
ABIDE
WORKBOOK
BY COURTNEY WASHINGTON

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ABOUT THE AUTHOR



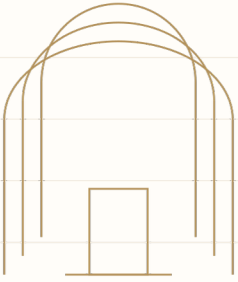
COURTNEY WASHINGTON

FOUNDER OF ARISE DAUGHTERS ACADEMY

Courtney Washington is the founder of Arise Daughters Academy, a prophetic and apostolic teacher, mentor, wife, and mother of five. She is committed to helping women become rooted in Scripture, strengthened in prayer, and prepared for the assignments God has placed in their hands.

Through biblical teaching, discipleship, and practical development, Courtney equips women to perceive what God is revealing, prepare with wisdom and excellence, and pursue His calling with obedience. Her heart is to see women become more than inspired, she desires to see them rooted, trained, and prepared.

ABIDE was created from Courtney's desire to help women draw near to God, become familiar with His voice, and build a life of prayer that continues long after the final page. Her prayer is that every woman who enters this journey would learn to remain with the King and carry His presence into her home, ministry, and daily life.



DAY ONE

THE INVITATION

Abide in Me, and I in you. As the branch cannot bear fruit of itself unless it abides in the vine, neither can you, unless you abide in Me.

John 15:4

YOU WERE INVITED TO LIVE HERE

Imagine a king inviting you to live within his castle. Some people would come to the gates only when they needed something. Others might visit occasionally or wait until an emergency forced them to seek his help. Yet the king's invitation was never simply to visit. His invitation was to dwell.

This is the invitation Jesus extends to us. Prayer is not merely visiting the presence of God with a request. Prayer is learning to live in His presence through constant communion. To abide means to remain, continue, dwell, and stay connected.

Just as a branch cannot produce fruit apart from the vine, we cannot become who God has called us to be apart from continual fellowship with Him. Prayer is not a transaction in which we give God our words and wait for Him to give us what we want. It is a relationship through which we learn His heart and become one with the Father.

The King has not invited you to remain outside the gates and depend on someone else to tell you what He said. He has invited you to enter, remain, and commune with Him for yourself.

Prayer is not an event. It is a life of abiding.

THREE TRUTHS TO CARRY

01

RELATIONSHIP

Prayer is communion, not a transaction.

God does not only want to hear from you when you need an answer. He desires to share life with you. Prayer is where you learn His heart, share yours, and become increasingly aware of His presence.

02

PROXIMITY

Closeness makes His voice clearer.

God hears you when you pray, but abiding positions you to hear His response. The closer you remain to the King, the more familiar you become with His voice, character, and ways.

03

CONTINUITY

Communion does not end when you say amen.

Speak with God while driving, cooking, working, walking, or waiting. Invite Him into the ordinary details of your day until prayer becomes an ongoing conversation.

REFLECTION

What has prayer looked like in my life until now?

Have I treated prayer as an event, an emergency, or a relationship?

What distractions have kept me from remaining aware of God's presence?

TODAY'S INVITATION: Speak with God throughout your day. Invite Him into ordinary moments and allow the conversation to continue beyond your scheduled prayer time.

DAY TWO

THE INVITATION TO PRAYER

My sheep hear My voice, and I know them, and they follow Me.
John 10:27

BEYOND KNOWING OF HIM

A servant may know what happens around the castle without personally knowing the king. She may understand the schedule, perform her duties, and hear reports about him, yet never sit at his table or recognize his voice. Prayer becomes a chore when we remain near the work of God without drawing near to God Himself.

Jesus said that His sheep hear His voice. Recognition grows through proximity. A child recognizes the voice of a parent because that voice has been heard again and again in safety, correction, comfort, and love. In the same way, we become familiar with the voice of the King by remaining connected to Him, reading His Word, listening, and responding in obedience.

Prayer is conversation. Speaking without listening leaves communion incomplete. There are moments when you will thank Him, praise Him, or bring a request. There must also be moments of stillness when you come without an agenda and say, 'Speak, Lord. I am listening.'

The invitation to prayer is an invitation to know the King personally - His nature, His thoughts, His instructions, and His heart. He is not hiding from you. He is drawing you closer so that you can recognize when He speaks and follow where He leads.

You learn the King's voice by remaining near Him.

THREE TRUTHS TO CARRY

01

PROXIMITY

You recognize the voice you remain near.

Closeness creates familiarity. Time in God's presence and Word helps you distinguish His voice from fear, distraction, and your own thoughts.

02

STILLNESS

Listening is an active part of prayer.

Come before God without filling every moment with words. Quiet the distractions, open your journal, and make room to receive what He desires to reveal.

03

OBEDIENCE

Following strengthens recognition.

When you respond to what God has already said, you become more sensitive to His leading. Obedience keeps prayer relational instead of merely informational.

GUIDED PRAYER

Father, I do not want to know only about You. I want to know You personally. Draw me beyond duty and into communion with You.

Quiet every distraction competing for my attention. Teach me to become still, to recognize Your voice, and to listen without rushing. Give me discernment to separate Your instruction from fear, pressure, and my own assumptions.

Holy Spirit, make my heart responsive. Where You correct me, help me obey. Where You comfort me, help me receive. Where You lead me, give me courage to follow.

Speak, Lord. Your servant is listening. Amen.

PAUSE AND REMAIN

DAY THREE

CHOOSING COMMUNION

There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her.

Luke 10:42

RESPONDING WHEN THE KING CALLS

Martha welcomed Jesus into her home, but Mary sat at His feet and listened. Both women were near Jesus, yet only one had chosen to become fully present with Him.

Martha was not doing anything evil. She was serving, preparing, and attempting to honor Jesus through her work. Yet her service became a distraction. The details demanded her attention, worry entered her heart, and offense followed. She became so occupied with what she was doing for Jesus that she missed the opportunity to be with Him.

There will always be meals to prepare, rooms to clean, people to serve, ministries to build, and responsibilities to carry. Yet no responsibility is greater than responding when the King desires your presence. The greatest privilege of the castle is not working for the King. It is being with Him.

Jesus did not condemn Martha's service. He corrected her priorities. Communion is the daily choice to give Jesus the first, best, and most attentive part of us.

The greatest responsibility in the castle is responding when the King calls.

THREE TRUTHS TO CARRY

01

PRESENCE

Presence must come before productivity.

Mary sat at Jesus' feet without an agenda. You can be productive without being present, but spiritual fruit is produced through remaining connected to Jesus.

02

PRIORITY

Service should flow from communion.

Martha's service was not the problem; her priorities had become disordered. God's presence keeps you from serving out of worry, offense, weariness, or pressure.

03

PORTION

Jesus is the portion that cannot be taken away.

Yesterday's encounter cannot replace today's communion. Return to the Lord for the wisdom, direction, and nourishment needed for your present season.

REFLECTION

What has been receiving the attention that belongs to the presence of God?

Have I allowed service, responsibility, or productivity to replace communion?

What am I worried about that Jesus may consider an unnecessary detail?

TODAY'S INVITATION: When the King calls, pause before continuing. Sit with Him, listen without an agenda, and ask, 'Lord, what is the better part for me today?'

DAY FOUR

GRATEFUL GATHERING

Enter into His gates with thanksgiving, and into His courts with praise. Give thanks to Him and bless His name.

Psalm 100:4

THE PASSWORD IS THANK YOU

Imagine approaching the castle of the King of kings. Before reaching the throne room, you first pass through the gates and then through the courts. Psalm 100 gives us a picture of this approach: thanksgiving brings us through the gates, and praise carries us through the courts.

Thanksgiving remembers what God has done. Praise honors Him for who He is. Together, they turn our attention away from the urgency of our needs and toward the worthiness of the One we are approaching. The password at the gate is thank You.

Jesus taught His disciples to begin, 'Father, hallowed be Your name.' Prayer does not begin with panic, demands, or a hurried list. It begins by recognizing the holiness, authority, and goodness of the Father. We have access through Christ, but access should never produce casualness. Familiarity must not diminish reverence.

Prayer is not a formula for getting through a spiritual doorway. It is a relationship with the King. Thanksgiving and praise help settle your heart, restore proper perspective, and prepare you to hear Him clearly.

Familiarity should never diminish reverence.

THREE TRUTHS TO CARRY

01

THANKSGIVING

Remember what the King has done.

Gratitude brings your heart back to evidence of God's faithfulness. Before presenting what is missing, acknowledge what His hand has already provided.

02

PRAISE

Honor the King for who He is.

Praise is not dependent on circumstances. Bless His name because He is holy, faithful, powerful, merciful, and worthy.

03

REVERENCE

Access does not remove honor.

Christ welcomes you to come boldly, but boldness is not entitlement. Approach the Father with confidence, humility, affection, and awe.

GUIDED PRAYER

Father, I enter Your gates with thanksgiving and Your courts with praise. Thank You for sustaining me, keeping me, correcting me, and drawing me into Your presence.

You are holy. Hallowed be Your name. You are faithful when circumstances change, merciful when I fall short, and wise when I cannot see the full picture.

Forgive me for approaching You only with demands or allowing familiarity to diminish my reverence. Settle my heart and restore my perspective as I remember who You are.

Before I ask for anything, I bless Your name. You alone are worthy. Amen.

PAUSE AND REMAIN

DAY FIVE

FROM TRAUMA TO THE THRONE

Be still, and know that I am God.
Psalm 46:10

THE THRONE IS A PLACE OF HEALING

Trauma can sit beneath the surface like a seed. An early wound may be watered by later rejection, disappointment, abandonment, or betrayal until it begins producing fruit in adulthood. What seemed buried can suddenly shape how you respond in marriage, friendship, leadership, and prayer.

The King invites you into the throne room so He can uncover what has remained hidden and heal what has distorted your relationship with Him. Pain may have taught you to expect rejection, protect yourself, mistrust love, or mistake stillness for danger. Those conclusions do not have to become permanent agreements.

To be still and know that He is God is more than doing nothing. It is releasing restlessness and becoming present enough to know Him personally - His ways, His thoughts, His heart, and His instruction for your next response.

You do not come to the throne to perform or prove that you are healed. You come honestly. As you remain with the King, He reveals the places where trauma has been speaking and teaches you to receive truth in their place.

His presence gives you permission to see again.

THREE TRUTHS TO CARRY

01

REVEAL

Allow the Lord to uncover what pain has taught you.

Bring hidden conclusions into the light. The King exposes without humiliating and brings understanding to patterns you could not previously name.

02

RELEASE

Surrender agreements formed in wounded places.

Release the lies trauma implanted about God, yourself, safety, love, and other people. Refuse to let an old wound continue interpreting every new experience.

03

RECEIVE

Let truth restore your perspective.

Receive the identity, love, wisdom, and instruction that come from knowing the King. Healing takes root as His truth becomes more authoritative than your pain.

REFLECTION

What have I carried into the throne room that the Lord is asking me to release?

What belief about God, myself, or others may have been formed in a wounded place?

What truth is the King inviting me to receive in its place?

TODAY'S INVITATION: Become still before the Lord. Ask, 'What has this pain taught me, and what do You want me to know instead?' Write what He reveals without rushing the process.

DAY SIX

WEALTH OF WORSHIP

The Lord Himself is their special possession, as the Lord your God told them.
Deuteronomy 10:9

YOUR PORTION IS THE KING

Thanksgiving brings us through the gates. Praise carries us into the courts. Worship brings us near enough to commune with the King. Worship is not simply a song we sing before the teaching begins. It is the surrender that makes His presence our priority.

The tribe of Levi was set apart to carry the ark, serve before the Lord, and minister in His name. While the other tribes received portions of land, the Levites received something that looked different. The Lord Himself was their portion. What appeared to be less in the natural was actually access to everything found in the King.

Worship is sacrificial because life will not always look the way you expected. There will be seasons when you are waiting, when the answer feels delayed, and when it seems that someone else received what you prayed for. Yet worship still rises before the Father. Worship says that His presence is greater than the thing you are waiting to possess.

You are also called to carry His presence. That requires consecration, proximity, and a willingness to serve. The wealth of worship is not limited to what God places in your hand. Its greatest treasure is God Himself.

The worshipper receives the King as her portion.

THREE TRUTHS TO CARRY

01

SETAPART

Worshippers answer the call to consecration.

The Levites belonged to the Lord for sacred service. Being set apart is not rejection. It is an invitation to belong to God in a deeper way and carry what is precious to Him.

02

SERVE

Worship becomes visible through service.

The Levites stood before the Lord and ministered in His presence. Worship is not only singing. It is the life you surrender and the obedience you offer to the King.

03

POSSESS

The Lord Himself is your inheritance.

When it appears that you have been overlooked, change your perspective. Access to the King gives you access to His wisdom, peace, provision, direction, and presence.

REFLECTION

Have I reduced worship to music instead of offering God my life?

Where might the Lord be setting me apart for sacred service?

Can I receive God Himself as my portion while I wait for what I have requested?

TODAY'S INVITATION: Worship the Lord without asking for anything. Remain before Him until His presence becomes more valuable than the answer you came seeking.

DAY SEVEN

SPIRITUAL SENSES

Solid food belongs to those who are mature, those who by reason of use have their senses exercised to discern both good and evil.

Hebrews 5:14

DEVELOPED BY USE

HOLY SPIRIT IS AWAKENING YOU

You were created with natural senses, but you also have spiritual senses. Holy Spirit enables you to perceive what the natural eye cannot see, hear what He is saying, recognize what is present in an atmosphere, and discern what requires your response.

Spiritual sensitivity is not reserved for a special group of believers. Every believer can be led by Holy Spirit. Yet discernment must be developed. Hebrews teaches that mature believers exercise their senses by using them. You cannot mature what you continually ignore.

When you sense that something is off, the answer is not always to run, accuse, or become suspicious. Take what you perceive back to Holy Spirit. Ask Him what it means and what you should do with it. Discernment reveals. Wisdom tells you how to respond.

The longer you remain with the King, the more sensitive you become to His presence. As you quiet the noise, study the Word, pray, and obey, Holy Spirit trains you to recognize what is from God, what is from the enemy, and what is simply coming from you.

You cannot mature what you continually ignore.

THREE TRUTHS TO CARRY

01

AWAKEN

Holy Spirit reveals what cannot be naturally known.

The Spirit searches the deep things of God and makes them known to us. Ask Him to awaken every place where you have become spiritually dull.

02

EXERCISE

Spiritual senses are developed through use.

Pause when you perceive something. Pray, test it against Scripture, and ask Holy Spirit for interpretation instead of dismissing what He may be showing you.

03

FOLLOW

Discernment must produce Spirit led movement.

Spiritual maturity is not merely noticing what is present. It is receiving clear instruction and allowing Holy Spirit to govern your response.

GUIDED PRAYER

Holy Spirit, awaken my spiritual senses. Train me to recognize Your presence, hear Your voice clearly, and discern what the natural eye cannot perceive.

Forgive me for dismissing what You revealed or reacting without asking for Your wisdom. Remove fear, suspicion, pride, and every assumption that has distorted my discernment.

Teach me to test what I perceive by the Word of God. Give me maturity to know what is good, what is evil, and what requires no response from me.

Lead me, Holy Spirit. I will not reject Your instruction. Amen.

PAUSE AND REMAIN

DAY EIGHT

PROMPTED TO PURSUE

Be doers of the word, and not hearers only, deceiving yourselves.
James 1:22

HEARING REQUIRES A RESPONSE

YOUR NEXT YES MATTERS

Hearing the voice of God is only complete when it produces obedience. Prayer is not simply a place where you receive information. It is where your life is transformed by what the King has spoken.

James warns us that hearing without doing leads to self deception. It is possible to know what God said, repeat the instruction, and still remain on the same path because you never responded. Not every delay is warfare. Sometimes the resistance is your unwillingness to do what God already made clear.

Your small yes prepares you for a greater assignment. Saying yes to prayer, fasting, discipline, forgiveness, and the quiet instructions of Holy Spirit builds the strength required when the King asks for something larger. Faithfulness with little prepares you to carry much.

Obedience is not legalism when it flows from love. Jesus said that those who love Him keep His commands. Love makes the response joyful because you trust the heart of the One giving the instruction, even when you do not understand every detail.

A moment with God should produce movement with God.

THREE TRUTHS TO CARRY

01

RESPOND

Hearing requires action.

God speaks with purpose. When He gives instruction, write it down, ask what obedience requires, and respond before fear or overthinking talks you out of it.

02

PRACTICE

Small yeses prepare you for greater assignments.

Each act of obedience develops spiritual strength. Faithfulness in private prepares you to carry public responsibility with endurance.

03

LOVE

Love makes obedience joyful.

Obedience is not about earning the love of God. It is your loving response to the Father who knows you, helps you, and never leaves you as an orphan.

REFLECTION

What instruction has God already given me that still requires a response?

Where have I called disobedience delay, confusion, or warfare?

What small yes can I give today that prepares me for a greater assignment?

TODAY'S INVITATION: Return to the last clear instruction God gave you. Ask Holy Spirit to show you the next obedient step, then complete it without waiting for perfect conditions.

DAY NINE

PRAY OUT LOUD

If you declare with your mouth that Jesus is Lord
and believe in your heart that God raised Him
from the dead, you will be saved.
Romans 10:9

RELATIONSHIP CARRIES A VOICE

The halls of the King's house are not silent. They are filled with conversation, thanksgiving, worship, declarations, and joyful celebration. The King's children do not only admire Him from a distance. They greet Him, honor Him, and speak with Him. Relationship carries a voice.

Your voice carries authority. Scripture does not describe salvation as belief that remains hidden within. Faith is confessed with the mouth. Your words become an instrument that agrees with the Word of God and releases what heaven has already declared.

The Word belongs in your mouth. Biblical meditation includes murmuring and repeating the Word until it fills your thinking and governs your response. Many people repeatedly speak fear, frustration, and complaint, then wonder why those thoughts have grown stronger. Before the Word changes your circumstances, it should first fill your mouth.

There are moments to remain still, but there are also moments to cry out, worship, intercede, decree, thank the Lord, and pray with authority. Prayer amplifies worship, and worship amplifies prayer. Open your mouth and release the sound.

Before the Word changes your circumstances, it should fill your mouth.

THREE TRUTHS TO CARRY

01

AUTHORITY

Your voice was created with purpose.

Faith is expressed through confession. Speak in agreement with God instead of giving fear, frustration, or accusation the loudest voice in your atmosphere.

02

WORD

The Word belongs in your mouth.

Do not only read Scripture silently. Murmur it, repeat it, pray it, and allow revelation to rise as you hear the Word coming from your own mouth.

03

WORSHIP

Prayer gives voice to worship.

The King's halls are filled with thanksgiving and celebration. Let your prayer time include praise, petition, declaration, intercession, and joyful honor.

GUIDED PRAYER

Father, thank You for giving my voice purpose. I repent for using my mouth to rehearse fear, frustration, defeat, and complaint.

Fill my heart with Your Word until Your truth becomes the sound that comes out of me. Teach me to speak Scripture, pray with authority, and worship You without shrinking back.

I declare with my mouth that Jesus is Lord. I agree with what You have spoken concerning my life, my family, my assignment, and my future.

Holy Spirit, give weight to my words as I remain submitted to the King. Amen.

PAUSE AND REMAIN

DAY TEN

PREPARED FOR BATTLE

Be strong in the Lord and in His mighty power.
Put on the full armor of God so that you can take
your stand against the devil's schemes.
Ephesians 6:10 through 11

VICTORY BELONGS TO THE PREPARED

We are in a real spiritual battle, but the believer who abides with the King does not have to live surprised, fearful, or exposed. The King gives His people armor, instruction, and spiritual sight so they can recognize what is coming and remain standing.

The armor of God is not decoration. Truth secures you when lies attempt to move you. Righteousness guards your heart. Peace prepares your feet. Faith extinguishes the fiery arrows of the enemy. Salvation protects your mind. The Word of God becomes the sword Holy Spirit places in your hand.

Armor must be worn daily. Do not wait until warfare becomes intense to search for truth, remember who you are, or begin praying. Communion keeps you prepared because you receive your orders from the King before you enter the field.

Preparation also requires discernment. Not everything is warfare. Some things are an undisciplined habit, poor stewardship, exhaustion, sin, disobedience, or unhealed trauma. Ask the King what you are facing so that you do not fight the wrong enemy or ignore the healing and correction you actually need.

Stay ready so you do not have to get ready.

THREE TRUTHS TO CARRY

01

WEAR

Put on the armor daily.

Begin your day rooted in truth, righteousness, peace, faith, salvation, the Word, and prayer. Preparation is a daily decision, not an emergency response.

02

DISCERN

Know what you are fighting.

Ask whether you are facing spiritual attack, an unhealthy pattern, an undisciplined habit, unhealed trauma, or the consequence of disobedience.

03

STAND

Remain in the strength of the Lord.

The armor is God's provision, and the power is His. Your assignment is to remain prayerful, obey your orders, and stand after you have done everything required.

REFLECTION

Which part of the armor have I neglected to put on consistently?

Am I fighting spiritual warfare, or is God revealing a pattern that requires healing, discipline, or repentance?

What truth has the King given me that I must stand on in this season?

TODAY'S INVITATION: Slow down and put on each piece of the armor in prayer. Ask the King what you are facing, receive His instruction, and refuse to enter battle without His presence.

DAY ELEVEN

MAKE ROOM FOR HIS VOICE

Arise, shine, for your light has come, and the glory of the Lord has risen upon you.
Isaiah 60:1

SETTLE INTO WHAT GOD SAID

SOME LESSONS MUST BE LIVED

There are moments when Holy Spirit changes the lesson because He wants to demonstrate what abiding looks like. He reminds us that prayer is not only studying principles, filling pages with notes, or completing a planned outline. Prayer is making room for His voice and allowing Him to lead.

When you abide, you become available to serve. You listen for what is on the heart of the King, then allow His words to come through you for someone else. You do not have to force revelation or perform. You remain near Him, receive what He gives, and release it with humility.

Contentment creates room within your heart for the glory of God to shine through you. Contentment is not settling for what you see. It is settling into what God has said. You stop allowing when, where, and how to become louder than the word He already spoke.

The command to arise and shine requires movement. You cannot remain one who continually hears from God but never becomes a doer. Some lessons are not learned through explanation. They are learned by remaining, serving, yielding, and obeying when Holy Spirit changes the plan.

Settle into what God said, not what you see.

THREE TRUTHS TO CARRY

01

REMAIN

Abiding makes room for the voice of God.

Release the need to control every moment. Stay present with Holy Spirit long enough to recognize when He wants to redirect the plan.

02

SERVE

What you receive can become strength for someone else.

The King may give you a word, prayer, Scripture, or encouragement for another person. Release it humbly and keep the glory directed toward Him.

03

ARISE

Revelation requires a response.

Isaiah does not only say that light has come. It commands you to arise and shine. Let what God has spoken become visible through your obedience.

REFLECTION

Where am I asking when, where, and how instead of settling into what God said?

Have I left room for Holy Spirit to change my plans and use me to serve someone else?

What has God revealed that now requires me to arise and respond?

TODAY'S INVITATION: Sit before the Lord without an agenda. Ask what is on His heart today and remain available until He shows you how to respond.

DAY TWELVE

THE SEASON OF THE SOLDIER

You therefore must endure hardship as a good soldier of Jesus Christ. No one engaged in warfare entangles himself with the affairs of this life, that he may please Him who enlisted him as a soldier.

Second Timothy 2:3 through 4

THE KINGDOM MOVES IN SEASONS

There is a time to love and a time to hate, a time for war and a time for peace. The kingdom has seasons of planting, resting, preparing, harvesting, rebuilding, and fighting. A mature soldier does not assume that every season requires the same response.

You must know the season you are in. There are times when God invites you to rest, and you must receive that rest because it prepares you for what comes next. There are also seasons when resistance increases and the King requires focus, endurance, and obedience from His soldiers.

Do not call weakness warfare. Poor stewardship, disobedience, distraction, exhaustion, and a lack of discipline can produce delay that feels like an attack. A soldier must be honest enough to ask whether the enemy is resisting her or whether she has refused an instruction from the King.

You are not enlisted to fight in your own strength. Before you go to war, carry discernment, wisdom, and most importantly, the presence of God. The soldier who knows her season also knows whose orders she is following.

A good soldier knows the season and obeys the King.

THREE TRUTHS TO CARRY

01

DISCERN

Know the season you are in.

Ask whether this is a season of planting, resting, preparing, harvesting, rebuilding, or fighting. Do not use yesterday's instruction for today's assignment.

02

ENDURE

Hardship does not mean you missed God.

A soldier expects resistance without allowing it to produce fear. Remain focused on pleasing the One who enlisted you.

03

EXAMINE

Do not call weakness warfare.

Invite Holy Spirit to reveal poor stewardship, disobedience, divided attention, or neglected discipline before you label every difficulty an attack.

GUIDED PRAYER

Father, teach me to discern the season I am in. Show me whether You are calling me to rest, prepare, rebuild, harvest, plant, or fight.

Forgive me for calling weakness warfare and for blaming the enemy where I have delayed obedience, neglected discipline, or become entangled with distractions.

Strengthen me to endure as a good soldier of Jesus Christ. Give me wisdom, focus, and courage to follow the orders of the King without fear.

I belong to You. Prepare me for this season and teach me to carry Your presence into every assignment. Amen.

PAUSE AND REMAIN

DAY THIRTEEN

PEACE IN PRAYER

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God. And the peace of God will guard your hearts and minds through Christ Jesus.

Philippians 4:6 through 7

PRAYER IS NOT A PANIC BUTTON

Imagine receiving unsettling news while living in the King's house. Visitors may panic and servants may rush to fix the problem, but the King's children know exactly where to go. Before they react, speak, or make a decision, they enter the throne room.

Prayer is not a panic button. It is a place of peace. You do not enter merely to ask the King to stop the storm while you continue living at a distance. You draw near because peace is not found in having every answer. Peace is found in being with the King.

First, recognize what you are carrying. You cannot surrender what you refuse to recognize. Name the fear, disappointment, anxiety, burden, or need for control that has entered your heart. Then respond with the Word instead of allowing emotion to have the final word.

After you have prayed, rest. Leave the burden with the King. Do not continue carrying what you placed at His feet. His peace becomes a guard around your heart and mind while you wait for His will to unfold.

Peace is found in being with the King.

THREE TRUTHS TO CARRY

01

RECOGNIZE

You cannot surrender what you refuse to recognize.

Become aware of what you are carrying and what is motivating your prayer. Ask whether you are praying from fear, faith, control, or trust.

02

RESPOND

Let the Word have the final word.

Jesus responded to temptation with Scripture. Answer fear, worry, loneliness, and confusion with what God has spoken instead of rehearsing what you feel.

03

REST

Leave the burden with the King.

Once you have prayed, release the need to keep managing the outcome. Allow the peace of God to guard your heart and mind while you wait.

REFLECTION

What am I carrying into prayer that I need to recognize and name?

What Scripture gives me a faithful response to what I am feeling?

Have I truly left this burden with the King, or did I pick it back up?

TODAY'S INVITATION: Recognize what you are carrying, respond aloud with the Word of God, then become still and leave the burden at the feet of the King.

DAY FOURTEEN

FORTIFY YOUR MIND

Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable, think about such things.
Philippians 4:8

THE ENEMY CANNOT KEEP WHAT YOU EXPOSE

Intrusive, impure, violent, fearful, or twisted thoughts can make a believer feel ashamed and isolated. The enemy wants you to believe the thought belongs to you so that you hide, remain silent, and allow condemnation to fortify the stronghold within your mind.

A perverse thought is a twisted thought. It may appear in your waking mind or attempt to enter through a dream. Its presence does not automatically define your identity or reveal your desire. Bring it into the light, take it captive, and make it obedient to Christ.

Repent where you came into agreement with what is unclean, but refuse condemnation. Read the Word and pray it back to God. Ask the Lord to bring every fortified city of wrong thinking to ruin and replace the voice of the enemy with what is true, pure, lovely, and worthy of praise.

Fortifying your mind requires more than one emotional prayer. Renew your mind through Scripture. Guard what you watch, hear, rehearse, and entertain. Continue filling your thoughts with the Word until truth becomes the strongest voice within you.

The enemy cannot keep what you bring into the light.

THREE TRUTHS TO CARRY

01

EXPOSE

Bring the thought into the light.

Refuse shame and isolation. Name what has entered your mind and invite Holy Spirit to reveal its source, its agreement, and the truth needed to confront it.

02

CAPTURE

Make every thought obedient to Christ.

Do not entertain what God has called unclean. Arrest the thought, reject its authority, and answer it with the Word of God.

03

REPLACE

Renew your mind with what is pure.

Freedom is not only removing the wrong thought. It is filling the space with truth, purity, worship, Scripture, and thoughts that honor Christ.

GUIDED PRAYER

Father, I bring every intrusive, impure, fearful, violent, and twisted thought into the light. I refuse shame, secrecy, guilt, and condemnation.

Forgive me for every thought I entertained and every agreement I formed with what was not from You. I take those thoughts captive and make them obedient to Christ.

Destroy every stronghold and bring every fortified city of wrong thinking to ruin. Renew my mind and teach me to think on what is true, noble, right, pure, lovely, and worthy of praise.

Holy Spirit, fortify my mind with the Word of God. Let truth become the strongest voice within me. Amen.

PAUSE AND REMAIN

DAY FIFTEEN

STANDING IN THE GAP

I sought for a man among them who would make a wall and stand in the gap before Me on behalf of the land.

Ezekiel 22:30

INTERCESSION CARRIES THE HEART OF GOD

Intercession is more than praying for another person. It is agreeing with the heart of God concerning that person until His will is accomplished. You do not carry their burden as though the outcome depends on you. You carry them before the King.

Your prayers rise before God as worship. You lift the person, family, region, or nation before Him, then pause and listen. Prayer is still a conversation. Holy Spirit may reveal what is happening, show you how to pray, connect you with other watchmen, or give you a word to release after prayer.

Jesus is already interceding. When you partner with Christ, you are not asking Him to agree with your preferred outcome. You are listening for the will of the Father and praying that His will would be done on earth as it is in heaven.

The goal of intercession is not to wear you out. It is to stand in the gap with authority, compassion, and surrender. You are part of a royal priesthood. Carry yourself like one who has been given access to the King on behalf of others.

Intercession agrees with the heart of God until His will is accomplished.

THREE TRUTHS TO CARRY

01

CARRY

Carry them before the King.

Bring the person or place into the presence of God without taking personal ownership of the burden or attempting to control the outcome.

02

LIFT

Lift them up in prayer.

Pray with compassion, Scripture, and faith. Allow your prayer to rise before God as worship, then pause long enough to hear His response.

03

PARTNER

Partner with Christ in intercession.

Jesus is already interceding. Ask Holy Spirit to reveal the will of the Father so that your prayer comes into agreement with heaven.

REFLECTION

Who or what has Holy Spirit consistently placed on my heart to carry before the King?

Have I been interceding from God's heart, or carrying the burden as though it depends on me?

What did Holy Spirit reveal when I paused to listen after praying?

TODAY'S INVITATION: Ask Holy Spirit who you are assigned to intercede for today. Carry them before the King, lift them in prayer, pause to listen, and record what He reveals.

DAY SIXTEEN

PRAY ASK BELIEVE

All things for which you pray and ask, believe that you have received them, and they will be granted to you.

Mark 11:24

HEALING BELONGS IN THE CONVERSATION

When we pray for healing, we are not reciting empty words or trying to convince God to become good. We are entering a conversation with the One who heals, restores, cures, and makes whole. We begin with His Word because His Word reveals His will and gives our faith somewhere firm to stand.

Prayer and asking are connected, but they are not the same. Prayer creates communion. It allows you to listen, search the heart of God, and come into agreement with what He has spoken. Then you ask with clarity. You speak directly to the mountain and bring the need before the King without apology or fear.

Believing does not mean pretending the pain is not present. It means refusing to let the present condition have more authority than the Word of God. The body may speak, the report may speak, and the circumstance may speak, but none of them are permitted to prophesy louder than the King.

Healing may be received in a moment or walked out over time. Either way, keep praying the Word, keep asking, and keep believing. Your faith is not passive. It remains in the presence of God and continues to agree with Him until what He has spoken becomes visible.

Let the Word of the King speak louder than the condition.

THREE TRUTHS TO CARRY

01

PRAY

Begin with communion and the Word.

Bring healing Scripture before the Lord. Listen for His wisdom and allow His Word to strengthen your faith before you speak to the need.

02

ASK

Bring the request before the King.

Ask clearly and boldly. Speak to the mountain without allowing fear, disappointment, or a previous outcome to muzzle your voice.

03

BELIEVE

Agree with God above what you see.

Refuse to let symptoms or circumstances become the final authority. Continue to believe that the Lord is able to heal, restore, and make whole.

GUIDED PRAYER

Father, I come before You as the God who heals, restores, and makes whole. Let Your Word become the foundation of my faith.

I bring this need before You and ask boldly for healing. Give me wisdom concerning what to pray, what to speak, and how to walk with You through this process.

I refuse to allow fear, pain, symptoms, or a report to speak louder than You. I believe that nothing is too hard for You.

Strengthen me to keep praying, asking, and believing. Let Your will be made visible in my body and in the lives of those I carry before You. Amen.

PAUSE AND REMAIN

DAY SEVENTEEN

HINDERED HARMONY

Whenever you stand praying, forgive, if you have anything against anyone, so that your Father who is in heaven will also forgive you your transgressions.

Mark 11:25

THE KING HAS NOT MOVED

The doors of the King's castle remain open. The table is still prepared and His invitation has not changed. Yet the room of your heart can become crowded with unforgiveness, pride, hidden sin, and disobedience. The King has not moved, but clutter can dull your awareness of His presence.

Unforgiveness changes the posture of prayer. You can ask for breakthrough while continuing to rehearse the offense, justify your response, and hold another person hostage within your heart. Jesus teaches us to forgive while we are praying because intimacy with the Father requires a heart willing to release.

Forgiving quickly does not mean pretending the wound did not matter. It means refusing to allow offense to build a home inside you. You bring the pain to God, release the person from your judgment, and renounce every lie, reaction, and identity that entered through the wound.

The goal is not merely an uncluttered room. It is restored harmony with the King. Humility allows Holy Spirit to search the heart without resistance. When He reveals what must be removed, respond quickly so that your heart remains tender, clean, and ready to receive.

The King has not moved. Clear the room of your heart.

THREE TRUTHS TO CARRY

01

FORGIVE

Forgive before offense settles in.

Bring the wound to God quickly. Release your right to rehearse the offense, punish the person, or build your response around what they did.

02

RELEASE

Release the person from your judgment.

Forgiveness does not require you to deny wisdom or boundaries. It requires you to surrender vengeance and place the matter into the hands of the King.

03

RENOUNCE

Renounce what entered through the wound.

Reject victimhood, rejection, self hatred, pride, fear, and every agreement formed in the place of offense. Let truth restore the posture of your heart.

REFLECTION

Whose name or face comes to mind when I ask Holy Spirit to reveal unforgiveness?

What have I justified because of what someone else did to me?

What agreement must I renounce so that harmony with the King can be restored?

TODAY'S INVITATION: Name the offense before the Lord. Forgive the person, release them from your judgment, and renounce every agreement that entered through the wound.

DAY EIGHTEEN

TRUSTING GOD ANYHOW

You will seek Me and find Me when you search for Me with all your heart.
Jeremiah 29:13

SILENCE DOES NOT MEAN ABSENCE

When everything becomes quiet, you may begin to notice sounds, fears, and questions that noise once covered. The temptation is to fill the silence with another sermon, another song, another voice, or another attempt to make something happen. Yet silence can become an invitation to pay attention.

Imagine waking in the King's castle and receiving no new assignment. No messenger arrives and no fresh instruction is given. It would be easy to assume the King has forgotten you. Those who have remained with Him know that silence does not mean absence. Sometimes the King is watching to see whether His children will remain faithful to the last instruction He gave.

Pause before you panic. Pursue the Lord without demanding that He speak in the same way He spoke before. He may use His Word, a dream, wise counsel, quiet conviction, or simple remembrance. Familiarity can make you passive, so the King may change the manner without changing His presence.

Then prepare. Silence is not empty time. Mary carried the promise through long stretches without a new angelic announcement. Continue stewarding what God already placed in your hands. Preparation is one of the clearest ways to show that you still believe what He said.

Silence does not mean the King has left the room.

THREE TRUTHS TO CARRY

01

PAUSE

Do not fill the silence with noise.

Become still enough to notice what the quiet is revealing. Return to the last instruction and ask whether you have remained faithful to it.

02

PURSUE

Seek Him with your whole heart.

Do not demand a familiar method. Search for the King in His Word and remain attentive to every way Holy Spirit may choose to speak.

03

PREPARE

Let your preparation testify that you believe.

Steward the promise while you wait. Build, learn, gather, practice, and obey as though the word of the Lord is still true, because it is.

GUIDED PRAYER

Father, when You feel silent, keep me from filling the space with fear, noise, and hurried decisions. Teach me to pause in Your presence.

I believe that Your silence does not mean Your absence. Bring the last instruction You gave me back to my remembrance and show me where faithfulness is still required.

Teach me to pursue You without demanding that You speak in a familiar way. Give me ears to hear and a heart willing to seek You fully.

Show me how to prepare while I wait. Let my stewardship testify that I still believe every word You have spoken. Amen.

PAUSE AND REMAIN

DAY NINETEEN

CARRYING THE HEART OF THE KING

Just as the Father has loved Me, I also have loved you. Abide in My love. If you keep My commandments, you will abide in My love.
John 15:9 through 10

ABIDING PRODUCES TRANSFORMATION

THE BRANCH WAS MADE TO BEAR FRUIT

The purpose of abiding is not to remain exactly as you were. A branch connected to the vine grows, strengthens, and bears fruit. The longer you remain with the King, the more your heart should begin to resemble His. His desires become your desires, and His concern for people begins to shape your response.

Consecration sets you apart for the purpose of God. It is more than avoiding certain foods or removing distractions. A consecrated life remains usable. Daniel did not only refuse the king's food. He also studied, served, and showed up in the place where God had sent him.

Compassion allows you to feel what matters to the King. Jesus saw distressed and scattered people and was moved toward them. If you continually receive revelation but never pray, serve, give, encourage, or respond, ask Holy Spirit to deepen your compassion.

Commission turns the heart of the King into action. You have received power to become His witness. Abiding prepares you to go. You leave the throne room carrying His likeness, His authority, and His love into the places where He has assigned you.

The longer you abide, the more your heart should look like His.

THREE TRUTHS TO CARRY

01

CONSECRATION

Remain set apart and usable.

Consecration is not isolation. Remove what dulls your hearing, then faithfully show up in the place where God has sent you.

02

COMPASSION

Allow His heart to move yours.

Look again at the people around you. Ask Holy Spirit to replace indifference with compassion that leads you to pray, serve, give, and encourage.

03

COMMISSION

Carry His heart into the world.

You have not been filled only for yourself. Go where the King sends you and become a faithful witness through your words, actions, authority, and love.

REFLECTION

Where is the Lord asking me to live more consecrated and available to Him?

Who have I seen but failed to truly notice with the compassion of Jesus?

What commission have I received that now requires me to go and respond?

TODAY'S INVITATION: Ask the King to let you feel what He feels for one person today. Then turn compassion into a clear act of obedience.

DAY TWENTY

STAYING SUBMITTED

Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw near to God, and He will draw near to you.

James 4:7 through 8

SUBMISSION KEEPS YOU NEAR

Staying in the King's castle requires more than knowing that you have access. You must remain submitted to the ways of the King. James reveals that conflict, pride, wrong motives, double mindedness, and friendship with the world can pull the heart away from wholehearted devotion.

Surrender allows God to reveal what is battling within you. You will not always recognize every area that needs correction or deliverance. Daily abiding gives Holy Spirit room to uncover one motive, attitude, desire, or pattern at a time so that it can be placed before the Lord.

Submission is obedience. Scripture does not say to resist the devil while resisting God. First submit to God, then resist the enemy. You cannot remain protected by the order of the kingdom while repeatedly refusing the instruction of the King.

Softness keeps you teachable. A hard heart explains, defends, rushes, and rebels. A soft heart pauses, listens, repents, and adjusts. Draw near without performance. Allow the Lord to purify your heart, steady your mind, and make you willing to obey again.

You cannot resist the enemy while resisting the King.

THREE TRUTHS TO CARRY

01

SURRENDER

Let God reveal what is within you.

Ask what the Lord is perfecting in this season. Bring your motives, desires, reactions, and plans before Him without hiding or defending them.

02

SUBMIT

Obedience places you under kingdom order.

Receive the instruction of the King and follow through. Resistance becomes effective when your own heart has first come under the authority of God.

03

SOFTEN

Remain tender and teachable.

Slow down enough to receive correction. Repent quickly, refuse rebellion, and allow Holy Spirit to keep your heart responsive to the Lord.

GUIDED PRAYER

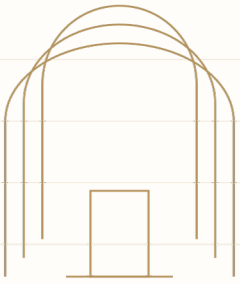
Father, I surrender my desires, motives, reactions, and plans to You. Search me and reveal what is battling within my heart.

I submit myself to Your authority. Forgive me for resisting Your instruction while asking You to remove the resistance around me.

Purify my heart and steady my mind. Remove pride, rebellion, double mindedness, and every love for the ways of the world.

Keep me soft, teachable, and quick to obey. As I draw near to You, teach me to remain near and live under the order of Your kingdom. Amen.

PAUSE AND REMAIN



DAY TWENTY ONE

COME UP HIGHER

Come up here, and I will show you what must take place after these things.

Revelation 4:1

THIS IS NOT THE END

You made it through twenty one days, but abiding was never meant to end with the final lesson. The invitation remains. The King is still calling you closer, still teaching you His voice, and still showing you how to live from His presence instead of visiting only when you need an answer.

To come up higher is to receive a new perspective. From the tower of the King's castle, you can see what was hidden at ground level. You recognize what is approaching, understand what must be strengthened, and stop allowing every present circumstance to control your vision.

Your altitude affects your attitude. What fills your heart will eventually be revealed through your mouth. As you remain with the King, kingdom thinking produces kingdom speech. You stop repeating the language of fear, complaint, and limitation because
you have heard what the King is saying.

Your authority comes from abiding. You do not speak merely from emotion or personal desire. You speak the Word and heart of the King. This journey has taught you how to enter, listen, surrender, pray, and remain. Now continue. Come up higher, carry His perspective, and protect the secret place.

The journey is complete, but the invitation to remain never ends.

THREE TRUTHS TO CARRY

01

ALTITUDE

Come up higher in your perspective.

Leave the small circle of fear and self concern. Ask the King to show you what He sees concerning your life, your family, and the world around you.

02

ATTITUDE

Let your mouth reveal a heart shaped by God.

Listen to your words. Replace complaint, criticism, and limitation with speech that agrees with the character and Word of the King.

03

AUTHORITY

Speak from the place of abiding.

Remain in Christ and let His Word remain in you. Pray what He is saying and carry His authority with humility, purity, and love.

REFLECTION

How has my understanding of prayer changed during these twenty one days?

What has the King shown me that I must continue practicing and protecting?

What does coming up higher look like in my daily life from this point forward?

TODAY'S INVITATION: Celebrate what the Lord has done. Then choose a daily place and time to continue meeting with the King. The lessons may be complete, but your life of abiding has only begun.

