



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 wisdom 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 purpose 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 15, January 19

Prosper And Be In Health

TODAY'S SCRIPTURE:

3 John 1:2, NKJV.

Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.

TODAY'S WORD:

So many people are confused about what the Bible means by prosperity. Prosperity isn't just about money. It's about having health and peace in your mind. It's being able to sleep at night and having good relationships. There are many things that money cannot buy that represent prosperity, but having monetary provision is also a part of prosperity. You'll never find one place in the Scripture where we are supposed to drag around not having enough, not able to afford what we want, and living off the leftovers of others. No, we were created to be the head and not the tail! Jesus came that we might live an abundant life!

Remember, as followers of Jesus, we represent Almighty God here on this earth. We should be examples of His goodness. We should be so blessed, so prosperous, so generous, so full of joy that other people want what we have. You don't prove God is good when you live a defeated life. When you yield yourself to Him and He pulls you out of the pit, that's when He gets the glory. Believe that God wants you to prosper and be in health as you yield every area of your life to Him.

PRAYER FOR TODAY:

"Father, You are so good. Thank You for choosing me and for teaching me Your ways. Today, I receive Your word and Your desire that I prosper in every area of my life. I give You the glory; I give You the praise in Jesus' name, Amen."

DAY 16, January 20

As Your Soul Prospers

TODAY'S SCRIPTURE:

3 John 1:2, NKJV

“Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.”

TODAY'S WORD:

In the New Testament, John prayed that we would prosper and be in health “as our souls prosper.” One translation says “as you are strong in spirit.”

God wants your inner man to be strong and healthy because your internal condition affects your external condition. If you are healthy in your soul, you will be healthy in your relationships, finances and every area. On the other hand, if your internal condition is negative, sour and defeated, then your life will reflect the same thing.

How do you become strong and healthy in your soul? First of all, by receiving Jesus as your Lord and Savior and dedicating every area of your life to Him. Then, as you meditate on His Word and follow what He says, you are giving strength to your inner man. You are programming your mind and heart in the right direction. You are setting yourself up to prosper and be in health in every area of your life!

PRAYER FOR TODAY:

“Father, thank You for Your goodness. Thank You for choosing me and setting me up to prosper in this life. Today, I dedicate every area of my heart and mind to You. Strengthen my inner man by Your Spirit today in Jesus’ name, Amen.”

DAY 17, January 21

Thriving Every Day

TODAY'S SCRIPTURE:

John 10:10, AMP

"...I came that they may have and enjoy life, and have it in abundance [to the full, till it overflows]."

TODAY'S WORD:

God doesn't want you to live stressed and with a "barely-get-by" attitude. He has new seasons of increase in front of you. He wants you to thrive, to live an abundant, overflowing life!

Sometimes when things seem difficult, it's easy to slip into "survival mode." When times get tough, it's tempting to just "hunker down" and settle. If you're not careful, you'll develop a survival mentality that will keep you from growing and embracing what God has for your future. You'll be happy to just "break even." But as God's children, we're not supposed to just break even; we're supposed to break through to a new level! We're supposed to believe for more of God's favor, increase and promotion no matter what is happening in the world around us.

Make up your mind today that no matter how difficult things seem, you are going to thrive every day! Take hold of God's promises and declare that you are rising higher. Expect His favor and increase and see His hand of blessing in every area of your life!

PRAYER FOR TODAY:

"Father, thank You for giving me life. I agree with Your Word which says I can thrive and enjoy my life to the full. Help me to see Your hand at work in me more and more each day in Jesus' name, Amen."

DAY 18, January 22

Receive The Overflow

TODAY'S SCRIPTURE:

Psalm 66:12, NIV

"...we went through fire and water, but you brought us to a place of abundance."

TODAY'S WORD:

No matter what your circumstances may look like today, God's plan is to bring you to a place of abundance! He wants you to have an abundance of peace, an abundance of joy, an abundance of resources—He wants you to overflow with His blessings so that you can be a blessing to the people around you.

If you want to live in the overflow of God's blessings, you have to have an attitude to receive the overflow. Remember, as a believer in Jesus, you are a child of the Most High God. Royal blood is flowing through your veins. You were not created to be average. You were not created to barely get by and drag through life. You have seeds of greatness on the inside! You are well able to do whatever God has called you to do! Today, put your shoulders back, hold your head up high and get ready to receive the overflow!

PRAYER FOR TODAY:

"Father, today I open my mind and heart to You. I choose to believe that You have a good plan for me. By faith, I receive the blessings You have for me so that I can be a blessing to others in Jesus' name, Amen."

DAY 19, January 23

By The Breath Of God

TODAY'S SCRIPTURE:

Zechariah 4:6, NIV

"...Not by might nor by power, but by my Spirit," says the Lord Almighty

TODAY'S WORD:

In the original Hebrew, the word "spirit" in today's verse literally means "breath." This Scripture is saying that the breakthroughs that are coming in our lives are not going to happen just by our talent, our connections or who we know. It's going to happen because God breathes in our direction. God will shift the winds that blow healing, promotion and restoration our way. How are you going to get well? The medical report may say it's impossible, but when God breathes on you, health, wholeness and restoration are headed toward you. How are you going to accomplish your dreams? You may not know the right people or have enough money or feel as though you have the talent. No, God is breathing and sending ideas, resources and the right connections your direction. If you will stay faithful and keep honoring and obeying God, suddenly, things will change. Suddenly, you will come into abundance. Suddenly, your child will turn around. Suddenly, you will get well. Suddenly, the breath of God will shift things in every area of your life!

PRAYER FOR TODAY:

"Father, thank You for breathing in my direction. Thank You for restoring life, peace, health and wholeness to my body and mind. I bless You today and receive the supernatural shifts You have prepared for me in Jesus' name, Amen."

DAY 20, January 24

Keep Your Vision In Front Of You

TODAY'S SCRIPTURE:

Zechariah 4:7, NIV

“What are you, mighty mountain? Before Zerubbabel you will become level ground. Then he will bring out the capstone to shouts of ‘God bless it! God bless it!’”

TODAY'S WORD:

In Ezra 4, Zerubbabel was leading the Israelites who had returned from exile in rebuilding the temple. He laid the foundation, but then enemies came against him and forced him to stop. For ten years no work was done. Then the prophet Zechariah told him to get the capstone, which was reserved to be the last piece of stone that went into the building. Why was it important for Zerubbabel to keep the capstone in front of him? Because every time he was discouraged and thought it was impossible to finish the job, seeing it was a reminder that God would finish what He started. That was God saying to him, “I’m going to bring it to pass. Just stay in faith.”

What are you believing God for? Keep your vision in front of you. Find something that is symbolic of that dream, something that inspires your faith, and put it in a place where you see it every day. Every time you see it, say, “Thank You, Lord, for bringing my dreams to pass.” What you keep in front of you, you’re moving toward.

PRAYER FOR TODAY:

“Father, thank You that the work You have started in my life will be brought to completion. Thank You that I will become everything You created me to be. Help me to keep the vision in front of me and to know that You are bringing my dreams to pass. In Jesus’ name, Amen.”

DAY 21, January 25

THE VISION

TODAY'S SCRIPTURE:

Ephesians 2:14

"For He Himself is our peace, who has made us both one and has broken down in His flesh the dividing wall of hostility".

NLT *For Christ Himself has brought peace to us. He united Jews and Gentiles into one people when, in His own body on the cross, He broke down the wall of hostility that separated us.*

TODAY'S WORD:

2:14 "For He Himself is our peace, This peace is not just some abstract feeling but is embodied in a Person. When you have received the Person, you have received the peace in Him. That peace can become manifest in your own experiences as you allow the Prince of Peace, Jesus, to rule in your life. If one does not receive the Person, one cannot receive the peace He only offers in Himself.

2:14 "...who has made us both one." Paul has been writing about the Jews and the non-Jews, the Gentiles. Instead of an ongoing divide between these two groups, a oneness was now possible, but only through Christ. When individuals from both groups received Jesus as Saviour and Lord they were united in Him because they received the same Holy Spirit to indwell them. A new and living way had been established by Jesus and can be entered into, through faith in Jesus.

PRAYER FOR TODAY:

"Heavenly Father, we thank You that Jesus died to bring us back to You. We thank You that He has made it possible for people from all backgrounds to live in unity in Him. We thank You that in Him we all belong to the one body of Christ He has established in His world. We thank You that forgiveness of our sins and acceptance into Your family are offered freely to us in Him.

Help us to remember the incredible cost it was to Him as He hung on the cross for our sakes, so that we might be wholly committed to Him for the rest of our lives. We ask this in Jesus' name and for His sake. AMEN."