Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5SOUL
1 2 3 4 5MIND
1 2 3 4 5BODY
1 2 3 4 5**↳ JOURNAL PROMPT**

What is the core of my testimony — the thing no one can argue with? When did I last share it?

DAY 87

Sabbath / Review

Romans 10:15

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

■ THE DRILL — Check when complete. Note what you experienced.

Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

❖ JOURNAL PROMPT

WEEK 14

Discipling Others (Multiplication)

WRITE THIS WEEK'S MEMORY VERSE FROM MEMORY:

DAY 88

The Great Commission

Matthew 28:19

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

I make disciples — not converts. I reproduce everything God has built in me in someone else. I am a multiplier.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues + 15 mins intercession. Pray over 3 specific people who could be your "Timothys."

Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

↳ JOURNAL PROMPT

Who is the one person I am most called to disciple? What has God built in me that I need to reproduce?

DAY 89

Spiritual Parenting

1 Corinthians 4:15

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

I am becoming a spiritual father/mother. I don't just teach — I birth, raise, and invest my life in disciples.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues + 15 mins intercession. Ask God who needs a spiritual parent — are you being called?

Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

↳ JOURNAL PROMPT

Do I see myself as a potential spiritual parent? What would it require? Who has been mine?

DAY 90

Entrusting the Truth

2 Timothy 2:2

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

I entrust truth to faithful people who will carry it to others. What I received is seed for generations.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues + 15 mins intercession. Map out your 4-generation discipleship chain in your journal.

 Drill completed

What I experienced:

DAILY CHECK-IN Rate each (circle a number):SPIRIT
1 2 3 4 5SOUL
1 2 3 4 5MIND
1 2 3 4 5BODY
1 2 3 4 5**↳ JOURNAL PROMPT**

What truth from these 90 days is "seed"? Who are the faithful people I can entrust it to?

◆ DAY 91 — SABBATH & REVIEW

Memory Verse: Matthew 20:26-28

WEEKLY REFLECTION

What was the most significant revelation this week?

Where did I see God move in response to my obedience?

What was hardest? What did I learn from the resistance?

MY WEEKLY REVIEW — WHAT GOD HAS BEEN DOING:

DAY 92

Discerning Spiritual Needs

Hebrews 5:14

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

My senses are trained by use. I discern spiritual needs accurately. I minister to the root, not the symptom.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues + 15 mins intercession. Pray for discernment for those you are beginning to disciple.

Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

↳ JOURNAL PROMPT

When I look at those around me, what spiritual needs do I discern beneath their surface?

DAY 93

The Power of Agreement

Matthew 18:19

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

I multiply my faith through agreement with other disciples. Together we are unstoppable.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues + 15 mins intercession. Find a prayer partner today and agree on one specific request.

Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

↳ JOURNAL PROMPT

Who is my prayer partner? If I don't have one, who is God calling me to build that relationship with?

DAY 94

Sabbath / Review

John 15:16

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

■ THE DRILL — Check when complete. Note what you experienced.

Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

❖ JOURNAL PROMPT

WEEK 15

The Unstoppable Lifestyle

WRITE THIS WEEK'S MEMORY VERSE FROM MEMORY:

DAY 95

The Danger of Drift

Hebrews 2:1

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

*I am alert to drift. I give earnest heed to what God has shown me. I tend the fire daily.
I will not slip back.*

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues + 15 mins intercession. Ask the Spirit to identify any area where drift has already begun.

Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

↳ JOURNAL PROMPT

Where is drift most likely to begin in my life after Day 100? What specific habit will guard against it?

DAY 96

Creating Your "Rule of Life"

Daniel 6:10

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

I have a Rule of Life. My prayer rhythms are non-negotiable. No pressure will move me from my established habits.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues + 15 mins intercession. Write your Rule of Life — specific times, disciplines, commitments.

Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

↳ JOURNAL PROMPT

What will my Rule of Life look like post-Day 100? What are the non-negotiables I will never compromise?

DAY 97

Abiding: The Secret to Longevity

John 15:5

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

I abide in Christ. He is my source, my supply, my sustainer. All I have become flows from Him.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues + 15 mins intercession. Today — just BE with Jesus. No agenda. Simply abide.

Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT
1 2 3 4 5

SOUL
1 2 3 4 5

MIND
1 2 3 4 5

BODY
1 2 3 4 5

❖ JOURNAL PROMPT

What is the most important thing I must do to keep my connection to the Vine strong beyond Day 100?

❖ DAY 98 — SABBATH & REVIEW

Memory Verse: 2 Corinthians 4:16

WEEKLY REFLECTION

What was the most significant revelation this week?

Where did I see God move in response to my obedience?

What was hardest? What did I learn from the resistance?

MY WEEKLY REVIEW — WHAT GOD HAS BEEN DOING:

DAY 99

Finishing Your Particular Race

2 Timothy 4:7

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

I fight a good fight. I am finishing MY course. I keep the faith. I run MY race — and I will finish it.

■ THE DRILL — Check when complete. Note what you experienced.

30 mins tongues + 15 mins intercession. Write your personal assignment as clearly as you understand it.

Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT	1	2	3	4	5
--------	---	---	---	---	---

SOUL	1	2	3	4	5
------	---	---	---	---	---

MIND	1	2	3	4	5
------	---	---	---	---	---

BODY	1	2	3	4	5
------	---	---	---	---	---

↳ JOURNAL PROMPT

What is the race that God has specifically given ME — not the one I admire, MINE. Am I running it?

DAY 100

The Century Celebration

Jude 1:24-25

◆ THE CONFESSION — Speak this aloud. Then write it in your own words below.

I am the Total Man. Spirit strong. Mind renewed. Body subject. Authority exercised. Power developed. Deployed.

■ THE DRILL — Check when complete. Note what you experienced.

Extended worship and prayer — as long as the Spirit leads. This is your commissioning day. Present yourself.

Drill completed

What I experienced:

DAILY CHECK-IN — Rate each (circle a number):

SPIRIT	1	2	3	4	5
--------	---	---	---	---	---

SOUL	1	2	3	4	5
------	---	---	---	---	---

MIND	1	2	3	4	5
------	---	---	---	---	---

BODY	1	2	3	4	5
------	---	---	---	---	---

↳ JOURNAL PROMPT

Write your "Century Entry" — the most significant transformation in your spirit, soul, and body over 100 days.

END OF PHASE 5 — REFLECTION

Phase 5 Complete — What Has Changed?

WHAT IS THE MOST SIGNIFICANT TRANSFORMATION IN THIS AREA OVER THE LAST 20 DAYS?

WHAT DID YOU FIND HARDEST? WHAT DID THE RESISTANCE REVEAL?

WRITE A "BEFORE AND AFTER" COMPARISON — WHO WERE YOU AT THE START OF THIS PHASE?

WHAT WILL YOU CARRY FORWARD FROM THIS PHASE INTO THE REST OF THE 100 DAYS?

I declare Phase 5 complete. God has worked in me. I am not the same person who began this phase. I carry what has been built here into every phase that follows.

Signed: _____

Date: _____

Who Are You on Day 100?

Return to your Day 1 Baseline Assessment. Read it. Now write your Day 100 entry. The distance between those two pages is the measure of what God has done.

DESCRIBE YOUR SPIRITUAL LIFE RIGHT NOW IN 3 HONEST WORDS — COMPARE TO DAY 1:

WHAT IS THE MOST SIGNIFICANT TRANSFORMATION IN YOUR SPIRIT OVER 100 DAYS?

WHAT IS THE MOST SIGNIFICANT TRANSFORMATION IN YOUR MIND OVER 100 DAYS?

WHAT IS THE MOST SIGNIFICANT TRANSFORMATION IN YOUR BODY / PHYSICAL DISCIPLINES?

WHAT SCRIPTURE HAS BECOME MOST ALIVE TO YOU THROUGH THIS JOURNEY?

WHO ARE THE PEOPLE YOU WILL NOW POUR INTO? LIST THEM BY NAME:

WHAT IS YOUR RULE OF LIFE GOING FORWARD — YOUR NON-NEGOTIABLE DAILY DISCIPLINES?

THE NEXT 100 DAYS

MY PLAN FOR THE NEXT 100 DAYS — WHAT DISCIPLINES WILL I CONTINUE AND DEEPEN?

THE 3 PEOPLE I WILL MENTOR USING WHAT I HAVE LEARNED:

MY SPECIFIC ASSIGNMENT FROM GOD — THE RACE HE HAS GIVEN ME:

THE COMMISSIONING DECLARATION

Write this out by hand in the space below. Then sign it.

WRITE THE COMMISSIONING DECLARATION IN YOUR OWN HAND:

Signed: _____

Date: _____

Witnessed by: _____



"Now unto him that is able to keep you from falling, and to present you faultless before the presence of his glory with exceeding joy — To the only wise God our Saviour, be glory and majesty, dominion and power, both now and ever. Amen."

Jude 1:24-25

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