

Unleashed and Loosed for Greater Purpose
A 30-Day Devotional Journey to Clarity, Breakthrough, and Purpose
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This journal is a work of devotion and encouragement based on the author's personal experiences and biblical study. It is not intended to replace spiritual guidance, counseling, or pastoral care.

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30 DAYS

Unleashed & Loosed

This Book Belongs To

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

Welcome to
Unleashed and
Loosed for Greater
Purpose

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Introduction

By Pastor Sybil Kearse

Founder, Faith Beyond Measure Leadership Academy

Welcome

Welcome to the Unleashed and Loosed for Greater Purpose Journal.

This is more than a journal.

It's a prophetic journey—a 30-day invitation to move from feeling tied... to walking in bold Kingdom purpose.

Many believers know they're called, but they remain stuck—held by fear, loyalty to unfruitful places, church hurt, comparison, or uncertainty about where to begin.

You're not here by accident.

You're here because the Lord has need of you.

Introduction

By Pastor Sybil Kearse

Founder, Faith Beyond Measure Leadership Academy

Welcome

You didn't just download a devotional—you accepted an invitation.

- An invitation to stop circling the same mountain.
- An invitation to break free from stuck places.
- An invitation to walk boldly into the next chapter of your calling.

I know firsthand what it feels like to be stuck.

There was a season in my life when I was faithful, busy, and serving, but internally, I was spiritually drained. I loved God, but was bound by routine, fear, and misplaced loyalty to things God had already moved on from.

It wasn't until the Lord whispered one simple but life-changing word to my spirit—SHIFT—that I realized:

It wasn't about starting over.

It was about moving forward with fresh faith.

Introduction

By Pastor Sybil Kears

Founder, Faith Beyond Measure Leadership Academy

Welcome

This journal will walk with you through a personal unlocking—day by day.

It begins with truth and teaching (Days 1–6), followed by a powerful self-assessment (Day 7), then continues through 21 days of personal devotion, prayer, and activation (Days 8–28). You'll close with a progress reflection (Day 29) and a grand finale commitment (Day 30) to step boldly into what was once just a hidden imagination.

You may have entered this journal with hesitation... But you will walk out of it unleashed—with clarity, courage, and confidence.

Introduction

By Pastor Sybil Kears

Founde, Faith Beyond Measure Leadership Academy

That's why I created this Devotional Journal.

Over the next 30 days, you'll find biblical truth, prophetic reflection, and personal action steps designed to help you recognize where you've been stuck—and begin moving with purpose again.

You are not forgotten. You are not broken. You are being prepared for greater.

I am honored to walk this part of your journey with you.

Let's be Unleashed & Loosed for Greater Purpose together.

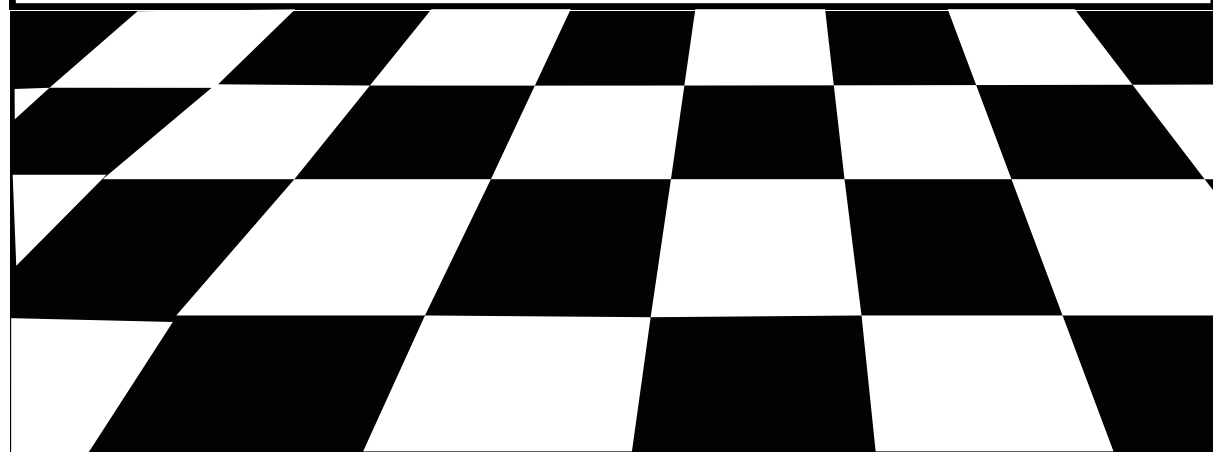
In His Service,

Pastor Sybil Kears

Founder,

Faith Beyond Measure Leadership Academy

PART 1:
PREPARATION &
TEACHING
(Days 1–6)



From Tied to Trusted:
A Journey Into
Unleashed Obedience

Unleashed

I didn't always understand what it meant to be unleashed by God.

I was raised in ministry under a denomination that valued structure, order, and tradition.

And while much of what I learned was good—I was taught to be respectful, to honor leadership, to serve faithfully—there were lessons hidden beneath the surface that shaped my view of God's calling.

I was taught to follow the inspiration of the Holy Spirit... but I was also taught, sometimes silently, that titles and positions held more weight than obedience to His voice.

I learned about what not to do.

I learned about how to stay in line.

I learned how to be agreeable to man, even if it meant suppressing what God was whispering to my spirit.

I learned about the spirit of religiosity and control far more deeply than I learned about the freedom found in the Holy Spirit.

Unleashed

I learned more about favoritism than I learned about the true favor of God.

Still, through it all, God was planting seeds. In 2018, He gave me a vision—Faith Beyond Measure Ministries—but at the time, I didn't fully understand what it was meant to become.

It sat in my spirit like a seed buried beneath the soil: present, but not yet visible.

In 2021, a desire to start something small pushed me forward: an online women's Bible study under the Faith Beyond Measure name.

It was simple. It was faithful. It was a start. As time passed, the Holy Spirit led me deeper.

I began hosting Faith and Finance workshops—traveling to churches and organizations to teach about biblical wealth-building.

Unfeashed

My denominational leaders didn't show support, but I went anyway.

I watched transformation happen—people's eyes opening to the truth of God's provision—and I knew the Holy Spirit was confirming my steps.

Then came the Positioned-2-Prosper Conference, along with a workbook that many called life-changing.

A few months later, under the same divine leading, I authored Watch As Well As Pray, a study of the 8 prayer watches.

Hundreds purchased the book, and I hosted an 8-week teaching series where leaders and lay people gathered—not many from my denomination, but enough to know God was breathing on it.

Unfeashed

Still, the pull of tradition remained like chains rattling at my feet.

I could have stayed comfortable—doing just enough, staying just tied enough not to disrupt anything.

But God wasn't calling me to comfort. He was calling me to greater obedience.

I hosted "Embrace Your Call to Ministry," another conference, and another workbook.

I authored Watch Your Mouth: How to Align What We Say with What We Pray—a book that stirred hearts and aligned tongues with Heaven's language.

Each step was terrifying. I did it scared. But I was never alone.

Unleashed

God sent powerful women of God into my life—women who poured into me, who pushed me when I doubted myself, who reminded me that I was untied for a purpose.

Together, we founded Kingdom Coalition Ministries, a network of leaders dedicated to following God, not structures.

Through this obedience, I developed the Journey to Renewal course for newly saved and baptized believers.

Later, the Holy Spirit inspired the Surrendered Living curriculum, which is still being taught today, transforming lives through the power and authority of Jesus Christ.

Imagine if I hadn't obeyed. Imagine if I stayed tied to comfort, to fear, to man's approval.

Unleashed

Every book, every conference, every curriculum, every soul impacted would have remained locked inside an obedient but restricted spirit.

But God...

God sent word. God sent help. God said, "Loose her and bring her to Me, for the Lord has need of her."

Today, I walk in freedom—not because I was perfect, but because I was willing.

Friend, if you hear nothing else from my story, hear this:

Being tied does not mean being disqualified. Being overlooked by man does not mean God overlooks you.

Being afraid does not mean you are incapable; it simply means you are human. It simply means you're waiting for the right word to loose you... And tonight, that word has come.

*Unleashed by
the Master's
Command*

Scripture

Matthew 21:1-3 (NKJV)

"Now when they drew near Jerusalem, and came to Bethphage, at the Mount of Olives, then Jesus sent two disciples, saying to them, 'Go into the village opposite you, and immediately you will find a donkey tied, and a colt with her.

Loose them and bring them to Me. And if anyone says anything to you, you shall say, "**The Lord has need of them,**" and immediately he will send them.'"

Lesson

As we read this passage carefully, something profound leaps out of the text:

The command to loose did not originate from the tied ones.

It originated from Jesus. Before the donkey and colt even knew release was possible, the Master had already declared their freedom.

He saw their condition.

He saw their potential.

He knew the assignment waiting for them.

And He initiated their untying.

This is the nature of divine release:
It is not dependent on our ability to free ourselves.

It is dependent on His word over us.

What's Holding You Back

"YOU WILL FIND A DONKEY TIED..."

Jesus was specific.

He didn't say "You might find."

He said, "You will find"—because He knows exactly where His vessels are, even when they are restricted.

Maybe you've been wondering if God sees you in your stuck place.

Maybe you've questioned whether your limitations disqualified you.

Hear this truth today:

- God sees you tied.
- God still needs you tied.
- God already has a plan for your release.

The place you feel most bound is the place He plans to birth glory.

Positioned but Not Released

"Loose Them and Bring Them to Me..."

The instruction was not just to notice the donkey and colt.

It was to loose them and bring them to Jesus.
God's goal is not simply to make us free for freedom's sake.

His goal is to loose us for relationship and purpose.

Once untied, the donkey and colt would not wander aimlessly.

They would be brought to the Savior.

They would be positioned to carry Him into places He had destined to enter.

Freedom in Christ always carries purpose.

The Lord Has Need of You

"The Lord Has Need of Them."

Imagine being tied for years.
Overlooked. Unused. Feeling unseen.

And then hearing:

"The Lord has need of you."

Those words change everything.
You are not forgotten.
You are not disqualified.
You are not optional.
You are necessary.

God's Kingdom assignments require what you carry.

Your voice.

Your hands.

Your obedience.

Your testimony.

He has need of your movement. He has need of your surrender. He has need of your yes.

How This Applies To You Today

You are being unleashed because you are needed.
Not someday. Not when you're perfect.
Not when you have a bigger platform. Now.

[illegible]

Where do I feel most restricted, even though I know I'm called?

[illegible]

How am I resisting—or receiving—the process of being untied?

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Prophetic Declaration

I am untied by the authority of Jesus Christ.

I am loosed for Kingdom purpose.

I move boldly into the greater that God has prepared for me.

I am unleashed to carry His glory into the earth.

I receive the word of release spoken over my life.

I am no longer tied to fear, rejection, or stagnation.

The Lord has need of me—and I move at His command.

I am unleashed to carry His glory into my assignment.

I will not stay where I was tied.

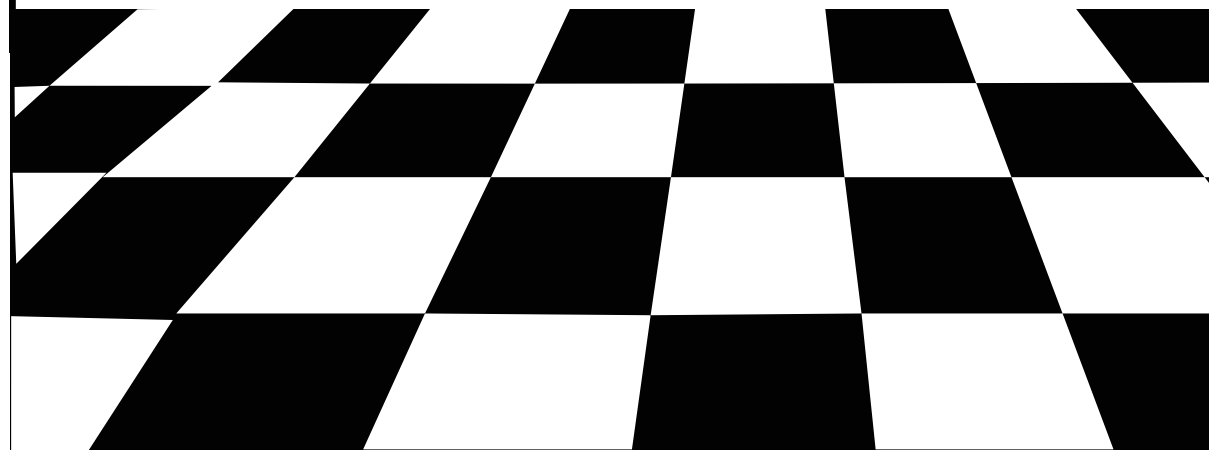
I will move into the places God has prepared for me.

30 DAYS

Unleashed & Loosed

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

PART 2:
PRE-TEST &
SELF-
ASSESSMENT
(Day 7)



Self-Reflection
Assessment
(Pre-Test)

Instructions for Pre-Test:

Before You Begin Your 21-Day Journey

This pre-test is not about perfection—it's about honesty and expectation.

Before you dive into the 21-Day Unleashed Journey, take a few quiet moments with God.

Answer each statement and reflection question truthfully based on where you are right now, without judgment or fear.

This is your starting point.

It's a snapshot of the areas where God wants to work, heal, strengthen, and send you forth.

Be brave. Be honest. Be hopeful.

Your transformation begins with your willingness to acknowledge where you are—and trust where God is taking you.

Instructions for Pre-Test:

At the end of these 21 days, you'll revisit this same reflection to celebrate your shift and see how far God has brought you.

You are about to move from tied to trusted, from hindered to holy, from surviving to unleashed.

Let's begin.

Self-Reflection Assessment (Pre-Test)

For each statement below, rate yourself on a scale of 1–5.

	1 Strongly Disagree	2 Disagree	3 Neutral	4 Agree	5 Strongly Agree
1. I believe God still has greater purpose and assignments for my life					
2. I feel spiritually tied or hindered in certain areas of my walk.					
3. I am willing to move even if it means leaving familiar places.					
4. I struggle with fully believing I am needed by God.					

Self-Reflection Assessment (Pre-Test)

For each statement below, rate yourself on a scale of 1–5.

	1 Strongly Disagree	2 Disagree	3 Neutral	4 Agree	5 Strongly Agree
5. I know how to discern when it's time to shift or move spiritually.					
6. I feel confident operating in my spiritual gifts					
7. I often let fear or doubt keep me from acting on God's instructions.					

Self-Reflection Assessment (Pre-Test)

For each statement below, rate yourself on a scale of 1–5.

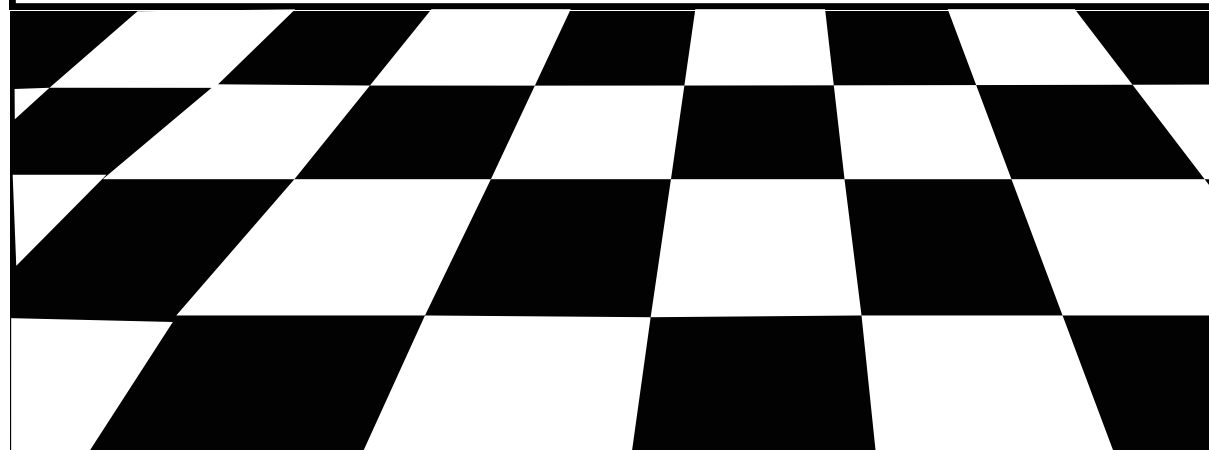
	1 Strongly Disagree	2 Disagree	3 Neutral	4 Agree	5 Strongly Agree
8. I feel connected to my Kingdom assignment and vision					
9. I often seek man's approval before moving in obedience to God					
10. I believe my story, gifts, and obedience can impact others for the Kingdom					

30 DAYS

Unleashed & Loosed

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

PART 3:
21-DAY
DEVOTIONAL
JOURNEY
(Days 8-28)



21 Day
Devotional

Transition

From Self-Reflection to Spirit-Led Movement

You've just completed a powerful moment of self-reflection.

By answering honestly, you've positioned yourself for clarity, healing, and transformation. You've chosen to take responsibility—not for fixing everything, but for surrendering everything to the One who can.

Now begins your journey of movement. Over the next 21 days, God will begin to untie things that have kept you stuck—mindsets, memories, fears, loyalties, limitations. You'll move from awareness to activation, from hesitation to Holy Spirit-led obedience.

Transition

From Self-Reflection to Spirit-Led Movement

- Each day is intentional.
- Each entry is a step.
- Each prayer is a pulling down of strongholds.
- Each action is a loosening of the ties that have held you back.

You are not walking alone.
The Lord has need of you.

And He is walking you into greater.

Take a deep breath.

Open your heart.

Let the journey begin.

Day 1 of 21

When Movement Feels Like Madness

Scripture:

Isaiah 43:19

"See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland."

Devotional:

There’s something unsettling about a shift. Not because it’s wrong—but because it’s different. You pray for clarity, for growth, for “next”—but when God actually begins to answer that prayer, the process can feel disorienting.

That’s because God’s movement often begins with disruption. You may not feel like you’re moving forward. You may feel like you’re unraveling. But take heart—what looks like chaos is often God's way of shaking loose the things that have kept you spiritually stuck.

Sometimes, the door to next doesn’t open. Sometimes, it shatters. And you’re left wondering, “What is happening to me?” But what if the wilderness you’re walking through is the way God is making? Faith doesn’t always feel like peace. Sometimes it feels like madness. But even in that wilderness, God is making streams. He’s clearing the fog. He’s pulling you out of the familiar because it stopped feeding your future.

Today marks a divine interruption. You are not here by accident. You are here because God is calling you to transition—from routine to revelation, from survival to surrender, from stuck to sent.

Devotion Notes

Brief summary of the passage	Question i have
How will i apply this devotion and scripture in my life?	

Action Step:

Write a short letter to yourself titled, **“I’m Ready to Shift.” Be honest. Acknowledge the places where things feel uncertain, but end with a declaration of trust.**

Example:

“It doesn’t feel good, but I believe it’s God. I’m ready to shift. I’m ready to move forward in faith.”

*"It doesn't feel good, but I believe it's God. I'm ready to shift.
I'm ready to move forward in faith."*

[illegible]

Day 1: When Movement Feels Like Madness

Prayer Notes

Father, I don't always understand Your movement, but I trust Your hand. Even when things feel unfamiliar, You are faithful. Thank You for disrupting what was keeping me stuck. I welcome the shift. I welcome the new thing. I believe You are making a way—even when I can't see it yet.

[illegible]

Day 1: When Movement Feels Like Madness

Reflection Prompt:

Where in your life or ministry do you feel disoriented, and could it be a sign that God is shifting you?

Handwriting practice lines for reflection notes.

Journaling Notes

Handwriting practice lines for journaling notes.

Day 2 of 21

You Can't Heal While You're Hiding

Scripture:

Psalm 32:5

"Then I acknowledged my sin to you and did not cover up my iniquity. I said, 'I will confess my transgressions to the Lord.' And you forgave the guilt of my sin."

Devotional:

One of the most common reasons people get spiritually stuck is because they try to move forward while hiding what's still broken. Hiding doesn't always mean lying. Sometimes it means pretending everything's okay when you're actually spiritually bleeding. You're leading others while you're wounded. Smiling while silently suffocating. Doing ministry with bandages God never asked you to wear.

But healing can't happen in the dark. The enemy thrives in secrecy—but God heals in honesty. The longer you hide your pain, the longer your process will drag out. God is not intimidated by your wounds, and He's not shocked by your truth. He simply wants you to bring it to Him.

When you stop hiding, you start healing. When you stop pretending, you start progressing.

Devotion Notes

Brief summary of the passage

Question i have

How will i apply this devotion and scripture in my life?

Day 2 : You Can't Heal While You're Hiding

Reflection Prompt:

What am I trying to carry in secret that God is asking me to surrender in truth?

Prayer Notes

Lord, I'm tired of pretending. I bring You every wound, every secret, and every space I've been afraid to confront. You are the God who heals—so today, I stop hiding and I come home to healing. Heal me where I've been bleeding. Touch what I've kept buried. In Jesus' name, amen.

Action Step:

Write a personal letter to God (in your journal or phone notes) confessing what you’ve been hiding—be it pain, bitterness, shame, or fear. Let it out. Then declare out loud:
“I am no longer hiding—I’m healing.”

Journaling Notes

Day 3 of 21

When God Interrupts Your Routine

Scripture:

Proverbs 16:9

"A man's heart plans his way, but the Lord directs his steps."

Devotional:

You had a plan, a timeline, and a clear picture of how your life—or even your ministry—was supposed to go. But now everything feels out of sync, interrupted, and off-schedule.

Here’s the truth we often resist: God doesn’t need your permission to shift your path. He’s not obligated to run His divine reroutes through your planner. When your routine becomes more of a ritual than a relationship, God will lovingly disrupt it.

We often ask God to order our steps, but we don’t expect Him to interrupt our rhythm. But He will—especially when we’ve gotten too comfortable. His interruption isn’t punishment—it’s redirection. It’s protection. It’s purpose.

Unstuck begins with being unglued from the life you scripted and open to the life God is actually writing.

Devotion Notes

Brief summary of the passage

Question i have

How will i apply this devotion and scripture in my life?

Reflection Prompt:

Where has God interrupted my plans, and have I been resisting or receiving the shift?

Prayer Notes

Father, forgive me for being more committed to my plan than to Your presence. I release the fear of losing control. Even when I don't understand, I trust You to guide me. Teach me how to embrace divine detours and trust that Your interruptions are always intentional.

Action Step:

Take five minutes today to surrender your personal timeline to God. Write out the phrase:

“God, I trust You with my future—even when it doesn’t match my plans.”

Say it out loud as a declaration, then sit quietly and listen.

Take five minutes today to surrender your personal timeline to God. Write out the phrase:

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Take five minutes today to surrender your personal timeline to God. Write out the phrase:

“God, I trust You with my future—even when it doesn’t match my plans.”

Say it out loud as a declaration, then sit quietly and listen.

Journaling Notes

[illegible]

Day 4 of 21

You Can't Be Loyal to What's Killing You

Scripture:

1 Samuel 15:22

"But Samuel replied: 'Does the Lord delight in burnt offerings and sacrifices as much as in obeying the Lord? To obey is better than sacrifice...'"

Devotional:

Loyalty is honorable—until it becomes spiritual bondage. Many of us stay in places, relationships, ministries, or assignments longer than we should, not because we're still growing—but because we're afraid to disappoint people.

You can be committed to the wrong thing. You can sacrifice yourself for what God never asked for. And the danger? You'll call it faithfulness while slowly withering inside.

Saul thought he was doing right by holding on to what God told him to let go. His intentions weren't enough. Obedience mattered more.

God will never ask you to remain loyal to something that's killing your purpose, draining your spirit, or silencing your gift. What feels like betrayal to man may be obedience to God. And when the two conflict, choose God.

Devotion Notes

Brief summary of the passage

Question i have

How will i apply this devotion and scripture in my life?

Reflection Prompt:

Am I holding on out of loyalty to man or obedience to God?

Prayer Notes

Lord, reveal to me anything I’ve been loyal to that’s been limiting my growth. I don’t want to call disobedience “faithfulness” anymore. Give me the courage to walk away from what You’ve already moved on from—even if it costs me relationships, titles, or approval. I choose obedience over sacrifice.

Action Step:

Identify one area where your loyalty is costing you your peace or purpose. Write a release prayer today—even if you’re not ready to walk away yet. Start by loosening your emotional grip.
“God, I release the fear of letting go. Show me how to follow You fully.”

Journaling Notes

Day 5 of 21

Faith Doesn't Always Feel Like Clarity

Scripture:

Hebrews 11:8

"By faith Abraham obeyed when he was called to go out to the place which he would receive as an inheritance. And he went out, not knowing where he was going."

Devotional:

One of the biggest reasons we stay stuck is because we're waiting for full instructions before we obey.

But faith is rarely clear. It's often messy, uncomfortable, and frustratingly vague. God told Abraham, "Go,"—but didn't tell him exactly where. Abraham moved anyway.

That's what real faith looks like: not perfect understanding, but consistent obedience. Sometimes, God won't clarify the next step until you walk away from the last one.

You won't always get details. You may not always feel ready. But if God said move, then your faith must step in even when your feelings don't line up.

Clarity may come later—but your obedience is due now.

Devotion Notes

Brief summary of the passage

Question i have

How will i apply this devotion and scripture in my life?

Reflection Prompt:

What have I been delaying because I don't have all the answers yet?

Prayer Notes

God, help me to trust You in the unknown. Even when I don't have all the pieces, I choose to follow Your voice. Strengthen my faith to move beyond logic, beyond fear, and beyond delay. I may not know the “where,” but I trust the Who.

Action Step:

Write down one thing you know God has told you to start, shift, or release—even if you don’t see the full picture yet. Then declare:

“I will no longer wait for clarity to obey. I trust God’s voice over my need to see the full plan.”

Journaling Notes

Day 6 of 21

You're Anointed for This Assignment

Scripture:

2 Corinthians 3:5–6

"Not that we are competent in ourselves to claim anything for ourselves, but our competence comes from God. He has made us competent as ministers of a new covenant..."

Devotional:

Sometimes the weight of the calling feels heavier than your capacity. You look at what God is asking you to do and think, “I’m not ready. I’m not enough. I’m not qualified.”

Good.

Because if you could do it without Him, it wouldn’t require anointing.

God isn’t looking for the most polished or perfect vessel—He’s looking for the most willing one. The anointing is what equips you. It’s what carries you. It’s what makes the impossible, possible.

You were anointed for this assignment before you ever doubted yourself. You’re not going to fulfill your calling by striving—you’re going to fulfill it by surrendering to the Spirit who empowers you.

Stop questioning if you have what it takes. You do—because He does.

Devotion Notes

Brief summary of the passage

Question i have

How will i apply this devotion and scripture in my life?

Prayer Notes

Father, I thank You that I am not walking in my strength, but in Your Spirit. I receive the anointing that breaks yokes and moves mountains. I am equipped, empowered, and anointed to fulfill every assignment You have ordained for my life.

Action Step:

Write a short “I am anointed” affirmation. Example:
“I am anointed to lead. I am anointed to serve. I am anointed to shift atmospheres. I am anointed for my assignment.”
Read it out loud every morning for the next 3 days.

Reflection Prompt:

Where have I been doubting my readiness instead of trusting
God's anointing on my life?

Handwriting practice lines for reflection.

Journaling Notes

Handwriting practice lines for journaling notes.

Day 7 of 21

You're Anointed for This Assignment

Scripture:

John 21:5–6

“He called out to them, ‘Friends, haven’t you any fish?’ ‘No,’ they answered. He said, ‘Throw your net on the right side of the boat and you will find some.’”

Devotional:

Sometimes we keep casting our nets in the same place—not because it’s fruitful, but because it’s familiar.

The disciples had already fished all night and caught nothing. They were tired, disappointed, and probably questioning their own abilities. But when Jesus showed up, He didn’t bring new tools. He brought fresh direction.

What if your lack of breakthrough isn’t because you need to work harder—but because you’re casting on the wrong side? Familiarity is comfortable, but it can also be deceiving. If it’s not producing what God promised, you might need to shift—not your calling, but your approach.

When Jesus gives fresh instructions, even empty nets become full.

Devotion Notes

Brief summary of the passage

Question i have

How will i apply this devotion and scripture in my life?

Reflection Prompt:

Where in my life have I settled for familiarity even though it's no longer fruitful?

Prayer Notes

Jesus, I surrender the way I've always done things. I don't want to keep fishing in the same empty waters out of habit. Give me fresh ears to hear You and boldness to obey—even when it feels unfamiliar.

Action Step:

Make a “Net Check” list. Write down any routine, relationship, or responsibility that no longer bears fruit. Ask God for wisdom on where and how to “cast” differently this week—and take one step in obedience.

[illegible]

Day 7 – The Trap of Familiar Fruitlessness

Weekly Gratitude Check In

Let's Do A Pulse Check ... What are some things that you are

Monday	Tuesday
Wednesday	Thursday
Friday	Saturday
Sunday	Notes

Day 8 of 21

Healing Requires Honesty

Scripture:

James 5:16

“Confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.”

Devotional:

You can’t get free from what you won’t face. Healing requires more than silent tears and personal prayers—it requires honesty.

God isn’t intimidated by your struggle. But you might be surprised by how much healing He’s hidden in the vulnerability of confession. We often think of confession as weakness, but in the Kingdom, confession is a gateway to wholeness.

Too many people are stuck because they’ve convinced themselves that silence equals strength. But it doesn’t. Strength is saying, “I’m not okay—and I don’t want to stay this way.”

Whether it’s confessing to God or opening up to a trusted spiritual friend or leader, freedom often flows when truth finally breaks the surface.

Devotion Notes

Brief summary of the passage

Question i have

How will i apply this devotion and scripture in my life?

Reflection Prompt:

What part of my life am I afraid to speak about—but desperately need healing in?

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Prayer Notes

Lord, I want to be whole. I choose honesty over image and vulnerability over pride. Heal me as I open up. Let confession bring clarity, community, and cleansing. I receive Your forgiveness, and I make room for Your healing to flood my life.

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Action Step:

Write down (privately) the one area you’ve been keeping silent about—whether sin, shame, trauma, or pain. Then, take a step of faith: Tell God everything—no edits. Ask Him to show you if there’s someone safe you need to open up to next.

Journaling Notes

Day 9 of 21
Delayed Doesn't Mean Denied

Scripture:

Habakkuk 2:3

“For the vision is yet for an appointed time; but at the end it will speak, and it will not lie. Though it tarries, wait for it; because it will surely come, it will not tarry.”

Devotional:

There’s nothing more frustrating than knowing you’ve been faithful, obedient, prayerful—and still... waiting. Still stuck between promise and manifestation. Still trying to stay encouraged when everything feels paused.

But hear this: Delay is not denial.

God doesn’t deal in wasted time—He deals in perfect timing. The space between your obedience and your outcome isn’t punishment, it’s preparation. And if you give up now, you’ll miss what was always on its way.

What if the delay isn’t to test your faith—but to train your faithfulness?

The vision is still alive. The promise is still good. The door is still scheduled to open—just not on your clock. Keep sowing. Keep seeking. Keep showing up. Your “suddenly” is coming.

Devotion Notes

Brief summary of the passage

Question i have

How will i apply this devotion and scripture in my life?

Reflection Prompt:

What promise have I started doubting simply because it's taking longer than I expected?

Prayer Notes

Father, I trust You in the delay. I silence every lie that says You’ve forgotten about me. I choose to wait in faith, not in frustration. Strengthen me while I wait. Mature me while I trust. And prepare me to carry the very thing I’ve prayed for.

Action Step:

Find a sticky note or a card and write this declaration:
 “I will not give up in the delay. The vision will speak. The promise
 will come.”
 Put it somewhere visible this week—as a faith anchor while you
 wait.

[illegible]

Day 9 – Delayed Doesn't Mean Denied

Journaling Notes

[illegible]

Day 10 of 21

Stop Calling It Home When It Was Just a Season

Scripture:

Ecclesiastes 3:1

"To everything there is a season, a time for every purpose under heaven."

Devotional:

It’s possible to overstay a season. What once was the place God assigned can turn into a place that begins to drain you if you remain longer than you were meant to.

Sometimes we confuse temporary places with permanent ones. We grow attached to old rhythms, routines, and roles because they once felt safe—even if they no longer feel fruitful.

But being stuck doesn’t always come from rebellion. It can come from routine—staying loyal to a location, ministry, mindset, or relationship that God is no longer breathing on.

Don’t call it home when it was just a hallway.

Devotion Notes

Brief summary of the passage

Question i have

How will i apply this devotion and scripture in my life?

Reflection Prompt:

What part of my life have I been calling permanent, even though God may be nudging me to move?

Prayer Notes

Lord, teach me to recognize when a season is over. Give me the courage to move forward when You say move. I release the need to make temporary places permanent. My home is in Your presence—not in a position.

Action Step:

Write down three areas of your life that feel stale or stagnant. Ask God honestly: “Is this a season You’re calling me out of?” Sit quietly and listen.

Journaling Notes

Day 11 of 21

You Don't Need Closure to Move Forward

Scripture:

Philippians 3:13-14

"...forgetting those things which are behind and reaching forward to those things which are ahead..."

Devotional:

We wait on people to apologize. To validate. To explain. We want the pain to make sense before we let it go. But sometimes... closure never comes.

The truth is, you don't need closure—you need healing. And healing comes from God, not from their explanation.

Some doors won't close neatly. Some people won't acknowledge how they hurt you. And some chapters won't end with punctuation. But you can still move forward—even without the final words.

Let peace be your closure. Let healing be your confirmation. Let freedom be your finish.

Devotion Notes

Brief summary of the passage

Question i have

How will i apply this devotion and scripture in my life?

Reflection Prompt:

What pain or story have I been replaying because I’m still waiting on closure?

Prayer Notes

God, I release my need for answers. I release my need to understand what they did or why it happened. You are the author and the finisher of my faith—so I trust You to finish what they never will.

Action Step:

Write this declaration in your journal today:
 “Closure isn’t coming from them—it’s coming from Him.”
 Then pray for emotional release over one person or situation.

[illegible]

Day 11 – You Don't Need Closure to Move Forward

Journaling Notes

[illegible]

Day 12 of 21

The Mantle Didn't Die with Them

Scripture:

2 Kings 2:13-14
"Elisha picked up Elijah's cloak that had fallen from him..."

Devotional:

Sometimes we stop walking in boldness because we're grieving what was. A mentor passed. A leader fell. A relationship ended. And we assume the vision ended with them.

But hear this: The mantle didn't die with them.

When Elijah was taken up, Elisha could've walked away in sorrow —but instead, he picked up the cloak. He carried on the calling. God isn't finished just because someone else's season ended. Their absence didn't cancel your assignment.

Don't mourn so long that you miss your moment.

Devotion Notes

Brief summary of the passage

Question i have

How will i apply this devotion and scripture in my life?

Reflection Prompt:

What mantle—gift, calling, or vision—have I dropped in grief, fear, or hesitation?

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Prayer Notes

Lord, I honor those who came before me—but I won’t stop here. I pick up the mantle. I choose obedience over grief, purpose over fear. Anoint me to walk in what You’ve entrusted to me.

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Action Step:

Say this aloud today:
“I will carry what God gave me. I will move forward even if I must
do it alone.”
Write what you believe God is calling you to pick up again.

Journaling Notes

Day 13 of 21

The Fire Didn't Kill You. It Refined You.

Scripture:

1 Peter 1:6-7

"...though now for a little while you may have had to suffer grief... these have come so that the proven genuineness of your faith... may result in praise, glory & honor when Jesus Christ is revealed."

Devotional:

You didn't just survive the fire. You were refined in it.

We often resist fiery seasons—times of pressure, trial, or heartbreak. But what you call suffering, God often calls strengthening. And what the enemy tried to use to break you, God allowed to build you.

The fire burns off what you were never meant to carry. It reveals what's pure. It destroys fear and awakens fire.

Don't walk out of the fire in bitterness—walk out with boldness.

Devotion Notes

Brief summary of the passage

Question i have

How will i apply this devotion and scripture in my life?

Reflection Prompt:

What in my life has God refined through a hard season—and how have I changed?

Prayer Notes

Father, thank You that the fire didn’t consume me—it completed something in me. I receive the refining. I declare that this fire will not leave me broken but better. Let what I’ve been through become fuel for what You’re calling me to do.

Action Step:

Write a short “Fire Testimony”—how God used a trial to transform you. Share it with someone this week.

Journaling Notes

Day 14 of 21

Your Obedience Will Open Doors

Scripture:

Deuteronomy 28:1–2

"If you fully obey the Lord your God... all these blessings will come on you and accompany you..."

Devotional:

Favor follows obedience. Not perfection—obedience.

We sometimes overcomplicate progress. But many times, the stuck places in our lives are tied to partial obedience, delayed obedience, or selective obedience. When we choose to fully obey—even when it’s hard—doors unlock.

Obedience doesn’t guarantee ease. But it guarantees access.

Your yes may feel costly now, but the reward is greater than the resistance.

Devotion Notes

Brief summary of the passage

Question i have

How will i apply this devotion and scripture in my life?

Reflection Prompt:

Is there anything God told me to do that I’ve delayed, dismissed, or doubted?

Prayer Notes

God, help me to obey quickly and fully. I choose obedience over comfort. I choose surrender over control. I trust that as I move in faith, You are opening doors no one can shut.

Action Step:

Go back and revisit the last instruction God gave you. Ask, “Have I obeyed fully?” If not, take one step in that direction this week.

Journaling Notes

Weekly Gratitude Journal

Week Of: _____

Monday	Tuesday
Wednesday	Thursday
Friday	Saturday
Sunday	Notes

Day 15 of 21

Your Voice Carries Weight

Scripture:
Deuteronomy 28:1–2 "If you fully obey the Lord your God... all these blessings will come on you and accompany you..."
Devotional:
<p>Favor follows obedience. Not perfection—obedience.</p> <p>We sometimes overcomplicate progress. But many times, the stuck places in our lives are tied to partial obedience, delayed obedience, or selective obedience. When we choose to fully obey—even when it’s hard—doors unlock.</p> <p>Obedience doesn’t guarantee ease. But it guarantees access.</p> <p>Your yes may feel costly now, but the reward is greater than the resistance.</p>

Devotion Notes

Brief summary of the passage

Question i have

How will i apply this devotion and scripture in my life?

Day 15 – Your Voice Carries Weight

Reflection Prompt:

What message or word from God have I been too afraid or unsure to release?

Day 15 – Your Voice Carries Weight

Prayer Notes

Lord, I receive boldness today. Touch my mouth like You did Jeremiah’s. Let my words carry Your power and truth. I will not be silent when You’ve called me to speak.

Lined area for prayer notes.

Action Step:

Choose one platform—conversation, journal, social post, or prayer—and speak or write what God has placed on your heart. Begin flowing again.

Lined area for action step.

This image shows a full page of a handwriting practice worksheet. It consists of multiple sets of three horizontal dashed lines, evenly spaced across the entire page. These lines are designed to help children learn letter height and placement as they write. The background is plain white, and there are no other markings or text present.

The Wait Is Where the Warrior Is Built

Isaiah 40:31
 “But those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles...”

Waiting doesn't mean wasting. But when you're stuck in a waiting season, it can feel like nothing is happening.

The truth is—everything is happening.

God doesn't build warriors on platforms. He builds them in hidden places. It's in the wait that your faith is deepened, your motives purified, and your character stretched.

If you're waiting, you're not behind. You're being prepared.
Don't despise the wait. Dig into it. Let it shape you. Trust that
when the time is right, you won't just move—you'll fly.

Devotion Notes

Brief summary of the passage

Question i have

How will i apply this devotion and scripture in my life?

Reflection Prompt:

How have I viewed waiting—as punishment, or as preparation?

Prayer Notes

Lord, I give You permission to prepare me. I won't rush the process. Make me strong in the quiet. Grow me in the waiting. Let me rise with renewed strength in Your perfect timing.

[illegible]

Action Step:

Write out the phrase: “This is not a delay—it’s a divine development.” Post it somewhere you’ll see it daily. Let that truth steady your heart.

[illegible]

[illegible]

Don't Mistake Exposure for Failure

Luke 8:17

“For there is nothing hidden that will not be disclosed, and nothing
concealed that will not be brought to light.”

Exposure feels terrifying. Whether God reveals something in you or around you, it's tempting to call it failure. But sometimes, God exposes things not to shame you, but to free you.

Exposure is often evidence of God's mercy. It brings what's hidden into the light so healing can happen.

Yes, it hurts. Yes, it's uncomfortable. But it's also redemptive.
God reveals to restore.

Don't run from the light. Let it touch everything that needs healing, realignment, and restoration.

Devotion Notes

Brief summary of the passage

Question i have

How will i apply this devotion and scripture in my life?

Reflection Prompt:

Has God recently revealed something in me or someone around me that I need to confront—not hide?

Prayer Notes

Father, even if it’s uncomfortable, I welcome Your light. Reveal what needs healing. Expose what needs to change. I trust that what You uncover, You also restore.

Action Step:

If there’s something you’ve been hiding or ignoring, bring it to God in prayer. Then ask Him if you need to open up to someone wise for support or accountability.

This image shows a blank sheet of white paper with horizontal dashed lines. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting practice. There are no margins, text, or other markings on the paper.

Scripture:

“So he sent for [David] and had him brought in... and the Lord said, ‘Rise and anoint him; this is the one.’”

And when it was time? The oil waited for him.

You may feel unseen, but you are known in heaven. And when your time comes, the oil will flow in front of those who counted you out.

Devotion Notes

Brief summary of the passage

Question i have

How will i apply this devotion and scripture in my life?

Day 18 – There's Oil in Your Obscurity

Reflection Prompt:

Where have I felt overlooked, and how might God be developing me in private?

Day 18 – There's Oil in Your Obscurity

Prayer Notes

God, thank You that You never overlook me. Even when others don't see it, You're preparing something sacred inside of me. Let Your oil flow in the right time, in the right way, for the right purpose.

Action Step:

If there’s something you’ve been hiding or ignoring, bring it to God in prayer. Then ask Him if you need to open up to someone wise for support or accountability.

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

You're Not Behind, You're Becoming

Romans 8:28

“And we know that in all things God works for the good of those who love him, who have been called according to his purpose.”

Romans 8:28

“And we know that in all things God works for the good of those who love him, who have been called according to his purpose.”

It's easy to look around and feel like you've missed it. Others seem to be advancing, thriving, launching, posting—while you're still wrestling. Still healing. Still waiting.

But here's the truth: You're not behind. You're becoming.

God wastes nothing. Every delay, detour, and disappointment is being woven into a greater testimony. Even the moments that felt like failure are being transformed into fuel.

Your timeline is not broken. Your story is not off course. You're still on schedule for God's purpose.

It's easy to look around and feel like you've missed it. Others seem to be advancing, thriving, launching, posting—while you're still wrestling. Still healing. Still waiting.

But here's the truth: You're not behind. You're becoming.

God wastes nothing. Every delay, detour, and disappointment is being woven into a greater testimony. Even the moments that felt like failure are being transformed into fuel.

Your timeline is not broken. Your story is not off course. You're still on schedule for God's purpose.

Devotion Notes

Brief summary of the passage

Question i have

How will i apply this devotion and scripture in my life?

Day 19 – You’re Not Behind, You’re Becoming

Reflection Prompt:

Where have I internalized the lie that I'm behind in life or ministry?

Day 19 – You’re Not Behind, You’re Becoming

Prayer Notes

Father, I release comparison and regret. I trust Your timing. I embrace the process. I am not behind—I am becoming exactly who You designed me to be.

Action Step:

Write a letter to your younger self, affirming the growth you've experienced and how God is still writing your story with grace and power.

[illegible]

Scripture:

“Instead of your shame you will receive a double portion, and instead of disgrace you will rejoice in your inheritance.”

--

But shame is not your portion—inheritance is.

Today, it's time to break the agreement. You are not what you did. You are not what happened to you. You are redeemed. You are restored. You are free.

Devotion Notes

Brief summary of the passage

Question i have

How will i apply this devotion and scripture in my life?

Reflection Prompt:

What has God made undeniably clear to me during this journey
—and how will I move differently going forward?

Prayer Notes

God, thank You for every shift, every healing, every word, and every moment of clarity. I step into my purpose with boldness. I am no longer stuck. I am unleashed into everything You've called me to be and do. Send me, and I will go.

[illegible]

Action Step:

Write your personal prophetic declaration:
 “I am no longer stuck. I am _____. I will _____. I now step boldly
 into _____.”
 Speak it aloud every day this week.

This image shows a blank sheet of white paper with horizontal dashed lines. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting practice. There are no margins, text, or other markings on the paper.

[illegible]

Scripture:

“Set apart for me Barnabas and Saul for the work to which I have called them... So after they had fasted and prayed, they placed their hands on them and sent them off.”

No more circling the same mountain. No more replaying the same excuses. This is your launch day—your public agreement with heaven that you will not stay stuck.

This final step isn't the end. It's the beginning. You are being sent. You are being stretched. You are being released into greater.

Devotion Notes

Brief summary of the passage

Question i have

How will i apply this devotion and scripture in my life?

Day 20 – Break the Agreement with Shame

Reflection Prompt:

What guilt or shame have I held onto that God already forgave?

Day 20 – Break the Agreement with Shame

Prayer Notes

Lord, I break every agreement I’ve made with shame. I reject every lie that says I am disqualified. I receive Your forgiveness, and I walk in my new identity. I am free, and I am favored.

Action Step:

Write down every shame-filled label you’ve attached to yourself. Then tear it up or burn it as a physical act of breaking the agreement.

This image shows a full page of white paper with horizontal dashed lines, typical of primary-ruled notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings present.

Week Of: _____

Monday	Tuesday
Wednesday	Thursday
Friday	Saturday
Sunday	Notes

Congrats

For 21 days, you showed up.
Some days you may have felt strong. Other
days, you may have felt uncertain.

But you kept coming.
You kept surrendering.
You kept saying yes to God.

And because of that, you are not who you were
when you started.

Something in you has shifted.
You have been loosed from old mindsets.
You have been untied from fear.

You have been released into bold, prophetic
purpose.

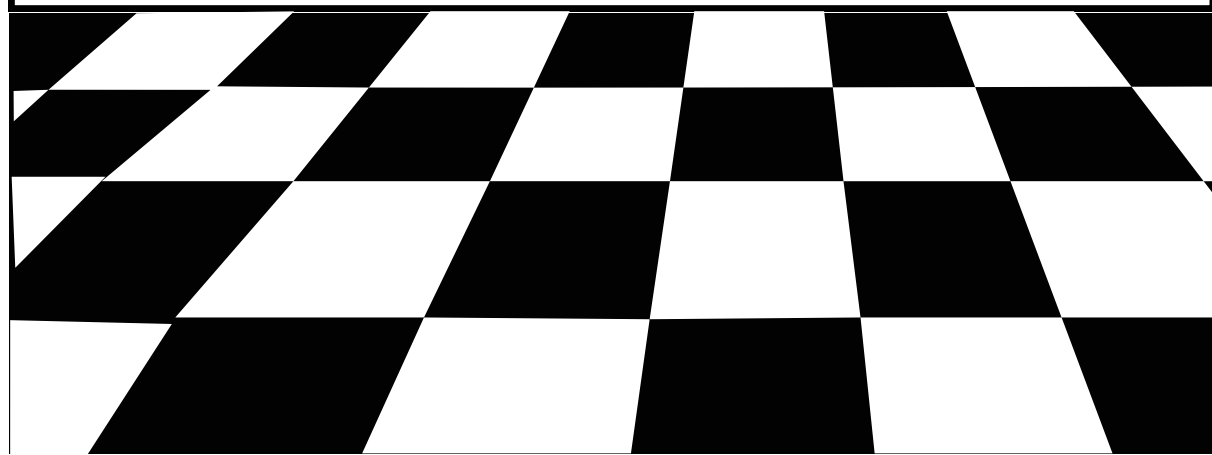
You may not have all the answers, but you now
walk in greater clarity, courage, and
conviction.

30 DAYS

Unseathed & Loosed

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

PART 4:
Post-Test &
Reflection
(Days 29)



*Self-Reflection
Assessment
(Post-Test)*



Post Test

Complete the same questions and rating chart again.

Then, revisit your pre-test answers from the self-assessment and reflection.

Then compare:

- ☐ Where have you shifted?
- ☐ Where has clarity increased?
- ☐ Where have fears fallen off?
- ☐ Where do you now see evidence of freedom, alignment, and obedience?

Don't just look for perfection—look for progress

Self-Reflection Assessment (Post-Test)

For each statement below, rate yourself on a scale of 1–5.

	1 Strongly Disagree	2 Disagree	3 Neutral	4 Agree	5 Strongly Agree
1. I believe God still has greater purpose and assignments for my life					
2. I feel spiritually tied or hindered in certain areas of my walk.					
3. I am willing to move even if it means leaving familiar places.					
4. I struggle with fully believing I am needed by God.					

Self-Reflection Assessment (Post-Test)

For each statement below, rate yourself on a scale of 1–5.

	1 Strongly Disagree	2 Disagree	3 Neutral	4 Agree	5 Strongly Agree
5. I know how to discern when it's time to shift or move spiritually.					
6. I feel confident operating in my spiritual gifts					
7. I often let fear or doubt keep me from acting on God's instructions.					

Self-Reflection Assessment (Post-Test)

For each statement below, rate yourself on a scale of 1–5.

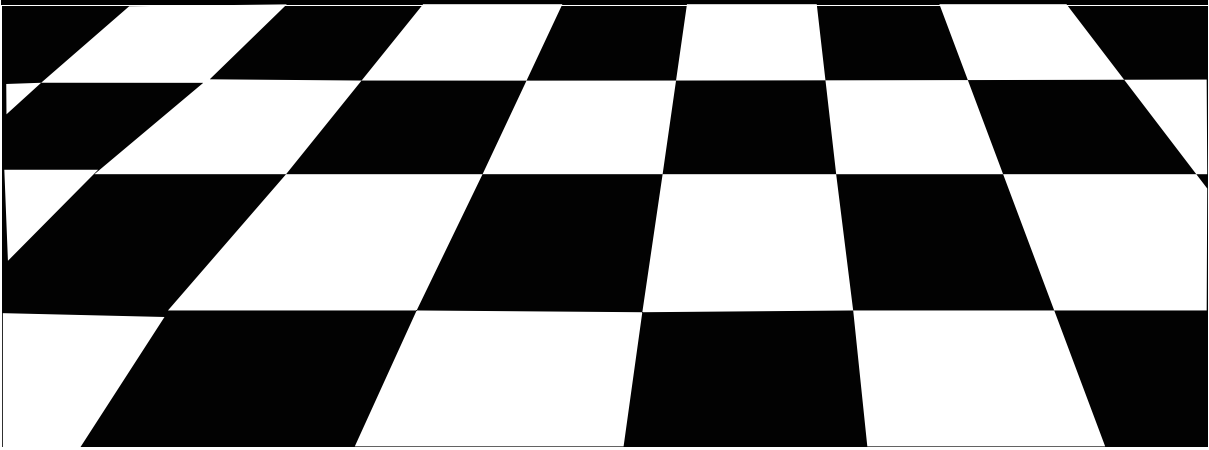
	1 Strongly Disagree	2 Disagree	3 Neutral	4 Agree	5 Strongly Agree
8. I feel connected to my Kingdom assignment and vision					
9. I often seek man's approval before moving in obedience to God					
10. I believe my story, gifts, and obedience can impact others for the Kingdom					

30 DAYS

Unleashed & Loosed

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

PART 5:
**GRAND FINALE &
PROPHETIC
COMMISSIONING**
(Day 30)



You Did It

From Imagination to Activation

You did it!!!

30 days ago, you may have entered this space unsure, restricted, and uncertain of what God wanted to do through you.

But now—

You've faced what held you.

You've surrendered what needed to go.

You've declared what heaven has spoken over you.

And you've taken steps forward in bold obedience.

The version of you that began this journal was full of potential.

But the version of you today is walking in purpose.

This is your moment of holy reflection and recognition.

You Did It

Before & After: A Reflection of Being Free

As you complete this journey, take a sacred pause to reflect on what has changed within you.

This page isn't about perfection—it's about evidence of movement.

It's your personal "then and now," capturing where you began and where you've arrived through God's power.

Write with honesty. Write with gratitude.

Let this be your testimony in motion.

You're not where you were.

You're not who you were.

You've been loosed—and now, you're moving in purpose.

Let's do a check to a before an after snapshot from 30 days ago until now.

You Did It

Before I began this journey...

I believed:

I feared:

I avoided:

I hoped:

I doubted:

Now that I've completed this journey...

I know:

I've released:

I've embraced:

I've said yes to:

I've committed to:

You Did It

After Completing Your 21-Day Journey

As you reflect, remember:

You are not the same as when you started.

The Lord has loosed you.

The Lord has sent you.

The Lord still has need of you.

Celebrate your transformation.

Declare your next steps boldly.

And keep moving FAITH BEYOND MEASURE.

You Did It

The journey doesn't end here.

This was only the beginning.

The same Jesus who sent word to loose the donkey and colt in Matthew 21 has sent His word over you—and that word is still active.

“The Lord has need of you.”

Now walk.

Now build.

Now teach.

Now lead.

Now rise.

Now go.

You are unleashed and loosed for greater purpose.

You are walking in faith beyond measure.

Declaration

Let this be your declaration:

I will not go back to bondage.

I will not stay where I was tied.

I will walk boldly, love deeply, and lead faithfully.

I am unleashed.

I am loosed.

I am ready.

The Lord has need of me.

Congratulations on completing this journey.

Now go—and walk in everything God has called you to.

Prophetic Declaration

Seal the Shift:

I will **walk boldly**, **love deeply**, and
lead faithfully.

I am **unleashed**.

I am **loosed**.

I am **aligned** with Heaven's agenda.

I will walk in **purpose**.

I will build what God has given me.

I am ready.

The Lord has need of me now.

30 DAYS

Unleashed & Loosed

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

Initiation to S.H.I.F.T

Your Next Step

*You're not stuck—you're in transition. But
the only way out is through.
If this guide resonated with you, it's time
to go deeper.*

Join the 6-week virtual mentorship:

S.H.I.F.T. Into Your Purpose

*Learn how to release fruitless
attachments, discover your spiritual gifts,
and walk boldly into your next God-
ordained assignment.*

Let's S.H.I.F.T Together

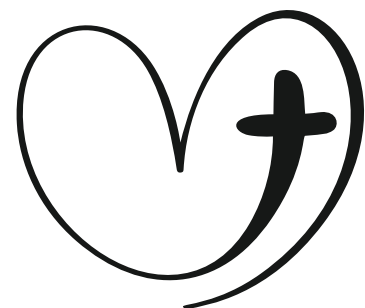


fbmla.org/shift



UNLEASHED
& LOOSED *for* **GREATER
PURPOSE**

*Thank
You*



Proof