

7-DAY

Devotional

PLANNER

Affirmations

I am a child of faith.

I hear and obey the voice of the Holy Spirit within.

I am rare and unlike the rest of the world.

I take care of my mind, my body, and my spirit.

My strong work ethic consistently produces for my family.

I prioritize them every day.

I am a leader and I lead with love.

I lead and do not follow.

I create and do not destroy.

I set new standards.

I defy the odds.

I am the head, not the tail.

I am above and not beneath.

I am the lender and not the borrower.

Affirmations

I help the poor and assist those in need.

I am a blessing to the people in my life.

I am loved by God.

I am protected by God.

No weapon formed against me shall prosper. (Repeat)

And every tongue that rises against me in judgment shall be
condemned.

I am a believer and everything I touch turns to gold.

Everything I'm seeking is now seeking me.

It's my season

It's my turn.

I am happy.

I am humble.

I am wealthy.

Affirmations

I am strong.

I am confident.

I am a believer.

I WILL experience my Miracle Growth.

With God I have power, with other believers, we have an impact.

We are the Kingdom Alliance.

We will never be broke or broken another day in our lives and we were created for greatness and so it is.



KINGDOM ALLIANCE
CHRIST CENTERED RESOURCES AND OPPORTUNITY

Sunday

VERSE - PHILIPPIANS 4:8

"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. 9 Whatever you have learned or received or heard from me, or seen in me— put it into practice. And the God of peace will be with you."

FAITH FOCUS:

Begin your week with a focus on what is going right. The Word specifically tells us to practice setting our minds on positivity. Optimism then is not a personality trait, but a skill we can practice and master. The Lord knows that every area of our lives will be impacted by the quality of our thoughts. Jesus was great at casting vision for positive change and hope. If we are to follow His lead, then we know that the practice of minding our minds is not just personal development, it is the spiritual development of our mind and thoughts. Science has proven the physical benefits of a positive mindset, better health, better sleep, fewer illnesses, better memory and so much more. No, it doesn't happen overnight.

The world we live in is constantly flooding our minds, our ears, and our eyes with tragedy, sorrow, fear, and worry. As a woman of faith, you must be very intentional about this. As your thoughts turn to the worries of your life and the worries of the world, train yourself to STOP. The word says to "take every thought captive and make it obedient to Christ." - 2 Corinthians 10:5 Set the tone for a week filled with divine appointments and encounters by flooding your mind with the mindset of Christ and armed with the knowledge that you control your mind, it does not control you.

PRAY & MEDITATE;

Remember that prayer is just a conversation with God. It doesn't need to look or sound any certain way. It is your quiet time to connect with your Heavenly Father, He wants to hear from you. Lord, I thank you for the knowledge that my mind is a vessel of hope and optimism. I thank you for creating in me the ability to capture every thought. Lord, I want to thank you for all of the things that are going right in my life. I thank you for my ability to begin each day with a new heart and mind. I am filled with gratitude for the doors you have opened and the doors you will open for me. I thank you for a new week and new opportunities to bless my family and others as you bless me. I thank you for the confidence unknowing you are directing my steps. I thank you for the boldness in knowing that you love me exactly as I am and I need to do absolutely nothing to earn that love. Lord help me to see others the way you see me, and to love others the way you love me. Lord I ask that you fill my week with divine appointments and bless the work of my hands. I ask for abundance beyond all expectations, so that I may bless others. Lord, I love you and I commit this week to you.

Journaling

BUSINESS

What is my BIG goal for the week?

What is my plan to accomplish that goal?

What steps do I need to take each day in order to reach this goal?

Who will help me stay accountable and on track for this goal?

When are we scheduled to talk?

What will it feel like to accomplish this goal?

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Journaling

HEALTH

What is my nutrition plan for the week?

What is my exercise plan for the week?

Why is it important for me to take care of my health/wellness?

What is my wellness goal for the week?

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Journaling

PERSONAL GOALS

What is another goal I want to accomplish this week?

What is something fun I have planned this week?

Who can I bless this week?

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Monday

VERSE- NEHEMIAH 4:14 :

'Remember the Lord, who is great and awesome, and fight for your brothers, your sons and your daughters, your wives and your homes"

FAITH FOCUS:

As you begin the week, I want you to take a moment and think about the reason WHY you do what you do. Think about WHO you are doing it for. I want you to really envision the people you love and how achieving your goals will impact them. So often in God's Word, he asks us to contemplate our real reason why, and use that as fuel to keep us going through the difficult seasons. As we grow in our faith, understanding more and more how deep and consuming Gods love for us is; as we discover the His plans are for our good; as we feel His favor upon our lives and know without a doubt that He IS FOR US, we become more energized, more determined and more empowered than ever before to push through. "If God is for us, who can stand against us". We can stand firm, with confidence that God is on our side and we can fight for our dreams and for a future that will bless not only our lives but the lives of those we love the most.

PRAY & MEDITATE:

Father, I stand in awe of your intense love for me. I thank you for empowering me to accomplish more because of knowing I have you in my corner. Lord, I ask for clarity as I take steps to bring my dreams and goals into reality. I thank you for your Holy Spirit the guidance I count on throughout the day. I ask for more courage, more boldness in taking the steps you place in front of me. It is because of that, I take big steps. It is because of you that I can be so bold. I ask for supernatural wisdom and grace as I make decisions this week for my business and my family. I pray I can have an impact on others as I work to create an income. I pray that you will continue to empower me to lead my family and others and shine the light on you and your love through my actions and the way I express love.

Journaling

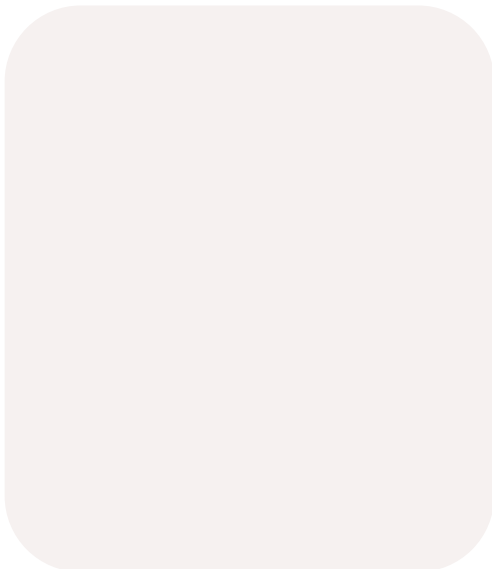
BUSINESS

What is my main focus today?

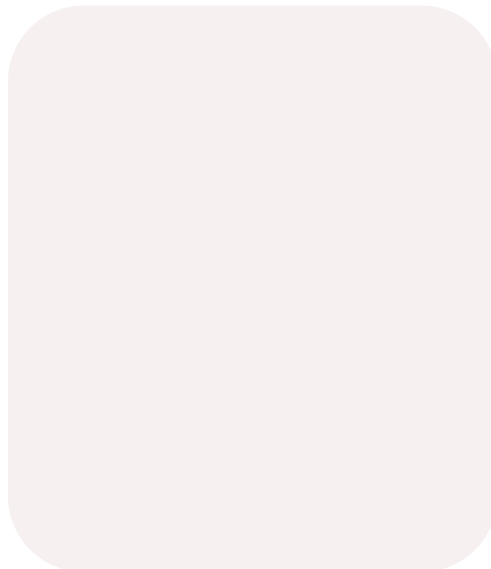
What is my top goal for today?

What are 3 tasks for today?

Calls:



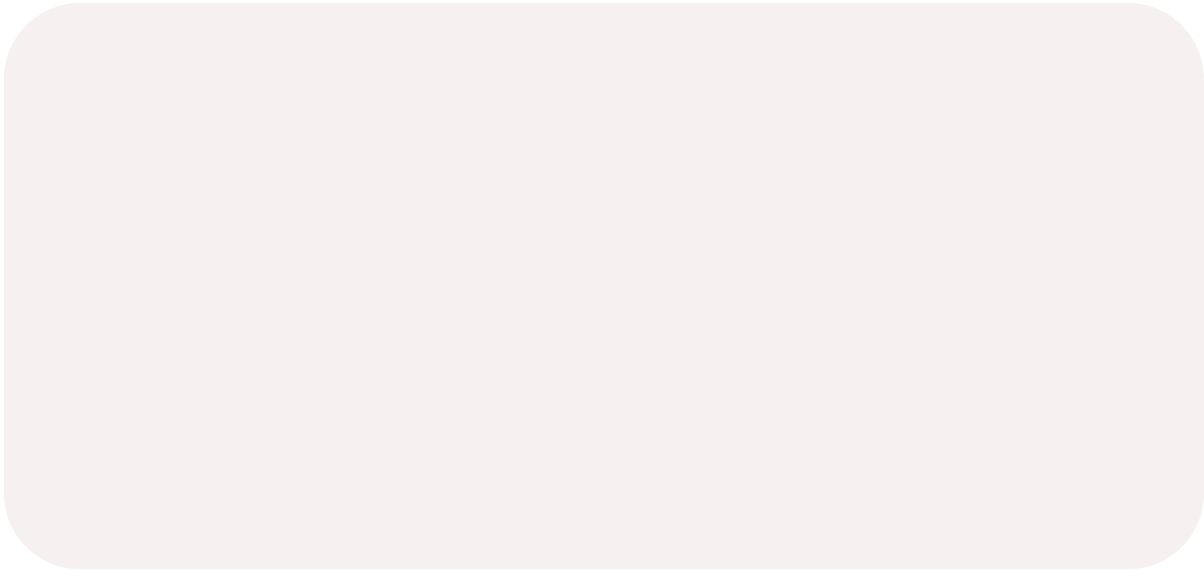
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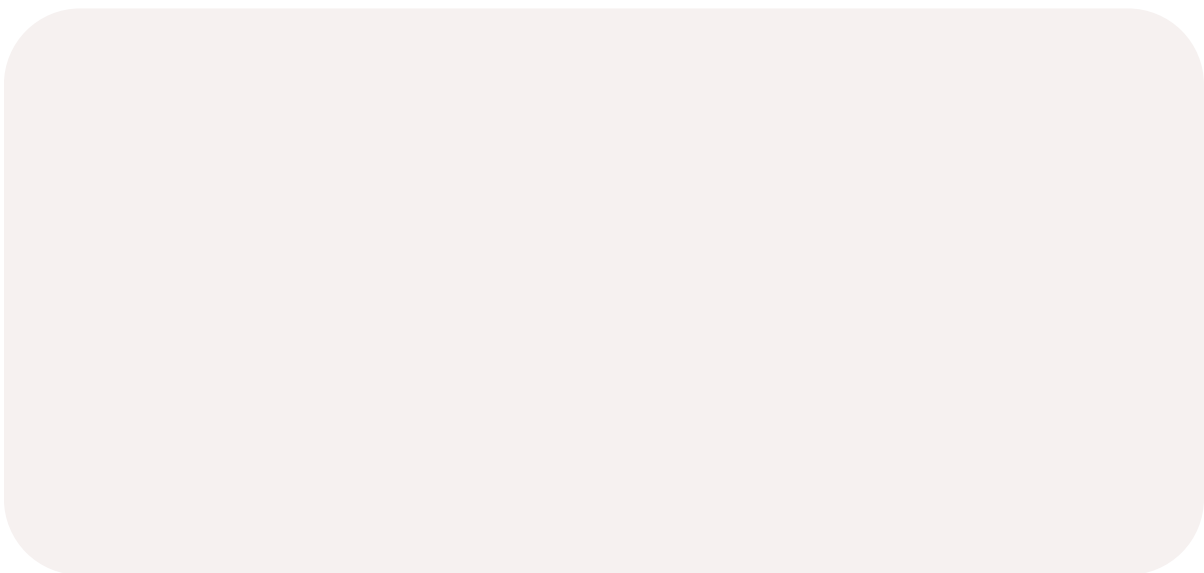
Journaling

HEALTH

Meal Plans:



Exercise:

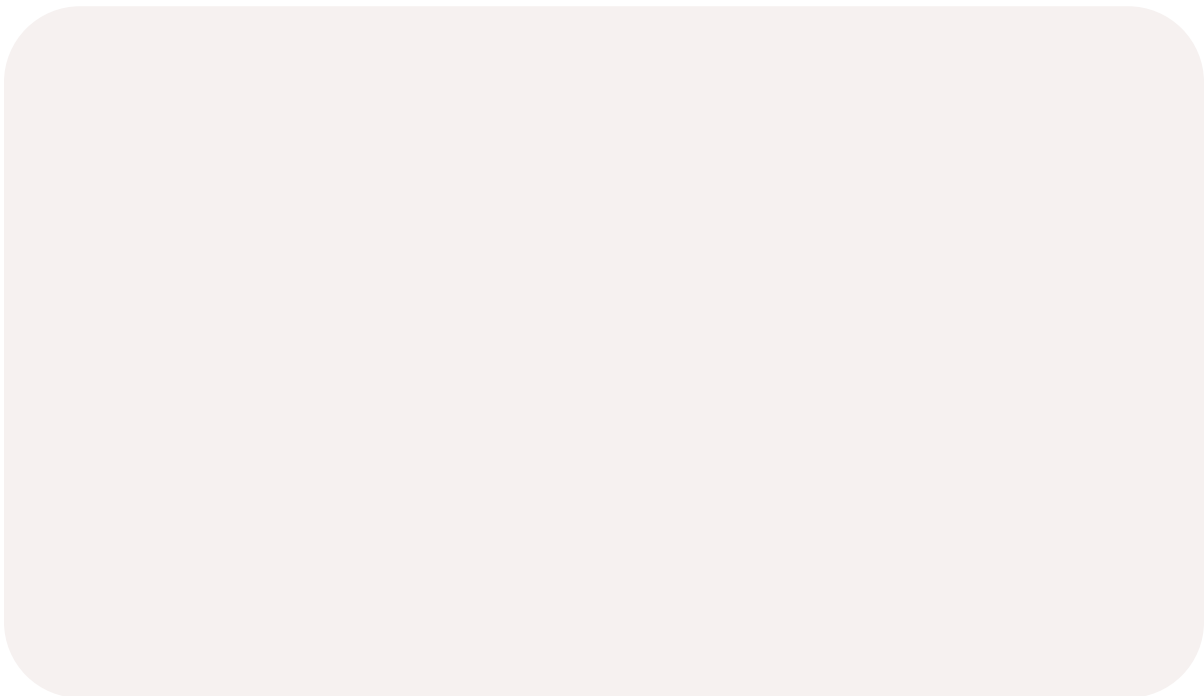


Journaling

HOME

What are my home projects/ tasks today?

Appointments:



Tuesday

VERSE- PROVERBS 16: 23-24 :

"A wise man's heart guides his mouth and his lips promote instruction. Pleasant words are a honeycomb, sweet to the soul and healing to the bones."

FAITH FOCUS:

The value of your word cannot be understated. Our words carry energy and impact anyone who hears them, including you. You are hearing the words you speak as well. As you step into the day today, be intentional with your words. Be kind and loving and speak words of affirmation and encouragement to those around you. Look for reasons to speaking kindness and edifying thoughts to anyone in your presence. Watch what happens; not only will you be lifted up, but because of you, the energy in every room you enter will be shifted. Speak into the lives of others about their character, their service, and their heart. Leave people better than you found them. Your words alone can have a lasting impact on someone's life. Decide that today you will bring smiles to the hearts of anyone you have contact with. You can instantly cause someone's positive hormones to shift, releasing happy chemicals into their brains. What a gift to know we can be the catalyst for so much good, just without words.

PRAY & MEDITATE:

Lord help me to remember that "the power of life and death are in my tongue". Help me to use my words to give life and not death. Remind me, Lord, that even I am impacted by what comes out of my mouth. Help me to never forget the power I have over others with the words I speak. Empower me to use my words to bring love, kindness compassion, and encouragement to everyone I meet. Thank you Lord for your Word and using it to build up my strength and to continue to teach me how to be more like you. Use my words, today Lord, to bless others. I ask that you pour your Holy Spirit out on me, so I will have supernatural discernment and the ability to use my words in a very powerful way that will let someone know You are with them. I pray that through my words today, others will hear You and see Your light in my life.

Journaling

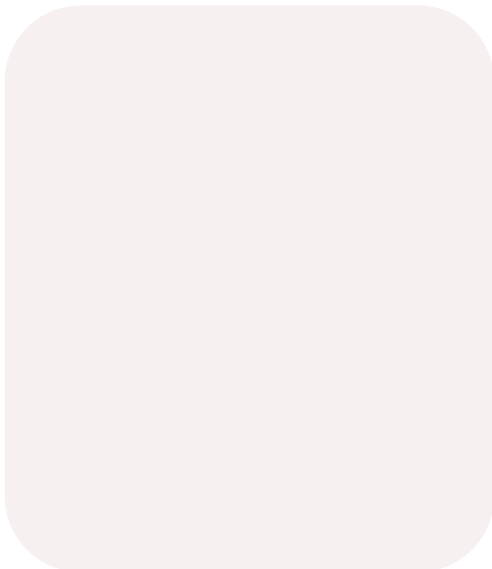
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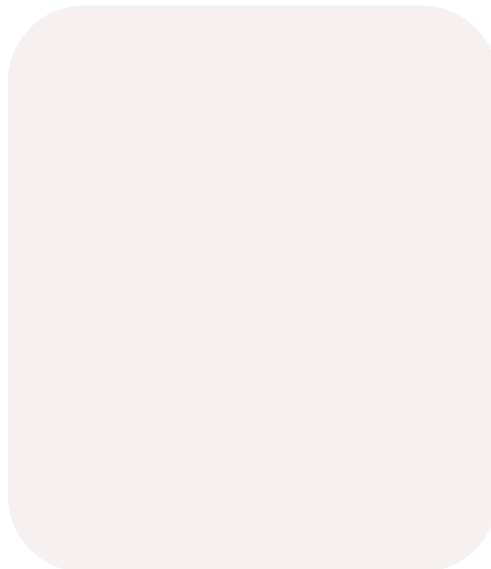
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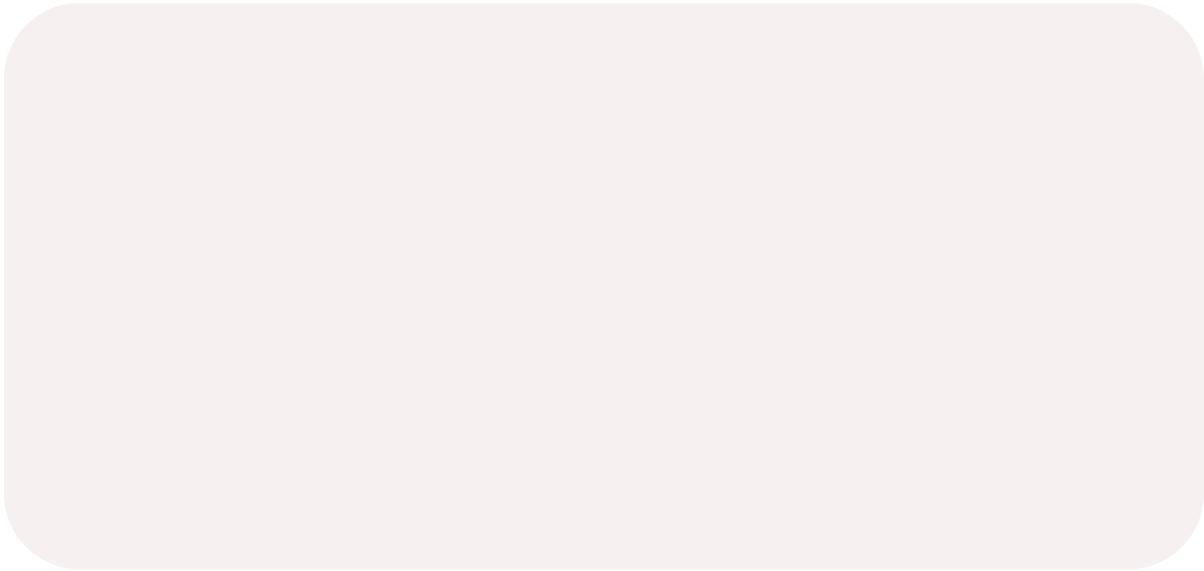
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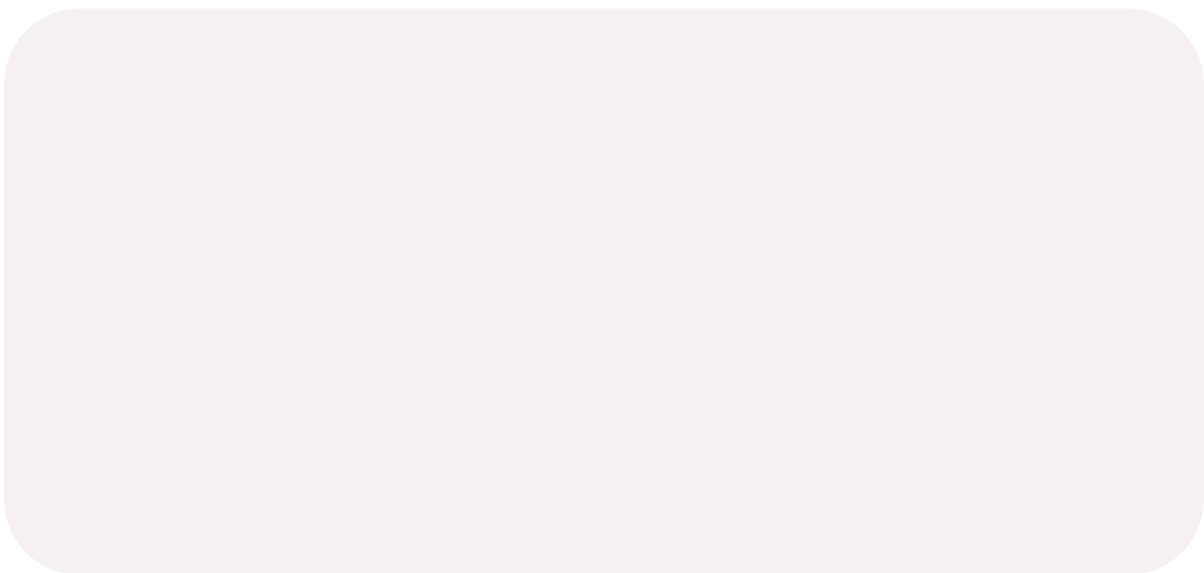
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HEALTH

Meal Plans:



Exercise:

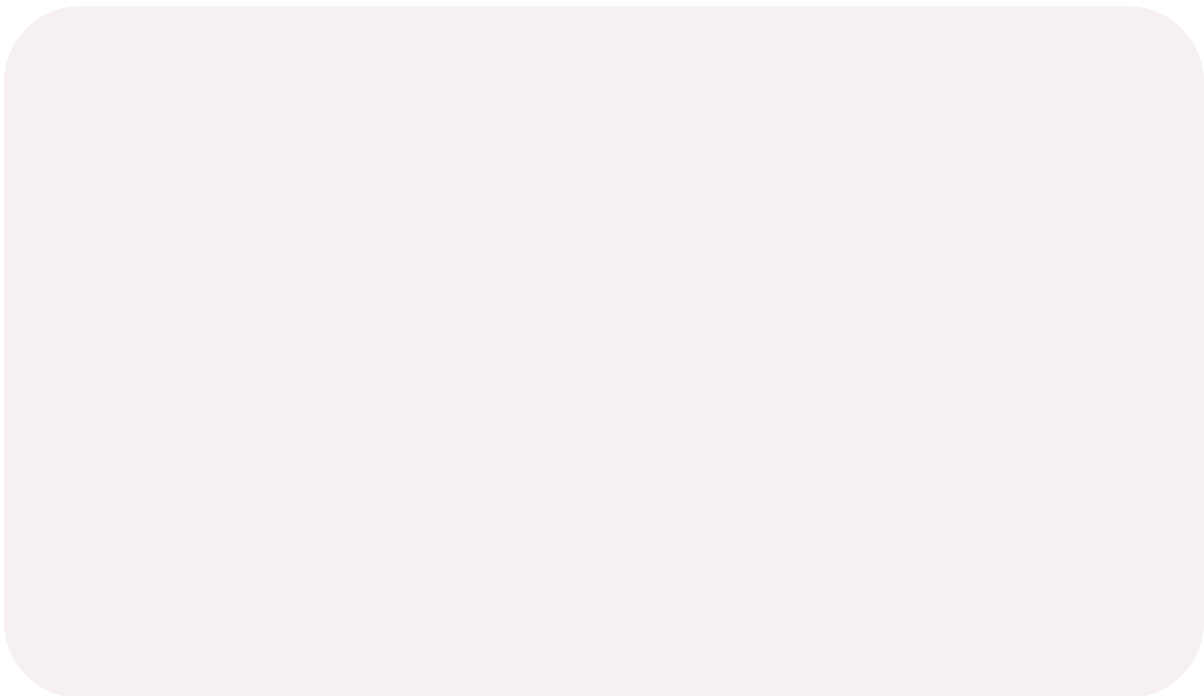


Journaling

HOME

What are my home projects/ tasks today?

Appointments:



Wednesday

VERSE- 2 TIMOTHY 1:7 :

"For God did not give us a spirit of timidity, but a spirit of love and of power and of self-discipline"

FAITH FOCUS:

You are halfway through your week. This is not the time to get off track. What a blessing it is to know that you have so many strengths placed in you when God "knit you together in your mother's womb". What a blessing it is to know that no matter the circumstance, no matter your past, no matter what you've been told, or what you've told yourself... you were created to be strong, fearless loving, and able to accomplish hard things. This knowledge and reminder alone bring extra energy to your soul. You are not tossed around in the storms of life, you are able to stand and withstand. You are capable of big bold things. Your daddy made you that way.

PRAY & MEDITATE:

Father thank you for the reminder that you have placed such remarkable gifts within me. Knowing that you have given me strength and have told me over 300 times in your word "fear not", builds my courage for any task. Lord help me to feel courageous today as I push to keep going. Help me to take advantage of my God-given ability to discipline myself and complete my tasks.

Lord help me to remember that even in my strength I can be a vessel of love, just like Jesus was. Thank you for the strength to lead my family and be a living example of all we have been created to do.

Lord help me never to forget that the only image of me that matters is the image of you within me. Thank you, Jesus, for what you've created me to be.

Journaling

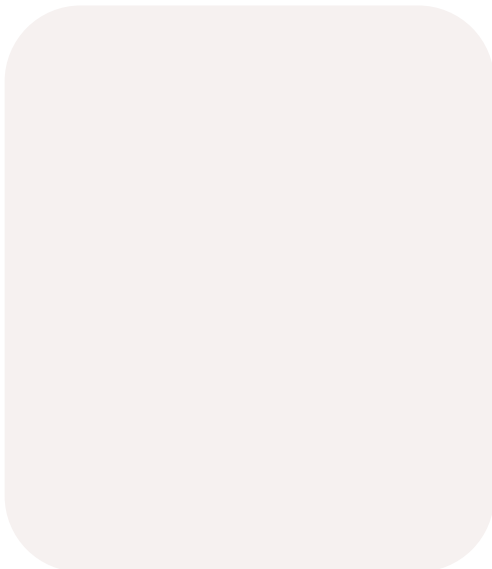
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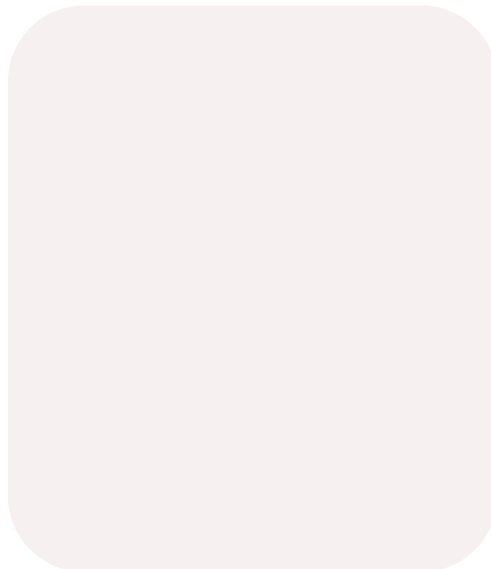
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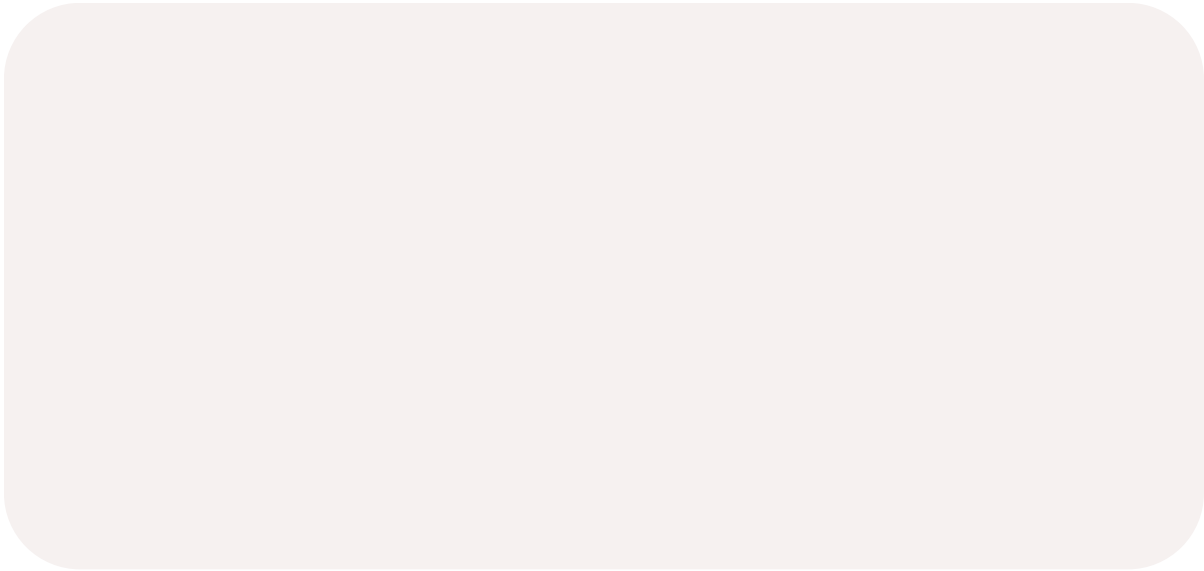
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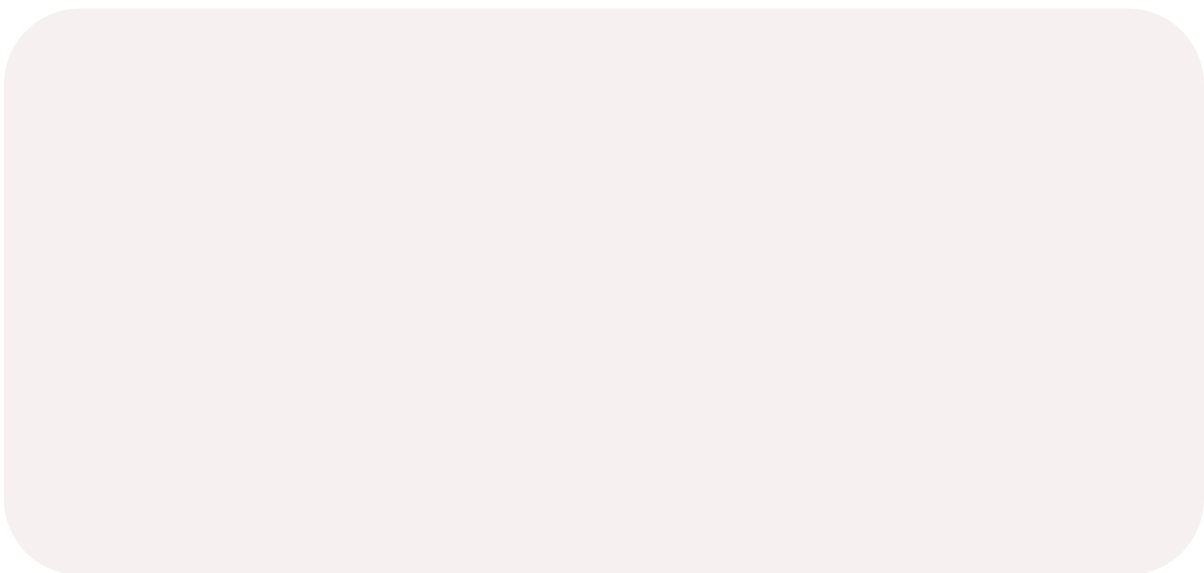
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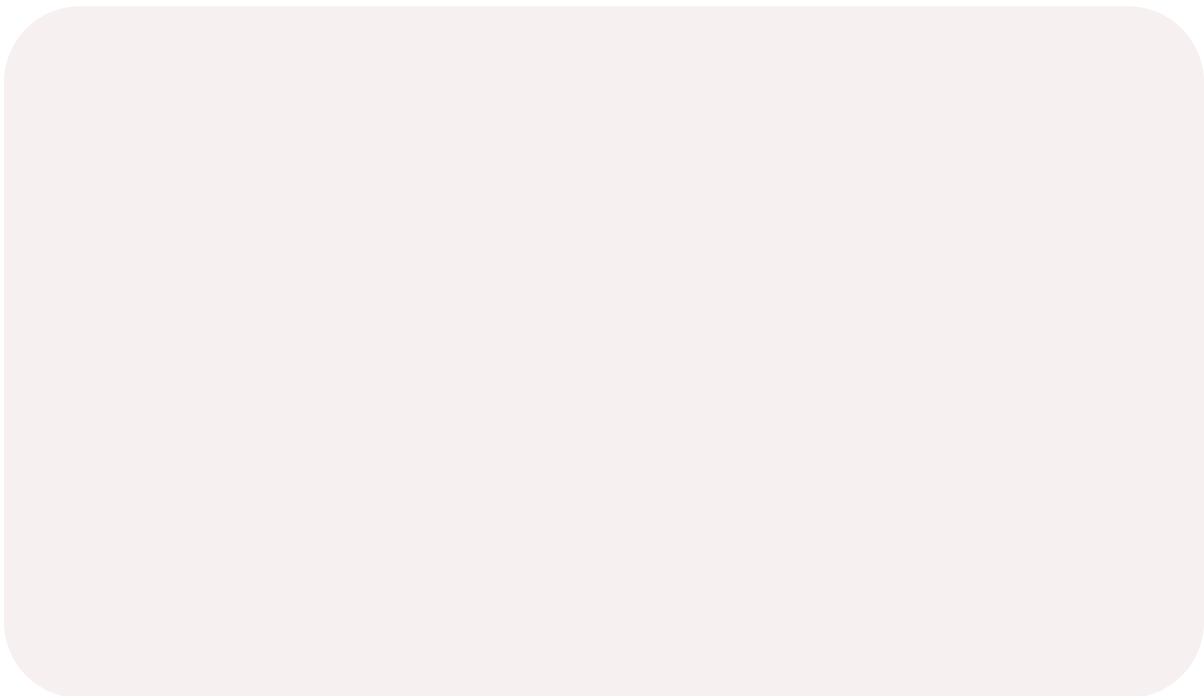


Journaling

HOME

What are my home projects/ tasks today?

Appointments:



Thursday

VERSE -ROMANS 12:1

“Therefore, I urge you, brothers, in view of God’s mercy, to offer your bodies as living sacrifices, holy and pleasing to God - this is your spiritual act of worship”

FAITH FOCUS:

All too often we allow ourselves to fall into the trap of believing that worship is only on Sunday morning, or only when you play certain types of music. This is exactly what the enemy wants, He wants us to segregate God into certain parts of our lives. Here is a powerful truth... worship is something we can LIVE. When you make worship part of the culture of how you live, everything you do is an act of worship. When you wash the dishes, when you do the laundry, when you accomplish a big goal, when you cook, when you fill your body with nutrition and when you laugh and sing. Our lives, our bodies are the Temple of the Holy Spirit, which is one of the HUGE gifts Jesus gave us when he dies on the cross for us. This Temple is where and how we worship, meet with, talk to, and hear from God. It is an exhilarating realization and changes the way you do everything when you do it from a place of worshiping.

PRAY & MEDITATE:

Lord help me to remember that worship is not a singular act, but a state of being. Thank you, Father, that I can come directly to you, to talk to you and cry out to you, but also to hear from you.

Lord, it fills my heart to know that I can bring glory and honor to your name with my whole life, with every act, no matter how small. Lord, I want to be better at worshipping you in the small, seemingly mundane parts of my life. Help me to remember that you gave me this incredible body and it is my job to steward it well. Help me to remember that anything I am doing I should “do it as if unto the Lord”.

I pray Lord that I can be a living example of worship all day every day to my family and those around me. I want them to see that you are with me in everything I do. I honor you today Lord in everything I put my hands too.

Journaling

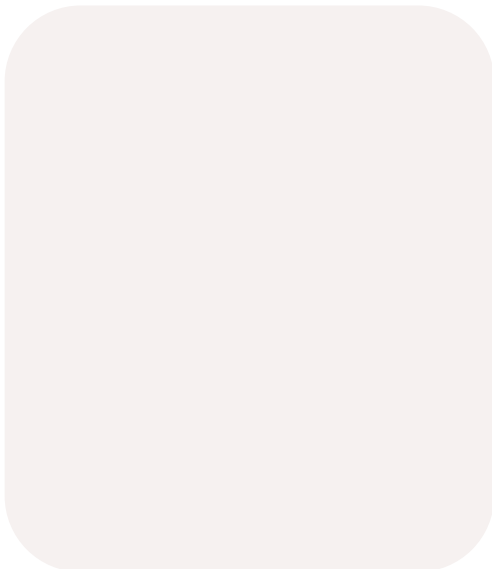
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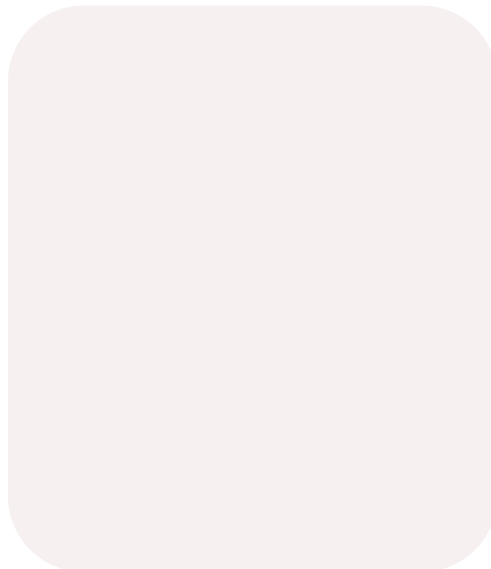
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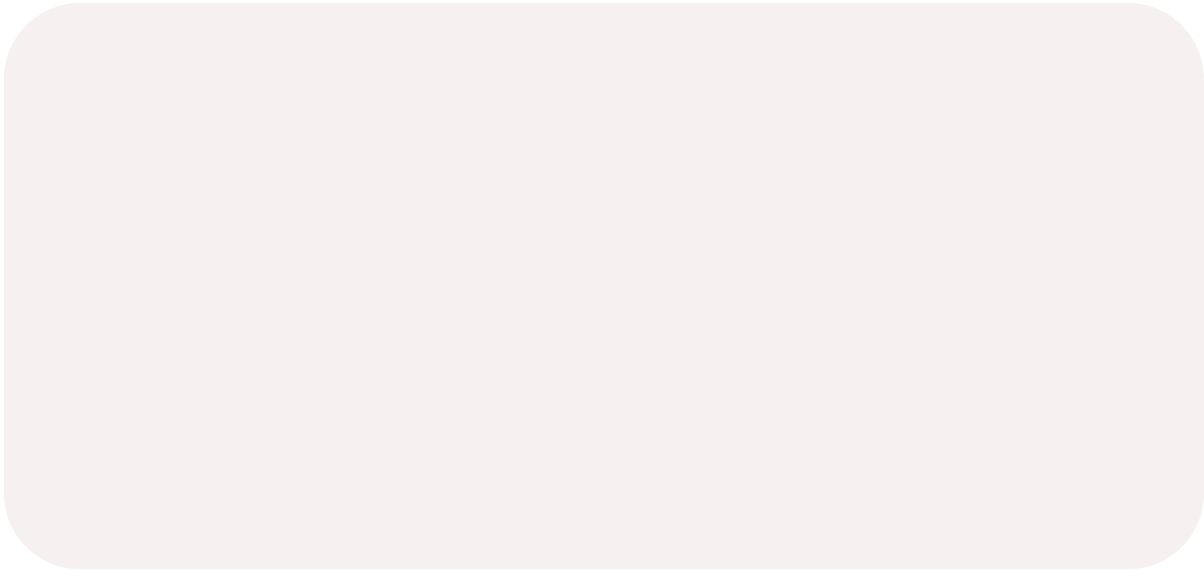
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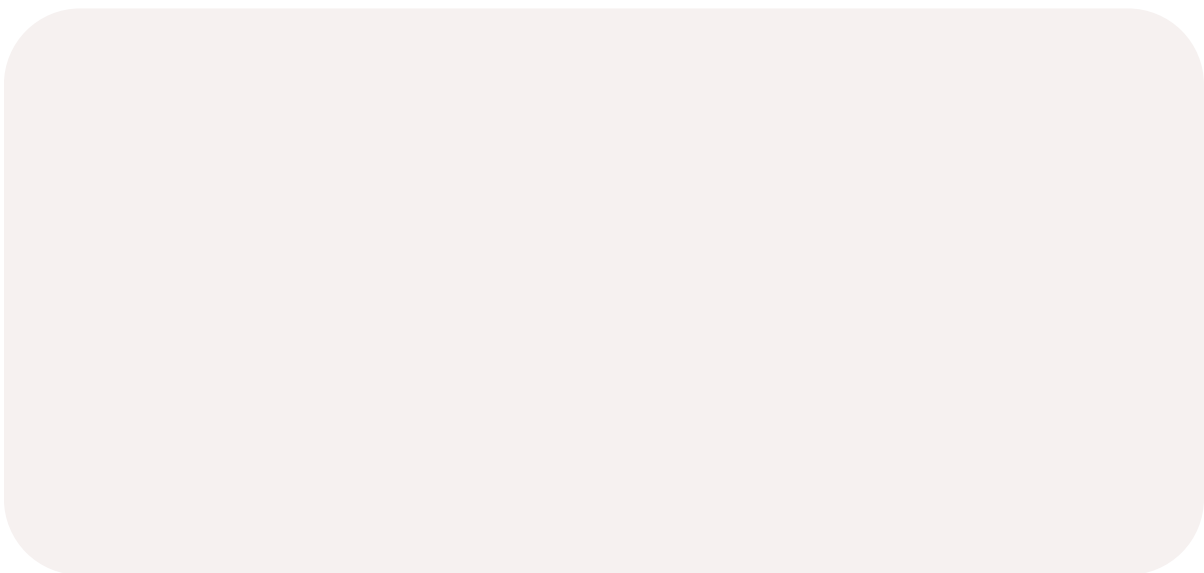
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HEALTH

Meal Plans:



Exercise:

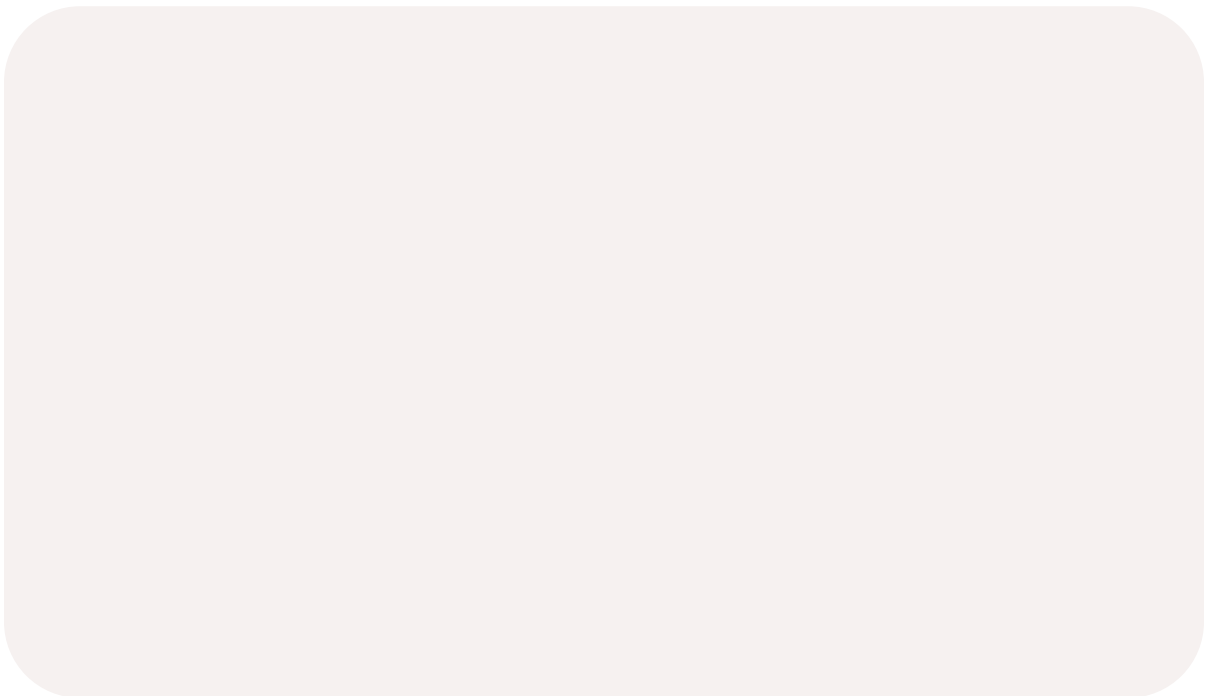


Journaling

HOME

What are my home projects/ tasks today?

Appointments:



Friday

VERSE GALATIANS 6:9 :

"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up"

FAITH FOCUS:

It's the end of your work week. You are tired and excited for a little bit of rest and recovery. Often when we are tired, we can lose our motivation and focus. The Word of God encourages us to NOT grow weary. If you have been in a season of waiting, a season of working, a season of seed planting and you have not yet experienced a reward for all that you have done, know this He sees and He knows. You are not forgotten. You have not sewn in vain. Your Father has great rewards planned for you. As a matter of fact, "he is going to do something in your days that you would not believe, even if you were told." It is this promise that you must cling to. Keep going. You don't need to quit, you just need to rest and then get back up.

PRAY & MEDITATE:

Lord, I need you. You know my heart, you know how hard I have worked, you know my needs and you know your plans for me. I am asking for supernatural refreshment; for my heart, for my body, and for my mind. Even in my weariness, I know that you are with me. I thank you for your Word that reminds me of your promises. I only know time and space from my perspective, but you Lord, you know what was, what is, and what will be. It comforts me to know that you hold me, my life, and my dreams in the palm of your hands. Thank you for what you are already doing that I cannot see. Thank you for being the Lord over all areas of my life.

Journaling

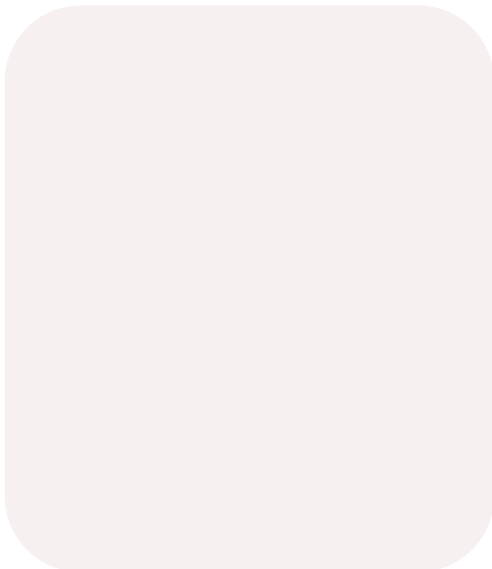
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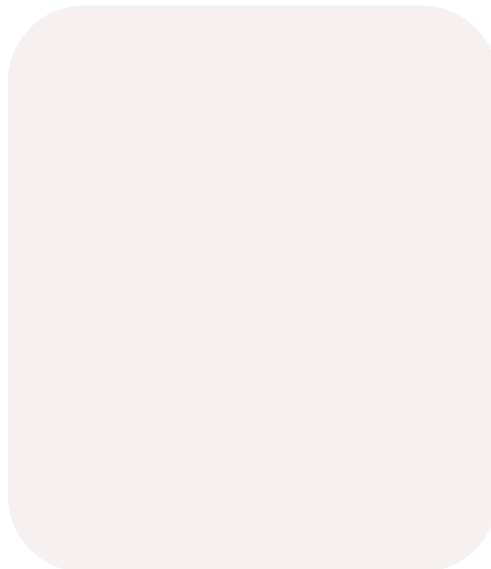
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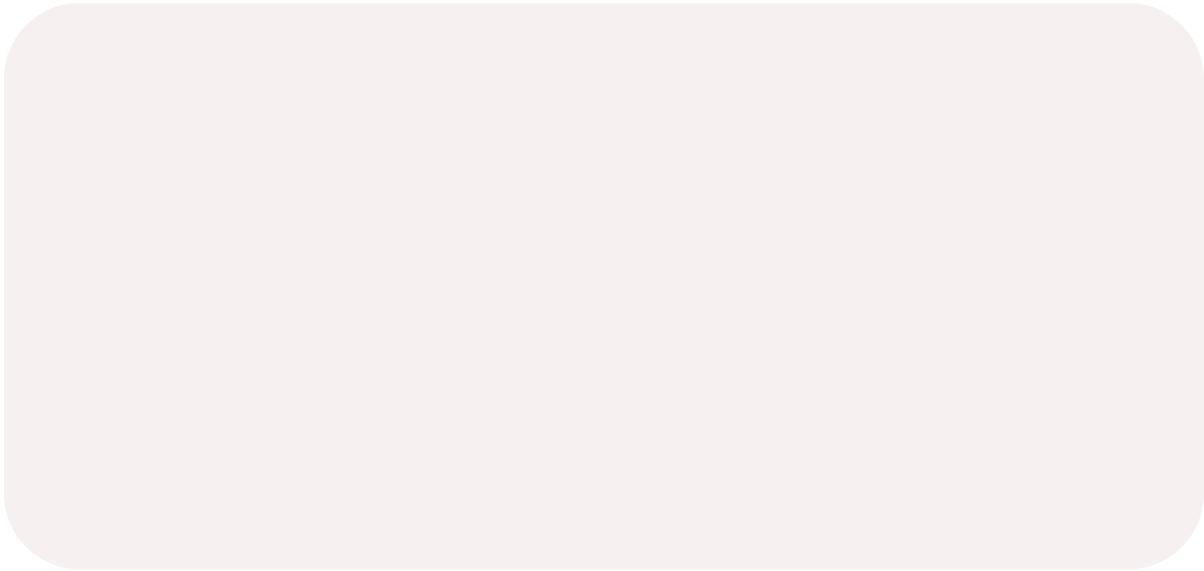
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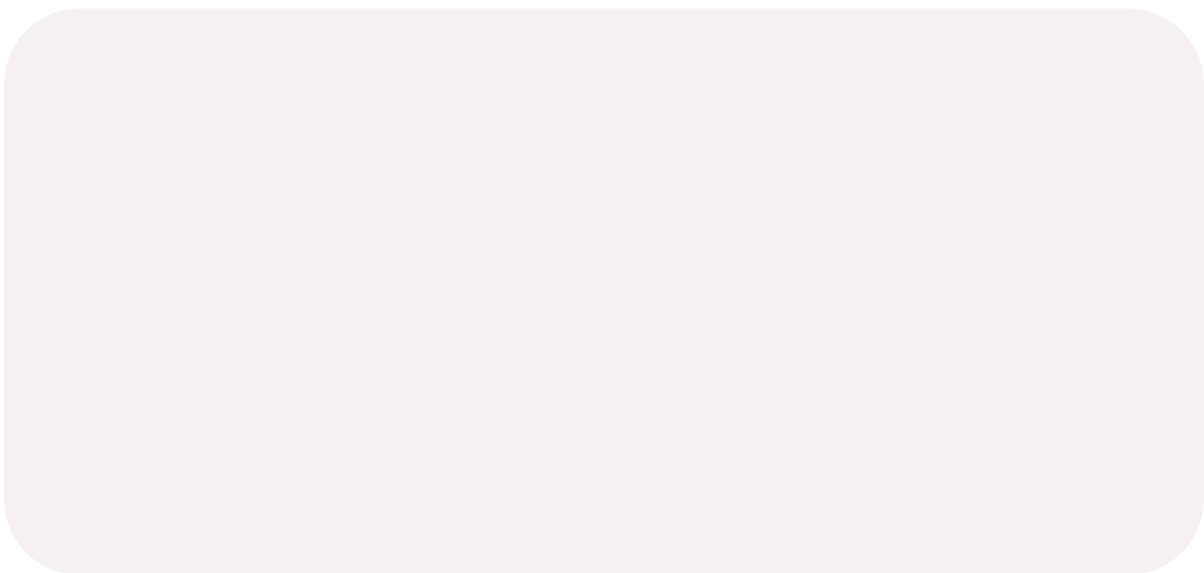
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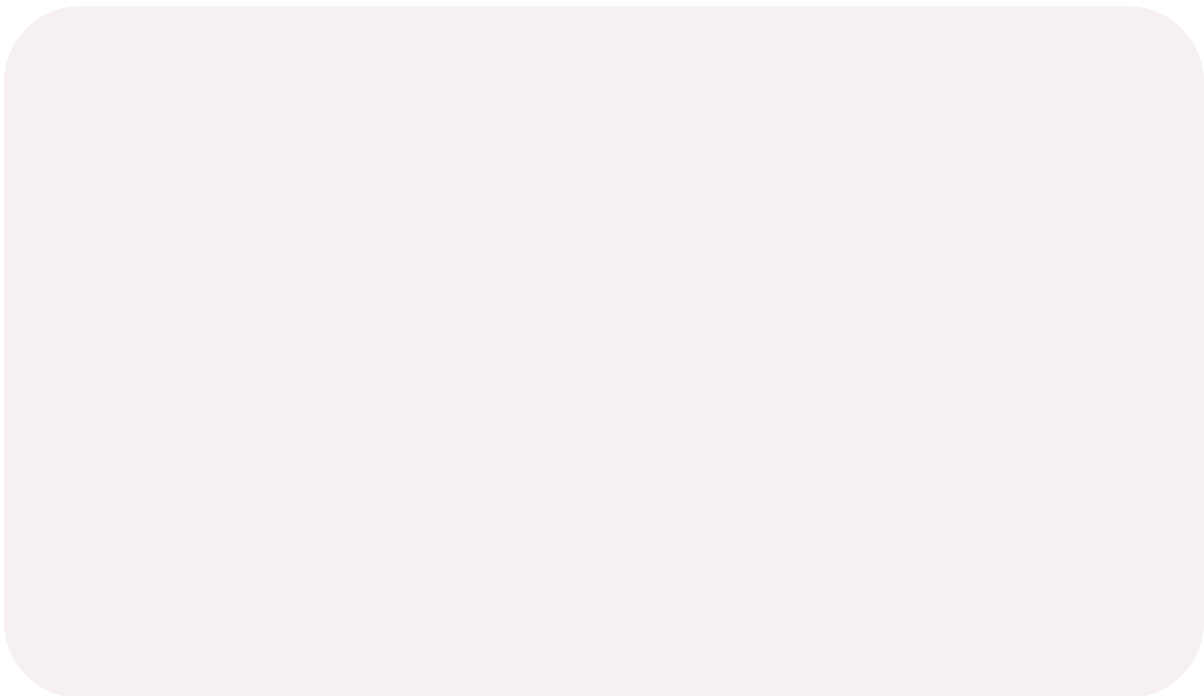


Journaling

HOME

What are my home projects/ tasks today?

Appointments:



Saturday

VERSE LAMENTATIONS 3: 22-23 :

"Because of the Lord's great love we are not consumed for his compassions are never fail. They are new every morning; great is your faithfulness."

FAITH FOCUS:

What a joy to wake up every morning and know that you have been refreshed physically and spiritually. Take some time today and just enjoy; your home, your family, your friends, fresh air, some exercise, and some quiet time with the Lord. Rest is an essential part of wellness. We need time to slow down and recover and we need to evaluate our actions and our results to see where adjustments can be made. These are Biblical principles, rest, reflection, and regrouping.

Today is to be a big inhale, look back at the week and see what worked, what was a win, and what can be re-worked next week. Exhale anything that needs to be left behind; things that didn't work, words that hurt, or actions you wish you hadn't taken. Today is your day to bask in the glory of the Lord and all He has planned for you.

PRAY & MEDITATE:

Lord thank you for what you've done for me this week. I do not take for granted all the big and small things you do for me every single day. I am thankful for the Biblical principles you've given us for a healthy, happy, and prosperous life. Lord, you know that I give all I have to my tasks all week long and now I get to rest and regroup. Thank you for making downtime and rest a priority for us.

I am grateful that your heart is for us to live a balanced life that is full of love, joy, service, work, and rest, and recuperation. It makes me happy to know that you smile when I get to enjoy my life. As I head into the weekend Lord, I thank you for your love and guidance in my life.

Journaling

BUSINESS

What can I celebrate as a win this week?

Did I accomplish my goals?

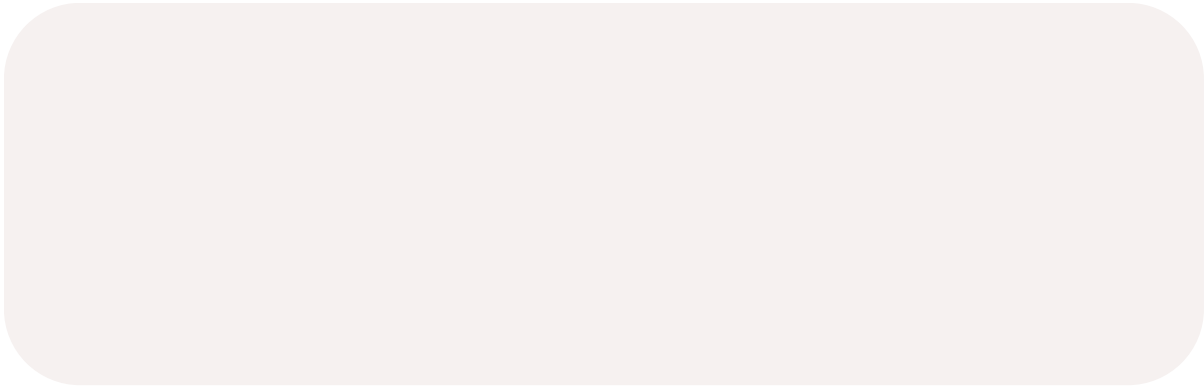
What do I need to adjust next week?

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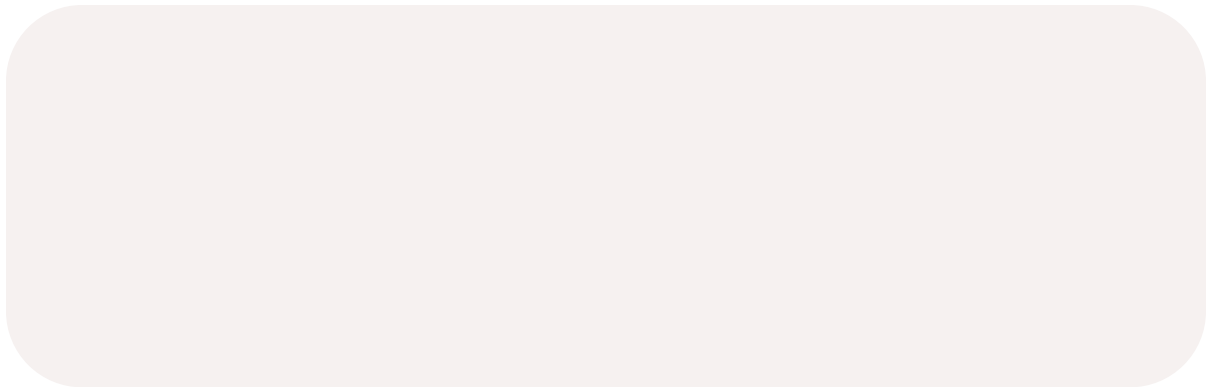
Journaling

HEALTH

Meal Plans:



Exercise:



What do I need to adjust next week?

Journaling

HOME

Did I accomplish my at-home goals this week?

How do I plan on resting this weekend?
