



Manage ALL eating....

FOCUS

In a world filled with distractions, maintaining **focus** on what truly matters is a challenge faced by many. Fortunately, the Bible provides timeless <u>wisdom</u> on the importance of focus and where to direct our attention. The first of the year is when we, at KAINOS, have our 21DAY CONSECRATION! We will go through Bible verses that offer insights and guidance to help navigate the journey of life with <u>purpose</u> and clarity.

Perhaps you're facing situations now that you dread, and you're gearing up to endure it. But when God says He will go before you and make the crooked places straight, that means what should be overwhelming is no problem at all. Where you don't see a solution, (Ephesians 2:14), suddenly things fall into place. When you don't have the right connections, (Ephesians 2:14), out of nowhere someone shows you favor. When you think it is going to be a long drawn-out process, (Ephesians 2:14), it turns out easier than it looks. There's going to be a supernatural grace, a supernatural favor, a supernatural strength for you. Start expecting that the Lord is going before you.

It's Ephesians 2:14, "A NEW WAY OF LIVING, PRODUCED BY A NEW CHARACTER IN GOD!" Get Ready.... Get Set....

FOCUS!!!!!

In Him, Dr. Carol E. Dixon, CA

DAY 1, January 5

Power

TODAY'S SCRIPTURE:

2 Chronicles 1:1, NLT

Solomon son of David took firm control of his kingdom, for the LORD his God was with him and made him very powerful.

TODAY'S WORD:

At the start of this New Year, you may be facing situations that look too big. The opposition is too strong, the dream too great. It's easy to have a weak mentality, to feel intimidated, as though you're at a disadvantage. This is probably the way Solomon felt when his father, David, died. David was an amazing leader who had conquered nations and defeated giants. Solomon wasn't a warrior king like his father, but he was suddenly thrust into this position. I'm sure he was tempted to shrink back and think, "This is too much. I can't lead a nation." But today's Scripture says that he took firm control of the kingdom, for the Lord was with him and made him very powerful. You may see yourself as limited, not enough, less-than, but the Lord your God is with you. He has made you not just powerful, but very powerful. What you're up against may be big, but it's no match for you. The same power that raised Christ from the dead lives in you. You're not ordinary. You're not common. You are very powerful.

PRAYER FOR TODAY:

"Father, thank You that every force of the enemy was broken when Jesus rose from the dead. Thank You that You have given me Your power and that there will be no situation in this coming year that is too big or opposition too strong. I declare that You have made me very powerful. In Jesus' name, Amen."

DAY 2, January 6

Supernatural

TODAY'S SCRIPTURE:

Isaiah 45:2, NKJV

I will go before you and make the crooked places straight; I will break in pieces the gates of bronze and cut the bars of iron.

TODAY'S WORD:

When we face a tough challenge, it's easy to start dreading it, thinking it's going to be so hard. "How am I going to make it through this treatment? How can I ever pay off this mortgage?" Yes, there are seasons of testing where we have to endure and do the right thing when it's hard, but there are also times when God makes it easier than it looks.

Perhaps you're facing situations now that you dread, and you're gearing up to endure it. But when God says He will go before you and make the crooked places straight, that means what should be overwhelming is no problem at all. Where you don't see a solution, suddenly things fall into place. When you don't have the right connections, out of nowhere someone shows you favor. When you think it is going to be a long drawn-out process, it turns out easier than it looks. There's going to be a supernatural grace, a supernatural favor, a supernatural strength for you. Start expecting that the Lord is going before you.

PRAYER FOR TODAY:

"Father, thank You that You go before me and make the crooked places straight. Thank You that when I start to dread what lies ahead, I can rest knowing that You can make it no problem at all. I am expecting Your supernatural grace and favor to be for me. In Jesus' name, Amen."

DAY 3, January 7

Coming Into A Season

TODAY'S SCRIPTURE:

Isaiah 40:4, AMP

"Every valley shall be raised, and every mountain and hill shall be made low; and let the rough ground become a plain, and the rugged places a broad valley."

TODAY'S WORD:

Have you been struggling in an area of your life for quite some time? God has promised He will go before you and prepare a path for you; He'll make your crooked places straight. He wants to smooth things out for you. I believe that as you continue to commit your ways to Him, He will bring you into a season where things are going to start falling into place. You're going to get breaks that you didn't deserve. The promises that you've been standing on, you're going to see them begin to come to pass. It's time for you to get ready and get your fire back!

Start expecting that you are coming into a new season. Maybe it's in your finances. Maybe you've struggled for a long time. Begin to declare that you're going to see supernatural increase, supernatural opportunities, supernatural promotion. Remember, the economy is not your source—God is. He's the One who opens doors that no person can shut. Keep standing, keep believing because God is going to make your crooked places straight and lead you down the path of blessing and victory in every area of your life!

PRAYER FOR TODAY:

"Heavenly Father, thank You for preparing a path for me. I know You are working behind the scenes to make the crooked places straight and the rough places smooth. Give me Your strength to keep moving forward on the good path that you have for me. In Jesus' name, Amen."

DAY 4, January 8

Garment Of Praise

TODAY'S SCRIPTURE:

Isaiah 61:3, NIV

"Provide for those who grieve...a garment of praise instead of a spirit of despair. They will be called oaks of righteousness, a planting of the Lord for the display of his splendor."

TODAY'S WORD:

What are you wearing today? Not on your physical body, but what's covering your mind and emotions? Are you clothed with despair and disappointment? Are you wearing "heaviness?"

If you've recently gone through a hurtful or disappointing situation, the Bible says there is a time to grieve. It's important to go through that process and release the hurt to God. But the Bible also says that God wants to give you a garment of praise instead of a spirit of heaviness or despair. He wants to exchange your hurt for His healing. He wants to fill you with His peace and joy.

Are the garments of yesterday holding you back and weighing you down? Maybe it's time to exchange that heaviness for His garment of praise. Maybe it's time to release those heavy burdens. It's time to forgive those who have hurt you and begin to praise your way into a new season. Start right now by thanking Him for the life you have today. Thank Him for the opportunities today has to offer. Thank Him for the beautiful sunrise. Put on the garment of praise and release the spirit of heaviness.

PRAYER FOR TODAY:

"Father, I humbly come to You giving You my old garments of despair and heaviness. Make me new today. Give me a garment of praise so that I can joyfully embrace the new season You have for me in Jesus' name, Amen."

DAY 5, January 9

God-Ordained Moments

TODAY'S SCRIPTURE:

Jeremiah 29:11, NIV

"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."

TODAY'S WORD:

God created every one of us to be successful. Before the foundations of the world, He laid out an exact plan for your life. In this plan, He has marked moments that are going to come across your path. These moments are not ordinary. They are destiny-altering moments. They are designed to thrust you years ahead.

It says in Ecclesiastes that "time and chance come together for every person." That means you'll have opportunities to meet the right people, opportunities to advance in your career, and opportunities to fulfill your dreams. God has already prearranged times of increase and blessing. You may not see a lot of good breaks right now, but be encouraged because there are seasons of favor and increase marked for your future!

PRAYER FOR TODAY:

"Father, thank You for ordering my steps. Thank You for making a way when there seems to be no way. I choose to step out today with faith and expectancy knowing that You have marked moments for my future in Jesus' name, Amen."

DAY 6, January 10

Keep Your Joy

TODAY'S SCRIPTURE:

John 16:22, NLT

"So you have sorrow now, but I will see you again; then you will rejoice, and no one can rob you of that joy."

TODAY'S WORD:

We all have opportunities to get upset and go around frustrated. Life is full of inconveniences, delays, people that don't do right. You're never going to stop these things from happening; the key is how we handle them. Today's Scripture says no one can take your joy. That means you control your joy. Nothing can take it from you; you have to give it away.

Life is too short to live frustrated, upset about things that many times we have no control over. People have a right to have their opinion, but you have a right to ignore it. People have a right to be rude, but you have a right to stay happy. Quit letting insignificant things—your grouchy boss, the person talking behind your back, your child getting on your nerves—steal your joy. Make this decision every morning, "I will be joyful today." When you're tempted to get upset, remind yourself that you have the power to keep your joy.

PRAYER FOR TODAY:

"Father, thank You that I have the power to remain calm because You've given me a spirit of discipline and self-control. Thank You that You made this day, and I'm not going to live sour and defeated. I've made up my mind that I'm going keep my joy. In Jesus' name, Amen."

DAY 7, January 11

Fill This Prescription

TODAY'S SCRIPTURE

John 16:33, NKJV In the world you will have tribulation; but be of good cheer, I have overcome the world.

TODAY'S WORD

Jesus acknowledged that we're going to have challenges in this life, and everything is not going to be perfect. Nevertheless, He added, "Be of good cheer." He didn't say to be discouraged, to be upset, to be sad, or to be offended. In the tough times, you need to be full of joy-because the joy of the Lord is what gives you strength. If the enemy can deceive you into living weighed down, discouraged, and somber, he'll be able to defeat you at every turn. Don't fall into that trap. Your circumstances may not change, but you can change. Quit letting everything burden you down. Make the choice that right in the midst of difficulties you're going to be of good cheer.

I have a prescription for you from our Creator. He says stay cheerful, be good-natured, laugh every day, find the humor in life, and keep a joyful atmosphere in your home. If you stay on this prescription, you'll have the strength to make it through the tough times.

PRAYER FOR TODAY:

"Father, thank You that Jesus has overcome the world through His death on the cross and resurrection. Thank You that though I have challenges and tribulation, I can still be of good cheer. I receive Your joy as my strength to rise up and overcome the tough times. In Jesus' name, Amen."