

Commanding Your Morning Prayer Cindy Trimm

Commanding Your Morning Prayer Cindy Trimm Commanding Your Morning Prayer Cindy Trimm: Unlocking Divine Power at the Start of Your Day

Commanding your morning prayer Cindy Trimm has become a transformative practice for many believers seeking to harness spiritual authority and set a victorious tone for their day. Cindy Trimm, a renowned motivational speaker, author, and Christian leader, emphasizes the importance of beginning each day with focused prayer, declaration, and spiritual discipline. By adopting her approach, believers can experience increased clarity, divine favor, and breakthrough in various areas of life. This article explores the power of morning prayer according to Cindy Trimm, provides practical steps to implement her teachings, and highlights the benefits of commanding your morning through prayer. ---

Understanding the Power of Morning Prayer According to Cindy Trimm

The Significance of Starting Your Day with Prayer Starting your day with prayer is more than a ritual; it is a strategic act of spiritual warfare and alignment. Cindy Trimm advocates that the morning hours are critical because:

- They set the spiritual tone for the entire day.
- They serve as a time to seek divine guidance and wisdom.
- They help believers declare authority over their circumstances.
- They create a shield of protection against negative influences.

Biblical Foundations for Morning Prayer

Cindy Trimm's teachings draw heavily from biblical principles, including:

- Mark 1:35 – Jesus modeling the importance of early morning prayer.
- Psalm 5:3 – God listening to our voice early in the morning.
- Matthew 6:33 – Prioritizing God's kingdom at the start of the day.

Key Principles of Commanding Your Morning Prayer

1. Establish a Morning Prayer Routine Consistency is vital. Cindy Trimm recommends:
 - Waking up early, preferably before dawn.
 - Creating a dedicated prayer space.
 - Setting a specific time for your morning devotion.
2. Prepare Spiritually and Mentally Preparation involves:
 - Clearing your mind of distractions.
 - Reflecting on God's promises.
 - Declaring your intentions for the day.
3. Use Prayer Declarations and Scriptures Empower your prayer with biblical declarations. For example:
 - "I declare victory over every challenge today."
 - "I walk in divine favor and wisdom."
 - "No weapon formed against me shall prosper."
4. Command Your Morning Cindy Trimm emphasizes the importance of commanding the day through authoritative prayers, such as:
 - Rebuking negativity.
 - Releasing blessings over your family, finances, health, and relationships.
 - Demanding alignment with God's will.

Practical Steps to Command Your Morning as Taught by Cindy Trimm

Step 1: Wake Up Early and Prepare Your Heart

- Set your alarm at least an hour before normal waking hours.
- Spend a few moments in gratitude and worship.
- Read a scripture or a devotional to focus your mind.

Step 2: Declare and Decree

Use affirmations and declarations to set the tone for your day. Examples include:

- "Today, I walk in divine wisdom and clarity."
- "I am protected by the blood of Jesus."
- "Favor surrounds me like a shield."

Step 3: Pray Strategically

Engage in 2 targeted prayers such as:

- Spiritual warfare prayers to dismantle strongholds.
- Prayers for divine guidance and decision-making.
- Blessings for your family, work, and health.

Step 4: Command Your Day

Use commanding language to take authority, for example:

- "I command my morning to be filled with peace and productivity."
- "I declare success in all my endeavors today."
- "I silence all plans of the enemy over my life."

Step 5: Seal Your Prayer

End with affirmation and thankfulness:

- Thank God for His presence and guidance.
- Affirm your faith in His promises.
- Commit the day into His hands.

Additional Tips to Enhance Your Morning Prayer Routine - Maintain Consistency: Make morning prayer a daily habit. - Use Prayer Journals: Record your declarations and revelations. - Incorporate Worship: Sing or listen to worship music to elevate your spirit. - Stay Focused: Avoid distractions like social media until after prayer. - Practice Visualization: Visualize your day aligned with God's purpose. --- Benefits of Commanding Your Morning Prayer Cindy Trimm Engaging in this disciplined morning prayer approach yields numerous benefits: - Spiritual Empowerment: You operate with divine authority. - Clarity and Focus: You gain mental and spiritual clarity. - Protection: You establish a hedge of divine protection over your life. - Favor and Breakthrough: You position yourself for divine favor and breakthroughs. - Peace and Confidence: You start your day with peace, confidence, and assurance. --- Testimonials and Success Stories Many believers have shared how Cindy Trimm's teachings transformed their mornings and overall lives: - A business owner credited morning prayers for increased wisdom and success. - A mother found peace and patience through her daily declaration routine. - An individual overcame health challenges by commanding healing during morning prayer. --- Conclusion: Embrace the Power of Commanding Your Morning Commanding your morning prayer Cindy Trimm is a powerful spiritual discipline that can revolutionize your daily life. By waking up early, engaging in strategic prayer, declaring God's promises, and commanding your day, you align yourself with divine authority and set a foundation for victory. Remember that consistency, faith, and intentionality are key to experiencing the full benefits of this practice. Embrace this empowering routine and watch how your mornings—and your life—transform under the guidance of God's power. --- FAQs about Commanding Your Morning Prayer Cindy Trimm Q1: How long should my morning prayer routine be? A1: Typically, 15 to 30 minutes is sufficient, but it can be extended based on your schedule and spiritual needs. Q2: Can I modify Cindy Trimm's teachings to fit my lifestyle? A2: Absolutely. The principles are flexible and can be adapted to your unique circumstances. Q3: What scriptures are best for morning declarations? A3: Scriptures like Psalm 23, Proverbs 3:5-6, Philippians 4:13, and Isaiah 60:1 are excellent starting points. Q4: How do I stay consistent with my morning prayer? A4: Set alarms, create a dedicated space, and remind yourself of the spiritual benefits. Q5: Is it necessary to pray aloud? A5: While praying aloud can help with focus and declaration, silent prayers are also effective if you prefer. --- By integrating Cindy Trimm's teachings into your morning routine, you activate spiritual authority and position yourself for daily success. Start commanding your mornings today and experience a life filled with divine favor, clarity, and victory. QuestionAnswer What is the main focus of Cindy Trimm's 'Commanding Your Morning' prayer guide? The guide focuses on helping individuals start their day with intentional prayer, declaring God's promises, and setting a spiritual tone for success and victory. How can 'Commanding Your Morning' prayer transform my daily routine? It encourages a disciplined morning prayer routine that aligns your mind and spirit with God's truth, leading to increased focus, confidence, and spiritual empowerment throughout the day. Are there specific scriptures recommended in Cindy Trimm's 'Commanding Your Morning' book? Yes, the book includes various scriptures that reinforce themes of authority, victory, and divine promises, which are used to declare God's Word over your life each morning. Can beginners benefit from the 'Commanding Your Morning' prayer strategy? Absolutely. The prayer guide is designed to be accessible for all levels, providing simple yet powerful declarations and prayers to help beginners establish a strong morning prayer routine. What are some key declarations in 'Commanding Your Morning' that can help set a positive tone for the day? Key declarations include affirming God's sovereignty, declaring victory over challenges, and affirming divine protection and favor over your life each morning. How does Cindy Trimm suggest overcoming spiritual warfare through morning prayers? She emphasizes declaring spiritual authority, resisting negative thoughts, and using prayer as a weapon to dismantle spiritual strongholds at

the start of the day. Is 'Commanding Your Morning' suitable for corporate or group prayer settings? Yes, the principles can be adapted for group prayer sessions, encouraging collective declarations and fostering a unified spiritual atmosphere among participants. What practical tips does Cindy Trimm offer for maintaining consistency with the 'Commanding Your Morning' prayer routine? She recommends setting a specific time each morning, preparing your prayer space in advance, and using written declarations to stay focused and committed. How has 'Commanding Your Morning' impacted readers' spiritual lives according to recent testimonials? Many readers report increased spiritual clarity, a stronger sense of authority, and a more victorious outlook on daily challenges after implementing the prayer strategies from the book.

Commanding Your Morning Prayer Cindy Trimm: Unlocking Spiritual Power at the Break of Day Starting your day with purpose and spiritual strength is a transformative practice, and Cindy Trimm's *Commanding Your Morning Prayer* offers a profound roadmap for doing just that. This devotional guide, rooted in biblical principles, encourages believers to harness the power of prayer early in the day to set a victorious tone for everything that follows. In this review, we will explore the core themes, structure, and practical applications of Cindy Trimm's work, illustrating how it can empower believers to command their mornings and, ultimately, their lives.

--- **Understanding the Essence of Commanding Your Morning Prayer** Cindy Trimm's *Commanding Your Morning Prayer* is more than a simple morning prayer guide; it is a strategic spiritual tool designed to help believers seize control of their day through disciplined prayer and declaration. The book emphasizes that mornings are not just the start of a new day but an opportunity to declare God's promises, set intentions, and establish divine authority over life's circumstances.

Core Concept: The primary message revolves around the idea that mornings are a battleground where spiritual victories are won or lost. Therefore, believers must actively command their mornings by engaging in focused prayer, declaring God's Word, and aligning their thoughts and actions with divine purpose.

--- **The Power of Morning Prayer** Cindy Trimm underscores that the morning hours are uniquely potent for spiritual activity because they set the tone for the entire day. Several reasons make morning prayer vital:

- **Freshness and Clarity:** Mornings are often quieter, allowing for undistracted communion with God.
- **Spiritual Authority:** Early declarations establish divine authority over the day's events.
- **Mental and Emotional Reset:** Morning prayer helps shed yesterday's burdens and prepares the mind for victory.
- **Protection and Guidance:** Invoking God's presence early shields against negative influences and aligns your steps.

Key Benefits of Commanding Your Morning:

- Increased spiritual awareness
- Enhanced focus on God's promises
- Greater resilience against daily challenges
- A sense of empowerment and purpose

--- **Structure of the Commanding Your Morning Prayer** Cindy Trimm's book is structured to guide readers through a systematic process of commanding their mornings. It combines biblical declarations, prayers, and affirmations designed to reframe the believer's mindset toward victory.

- 1. Preparation for Prayer** The process begins with mental and spiritual preparation. Trimm encourages believers to:
 - Wake up with gratitude
 - Spend a few moments in silence to attune their spirit
 - Read a scripture or two to focus their mind on God's promises
- 2. Declaration and Affirmation** The core of the practice involves declaring specific affirmations rooted in Scripture. These declarations serve to:
 - Reaffirm God's sovereignty
 - Declare authority over negative thoughts and circumstances
 - Affirm divine provision, protection, and guidance
- 3. Prayers of Command** Following declarations, believers are encouraged to pray targeted prayers *Commanding Your Morning Prayer* Cindy Trimm 5 that:
 - Command peace over chaos
 - Rebuke fear, doubt, and confusion
 - Invoke divine favor and wisdom
- 4. Closing with Praise and Worship** The morning routine concludes with praise, thanking God for His presence and declaring His goodness. This reinforces a spirit of gratitude and trust.

--- **Key Themes and Biblical Foundations** Cindy Trimm's work is deeply rooted in biblical principles. Here are some of the

central themes and how they connect to Scripture: Authority in Christ - Ephesians 1:20-21: Emphasizes Christ's authority and our position in Him. - Matthew 28:18: Jesus' declaration of all authority being given to Him, which believers share through faith. Application: Believers are encouraged to stand in their God-given authority to command their mornings, knowing they operate under Christ's sovereignty. The Power of Words and Declarations - Proverbs 18:21: Life and death are in the power of the tongue. - Mark 11:23: Speaking to mountains and commanding them to move. Application: The book teaches that words are containers of power, and intentional declarations activate divine power to shape circumstances. Faith and Expectation - Hebrews 11:1: Faith is the substance of things hoped for. - Romans 4:17: God calls those things that be not as though they were. Application: By commanding their mornings with faith-filled words, believers align themselves with God's promises and expect positive outcomes. --- Practical Applications and Daily Routines Cindy Trimm's guide offers practical steps to incorporate morning commanding prayers into daily life: - Wake Up Early: Aim to start before the day's distractions begin. - Create a Sacred Space: Find a quiet, comfortable spot dedicated to prayer. - Prepare Your Heart: Spend a few moments reflecting on gratitude and surrender. - Use a Prayer Guide or Devotional: Follow the structure provided or personalize your declarations. - Be Consistent: Make this a daily habit to build spiritual momentum. - Incorporate Scripture: Use biblical verses to reinforce declarations. Sample Morning Commanding Routine: 1. Wake up 15-30 minutes earlier than usual. 2. Spend 5 minutes in gratitude and reflection. 3. Read a scripture that speaks to your current situation. 4. Declare affirmations based on that scripture. 5. Pray specific prayers commanding peace, provision, and protection. 6. End with praise and worship, thanking God for the day ahead. --- Transformational Benefits of Regular Practice Engaging consistently with the Commanding Your Morning Prayer routine yields numerous spiritual and practical benefits: - Enhanced Spiritual Authority: Feeling more confident in your identity in Christ. - Clarity and Focus: Better decision-making and goal setting throughout the day. - Increased Faith: Developing a deeper trust in God's promises. - Resilience: Better equipped to handle setbacks with a victorious mindset. - Deeper Commanding Your Morning Prayer Cindy Trimm 6 Relationship with God: Cultivating intimacy through daily communication. Personal testimonies often highlight breakthroughs in areas such as finances, health, relationships, and personal growth attributed to disciplined morning prayer and declarations. --- Addressing Common Challenges While the practice is powerful, some believers face obstacles in implementing it. Here are common challenges and solutions: Lack of Discipline - Solution: Set a specific wake-up time and prepare the night before. Use alarms or reminders. Doubt About Effectiveness - Solution: Remember that faith is the key. Trust in God's Word and be patient; transformation often takes time. Distractions and Interruptions - Solution: Create a dedicated prayer space and minimize disturbances. Communicate your schedule to family members. Feeling Unmotivated - Solution: Focus on the benefits experienced and keep a prayer journal to track progress and breakthroughs. --- Additional Resources and Tools Cindy Trimm's Commanding Your Morning Prayer is complemented by various resources: - Audio recordings: Guided prayers to enhance consistency. - Prayer journals: To document declarations and breakthroughs. - Workbooks: For deeper study and reflection. - Online communities: Support groups for accountability and encouragement. --- Final Thoughts: Embracing the Power of Morning Command Cindy Trimm's Commanding Your Morning Prayer is a compelling call for believers to step into spiritual authority and proactive faith every day. It emphasizes that mornings are not merely a transition from sleep to activity but a strategic moment to align oneself with God's divine plan. Through biblical declarations, prayers, and intentional focus, believers are empowered to command their mornings—setting a victorious tone that resonates through their entire day. Adopting this practice requires discipline, faith, and consistency, but the rewards—spiritual growth,

breakthroughs, and a stronger connection with God—are well worth the effort. Whether you are new to prayer or seeking to deepen your spiritual routine, Cindy Trimm’s guidance offers a practical, scripturally grounded method to harness the power of mornings and transform your life from the very first moments of each day. --- In conclusion, commanding your morning with Cindy Trimm’s principles is a transformative act that puts believers in the driver’s seat of their spiritual journey. It awakens divine power, fosters a victorious mindset, and aligns everyday life with eternal truths. Start today, and watch how commanding your mornings can revolutionize your entire life. morning prayer, Cindy Trimm, spiritual discipline, morning routine, personal development, motivational prayer, faith-based motivation, daily devotion, spiritual empowerment, Christian prayer

The Prayer Warrior's Way 'Til Heaven Invades Earth Commanding Your Morning When Kingdoms Clash Rules of Engagement PUSH Commanding Your Morning Daily Devotional The Rules of Engagement for Overcoming Your Past Goodbye, Yesterday! 40 Days to Reclaiming Your Soul The Atomic Power of Prayer Pocket Edition The 40 Day Soul Fast Leader's Guide The Art of War for Spiritual Battle Hello, Tomorrow Binding the Strongman 40 Days to Discovering the Real You Prevail Reclaim Your Soul Prayer and Spiritual Warfare Trimm Cindy Cindy Trimm Cindy Trimm Cindy Trimm Cindy Trimm Cindy Trimm Cindy Trimm N. Cindy Trimm Cindy Trimm Cindy Trimm Trimm Cindy N. Cindy Trimm Cindy Trimm Dr. Cindy Trimm Cindy Trimm Cindy Trimm

The Prayer Warrior's Way 'Til Heaven Invades Earth Commanding Your Morning When Kingdoms Clash Rules of Engagement PUSH Commanding Your Morning Daily Devotional The Rules of Engagement for Overcoming Your Past Goodbye, Yesterday! 40 Days to Reclaiming Your Soul The Atomic Power of Prayer Pocket Edition The 40 Day Soul Fast Leader's Guide The Art of War for Spiritual Battle Hello, Tomorrow Binding the Strongman 40 Days to Discovering the Real You Prevail Reclaim Your Soul Prayer and Spiritual Warfare *Trimm Cindy Cindy Trimm Cindy Trimm Cindy Trimm Cindy Trimm Cindy Trimm Cindy Trimm Cindy Trimm N. Cindy Trimm Cindy Trimm Cindy Trimm Trimm Cindy N. Cindy Trimm Cindy Trimm Dr. Cindy Trimm Cindy Trimm Cindy Trimm*

from the best selling author of rules of engagement there is a conversation that has been going on long before this universe was created a conversation taking place in the spiritual realm in the garden of eden adam and eve were part of it throughout the history of humanity others have joined it and there is something buried in each of our hearts that tells us we were created to be part of it as well we long for it we yearn to be in on it but despite giving our lives to christ and being born again in the spirit we don t always know how to plug into it so we stay in earth s chat rooms rather than praying from heaven s throne room even jesus disciples did not ask him how to preach but how to pray the prayer warrior s way is a practical guide for praying enabling you to become versed in the basics necessary for talking to and hearing from god for yourself following the revolutionary prayer model jesus gave to his disciples cindy trimm gives you the keys to joining the most important conversation in the universe

the anatomy of intercession will look at the lives of great intercessors from abraham and moses to john praying hyde rees howells and john g lake to glean from their lives and teachings insights and principles about the importance and impact of intercessory prayer from a practical perspective

your words have power if you want your life to change it all starts with what you think and say in her authoritative declarative style cindy trimm helps

you achieve victory over your circumstances through spoken declarations that activate god's power you will put meaning and purpose back into your life when you positively direct your thoughts words and actions toward the realization of your goals begin each day by commanding your morning as you do know that whatever begins with god and his principles has to end right

helps develop the staying power and endurance to see the plans god has given people through to the end and gives them the character and confidence to find joy in even the toughest of struggles

trimm identifies the principalities and subordinate spirits that operate in the kingdom of darkness and reveals how to expose the weapons of warfare and be victorious

your breakthrough is only a push away today's world knows little about perseverance this is why so few people become innovators entrepreneurs and world changers success is bypassed not due to a lack of opportunity but because we don't know how to maximize the opportunities in front of us and push persevere until success happens in her encouraging and dynamic style dr cindy trimm inspires you to go for it it is one thing to read about the lives of great achievers it is another thing to join their ranks learn how to carry your dreams visions and goals full term and to complete fulfillment exercise the power of faith to overcome the impossible and release god's supernatural purposes into your life resist the temptation to cave under pressure and press on even when you don't feel like it anymore empower others to fulfill their divine destinies through co-laboring with them if you dare to believe that god has something great in store for you to do to accomplish or to achieve you must be prepared to persevere in spite of your hardship setbacks and challenges in order to realize your dreams and accomplish your goals this book is written to give you that extra push cindy trimm

god's power is new every morning if you want your life to change it all starts with what you think and say in her authoritative style cindy trimm helps you achieve victory over your circumstances through spoken declarations that activate god's power this inspiring devotional based on her best selling book gives you prayers and dynamic teaching that will empower your day you will put meaning and purpose back into your life when you positively direct your thoughts words and actions toward the realization of your goals begin each day by commanding your morning as you do know that whatever begins with god and his principles has to end right

there is a spiritual war going on for your future the rules of engagement for overcoming your past is a manual to help you effectively wage every battle using the authority you have been given by god you can break free from guilt rejection abuse betrayal isolation and more

from the best selling author of the prayer warrior's way the art of war for spiritual battle hello tomorrow and commanding your morning selling more than one million copies combined your yesterday does not define your tomorrow this book will set you free from the past change the way you see yourself and push you to pursue your future and all that god has for you each of us is born with a seed of greatness but in many of us it never grows

to maturity because we don't realize our full potential we continue to live day to day based on the failures defeatist attitude and purposelessness of the past rather than acknowledging that we were created for more using insights gained from the book of genesis goodbye yesterday teaches readers the 12 principles of faith they need to be set free from the past change the way they see themselves and move fully into all that god has for them to do and to be it enables readers to renegotiate their future redefine their destiny reestablish their dominion in a world of chaos and realize their full potential as god's representatives on the earth this book will help readers move beyond the self-defeating behaviors and mind sets of the past and embrace the awesome person god designed them to be other books by cindy trimm hello tomorrow 2018 isbn 978 1629995496 the rules of engagement for overcoming your past 2014 isbn 978 1621362333 til heaven invades earth 2013 isbn 978 1621362906

take back your life in 40 days beloved i pray that you may prosper in all things and be in health just as your soul prospers 3 john 2 activate the skills you need to succeed and take back your life this companion devotional to reclaim your soul from dr cindy trimm will lead you on an interactive 40 day journey to becoming a

get ready to experience the best 40 days of your life ebook version does not include dvd the 40 day soul fast leader's guide your journey to authentic living is an eight week study of the life of the soul the practice of fasting and the process of living more authentically it includes 8 weekly teachings on dvd leader's guidelines additional resources for establishing facilitating groups churches organizations small groups and families are encouraged to travel together on this 40 day journey to greater mental emotional and spiritual health it is a transformational expedition that will lead you on an inward journey to greater health happiness and success as you learn to live from the inside out if everyone who picks up this book takes it upon him or herself to encourage others to participate we would create an unstoppable movement you may think that one healed soul cannot heal the world but it can

this new book by best selling author cindy trimm the art of war for spiritual battle will become the go to manual for preparing christians to have victory in today's spiritual battles with the enemy through strategic spiritual warfare and powerful intercessory prayer using occasional relevant quotes from the classic book the art of war by sun tzu long a manual of wisdom for handling conflict of any kind trimm teaches the necessary disciplines for a modern day prayer warrior the principles in this book include tactics for organizing prayer protocols for enforcing your authority as you wage your prayer campaign and strategies for establishing and expanding god's kingdom wherever you are

your tomorrow does not have to look like your yesterday the long awaited sequel to commanding your morning all human progress happens because someone is able to see a better tomorrow god has an amazing blueprint for this generation that he wants to reveal through vision as long as we have vision we have what we need to grow progress and transform the world building on the teaching in her best selling book commanding your morning cindy trimm shows you how to use the power of vision to radically transform your life for accelerated growth and success hello tomorrow gives step by step practical tools for crafting a vision as well as life altering declarations to activate god's power in your life discover how to get from where you are today to where you have the potential to be tomorrow don't just see your tomorrow provoke it

you can engage the enemy with confidence by using the authority you've been given by God. Author Dr. N. Cindy Trimm believes in order to wage effective warfare, knowledge of the enemy is necessary. She has compiled this exhaustive resource to assist readers in recognizing the particular entity encountered at any particular time. This second volume in the Rules of Engagement series provides Christians with powerful yet practical tools to ensure victory in the battles they face. Readers will learn that the kingdom of darkness is a counterfeit of the kingdom of heaven with much the same structure. Using Scripture, Dr. Trimm describes Satan's realm and its functionality. Readers will learn God's truth about principalities and powers and other demonic influences so they can better engage the enemy. Now, just as Jesus promised, believers will plunder the kingdom of darkness because they recognize the enemy and know how to fight.

Get ready to experience the best 40 days of your life. 40 Days to Discovering the Real You: Learning to Live Authentically is an eight-week study of the life of the soul, the practice of fasting, and the process of living more authentically. It is a transformational expedition that will lead you on an inward journey to greater health, happiness, and success as you learn to live from the inside out. As we are told by Jesus in the book of Matthew, "Ignite the kingdom life within you; a fire within you, changing you from the inside out, will make a clean sweep of your lives." (Matthew 3:11) When all is well with the souls of humanity, all will be well in the world. When you have peace in your soul, you will bring that peace to bear on the world around you. You will become the change you are hoping to see. Churches, organizations, small groups, and families are encouraged to travel together on this 40-day journey to greater mental, emotional, and spiritual health. If everyone who picks up this book takes it upon him or herself to encourage others to participate, we would create an unstoppable movement. You may think that one healed soul cannot heal the world, but it can join the soul fast movement by going to soulfast.com. There, you will find soul-empowering resources and tools to not only transform your life but the world. 40 Days to Discovering the Real You promises to bring the best out of you so that you can impact your world for good. Have the courage to follow your heart, step out, and engage with your authentic self. It will be the best 40 days of your life.

Your problems don't define you; they refine you. Sometimes life feels like a roller coaster ride filled with ups, downs, twists, turns, and unexpected sudden drops instead of moving forward with peace and purpose. Our lives spin out of control when chaos and uncertainty threaten to make you feel helpless. What do you do?

Take back your personal power, beloved. I pray that you may prosper in all things and be in health, just as your soul prospers. (3 John 1:2, NKJV) Have you ever wondered if everyone wants to succeed? Why do so few people become successful? Can certain relationship patterns prevent me from stepping into my destiny? Are there habits or behaviors in my life that keep me from fulfilling my purpose? Develop the skills you need to succeed in life. While the 40-Day Soul Fast focused on the 40 characteristics of an authentic person, now bestselling author and empowerment specialist Dr. Cindy Trimm delivers her follow-up, *Reclaim Your Soul*, which focuses on the 40 behaviors of a resilient person. Learn how to identify destructive relationships in your life and break free from their harmful impact. Avoid unhealthy emotional attachments and shield your soul from possible damage. Unlock your potential and refuse to settle for anything or anyone that pulls you away from fulfilling your purpose. Successful people are resilient people. The key to resiliency is learning how to reclaim your soul each and every day.

kingdom school of ministry reference book

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