



"HOLY SWEAT"

5 DAYS OF PRAYERFUL AFFIR- MATION

SUMMERMEDDOCK.COM

HOPE FOR TOMORROW,
STRENGTH FOR TODAY

"HOLY SWEAT"

DAY 1

JEREMIAH 1:19 - "THEY WILL FIGHT AGAINST YOU BUT WILL NOT OVERCOME YOU FOR I AM WITH YOU AND WILL RESCUE YOU," SAYS THE LORD.

PRAYER:

LORD, I PRAY AGAINST THE SPIRIT OF FEAR THAT SEEKS TO PULL ME DOWN. I PUT YOUR HOLY SPIRIT BEFORE ME AND BEHIND ME AS PROTECTION AGAINST INTIMIDATION, FEAR, AND THE DOWNWARD SPIRAL OF QUESTIONING. REPLACE THESE THINGS WITH A SPIRIT OF PEACE AND GOODNESS. IN YOUR HEAVENLY NAME I PRAY, AMEN.

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DAY 2

ISAIAH 40:8 - "THE GRASS WITHERS AND THE FLOWERS FALL BUT THE WORD OF OUR GOD STANDS FOREVER."

PRAYER:

LORD, YOU ARE THE PROVIDER OVER ALL. YOU GIVE LIFE TO THE LIVING AND AN ETERNAL HOME TO THOSE WHO PUT THEIR TRUST IN YOU. REDIRECT MY EYES TO WHERE YOU'VE CALLED ME, SPEAK TENDERLY SO THAT I MAY BE OPEN TO HEARING YOUR VOICE. MY HEART IS TIRED LORD. MAGNIFY YOUR HEART TO ME SO THAT I MAY FEEL PROTECTED AND CAN REST IN YOU. I WANT TO HOLD TIGHTLY TO WHAT MATTERS MOST. IN YOUR MIGHTY NAME I PRAY, AMEN.

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DAY 3

ISAIAH 40:31 - "THOSE WHO HOPE IN THE LORD WILL RENEW THEIR STRENGTH. THEY WILL SOAR ON WINGS LIKE EAGLES; THEY WILL RUN AND NOT GROW WEARY, THEY WILL WALK AND NOT BE FAINT."

PRAYER: LORD, I MAY NOT FEEL AS THOUGH ALL IS GOING RIGHT BUT I PUT MY TRUST IN YOU ANYWAY. GUIDE MY HEART TODAY AND ALWAYS; REVEAL YOURSELF IN NEW REFRESHING WAYS SO THAT I CAN KEEP SIGHT OF WHO YOU ARE AND KNOW YOU MORE. I TRUST YOU GOD, AMEN.

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DAY 4

PSALM 103:2-5 - "PRAISE THE LORD O MY SOUL AND FORGET NOT ALL HIS BENEFITS; WHO FORGIVES ALL YOUR SINS AND HEALS ALL YOUR DISEASE, WHO REDEEMS YOUR LIFE FROM THE PIT AND CROWNS YOU WITH LOVE AND COMPASSION, WHO SATISFIES YOUR DESIRES WITH GOOD THINGS SO THAT YOUR YOUTH IS RENEWED LIKE THE EAGLES."

PRAYER: FATHER, MY FEELINGS TELL ME ONE THING BUT THEY CONFLICT WITH WHAT YOU SAY. MY HEART HURTS AND I FEEL EMPTY. I NEED A REFRESH. I CAN'T CARRY THE BURDENS ANYMORE. HELP ME WALK OUT THIS PROCESS, YOUR WAY. I TRUST YOU. THANK YOU FOR RESILIENCE AND A DEEP FAITH. I PRAY IT NOURISHES ME IN WAYS I NEVER KNEW POSSIBLE. I LOVE YOU LORD, AMEN.

(I WILL CHOOSE WISDOM OVER ESCAPE)

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DAY 5

PROVERBS 4:18 - "THE PATH OF THE RIGHTEOUS IS LIKE THE FIRST GLEAM OF DAWN, SHINING EVER BRIGHTER TILL THE FULL LIGHT OF DAY."

PRAYER: LORD, IT HAS BEEN A TREK. WE'VE COME THROUGH A LOT TOGETHER, AND THERE IS MUCH MORE FOR US TO EXPERIENCE IN THE GREAT UNKNOWN. YOU ARE MY ROCK. I CONTINUE TO LEARN THAT TRUTH IS REVEALED IN THE PROCESS OF KNOWING YOU MORE. THE MORE WE SIT TOGETHER, THE MORE I FIND MYSELF. THANK YOU FOR THE WAYS YOU LOVE ME, CHALLENGE ME, CHANGE ME AND CARE FOR ME. THROUGH ALL OF LIFE'S ADVENTURES, I WILL LOOK TO YOU FIRST. YOU ARE THE AUTHOR OF ALL GOOD AND BEAUTIFUL THINGS. THANK YOU FOR PURSUING ME SO DEEPLY. IN YOUR PRECIOUS NAME I PRAY, AMEN.

(I WILL FIX MY HEART ON YOU)

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"HOLY SWEAT"

YOU DID IT!

YOU'VE COMPLETED "HOLY SWEAT", 5 DAYS OF PRAYERFUL AFFIRMATIONS. WELL DONE FRIEND!

I PRAY THAT THE 5 DAYS OF PRAYERFUL AFFIRMATIONS HAVE FILLED YOU WITH RENEWED COURAGE TO KEEP PRESSING FORWARD. I AM STANDING WITH YOU AND CHEERING YOU ON! THERE IS NO CLIMB TOO STEEP FOR OUR LORD. KEEP PRESSING IN AND BELIEVING FOR HIS GOODNESS TO SHINE BRIGHT.

WITH LOVE,
SUMMER MEDDOCK

I RUN IN THE PATH OF YOUR COMMANDS, FOR YOU HAVE SET MY HEART FREE
PSALM 119:32



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THANK YOU
FOR YOUR
SUPPORT
ON THIS
DEVOTIONAL!

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