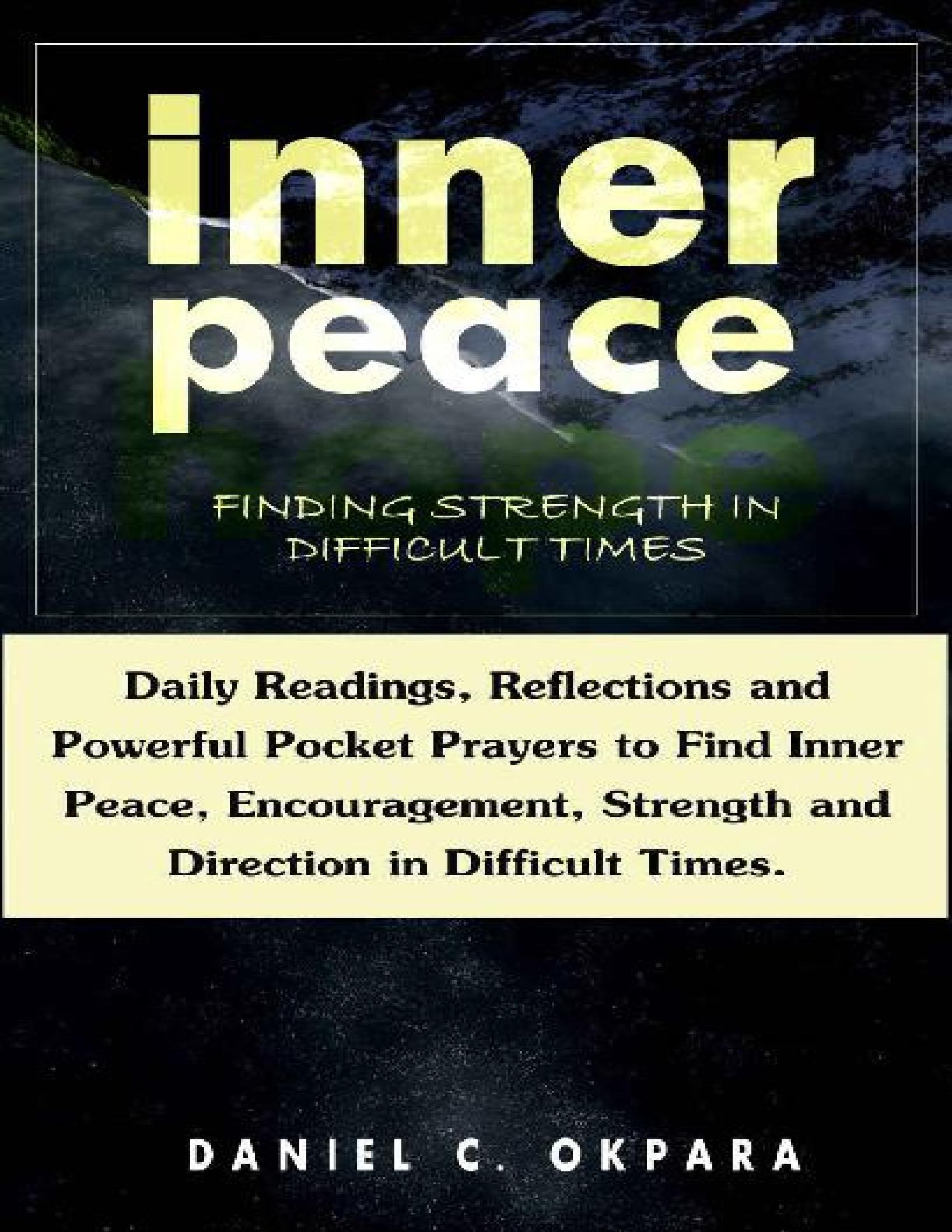
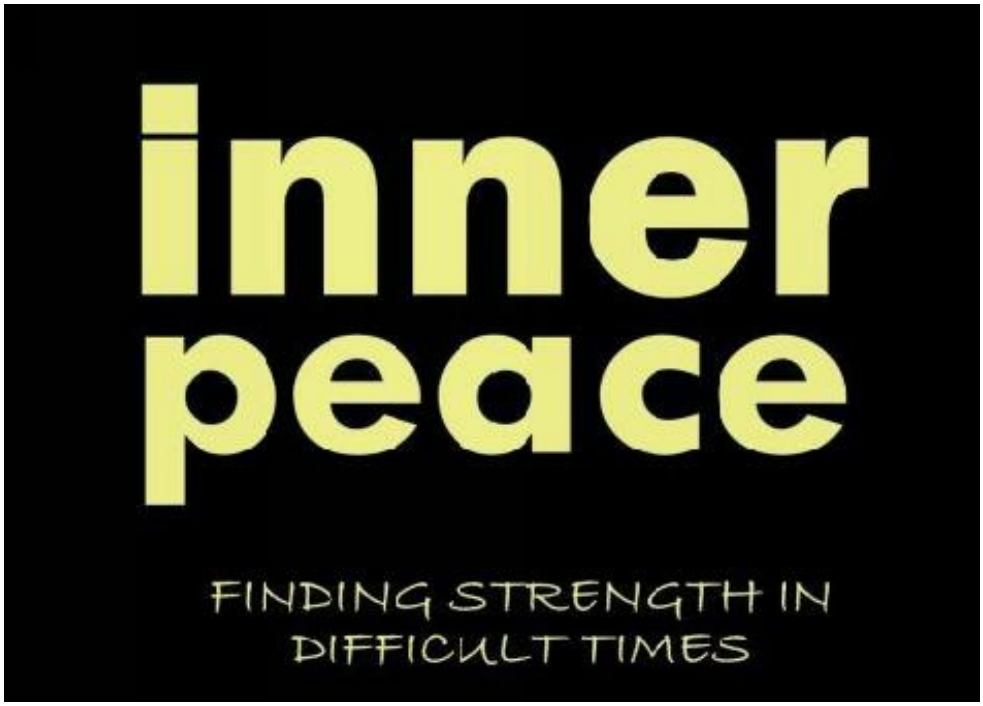

inner peace
FINDING STRENGTH IN DIFFICULT TIMES
Daily Readings, Reflections and Powerful Pocket Prayers to Find Inner Peace, Encouragement, Strength and Direction in Difficult Times.
DANIEL C. OKPARA


inner
peace
FINDING STRENGTH IN
DIFFICULT TIMES

# Daily Reflections and Powerful Pocket Prayers to Find Inner Peace, Encouragement, Strength and Direction in Difficult Times.

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**DANIEL C. OKPARA**

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# Dedication.

This book is dedicated to YOU, the reader, who may be reading this book because you are going through some difficult moments. We believe and trust God that YOU will come through strong and better.

# Introduction!

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*And David was greatly distressed; for the people spake of stoning him, because the soul of all the people was grieved, every man for his sons and for his daughters: but David encouraged himself in the LORD his God.* **- 1 Samuel 30:6**

---

“Why did he cheat on me? What did I do?”

That was how Pamela began her story. It was the most painful ordeal of a woman being betrayed by someone she had trusted; no less a person than the one she had committed her life to live with.

Over the years, I’ve realized that we sometimes come to points where we face situations that are so daring to our courage to live. We face moments that we can’t just understand what’s happening.

It may be the loss of a dear one, business failure, out of job, cheating partner, broken relationship, difficult child, controlling boss, etc.

Why are we facing such difficult moments?

Why does it seem no one truly understands?

What have we done to deserve this?

So many questions, with little answers.

Even when friends try to encourage us, we still feel like they do not truly understand how we are hurting. There is that emptiness and inner questions that never gets answered, no matter how we try to cover up and take to motivational books.

In the text above, David was frustrated and faced being lynched by his own soldiers. He had no one to encourage him. It was a bad situation, but he did something. The Bible says that he encouraged himself.

There always comes a time in life that we all need some kind of encouragement and words to connect us with our maker. This book provides that path to connect with daily encouragement in moments of abandonment, loneliness, betrayal, confusion, hurt and fear. The encouragements are real and personal that you will find it so helpful in addressing your personal distresses and receive great calm, confidence and focus for what's ahead.

# PART 1:

# 21 Days of Daily Readings, Reflections and Prayers to Find Encouragement, Strength and Direction in Difficult Times.

These scriptures have ministered greatly to me and to countless others both in personal and group ministrations. I believe they will bring you closer to God and help you overcome your pain, distress and problem

I recommend that you copy out these scriptures and prayers and if possible, memorise them. Use them morning and night and at other times as well. It is possible that as you begin to pray, you'll pray much more than the words of the prayers…that's okay. Don't hold yourself back. Pray out and let the Holy Spirit take control.

## **Day1:** It is Well With My Soul

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*“Yes, my soul, find rest in God; my hope comes from him.”* **- Psalm 62:5**

---

**REFLECTION:**

The beautiful hymn "It Is Well with My Soul" was written by a man who experienced great loss. Horatio G. Spafford, a 43-year-old Chicago capitalist, had suffered a personal financial calamity in the Great Chicago Fire of 1871. He and his wife were still grieving over the death of their only son shortly before the fire.

Spafford realized the family needed to get away for a vacation. He decided to take his family on a trip to England, knowing that their friend and well-known evangelist Dwight L. Moody was going to be preaching in England that fall. However, urgent business delayed Mr. Spafford, so his wife Anna and his four daughters sailed on ahead and he made plans to set sail a few days later.

The ship that his wife and four daughters were sailing on was struck by another ship and sank in 12 minutes in the cold waters of the Atlantic Ocean. Two hundred and twenty-six people lost their lives in this terrible accident. Mrs. Spafford amazingly survived, but all four of their daughters drowned at sea. On reaching the European mainland, Mrs. Spafford sent her husband a telegram with the sad message, “Saved alone.”

Stories differ as to when the hymn, “It Is Well With My Soul,” was written.

Some believe it was written while Spafford was on a ship to rejoin his wife in Cardiff, Wales. When the captain informed him that they were passing over the scene of the accident, what depth of pain-filled grief must have flooded over him. It could have been at that moment that the Holy Spirit inspired him to put in writing these words, “When sorrows like sea billows roll; whatever my lot, Thou has taught me to say, it is well, it is well, with my soul.”

Others feel Spafford wrote this hymn about two years later when Moody and his music evangelist Ira Sanky were staying at the Spafford home. We all know how friends can surely be a source of comfort and encouragement during difficult circumstances. Spafford, in spite of his anguish, could say along with the apostle Paul, “***I have learned to be content whatever the circumstances”*** (Philippians 4:11).

Each time we sing that song, what we are doing is speaking to our soul to relax. We know that the wind may have blown or is blowing right now. But we are not without hope.

That song is a great way to tell your spirit to take solace in God and be assured all will be well. And that is the truth, ALL WILL BE WELL.

## PRAYERS:

*"Dear LORD, Help me to believe You at this trying time in my life. Teach my soul to relax and be confident in Your everlasting LOVE and care. Help me to have faith that all will be well, in Jesus name. Amen"*

**FURTHER READING:**

Psalm 46:1-11

## **Day 2:** The Weight is Equal to the Horse.

---

*"No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it."*

**- 1 Corinthians 10:13**

---

**REFLECTION:**

First, understand that the title of today's introspection is taken from a very popular ancient proverb. The full statement reads thus: *"The burden is equal to the horse's strength."*

It basically means that whatever comes our way, somehow, we have the strength to carry it. And the scripture we just read agrees with the old adage.

In the scriptures that we just read, God has given us an *extremely powerful* three-fold source of encouragement for times of fiery trial!

First, it should be noted that the word translated "*temptation*" in the King James Version actually has a broader sense than our English word "temptation" usually carries. By "temptation" we generally mean "*being tempted to sin*."

However, in the Greek, the meaning is bigger. In addition to being "tempted to sin" it also includes the idea of "time of trial" or "time of testing." The Greek word is **peirasmos**, which is the same Greek word, used in 1 Peter 4:12 as ***fiery trial***, which implies great persecution, loss, betrayal, hurt, distress, etc.

The three-fold encouragements in the above text are:

**1. You are not alone**

First, He tells us that there is no trial that we may go through but such as is "common to man."

There are times when we feel that no one can possibly understand what we are going through. We feel that we may not be able to make it, because we're having to endure what no one else has had to endure.

God is saying, in essence, *"I know that what you are going through is very hard. I know it may seem unbearable. But you need to realize that others have gone through very similar trials. I enabled them to get through it. I will get you through it too!"*

When we are going through a fiery trial, it can help enormously if a friend can lay his hand on our shoulder and honestly say, "I know this is tough. I've been through something very similar to it. I didn't think I could make it. But God got me through it. I know He will do the same for you."

But even if there is not a specific friend around who is able to say those words to you, this verse reminds us that there are indeed others out there who have been given grace by God to get through similar trials. He helped them.

He will help me.

**2. You can bear it.**

Secondly, God assures us in this verse that He will not allow us to be tested "above what we are able to bear."

Often we feel that we have reached the end of our rope—when we really haven't. How often we feel that we can endure no more—when we really can.

You see, God is the One Who knows us better that anyone else possibly could. He knows us better than we know ourselves. He knows how much we can bear. He knows exactly which *"straw would break the camel's back."* And He promises that He will never allow that much testing to come our way.

When we are tempted to cry out, "Oh God, I can't take anymore!" He gently reminds us of these words. "I will not allow you to be tested above what you are able to bear."

**3. God will surely make a way…**

Finally, He promises that He "will with the temptation also make a way to escape, that you may be able to bear it."

There are those times of trial when there seems to be absolutely no way out. It's as if we had been pushed into a room with no windows and no doors. We can see no hope whatsoever of getting out. In those times, He says, "I will make a way to escape." At just the right time, in just the right way, He will open the door.

It is not easy to remember how limited our vision is when we are staring horrible circumstances in the face. It is not easy to remember that we have a Father who is bigger than any horrible circumstance could ever be. It is during these times when we must force our gaze away from the circumstances and onto God.

As Peter Lord has said so well, *"Most of us tend to gaze at our circumstances and glance at God now and then. We need to reverse that. We need to gaze upon God and glance at our circumstances."*

It is during times like these when we must cling to His promises knowing that however bleak the circumstances might be, He will certainly see us through!

God raised up Winston Churchill to lead Britain through the darkest hour of her history during the Nazi invasion in World War II. All hope seemed to be lost, but he refused to allow them to give up. Eventually God gave them victory over their demonic Nazi enemies.

Later, Churchill was invited to give a speech at a boys school which he himself had attended as a boy. When it was time for him to speak, he walked to the podium and spoke these words, slowly and with great emphasis, "*Boys, never give up... Never give up... Never... Never... Never... Never.*" And he sat down.

I'm sure every person in attendance carried vivid memories of that moment to his dying day!

When you are going through the fiery trial, let this verse be God's way of giving you three powerful reasons why you should.

**"Never give up... Never give up... Never... Never... Never... Never!"**

---

## PRAYERS:

*"Heavenly Father, I accept Your WORD for my life. I believe that You will not allow me to face what I cannot overcome. I accept that You are working in all situations and that You will make a way for me in my present circumstances. Thank You LORD.*

*In Jesus name I pray! Amen."*

---

**FURTHER READING:**

2 Peter 2:9, Psalms 89:33, 2 Corinthians 12:8-10,2 Thessalonians 3:3 ,Genesis 19:20-21, Jeremiah 29:11.

## **Day 3:** God Works in All Things

---

*"And we know that in all things God works for the good of those who love him, who have been called according to his purpose"* **- Romans 8:28**

---

**REFLECTION:**

All things are not good. It would be mockery to say that they are. The death of a child is not good. Cancer is not good, drug addiction is not good, war is not good, betrayal is not good, a cheating partner causes serious pain, blasphemy is not good.

But the Bible says, “We know that all things work together for good to them that love God, to them who are the called according to his purpose.”

In the chemistry of the cross, God takes things that in, and of, themselves are bad, and He puts them together, much as a chemist might take chemicals that in themselves may be poisonous and mixes them to make a medicine that brings healing.

God can take things that are bad and put them in the crucible of His wisdom and love. He works all things together for good, and He gives us the glorious, wonderful promise that He will do so.

*We know that we have victory over sin and over Satan, but this verse in Romans teaches us that* ***we also have victory over our circumstances. It says that all things work together for good.***

Here are two important takeaways from that verse:

**1. It's Certain.**

The first thing is the certainty of the promise. Notice how the verse begins:

"We know."

This is not a guesswork, this is not happenchance, this is not perhaps, this is not maybe; this is ironclad certainty. "We know that all things work together for good.

Sometimes it may look as if God's plan retreats, but in God's timing He makes all things beautiful.

**2. It Includes Everything.**

The second thing is the completeness of the promise: "We know that ***all things work*** together for good." That's a big promise, but it's there, and it's absolutely certain.

God is a teacher who, by our standards, seems strange. He gives the test first, and then He gives the lesson. We learn through the situation. Think about Joseph in the Bible. Think of all the terrible things that happened to Joseph. He was maligned by his brothers. He was thrown into a pit and sold as a

slave; he was lied about and accused of rape. Then he languished in prison.

But Joseph, as he looked back, said something that is much like Romans 8:28. Talking to his brothers, Joseph said, “As for you, ye thought evil against me; but God meant it unto good, to bring to pass, as it is this day, to save much people alive.” (Genesis 50:20)

Whatever the circumstances that comes to us, we can rely on God’s promise in Romans 8:28.

---

*“No matter our circumstances, no one can take this verse out of the Bible…and may Satan never take it out of our hearts.”*

---

We may not understand why certain things happen when they happen, and why. But in the end, God’s love is certain and will to lead us into a deeper relationship with Him.

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**PRAYERS:**

*"LORD Jesus, I may not comprehend everything that is happening in my life and family right now. But I believe in YOUR WORD in Romans 8:28 that YOU are working in every situation. I believe that YOU will bring out good in my life despite the grief that I am faced with. Help me to become more and more like YOU everyday, in Jesus name."*

**FURTHER READING:**

Proverbs 19:21, Joshua 1:9, Isaiah 41:10, Ephesians 1:11, 1 Corinthians 10:13

## Day 4: Enter into His Rest.

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*"As one whom his mother comforts, so I will comfort you; you shall be comforted in Jerusalem."* **- Isaiah 66:13.**

---

**REFLECTION:**

Rest is a time when you are not doing anything. You are just free from working, breaking your head and thinking; and just relaxing and either having fun or doing some kind of recreation. Experts tell us that a good rest is very important for healthy living.

The Bible says in Hebrews 4:10-11:

*"For anyone who enters God's rest also rests from their works, just as God did from his. Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience"*

According to Joyce Meyer, "the rest of God is not a rest from work—it's a rest in work. It's partnering with God to do what He is calling you to do by His grace, and leaving the part you can't do in His hands, trusting Him to do it."

Basically, entering into God's rest is not having to worry so much about things you couldn't do and believe God to bring the best out of every situation. When we enter into His rest, we stop worrying and feeling guilty and we can then relieve ourselves of unnecessary stress and pains.

Today, as YOU hear God’s voice, seek to enter into His rest. Ask the LORD to help you “cease from your own works” and look up to HIM to carry on His work in your life.

## PRAYERS:

*"LORD, I come unto You according to Your WORD in Matthew 11:28. I am in labor and carrying heavy burdens. Give rest to my spirit, soul and body from today.*

*Holy Spirit, teach me to enter into God's rest henceforth, in Jesus name."*

---

**FURTHER READING:**

Matthew 11:28, Matthew 5:4, Hebrews 4:1-16.

## **Day 5:** Free Yourself and Move Forward.

---

*"And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you."* **- Ephesians 4:32.**

---

**REFLECTION:**

I’ve personally learned that forgiveness is not easy, especially when we have been hurt, betrayed and treated unfairly by the people involved. Take the case of Pamela for example. How would she go about forgiving someone who is cheating on her and is not willing to repent?

However, the reason that God asks us to forgive is more for ourselves, than for the people who have hurt us. When we forgive others, we directly release ourselves from the judgement of the offenders and find strength to access what God has in store for us.

Who do you forgive?

**1. FORGIVE YOURSELF:**

Sometimes we blame ourselves unfairly and build up regrets over what we did and didn't do well to contribute to the situation we are faced with at the moment. And no doubt, one may have missed it and even messed up so many times in the past and missed so many opportunities. But to move forward, you have to let go. You have to forgive yourself. You have to say:

*"Well, I know I may not have really done well in the past but I forgive myself. I'm not a failure. With God's help I'll keep trying. I know good things are ahead of me."*

---

## 2. FORGIVE GOD:

Sometimes we also get in the web of thinking that maybe God did not care enough. “Maybe if God had kept this from happening, I would be fine,” we seem to always think.

But blaming God never helps anyone out of his predicaments. Rather, it gets things worse.

It sounds odd to say this but just in case you feel God did not care enough, forgive God and move on. Actually, God never contributed to make our situations worse. He actually loves us more than we think.

---

## 3. FORGIVE THE GOVERNMENT:

We might also be caught up in the circle of thinking maybe if we had had the right policy or infrastructure from the government, this situation might not be like this. We might be right in our thoughts, but to move forward, we must trace all sources of blames and get rid of them.

Forgive your government, clear yourself of any form of bitterness towards the leaders and release yourself to your blessings.

You could say something like, "*Well, I know that my government and the people that lead us haven't done so well. But I forgive them henceforth. And I receive grace to quit blaming people in government and move on doing the best I can*"

## 4. FORGIVE YOUR PARENTS OR CHILDREN.

Most times in my life I have blamed my parents for not doing their best to put my siblings and me on equal standing with others in life. And apart from that, my childhood memory is filled with unusual wickedness meted out to my parents and us by the extended family members. I was always keeping these records praying to pay back at the appropriate time.

But I found out I've got to let these things go if I'll have to move on with my life. Whatever wrongs your parents or family members, whether paternal or maternal family members, have done to you in the past, forgive and receive God's peace and move on. Clear those records off your mind.

---

**5. FORGIVE THOSE WHO HAVE HURT YOU.**

Forgive those who betrayed you. Forgive those who made you lose the contract or job and never cared. Forgive the cheating partner. Forgive the hurts. Forgive those who took you for granted. Forgive those wilfully owing you and not wanting to pay back.

Forgive. Forgive. Forgive.

Close your eyes and say:

*"LORD, please help me forgive this.……..……..…..*

*"I hereby forgive ……..……..…..for this.…….……..…..*

*"LORD I pray take over this matter and bless ……..……..…"*

Forgive and receive God's peace in your life and an unusual open door. Withdraw all plans and setups to avenge in any matter.

## 6. MAKE AMENDS WHERE NECESSARY

Find out within yourself if you've done things that hurt someone in the past and take steps to make amends.

Few days ago, I had to call my family together and apologize to everyone. I believe that sometimes I may have tried to act overly with exercising authority and even do it to the unhappiness of others. I discovered that most times when I'm broke I'm often irritated and allow this irritation to burn towards others, especially my wife and immediate family members. So I did have to say sorry to every one of them.

Don't be too proud to call your family members together and say, "I am sorry. I've not treated all of you well in the past. Please everyone, forgive me."

It doesn't reduce you, rather it adds to you. As a woman don't be too proud to say to your husband and family (children and house assistants) "I am sorry. I messed up. Forgive me everyone."

As a leader or manager don't be too proud to make amends with your juniors. Saying I am sorry doesn't make you smaller than anyone. It is not saying sorry that actually makes you small and closes your doors.

Those you owe, call them and say sorry. Start making plans to repay them. Look deep inside yourself and desire to make amends with anyone or group of persons that your actions of ignorance have hurt in the past.

Those people, who helped you in the past that you did not say thanks to, call them and apologize. Make Forgiveness your lifestyle and let God bring His plans to pass in your life.

## PRAYERS.

*Heavenly Father, I come before THEE this day and ask for grace to forgive anyone who has offended me in the past. Please LORD, take away this hurt and anger I feel towards these people who have hurt me.*

*I hereby lift them before THEE and pray that You come into this situation and bring about Your justice. LORD, I declare this day that I hold nothing against anyone anymore. Please root out every seed of* ***unforgivenes*** *and bitterness from me this day, in the Mighty Name of Jesus Christ.*

*"From today, LORD, give me grace to walk in obedience, forgiveness and peace of mind. In Jesus name. Amen"*

---

**FURTHER READING:**

Mark 11:25, Matthew 6:14-15, Matthew 18:21-22, James 5:16, Luke 6:27

Colossians 3:13,1 Corinthians 10:13, Psalms 103:10-14.

## **Day 6:** Bonded Forever in God's Love.

---

*"For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers,*

*Neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord."* **- Romans 8:38-39.**

---

**REFLECTION:**

In the passage above, Paul recognizes that we may be tempted to think God no longer loves us when we face difficult times. In verse 35 he asks, “Does it mean he no longer loves us if we have trouble or calamity, or are persecuted, or hungry, or destitute, or in danger, or threatened with death?” But the answer is “No.”

---

*Though we suffer in this life and may face loss or heartbreaks, that does not mean God doesn’t love us.*

---

How can we be certain of God’s love for us when we’re tempted to doubt it? The last phrase of Romans 8 provides the answer. God’s love “is revealed in Christ Jesus our Lord” (v. 39).

As we learned earlier in Romans, “God showed his great love for us by sending Christ to die for us while we were still sinners” (Rom. 5:8). If ever we worry that God doesn’t love us, we return to the cross. There we see the love of God poured out, a love not just for humankind in general, but for us in particular.

With assurance of God’s love for us, we are empowered to approach

whatever situation we find ourselves with faith. God loves you always… always.

**PRAYERS:**

*"Dear Heavenly Father, when my heart is in doubt, remind me by Your Spirit that You made Your LOVE manifest in allowing Jesus Christ, Your only begotten son, to die for us.*

*Take away my doubts and fill my mind with YOUR love and passion. Cause me to stand strong in faith at all times, in Jesus name."*

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**FURTHER READING:**

John 3:16, Romans 5:8, Galatians 2:20, Ephesians 2:4-5, 1 John 4:9-11

## Day 7: The Beauty of Total Submission.

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*"Submit to God and be at peace with him; in this way prosperity will come to you."* **- Job 22:21**

---

**REFLECTION:**

First and foremost, Eliphaz, one of Job's friends was the one who gave Job this advice. The counsel he gave is true and remains true, but in the circumstance and situation he used them has a wrong implication. He was saying that Job had hitherto not known God, and that prosperity in this life would follow his sincere conversion. We're not going to be addressing Eliphaz's assumption here, but we'll be talking about the art of submitting to the LORD in all situations.

Sister Allison Fallon wrote a small but sensible article on her blog, storylineblog.com, which gave me a new sense of the subject of submission. She says, "…Few years ago, I started writing. And there were several things that were significant about that change in profession for me, but one of the least significant things actually became the most significant, when I discovered the meaning of the word submit. As a writer, I began to submit things to people all the time. And the word submit, in the writing profession, didn't mean anything like I assumed it meant when it came to "submitting" to God.

"When I submit a piece of writing to a magazine, or a publisher, I do tons of research first. I want to know what the publication is looking for, what kind

of content matters to them, what their DNA is, what their audience is like. I come with a strong idea—one I'm fairly certain they'll like (because I know them pretty well)—and I've spent hours and hours, not to mention sweat and tears, refining this idea to make it perfect.

"I've labored over this piece of art, this article or book. I've poured my whole self into it. I've spent days, weeks, even years sometimes on the couch, or in coffee shops, early in the morning, or late at night.

"Then, I "submit" it to the editor or publisher and say, with as much confidence as I can muster, "this is the best I can do. I've given you everything I have. But I realize I might have missed some things. Will you help me make it better?"

"I give them full reign to open the document, to use a red pen. They make some changes (which are mandatory), and some suggestions (which are not). Then, I take it back and get back to work.

Isn't it interesting to learn from a writer's perspective that the process of "submission" is never over. We're never done refining, working, making things better. After the writer has done his best, he must give it all to the editor and expect changes to be made.

I believe this aptly sums up what the LORD expects from us. Submission is not something we say we have done once. It’s something we’ll keep doing, day by day, week by week, month by month and year by year. We’ll keep saying to the LORD,

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*“Here am I, O LORD. I submit to THEE in this situation. I submit to THEE in this matter”*

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In every situation we find ourselves, in deciding for college, in choosing a job, when we face trials, in grief and in moments of loss, we submit to the LORD. When we submit, we must expect the LORD to make some changes. Even when we don’t hear back from HIM on time, it doesn’t mean He is not working in our lives and in the situations. He’ll surely get back to us in time.

James 4:7 says to “Submit yourselves, then, to God. Resist the devil, and he will flee from you.” The Greek word "submit" used in this verse is 'hupotasso', which is a military term for submitting to rank. Like a private submits himself to a sergeant, to place or rank under, to subject, to obey, that sort of thing.

It never happens just once. It’s a continuous process.

So submit yourself to the LORD in the circumstance that you find yourself and let God move and bring you release and breakthrough.

## PRAYERS:

*"LORD Jesus, help me to submit to THEE in all situations of life. Help me to understand Your work in my life and to remain at PEACE in THEE.*

*LORD, as I submit to THEE, I resist the devil and whatever fights my total submission.*

*Once again, LORD, I confess that though it may look like I've not heard from YOU, You are working to bring about the necessary changes and results to make me better.*

*Thank YOU Jesus."*

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**FURTHER READING:**

Psalm 34:10, Psalm 40:8, Psalm 143:10, Ephesians 5:1-3

## **Day 8:** God is Compassionate in Our Sadness.

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*"For no one is cast off by the Lord forever. Though he brings grief, he will show compassion, so great is his unfailing love. For he does not willingly bring affliction or grief to anyone."* **- Lamentations 3:31-33**

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**REFLECTION.**

If the circumstances surrounding what you're facing at this time is tragic, be assured that God DID NOT CAUSE the tragedy. He did NOT take cause you this pain.

People often misquote Job when he lost his children, thinking that Job was accusing God of giving him his children and then taking them away. But a careful examination of the verse and study of the Hebrew verb "take away" reveals that there is only one Hebrew word there, not two, and the word means "receive" (Job 1:21).

So Job was not accusing God of being a Schizophrenic, giving him his children one day and then cruelly murdering them on another day. No, not at all!

Job was comforting himself in the face of personal tragedy by stating scriptural truth. In context and more accurately translated: "...the Lord gave [me my children], and the Lord has [now] received [them into heaven]; blessed be the name of the Lord."

From the context of our text today, the writer, though implying that all his troubles and afflictions came from the LORD, also did confess that indeed, it

was because of God’s mercies that we are not consumed (vs. 22)

It is wrong to assume that God is the one who is causing our troubles, but even when we have thought like that, God’s love and compassion is still forever with us. We can still be sure that the trouble is only for a time, and God will show compassion again (vers. 31, 32).

The damage you have suffered is real. No one can take that away from you. But you can find comfort in the fact that God’s compassion will work out great good in your life.

## PRAYERS:

*"O LORD, I rest in YOUR compassion and unfailing love. Give me strength in my trying times and restore my confidence in YOUR LOVE, in Jesus name."*

**FURTHER READING:**

Psalms 78:38-39, Romans 5:6-9, Exodus 34:5-6, 2 Kings 13:23, Nehemiah 9:19, Matthew 9:36, Luke 15:20

## **Day 9:** Strength in Weakness.

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*“For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are--yet he did not sin.”* **– Hebrews 4:15**

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**REFLECTION:**

Jesus experienced several temptations to sin, satanic attacks, betrayals by his friends, loss of loved ones and ultimately the most gruesome death experience. He experienced pains, great pains, so He can actually relate to our pains and grief and trials. This should help us relate with the LORD and be confident that He will never ever allow us to be consumed in what we are going through.

The previous verse before our text in Hebrews says, “Therefore, since we have a great high priest who has gone through the heavens, Jesus the Son of God, let us hold firmly to the faith we profess” (Hebrews 4:14).

Hold onto your faith child of God no matter how bad you have been hurt or felt cheated by life. The LORD understands exactly the situation of things with you and is there to provide help exactly when we need it.

## PRAYERS:

*"LORD Jesus, I confess my faith in YOU this day. As my High Priest, YOU understand exactly what's happening to me because You also went through greater pains here on earth. I know YOU will help me through this situation and cause my praise to be to THEE forever and ever."*

*In Jesus name. Amen.*

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**FURTHER READING:**

Romans 8

## **Day 10:** Receive Healing for Your Broken Heart.

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*"The Lord is close to the brokenhearted and saves those who are crushed in spirit."* **- Psalm 34:18**

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**REFLECTION:**

If there is one thing that hurt and pain does to us, it is that it crushes our spirits. It breaks our hearts. It leaves some lines of wounds even after the normal activities to move forward are over. But thanks to God, we can get our spirits and broken hearts healed.

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**God *"heals the brokenhearted and binds up their wounds."***

- Psalm 147:3.

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Millie Stamm, in her inspirational book, ***Be Still and Know,*** gives a wonderful illustration to help us visualize how completely God in Christ is able to heal our broken hearts and to put our lives back together so that we can experience the peace of God. She tells of a cathedral in Europe that had a beautiful stained glass window that was broken during a strong storm into many small pieces. The pieces were gathered and stored.

A skilful craftsman from outside the village learned of the damage of the glass window. He came to the village to ask permission to restore the window. Reluctantly the villagers gave him permission, but they had little hope that anyone could repair their shattered window. Months passed without

word from the stranger. Then one day, the stranger returned with the window. He replaced the window in the cathedral. He invited the people to come and see the restored stained glass window. To everyone's amazement, the restored window was now more beautiful than it had been originally. This was truly a miracle.

When we give the broken pieces of our lives to God, He receives them as a skilled craftsman, and then miraculously makes our lives better and more beautiful than they were before. However, this can only happen when we are willing to give God all of the pieces of our broken lives. Yes, we must give all of the "shattered pieces" to God.

Jesus is God's handy man. He is not a stranger but a friend who loves us and knows what we are feeling and going through.

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## PRAYERS:

*"Dear Heavenly Father, I hand over the broken pieces of my life to THEE. I hand over all my wounds to THEE. I ask YOU to bind up my broken heart and heal all my wounds, in Jesus name."*

**FURTHER READING:**

Matthew 11:28-30, Isaiah 41:10, Psalms 73:26, 1 Peter 2:24

## **Day 11:** Look Forward and Believe.

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*"Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God."* **-**
**Hebrews 12: 2**

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**REFLECTION:**

Rick was born in 1962 to Dick and Judy Hoyt. As a result of oxygen deprivation to Rick's brain at the time of his birth, Rick was diagnosed as a spastic quadriplegic with cerebral palsy. Dick and Judy were advised to institutionalize Rick because there was no chance of him recovering, and little hope for Rick to live a "normal" life. It seemed an almost impossible mountain to climb – to raise this son who could not walk, could not talk, could not eat on his own. Discouragement set in. Their hope dashed. The life they had planned was suddenly changed forever. The race they were running seemed impossible to finish.

I am sure you have had moments like this in your life as well. Moments where it all seemed too much. Too much effort, too many challenges, and too little energy.

The author of Hebrews, supposedly Paul, gives us three motivations in this text:

- Look back to the witnesses,
- Look forward to the joy
- Look up to Jesus

## LOOKING BACK TO THE WITNESSES

The first motivation to run is found in verse 1**: "since we are surrounded by so great a cloud of witnesses."** As we run the race, there is a big, dense crowd of saints pressing in on the track. These saints are the people described in chapter 11 and all the other Christians since then who have finished the race before us.

These great saints are watching and cheering us to keep on keeping on. They have been through what we are going through today. They are a reminder that we will surely finish strong.

## LOOKING FORWARD TO JOY

The second motivation is the assurance of joy ahead. For every pain we are going through today, there is joy ahead. We may not be able to explain what's happening now, but surely, there is light ahead.

Jesus himself endured the cross and scorned its shame for this reason – for the joy that was set before him. It may be hard now. It may be that you haven't always had it easy. But look to the joy!

As Paul says:

*“Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.”*

## - Philippians 3

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There is a crown, a prize, a goal for which we are striving – and it is going to be made manifest. As Paul reminds us in Romans 8, “our present sufferings are not even worth comparing to the glory which will be revealed in us.”

Live for the joy. Live for the prize.

**LOOKING UP TO JESUS**

He is not just our example, but our redemption, the foundation of our faith. He is the perfect model for faith from start to finish. He trusted his Father from beginning to end in his earthly race. And he is the giver and sustainer of our faith from start to finish.

Hebrews 13:21 says, "May God equip you with everything good that you may do his will, working in you that which is pleasing in his sight, through Jesus Christ." The God who began a good work in us is going to complete it —through Jesus Christ, the author and finisher of our faith.

And so we are encouraged, commanded, begged to fix our eyes upon Jesus, lest we grow weary and lose heart. Keep him always in your sight. Focus on his power and his majesty and his glory and his holiness. Fix your eyes upon HIM and you'll develop the perseverance to live and run the race marked out for you.

## PRAYERS:

*"LORD Jesus, I fix my gaze on you from this day and always. Remind me constantly by the Holy Spirit that I have what it takes to live and finish my race. Cause me to look up to the JOY ahead of me in YOU and help me overcome every distraction in my life today, in Jesus name I pray. Amen.*

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**FURTHER READING:**

Isaiah 43:1-28, Jude 1:24, Psalm 121:3,Philippians 3:12-14,2 Corinthians 5:1-21.

## Day 12: The Peace That Passes All Understanding.

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*And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.* **- Philippians 4:7.**

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**REFLECTION:**

The peace that comes from being in a right relationship with God is not the peace of this world. The world's peace depends on having favorable circumstances: *if things are going well*, then we feel peaceful; *when things go awry*, the peace quickly dissipates.

Jesus made the distinction between His peace and the world's wavering peace when he said:

*Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.* - **John 14:27**

As believers we are enjoined to place full confidence in our loving God and remain thankful in every circumstance, in every situation, even after a loss or a breakup. This will help us to possess a supernatural peace… An inner calm that will dominate the heart.

If it seems like you're caught up in the moments that you don't have this peace, you can ask our LORD to restore this peace in your heart today.

God's supernatural peace surpasses natural understanding.

## PRAYERS:

*"Heavenly Father, I hand over my worries and fears unto YOU. Let Your peace that passes all understanding guard my heart from this day. Keep me focused on Your Love. Keep me focussed on what You are doing and not on what I don't have or what I have lost, in Jesus name."*

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**FURTHER READING:**

Ephesians 4:6-8, John 16:33, Romans 14:17-19, Colossians 3:15

## **Day 13:** Tomorrow is Secure.

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*“For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future.”* **- Jeremiah 29:11**

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**REFLECTION:**

Your tomorrow is secure. You will get better and better and your desires and prayers will be met. That is what God is saying, and that is how it will be. The Scripture says that:

"*Everything that was written in the past was written to teach us, so that through the endurance taught in the Scriptures and the encouragement they provide we might have hope* (Romans 15:4).

Our biggest enemies are those who try to convince us to believe our doubts and lose hope in God. Paul was saying in the text above that the whole essence of scriptures is to teach us to have hope. Consequently we must do everything we can to resist any inner or outer voice that try to dissolve our hope in God.

When we are going through pain and hurt, it is possible for us to think that all hope is lost. Sometimes we can't just imagine life going forward with what has happened. But God is assuring you that your tomorrow, your future is secure. You shouldn't be afraid or allow yourself to get carried away in the thought of "all hope is lost"

Not at all! You have hope. Your tomorrow is secure because God is there

waiting.

## PRAYERS:

*"Heavenly Father, I believe that all hope is not lost for me. I believe YOU are in my tomorrow and that my tomorrow is secure. Teach my heart to be confident in YOUR eternal love and wisdom to protect, provide and guide me to my future in YOU, in Jesus name."*

*Amen*

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**FUTTHER READING:**

Psalm 42:11,Isaiah 40:31,Psalm 121:7-8,Colossians 1:27,Romans 5:3-4,Romans 15:13,1 Corinthians 13:13,Hebrews 10:23, Isaiah 61:1

## **Day 14:** Speak to the Spirit of Fear.

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*"For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind."* – **2 Timothy 1:7**

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**REFLECTION:**

The devil is a crook who always tries to capitalize on situations to establish his influence. When going through pain and hurt, chances are there for the devil to try to exploit the moment and sow the seeds of fear in our hearts.

*"But while men slept, his enemy came and sowed tares among the wheat, and went his way."* – Matthew 13:25 (KJV).

This scripture does not mean physical sleep. It means moments of weakness of the spirit. When our spirits are heartbroken we are exposed to attracting different kinds of seeds into our hearts. One of such seeds the enemy can sow is fear. But we can stand in the WORD of God and uproot this evil seed of fear by speaking to our hearts and to the demon of fear.

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## PRAYERS:

*"O LORD, I thank YOU for not giving me the spirit of fear, but of power, of love and of sound mind. YOUR WORD says in Isaiah 41:10 that I should not fear because YOU are with me. I therefore bind and cast the spirit of fear out of my life into the abyss, in the name of Jesus Christ. Amen."*

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**FURTHER READING:**

Joshua 1:9, Isaiah 41:10, Psalms 34:4 , Isaiah 35:4, Psalm 23.

## Day 15: Overcome by the Blood.

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*"And they overcame him by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death."* – **Revelation 12:11**

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**REFLECTION:**

Don’t get this relegated. In spite of the pain or loss or hurt that one is going through, the enemy is still in a battle with us. His goal is to ultimately get us frustrated and give up on God. The bible clearly says that:

*…we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.* – Ephesians 6:12

We should never lose that consciousness and we must keep declaring our victory by pleading the blood of Jesus Christ constantly. There are powers in high places determined to make mincemeat of your testimony of salvation. They want to make life so uncomfortable for you so that you will declare that God is not a good God. You must not let them. You must keep declaring your position in Christ Jesus.

You must not give up on declaring your victory in Christ Jesus over the devil no matter what’s happened.

# PRAYERS:

*"Heavenly Father, I thank You for giving me victory over the devil, by the name and Blood of Jesus Christ. Whatever the situation is, O LORD, give me grace to keep declaring this victory in my life and family.*

*"From today, LORD, I hereby declare:*

*"I am raised up with Christ and seated with Him in the heavenly places. - Ephesians 2:6.*

*"I was once far away but now I am near by the blood of Jesus Christ. – Ephesians 2:13*

*"I overcome the works of the devil. I overcome affliction, sickness and death by the Blood of Jesus Christ."*

*"I have victory in life and I win in all circumstances by my faith in Jesus Christ and by the Blood of Jesus Christ."*

*"The Lord is my light and my salvation, I will not fear"*

*"All things are working together for my own good, in Jesus name."*

*Amen*

**FURTHER READING:**

Luke 10:16-19, 1 Corinthians 10:13, Hebrews 2:14-15, Ephesians 6:10-18.

## Day 16: The LORD Will Make a Way Somehow.

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*"Behold, I will do a new thing; now it shall spring forth; shall ye not know it? I will even make a way in the wilderness, and rivers in the desert."* **- Isaiah 43:19**

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**REFLECTION:**

"The Lord Will Make A Way Somehow" is a popular song written several years ago by Hezekiah Walker. The song is so full of meaning that you should sing it often when you feel you're done. Here is the first verse:

*"Like a ship that's tossed and driven, battered by an angry sea.*
*When the storms of life are raging, and their fury falls on me.*
*I wonder what I have done, to make this race so hard to run.*
*(Then I say to my soul, soul take courage)*
*The Lord will make a way somehow."*

Charles Spurgeon said, "Nearness to God is our conscious security. A child in the dark is comforted by grasping its father's hand"

Yes, the LORD will make a way somehow. When you're down and out and it seems all hope is gone. When the darkness of the night seems too deep for light to come, just keep saying it… "The LORD will make a way somehow."

We don't know how He will do it. We don't know when He will do it. But we are certain… "The LORD will make a way somehow."

God specializes in showing His power in hopeless situations. Israel was in

just such a place when God parted the sea before them (Ex. 13:17-14:31). Daniel was protected in the lion's den (Dan. 6:10-23). Paul and Silas were delivered from prison (Acts 16:25-40).

If life seems to be closing in on you, don't despair! Trust God. He has promised to make a way. Our unknown future is secure in the hands of our all-knowing God.

## PRAYERS:

*“Heavenly Father, I trust You to make a way for me in my low moments. I keep my heart rested on YOU. Help me not to be moved by things as they appear to be at the moment.*

*In Jesus name.”*

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**FURTHER READING:**

Isaiah 43:16-19, Psalm 71:3.

## Day 17: The Shepherd and His Sheep.

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*“He restores my soul; He guides me in the paths of righteousness For His name's sake.”* **– Psalm 23:3**

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**REFLECTION:**

In Psalm 23, God is using the similarity of sheep and their nature to describe us. Sheep are basically helpless creatures who cannot survive long without a shepherd, upon whose care they are totally dependent.

Likewise, like sheep, we are totally dependent upon the Lord to shepherd, protect, and care for us.

Sheep are essentially dumb animals that do not learn well and are extremely difficult to train. They do not have good eyesight, nor do they hear well. They are very slow animals who cannot escape predators; they have no camouflage and no weapons for defence such as nails, sharp hooves, or potent jaws.

Sheep have a natural tendency to wander off and get lost. As believers, we tend to do the same thing (Isaiah 53:6). When sheep go astray, they are in danger of getting lost, being attacked, even killing themselves by drowning or falling off cliffs.

Furthermore, sheep are easily frightened and become easily confused. In fact, they have been known to plunge blindly off a cliff following one after another.

Shepherds in Bible times faced incredible dangers in caring for their sheep, putting their own lives at risk by battling wild animals such as wolves and lions who threatened the flock. David was just such a shepherd (1 Samuel 17:34–35). In order to be good shepherds, they had to be willing to lay down their lives for the sheep.

Jesus is our Shepherd and demonstrated it by giving His life for us. *"The Son of Man did not come to be served, but to serve, and to give His life a ransom for many"* (Matthew 20:28).

Like sheep, we, too, need a shepherd.

Our Shepherd provides us direction and leads us in paths that are safe. By not following or listening to the Shepherd's voice (John 10:27), we can be easily led astray by others to our own destruction. As Christians we must daily commit our ways before the LORD Jesus, the Good Shepherd, and ask Him to lead us. As we pray, listen and believe God, we can be sure that our Shepherd will lead us to make the right decisions and calls on a daily basis.

## PRAYERS:

*"LORD JESUS, I confess that I am like a sheep prone to dangers without a shepherd. I ask You to lead me in the right paths every day. Guide me by the Holy Spirit to make decisions and calls that align to Your purpose for my life daily, in Jesus name."*

**FURTHER READING:**

Psalm 23:1-6, John 1o:25-28

## **Day 18:** Moving Forward by Faith.

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*"Forget what happened in the past, and do not dwell on events from long ago"* **- Isaiah 43:18** (GW)

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**MEDITATION:**

“You can’t start the next chapter of your life if you keep re-reading the last one.”

It’s time to move forward.

For example, “one of the best ways to honor the memory of lost loved ones is to move forward and create positive experiences that will benefit us that are alive and the society in general. While we can continue to celebrate their memorials, we have to move on with life in faith.”

When Nehemiah first heard about the calamity that fell on his homeland, the destruction of the wall of Jerusalem, he was initially overwhelmed with the news. He fell flat in his face and mourned. But after morning, it was time to move forward.

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*“The king said to me, the queen sitting beside him, ‘How long will your journey be, and when will you return?’ So it pleased the king to send me, and I gave him a definite time.”* - Nehemiah 2:6 (NASB)

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After praying and meditating, Nehemiah boldly requested that the king send

him to Judah to rebuild the wall. Perhaps surprisingly, the king granted his request.

What a lesson!

Following Nehemiah’s example, we should start re-organizing our lives and start looking for ways to move forward. By having a strong relationship with God in daily prayers, fellowship with brethren and time in God’s WORD, we will garner confidence and definite directions to turn what the enemy meant for mockery into great testimony.

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## PRAYER:

*"Father, I commit these situations to You. Thank You for guiding me. Thank You for Your help. I trust You to lead me to move forward and bring glory to Your name with a new story. In Jesus' name. Amen."*

**FURTHER READING:**

Nehemiah 2, Job 17:9, Philippians 3:14, Proverbs 4:18, Philippians 3:13, Proverbs 3:5-6, Psalm 32:8, Isaiah 58:11

## **Day 19:** Sowing in Tears.

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"*Those who sow in tears shall reap with joyful shouting.* – Psalm 126:5

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**REFLECTION:**

My father died in 1987 while I was just 10. He died of multiple complications of heart problem that troubled him almost all his life. We didn't have money to take him to a good hospital for better treatment and didn't know much about divine healing.

While growing up, I started having heart problems, very similar to what my father had suffered before his death. It was so bad that I could only lie in the bed face up, and avoided doing things that would make me bend down in any way.

But around 1998, I started praying for divine healing after I read a few books and scriptures that convinced me God wants me healed.

One day in that 1998, I went to a church close by, knelt down and prayed for God to heal me. As I was praying, I heard a voice say to me, *"Go to the nearby hospital and pray for sick people and you will be healed"*

At first, that got me wondering. Here am I, needing healing and praying earnestly to be healed. How does going to pray for others who are sick affect my getting healed?

As I was thinking about that, I saw a couple of truths in my spirit:

1. God wants to heal me, but not just me alone; He also wants to heal everyone who is sick.
2. What you are desperately seeking solution for, there are hundreds of others needing solution in that area too.
3. Find a way to share solution with others and your own situation will be taken care of.

That experience taught me practically what sowing in tears mean. And I have never forgotten that lesson.

When you look for an opportunity to be an encouragement to others, even though you still got your own wounds, you find healing much faster than sitting and waiting for it to come.

Today, learn to reach out and be an encouragement to others and you will find encouragement and strength to move forward.

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## PRAYER:

*"O LORD my God, give me the grace to be an encouragement to others. Make me a blessing and a source of healing to the hurts of people around me. In Jesus name. Amen."*

**FURTHER READING:**

Psalm 126:4-7, Proverbs 3:26-29, Matthew 5:9, 16, 10:8, Acts 20:35-38 .

## **Day 20:** Minister Through Service

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*"Whoever serves me must follow me; and where I am, my servant also will be. My Father will honor the one who serves me."* – John 12:26

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**REFLECTION:**

Every child of God is called to be a minister. There are millions of God's children who are changing the world in great humility yet they are not celebrated as pastors, evangelists, teachers or prophets. These are just offices and titles and do not determine our connection to God and the Holy Spirit. While they may not all be ministering as pastors or prophets, but surely, there is an area we can all serve the Lord.

It may be in the ushering department, prayer team, choir, evangelism unit, volunteering, protocol, etc. We just need to find a place and serve the Lord.

Please note that the pastor is not more important to God than the lady who sweeps the church. They are both serving God in their fields of ministry. And from God is their reward.

When you seek to serve the LORD with your ability, He renews your strength from glory to glory and fills your life with joy, health and prosperity.

*If they serve Him obediently, they will end their days in prosperity and their years in happiness.* – Job 36:11 ( HOLMAN )

**PRAYER:**

*"O LORD, show me the place to serve You with my strength and give me the zeal to serve while looking up to YOU alone and not unto man, in Jesus name."*

## Day 21: Live. Prosper. Love

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*Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.* **- 3 John 1:2**

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**REFLECTION:**

Our text today is very popular, yet so powerful. Here the Apostle John talked about three things:

1. God wants you to have physical prosperity.

2. God wants you to be in good health.

3. God wants your soul to prosper.

These three areas make an abundant life (John 10:10). God does not want one area to be strong while one other area is weak. For example, God is not happy if you're strong spiritually but weak in your body. You have to put God in remembrance of His WORD and demand your health.

There are also other things we can do to be healthy and prosperous. For instance, Jesus said that you should "*love your neighbour as you love yourself*" (Matthew 22:39).

You need to love yourself to be able to love others properly. You need to take care of yourself. You need to find ways to live your life.

Despite the state of things as they may appear to be unfavourable at the

moment, God still wants you to love yourself and be in good health.

Worrying and sorrow of heart eats up your health. So you have to watch against them. We can remember our stories ones without doing it in a sorrowful and “worry-full” way.

I believe we have committed everything to God in prayers following through these daily meditations and prayers. It’s now time for you to LIVE. PROSPER. And LOVE.

**PRAYER:**

*"LORD Jesus, I accept Your will for me to prosper and be in good health, even as my soul prospers. I ask You to give me wisdom and guidance to live, proper and love. In Jesus name.*

# Part 2:

# Powerful and Encouraging Words from God

# 1. Never Ever Be Afraid.

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It’s normal to get a bit scared sometimes, especially when you look at the situation before you. However, your scare is not good enough for you in every aspect. So, today, God is saying to you, “Do not be afraid in any way.”

**CONFIRMATION:**

**Isaiah 41:10 -** So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

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**Romans 8:31:** What, then, shall we say in response to these things? If God is for us, who can be against us?

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**Hebrews 13:6:** So we say with confidence, “The Lord is my helper; I will not be afraid. What can mere mortals do to me?”

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**Proverbs 3:25-26:** Have no fear of sudden disaster or of the ruin that overtakes the wicked, for the Lord will be at your side and will keep your foot from being snared.

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**2 Timothy 1:7** - “For God has not given us a spirit of fear, but of power and of love and of a sound mind.”

# 2. God is in Full Control, So Do Not Worry.

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Worry is “to think about problems or doubts: to feel or show panic and concern because you think that something bad has happened or could happen” (Merriam Dictionary)

Anxiety also is:

1. “Painful or apprehensive uneasiness of mind usually over an impending or anticipated ill.”

2. “An abnormal and overwhelming sense of uneasiness and fear often marked by physical signs (as sweating, tension, and increased pulse), by doubt concerning the reality and nature of the threat, and by self-doubt about one's capacity to cope with it.” (Merriam Dictionary)

It is possible for you to come under some kind of tension regarding your situations. But you really don’t have to. There are things that are not within your control. Your job is to commit everything to God and do your best.

When you’re threatened by anxiety and worry, you can look up to God and reclaim your peace.

**CONFIRMATION:**

**Joshua 1:9 -** I repeat, be strong and brave! Don't be afraid and don't panic, for I, the LORD your God, am with you in all you do." (NET Bible).

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**Philippians 4:6 –** “Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. (NLV)

# 3. Forget Your Past Failures and Mistakes.

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Have you failed in the past? Are you worried that you have made serious mistakes in the past that might affect your overall outcome of what you are going through?

Today, God says, don’t worry about your past. He is not saying you did great by acting wrong. However, He is not over with you. Your past is gone and gone forever. Look ahead today with faith and confidence that God is with you.

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**CONFIRMATION:**

**1 John 1:9 -** “If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

---

**Isaiah 43: 18-19 -** "Do not call to mind the former things, or ponder things of the past.”Behold, I will do something new, now it will spring forth; Will you not be aware of it? I will even make a roadway in the wilderness, Rivers in the desert. (NASB)

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**2 Corinthians 5:17 -** Therefore if any man [be] in Christ, [he is] a new creature: old things are passed away; behold, all things are become new.

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**Philippians 3:12-14 -** Not that I have already obtained all this, or have already been perfected, but I press on to take hold of that for which Christ Jesus took hold of me. Brothers, I do not consider myself yet to have laid hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize of God’s heavenly calling in Christ Jesus. (NASB)

# 4. If You Ever Feel Depressed, You Can Tell God About It.

---

Depression is a state of feeling sad, feeling sorry for yourself, feeling pity, feeling that you're no good and being full of regrets. It may start out as a simple response to a mistake, a response to a bully or a sincere response to a failure. But when it degenerates to a point of feeling unimportant, and you're unable to live a normal life, then it becomes a serious problem.

The good news is that if you are feeling depressed, you can tell God about it. You can just tell God exactly how you feel without hiding it. When you do, the Holy Spirit brings permanent healing going forward.

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**CONFIRMATION:**

**Psalm 34: 17-18 -** The righteous cry, and the LORD hears and delivers them out of all their troubles. The LORD is near to the broken-hearted and saves those who are crushed in spirit. (NASB).

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**Matthew 11:28 -** Come unto me, all ye that labour and are heavy laden, and I will give you rest.

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**Jeremiah 33:3 –** Call to Me and I will answer you, and I will tell you great and mighty things, which you do not know.

---

**Psalm 55:22 -** Cast your burden upon the LORD and He will sustain you; He will never allow the righteous to be shaken.

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**1 Peter 5:7 -** Give all your worries and cares to God, for he cares about you. (NLT)

# 5. The Road Will Not Be Easy, But God Will Help You Thread It And Come Out With Victory.

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There’s no promise that the road you are threading right now, there’s no guarantee that it will be a bed of roses. There’s no guarantee that you won’t face tough times.

You’ll face sleepless nights. You may face serious trying times that may attempt to break you down

But be assured that God will be with you all through the journey. When you need wisdom, help and guidance, God will be right there to answer you. So be confident. Because God is with you, victory and testimony is a certainty.

**CONFIRMATION:**

**Jeremiah 29:11-13 -** For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end.

12 Then shall ye call upon me, and ye shall go and pray unto me, and I will hearken unto you.

13 And ye shall seek me, and find [me], when ye shall search for me with all your heart.

---

**Psalm 34:17 -** When the righteous cry for help, the LORD hears and delivers them out of all their troubles.

---

**2 Corinthians 9:8 -** And God is able to make all grace abound to you, so that having all sufficiency in all things at all times, you may abound in every good work.

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**Isaiah 43:2 -** When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.

# 6. Recall Past Victories and Remember That God Has Been Faithful to You in the Past.

---

Look back in your life. Think seriously and reflect. You will realize that there have been moments that only God could have helped you. You've faced situations in times past that it probably seemed no one fully understood you. But God saw you through.

This realization will give you a heart of praise and thanksgiving and faith. If God saw you through all this while, He will always see you through.

**CONFIRMATION:**

**Psalm 77:11 -** I will remember the deeds of the Lord; yes, I will remember your miracles of long ago. I will consider all your works and meditate on all your mighty deeds.

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**1 Samuel 7:12 -** Then Samuel took a stone and set it up between Mizpah and Shen. He named it Ebenezer, saying, “Thus far the Lord has helped us.”

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**Psalm 105:5 -** Remember His wonders which He has done, His marvels and the judgments uttered by His mouth,

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**Psalm 143:5 -** I remember the days of old; I meditate on all Your doings; I muse on the work of Your hands.

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**Jonah 2:7 -** "While I was fainting away, I remembered the LORD, And my prayer came to You, Into Your holy temple.

# 7. Even in Your Busy Schedules and Activities, God Gives You Peace, Rest and Sound Sleep That Passes All Understanding.

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As you go through pressures and some situations you may come under stress. You'll have a lot on your hands and some tight deadlines to meet. It's possible to occasionally, during such times, lose sleep and peace. But you can stand on God's Words and claim divine peace and sound sleep.

Usually, when you feel stressed out and unable to catch sleep, you can just mutter short prayers with the following scriptures and go to bed in faith.

**CONFIRMATION:**

**Proverbs 3:24:** - When you lie down, you will not be afraid; when you lie down, your sleep will be sweet.

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**Psalm 3:5 -** I lie down and sleep; I wake again, because the Lord sustains me.

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**Psalm 4:8 -** In peace I will lie down and sleep, for you alone, Lord, make me dwell in safety.

---

**John 14:27 -** Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

---

**2 Thessalonians 3:16 -** Now may the Lord of peace himself give you peace at all times and in every way. The Lord be with all of you.

# 8. One Day You'll Realize that All the Struggles and Efforts Are Worth It After All.

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If it seems that the journey is still so far away and you're wondering if all the efforts and struggles will be worth it, God is saying, YES. The efforts and struggles will be worth it.

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**CONFIRMATION**:

**2 Corinthians 4:17 -** For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all.

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**Romans 8:18 -** I consider that our present sufferings are not comparable to the glory that will be revealed in us.

---

**1 Peter 5:10 -** And after you have suffered for a little while, the God of all grace, who has called you to His eternal glory in Christ, will Himself restore you, secure you, strengthen you, and establish you.

# 9. God is With You and in You. His Presence Will Cause You to Find Favor Always.

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When Pharaoh gave a decree to kill any male born child of the Israelites residing in Egypt, the presence of God ensured that decree was thwarted. When they regained their freedom and journeyed through the thick forests on their way to Canaan, God's presence protected and provided for them.

Today, the presence of God is the Holy Spirit inside of us. He will always be with us, guide us, cause us to find favor and thwart the plans of the wicked. You can pray for victory over any evil plan against your life and believe God for favor, and it will be so. You can command the works of darkness to seize and light to shine in all your ways, and it will be so.

---

**CONFIRMATION:**

**Matthew 28:20 -** "…And surely I am with you always, to the very end of the age."

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**Deuteronomy 31:16 -** Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you."

**2 Corinthians 6:2-** For he says, "In the time of my favor I heard you, and in the day of salvation I helped you." I tell you, **now** is the time of God's favour, now is the day of salvation.

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**Genesis 39:4 -** Joseph found favor in Potiphar's eyes and became his attendant. Potiphar put him in charge of his household, and he entrusted to his care everything he owned.

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**Genesis 39:21 -** The Lord was with him; he showed him kindness and granted him favor in the eyes of the prison warden.

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**Daniel 1:9 -** Now God had caused the official to

show favor and compassion to Daniel.

# 10. Never Lose Sight of What is Really Important. Every Other Thing is Temporary. But Serving And Seeking God Has Value For Eternity.

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Rick Warren said, “Faithful servants never retire. You can retire from your career, but you will never retire from serving God.”

No matter what you are up to at the moment, you have a destiny to fulfill in God. Decide to serve God and let Him guide you to fulfilling your destiny, for that is the only thing that has eternal values.

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**CONFIRMATION:**

**Matthew 6:33-34 -** Seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself.

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**Psalm 105:4 -** Look to the Lord and his strength; seek his face always.

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**Psalm 27:8 -** My heart says of you, “Seek his face!” Your face, Lord, I will seek.

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**Proverbs 8:17 -** I love them that love me; and those that seek me early shall find me.

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**1 Chronicles 16:11 -** Seek the LORD and his strength, seek his face continually.

# 11. Never Listen to Worldly Advice. When Everyone Around You is Doing Things Their Own Way, You Will Overcome in a Different Way.

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If people around you decide to cheat or indulge in wrong practices to manage their situation, remember who you are. You are a child of God. You will surely overcome and succeed trusting God and not in men or in your capability.

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**CONFIRMATION:**

**Psalm 20:7 -** Some trust in chariots and some in horses, but we trust in the name of the Lord our God.

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**Psalm 44:5-7 -** 5 Through you we push back our enemies; through your name we trample our foes. 6 I put no trust in my bow, my sword does not bring me victory; 7 but you give us victory over our enemies, you put our adversaries to shame.

---

**Proverbs 3:5-6 -** 5 Trust in the Lord with all your heart and lean not on your own understanding; 6 in all your ways submit to him, and he will make your paths straight.

---

**Psalm 33:16-19 -** 16 No king is saved by the size of his army; no warrior escapes by his great strength.

17 A horse is a vain hope for deliverance; despite all its great strength it cannot save.

18 But the eyes of the Lord are on those who fear him, on those whose hope

is in his unfailing love,

19 to deliver them from death and keep them alive in famine.

---

**Psalm 91:7 -** A thousand may fall at your side, ten thousand at your right hand, but it will not come near you.

# Part 3:

## 7 Powerful Prayers for Peace, Comfort, Healing, Strength and Protection.

# Prayer 1: Prayers for Comfort and Peace.

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**ADORATION.**

*"Heavenly Father, I thank You for Your unending mercies towards me. Thank YOU for caring for me even when I don't know it. Your LOVE towards me is everlasting. I give You praise and honour forever and ever.*

*"LORD, even when I'm hurt, YOU care for me. Even when I'm sad and grieved, YOUR love still protects me.*

*"You will not allow my soul to perish. Neither will You allow me to be comfortless. I praise YOU forever and ever, in Jesus name.*

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**CONFESSION:**

*"Heavenly Father, I confess that You have not despised and forgotten me. No matter how grieved and sad I feel, I know that YOU still love me. I know that YOU are working in my life and family to bring to pass, YOUR eternal purpose. I am confident in YOUR work in my life and family. I rest in Your Love and promise, from now, to everlasting, in Jesus name.*

**SUPPLICATION:**

*"LORD Jesus, I call upon You to be LORD and Saviour at all times.*

*Holy Spirit, comfort and strengthen my inner man.*

*"You are my present help in time of need. Heal my broken heart and wounds. Restore unto me the joy of salvation and confidence to proclaim my faith before the world.*

*"I cast my burden on YOU, O LORD, sustain me and do not allow my faith and spirit to be moved, in Jesus name.*

**DECLARATION.**

*"LORD Jesus Christ, I believe and confess that YOU have delivered me from all my troubles. You have taken away my heaviness of heart and given me joy and confidence.*

*Yes, I have joy; I have faith in the LORD. I have confidence and victory at all times.*

*"Holy Spirit, guide me in this situation to respond to people and to issues appropriately. I accept You as my comforter and declare I am comforted by YOU always. In Jesus name.*

# **Prayer 2:** Prayers to Overcome Depression.

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**CONFESSION:**

*"Dear LORD Jesus Christ,*

*"I know that all power and authority on Heaven and Earth belongs to You alone.*

*"I come to You today, asking for deliverance from fear, worries, depression and panic attacks.*

*"I am facing numerous issues that are frightening me, sometimes upsetting me!*

*"LORD Jesus, I ask You right in faith and with all of my existence, please deliver me from all fears, worries and depression.*

*"Give me peace, joy and boldness to serve you all the days of my life.*

*"I completely surrender to YOU this day, O LORD. I surrender my spirit, soul and body to YOU.*

*“I know You are able to keep me safe even unto eternal life.*

*“Therefore LORD Jesus, I pray, take these fears, worries and hopelessness, and strengthen me against them! In Jesus name.*

*“Protect me from every lie of the enemy that has come my way trying to deceive me.*

*“I recognize that You have told me: "Let not your heart be troubled, neither let it be afraid." - John 14:27.*

*“Right now, I give it all to You Jesus. In Jesus name.*

---

**SUPPLICATION:**

*"O LORD, I will bless YOU at all times: YOUR praise shall continually be in my mouth.*

*"My soul shall make her boast in thee, O LORD. Grant me deliverance LORD, that all men shall hear thereof, and be glad.*

*"LORD, I seek YOU this day, hear me, and deliver me from all my fears and hopelessness.*

*"Lighten my soul for I look unto THEE.*

*Deliver me from misery, hopelessness and depression and take away my heaviness and shame from me.*

*"Even though the young lions do lack, and suffer hunger, because I seek and serve YOU, LORD, cause me not to lack any good thing. My mouth shall be filled with testimony and I shall declare Your goodness before the brethren, in Jesus name.*

*"Thank YOU LORD for delivering me from all my afflictions. Thank YOU LORD for keeping my bones and soul from being broken. Thank YOU LORD for redeeming my soul from satan and from those who cause my troubles and*

*pains, through the Blood of Jesus Christ.*

*"I decree that it is well with my spirit, soul and body,*

*In Jesus name.*

# **Prayer 3:** Prayers for Encouragement.

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**ADORATION:**

*"Jehovah Elshadai, the ALL SUFFICIENT GOD; I come to You this day in worship and praise. I bow before YOU in honour and adoration. Your Word is YEA and Amen.*

*"You are worthy, O Lord, to receive glory and honor and power, for You created all things, and by Your will they exist and were created.*

*"Even when I'm discouraged, YOU sustain me. You are working in my life in all situations to bring a greater good than I can think of.*

*"LORD, I magnify THEE and say, be thou Glorified. In Jesus name*

---

**CONFESSION:**

*"Why are you in despair, O my soul? And why have you become disturbed within me? Hope in God, He shall bring goodness and fulfilment to thee.*

*"I shall again praise the LORD For the help of His presence. H will continually guide me and preserve my life. He will cause me to find love, peace and joy in His service*

*"LORD JESUS, I surrender to THEE. Holy Spirit, take over my life and cause the will of God to be done with Joy from within me, all the days of my life.*

*"I am sure that God is doing a good work in me and I am sure that He will bring His good work to perfection.*

*I will not worry about tomorrow; I will trust and delight myself in the LORD Almighty to meet my needs every day. When the enemy comes in like a flood, the Spirit of the Lord will lift up a standard against him.*

*I am well taken care of; through Jesus Christ our Lord. Amen.*

**SUPPLICATION:**

*"O LORD my GOD, my heart is troubled and my spirit if vexed. I am discouraged and lost in thoughts. I come to You just as I am. Help me to come through this moment in my life.*

*Heal my spirit and fill my thoughts with Your Love, in Jesus name.*

*"Spirit of the Living God, correct my thinking, and help me to be strong and courageous in my thought-life.*

*Let fear and doubt be far from me. Instead fuel my thoughts with faith, confidence and assurance that YOU are with me always.*

*"Thank you for the friends I have now that encourage me; bless us with understanding and favor always; and send encouraging friends that promote Your Sovereignty in my life and remind me of Your goodness, every day.*

*O LORD, my Shepherd, though I am dealing with disappointment and obstacles, I rest in the fact that You are still on the throne.*

*Lead me to enter into Your rest Oh Lord and take away hopelessness caused by the current circumstances.*

*“LORD, I ask that You to fill my spirit with songs of praise and worship to YOUR holy name, just as I accept the JOY that is coming from YOU to me. Thank You for taking away weeping, sorrow and sadness from my life, in Jesus name.*

# Prayer 4: Prayers to Fine Rest When Going to Bed.

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**ADORATION:**

*"O LORD, I thank THEE for giving me such a great day. The day was long and trying. But Your Love saw me through. I am grateful for its end. To this I say, all praise and honor be unto THEE.*

*"Throughout the day, the lines fell unto me in pleasant places; You gave me a goodly heritage. You kept me safe and protected me from the arrows that flieth by day. May all Glory be unto THEE O LORD forever and ever.*

*Thank You LORD for giving me counsel and guiding me in YOUR path throughout the day.*

*As I lay here waiting for sleep to overtake me, I count the blessings in the day that has passed.*

*Thank YOU for giving me work. Thank You for giving me a family. Thank you for the children You gave us. Thank You for the gift of a healthy and strong body, and the gift of medication to take care of myself. I thank THEE for all*

*things; and more especially, for the gift of salvation and faith in the LORD Jesus Christ.*

**CONFESSION:**

*"Heavenly father, I ask You to forgive all my faults within the day. Look at me through the blood of Jesus Christ and blot away my mistakes*

*"This is my boldness, that* ***if we ask anything through Christ****; we have confidence that YOU hear and answer us.*

*LORD, I am asking through Your beloved Son, Jesus Christ, through the Blood of Jesus Christ, Cleanse me and make me clean before THEE, in Jesus name.*

*Thank YOU LORD Jesus for tearing the veil of separation between me and God and bringing me to a place of rest in God Almighty.*

## SUPPLICATION:

*"LORD Jesus, I come to you now to be restored in you, to be renewed in you, to take refuge in you. I honor you as my sovereign Lord, and I surrender every aspect of my life totally and completely to you. I give you my spirit, soul, and body, my heart, mind, and will. I cover myself with your blood. Take absolute control and rule and reign in my life and family in Jesus name*

*"I proclaim the kingdom of God and the authority of the Lord Jesus Christ over my home, over every one on this home, and all things in it. I consecrate and sanctify this home and everything in it to the Lord Jesus.*

*"I plead the Blood of Jesus Christ over this neighbourhood. I plead the Blood of Jesus Christ in the air. I plead the Blood of Jesus Christ over the land. I plead the Blood of Jesus Christ over the sea.*

*I command right now, every satanic throne and altar raised against this home, Every false god working to afflict anyone in this home, I command them to bow right now, I command all their arrows and tools to be destroyed by fire, and I command all the evil spirits to get back into abyss, in Jesus name.*

*"O LORD, YOU are my shield, my glory, and the lifter up of mine head. As I lay down to sleep right now, I ask You to sustain me. Cause me to sleep in peace and wake up in peace, in Jesus name.* ***(Psalm 3: 3-5).***

Thank You LORD.

# Prayer 5: Prayers for Receiving Forgiveness.

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**ADORATION:**

*"Bless the LORD, O my soul, And forget none of His benefits; Who pardons all your iniquities, Who heals all your diseases; Who redeems your life from the pit, Who crowns you with lovingkindness and compassion."* ***Psalm 103: 2-4***

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**SUPPLICATION:**

*Psalm 51:*

*1 “Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions.*

*2 Wash away all my iniquity and cleanse me from my sin.*

*3 For I know my transgressions, and my sin is always before me.*

*4 Against you, you only, have I sinned and done what is evil in your sight; so you are right in your verdict and justified when you judge.*

*5 Surely I was sinful at birth, sinful from the time my mother conceived me.*

*6 Yet you desired faithfulness even in the womb; you taught me wisdom in that secret place.*

*7 Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow.*

*8Let me hear joy and gladness; let the bones you have crushed rejoice.*

*9 Hide your face from my sins and blot out all my iniquity.*

*10 Create in me a pure heart, O God, and renew a steadfast spirit within me.*

*11 Do not cast me from your presence or take your Holy Spirit from me.*

*12 Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.*

*13 Then I will teach transgressors your ways, so that sinners will turn back to you.*

*14 Deliver me from the guilt of bloodshed, O God, you who are God my Savior, and my tongue will sing of your righteousness.*

*15Open my lips, Lord,  and my mouth will declare your praise.*

*16You do not delight in sacrifice, or I would bring it; you do not take pleasure in burnt offerings.*

*17 My sacrifice, O God, is a broken spirit; a broken and contrite heart you, God, will not despise.*

*THANK YOU JESUS.*

# **Prayer 6:** Prayers for Healing.

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**ADORATION:**

*"Heavenly Father, I thank YOU for the revelation of Your Word. You are not the giver of sickness. You are not responsible for any sickness. You are not the one afflicting me with sickness. Rather You want me to be healed and healthy.*

*"Thank you because your WORD is yea and amen. I align myself with YOUR Word and accept your healing revelation promise and gift.*

*"Because my body is the temple of the Holy Spirit, no sickness is permitted in my body from now onwards.*

*In Jesus name.*

---

**CONFESSION:**

*“LORD, I declare this moment that You want me to be healed and live a healthy life. The price for my healing has been fully paid. I have no reason being sick and weak anymore.*

*“I am healed, I am made completely well.*

*As an agent of light, my life bears testimony to the healing power of God.*

*I am fully convinced that God wants me to be made whole and live a healthy life. There is no doubt in my mind anymore whether God loves me or not.*

*“For I know that God loves me. He also heals and restores my health. I am walking in divine health, in Jesus name*

**SUPPLICATION:**

*"Father God, Your promise is to pour water upon him that is thirsty and floods upon the dry ground (Isaiah 44:3).*

*I am thirsty today. And so I call out to You, trusting in You.*

*LORD, I call unto YOU today and ask You to heal me. Take away from me this sickness that is troubling my body.*

*Let YOUR healing power move over my system right now and bring a total restoration, in the name of Jesus Christ.*

*"LORD Jesus, You are the WORD of God made manifest for my salvation, healing and deliverance. I confess that You are the LORD and saviour of my life. I receive YOU into my life. Move through my entire body right now and heal me with YOUR power and set me free from pains.*

*"You are my God and I will seek You. Thank YOU for Your power and glory in my life. I will speak of Your loving-kindness and testify of YOUR healing power before YOUR people. I bless You today for my healing, in Jesus name.*

*O LORD, regardless of how I feel, I know YOU have healed me.*
Circumstances and troubles don't make a difference in where I stand. I stand

with arms uplifted believing in You, and praising You for my total healing and restoration, for You are faithful. I bless You and give You praise for my healing…In Jesus name.

Amen

# **Prayer 7:** Prayers for Protection.

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*Because we dwell in the secret place of the most High, we shall abide under the shadow of the Almighty*

*We will say of the LORD, He is our refuge and our fortress: our God; in him will we trust. Surely he shall deliver us from the snare of the fowler, and from the noisome pestilence.*

*God will cover us with his feathers, and under his wings shall we find refuge. God's truth shall be our shield and buckler.*

*We shall not be afraid for the terror by night; nor for the arrow that flies by day; Nor for the pestilence that walks in darkness; nor for the destruction that happens in the afternoon.*

*A thousand shall fall at our side, and ten thousand at our right hand; but it shall not come near us.*

*Because we have made the LORD our refuge and fortress, only with our eyes shall we behold and see the reward of the wicked. There shall no evil befall*

*us, neither shall any disease come near our house.*

*God will give his angels charge over us to keep us in all your ways. They shall bear us up in [their] hands; we will not dash our foot against a stone.*

*We shall tread upon the lion and serpent: We will trample the dragons under our feet.*

*God will deliver us and set us on high and satisfy us with long life.*

*In Jesus name.*

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ADAPTED FROM PSAL 91.

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# Let’s Connect.

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We’d be very happy if you can share this book with others.

Remain blessed.

# About the Author.

Daniel Okpara is a husband, father, pastor, businessman and lecturer. He is the author and publisher of the popular daily devotional, “IT IS WRITTEN.” He has authored over 50 life transforming books on business, prayer, relationship and victorious living.

He is the president of Better Life World Outreach Centre - www.betterlifeworld.org - a non-denominational evangelism ministry committed to global prayer revival and evangelism.

Through the monthly Better Life Crusades, Better Life Health and Business Breakthrough Seminars and Better Life TV, thousands of lives have been won to the LORD, healed, blessed and restored to a purposeful living.

He holds a Master’s Degree in Theology from Cornerstone Christian University and is married to Prophetess Doris Okpara, his prayer warrior, best friend and biggest support in life. They are blessed with two lovely kids (Isaac and Annabel).

If you are looking to connect with someone who understands the challenges and issues of life and is willing to pray with you, provide counseling and believe God for a way forward

then Daniel Okpara is your man. You can connect with him at www.betterlifeworld.org for prayers and counseling.