

## DAY 1 – WEDNESDAY 29TH MAY

### *THANKSGIVING FOR DIVINE REST*

Matthew 11: 28 -30 - **“Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”.**

- Thank God for his perpetual invitation towards us for us to enter his rest, He is ever present to remove our burdens and give us the vital rest that we need. Pray that every member of our household and church, House on the Rock London Lighthouse will enter and abide in this rest.

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

- Let us thank God for his peace that He has freely given to us, let us thank Him for the perfect peace. He has deposited in our hearts the peace that passes all understanding.

**Philippians 4: 6-7 “Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.”**

- We thank you God for the grace to not be anxious, We thank Him for the release of peace that is ever waiting to find resting place in our hearts and mind, Thank God for making us custodians of peace thereby allowing us to dispense peace wherever we go.

**John 16:33 – “I have said these things to you, that in me you may have peace. In the world you will have tribulation. But take heart; I have overcome the world.”.**

- Let us thank God that because Jesus overcame the world, we also have overcome the world, let us thank God for it pleasing Him to make us joint heir with our Saviour. Let us appreciate Him for conferring unto us the authority to rule on this earth.

**1 Peter 5:7 – “Casting all your anxieties on him, because he cares for you”.**

- Thank God that there is no burden too heavy for him, Thank God for his caring nature that desires us to be carefree from any worries that would try to beset us.

**Isaiah 40:31- “But they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.”.**

- Thank God for his provision for us to renew our strength, Thank Him for the grace to approach his throne because of the finished work of our Saviour, let us thank Him for the release of grace that allows us to mount up with wings like eagles, let us thank Him that

weariness is far from us because of His presence that ever strengthens us.

**John 16:24b – “Ask and you will receive, and your joy will be complete”.**

Thank God that we have received answers to our prayers and are our joy is full, we thank God that we walk in a fresh dimension of rest that will ever glorify Him.

## **DAY 2 – THURSDAY 30<sup>TH</sup> MAY**

*PRAYER FOR THE REST OF YOUR SOUL (FOCUS ON PEACE OF MIND, MENTAL REALM)*

**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.**

- Thank God for the opportunity to function in the rest of God. Thank Him especially for the good health that you are experiencing now and in the future with your mind and mental state as a result of functioning in the rest of God.

**1 Peter 5: 6-7 – Casting all your care upon Him, for He cares for you.**

- Pray for the blueprint on how to cast the care of your mind and mental state unto Him.  
- Pray concerning any concerns that you have right now with your mind and mental state. Decree and declare that your mind and mental state will start to function in the rest of God.

**1 Kings 19:4-5,8 – But he himself went a day’s journey into the wilderness and came and sat down under a juniper tree: and he requested for himself that he might die; and said, It is enough; now, O Lord, take away my life; for I am not better than my fathers. And as he lay and slept under a juniper tree, behold, then an angel touched him, and said unto him, Arise and eat. And he arose, and did eat and drink, and went in the strength of that meat forty days and forty nights unto Horeb the mount of God.**

- Pray for angelic assistance that will bring forth the rest of God in your life and cause you to overcome every form of mental oppression in the name of Jesus.

**2 Corinthians 10:4,5 – For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ.**

- Speak unto every limiting belief and negative thought pattern impacting your mind. Decree that they are broken.

**Psalm 4:1– Hear me when I call, O god of my righteousness! You have relieved me in my distress; Have mercy on me and hear my prayer.**

- Decree and declare that the season of reproach with regards to your mental and mind is over

in the name of Jesus. Decree that this is your time to function in the rest of God.  
- Thank God for allowing your mind and mental health to function in the rest of God.

### **DAY 3 – FRIDAY 31ST MAY**

#### *SPIRITUAL WARFARE FOR DIVINE REST*

1 Chronicles 16:34 - **Give thanks to the Lord, for he is good; his love endures forever.**

Psalm 107:1-3- **Give thanks to the LORD, for he is good, his love endures forever. Let the redeemed of the LORD tell their story—those he redeemed from the hand of the foe, those he gathered from the lands, from east and west, from north and south.**

Ephesians 2:6 - **and hath raised us up together and made us sit together in heavenly places in Christ Jesus.**

- Let's Thank God for victory that we already have in Christ hence the reason why we are warring from Victory and not for Victory.
- Let's thank Him that because we are seated with Him above all principalities and powers the devil and all his cohorts are under our feet.

2 Corinthian 10:3-6 - **For though we walk in the flesh, we are not waging war according to the flesh. For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ, being ready to punish every disobedience, when your obedience is complete.**

Romans 12:2 - **And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God.**

- The real battlefield is our mind and the real entity we are fighting are demonic forces, voices, thoughts, suggestions, and imagination. Let's pray that God by His Word of truth would uproot anything in our mind that doesn't glorify Christ.
- Let's come against any thoughts, imaginations and suggestion that doesn't glorify Christ concerning every area of our lives.

Phillipians 4:4-7 - **Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.**

Mark 4:39 - **He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm.**

- Peace is a very powerful disposition to be in for us to be able to receive from Heavenly resource that's made available to us. When we aren't anxious and at peace our spiritual Channel to Heaven is unclogged. Let's pray that regardless of the storms outside God would

guard our mind (inside) with His peace.

- Just like Christ let's begin to declare the Peace of God in every area of our life.

**1 John4:18 - There is no fear in love; but perfect love casteth out fear, because fear hath torment. He that feareth is not made perfect in love.**

**Job3:25 - For the thing which I greatly feared is come upon me, and that which I was afraid of is come unto me.**

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

- Fear is one of the tools the devil uses. Anything you fear could become your reality that why the Love of God is available to cast out all fears. Let's declare that because we have the Love of God, we are free from all fears in our life.