

INSTRUCTIONS

Beginning the Daily Practice

A free, downloadable workbook is in the last stages of development. Once it is completed, it will be posted on the website. Be sure to sign up for the email list so I can send you a link. I have put this pdf together for you with very basic information so you can get started on the practices that I have found to be fundamental to increasing the frequency and clarity of hearing the voice of the Holy Spirit.

— Juliet Mee

I encourage you to do this practice daily in the morning before you begin your day. Here are very simple instructions and definitions for how to work with the “Daily Practice Form”, which is the main form we will use in the practice. Additional pages within this document are referred to with italics. If you want more in depth or clear information about starting this practice, I encourage you to go to do an internet search for the terms or go to my teacher’s website, www.garycarpenter.org. I have learned a tremendous amount from Gary Carpenter and will forever be grateful to him for the work he has done with his life and teachings.

Date & Time: Record the date, beginning and ending of the time, and calculate the amount of time you spend in this practice. Thinking about the practice is not the same as doing it, however we tend to over estimate how much time we have spent unless we record it.

The Jewel: This is the concept of your larger purpose. You may not know what it is yet but each day write what comes to your mind. My Jewel is to bring awareness of the Holy Spirit to people so they can live better lives. Your purpose will be revealed to you by the Holy Spirit.

Finite Goal: Finite goals are the things we need to accomplish at this time of our lives. It may be writing a book, finishing a project at work that is important to you, or completing an application.

Today: Scheduling Priorities are the things that you plan to complete during that specific day, and the Focus Point is the priority that is most important for you to remember to keep you on track.

Agreements: Agreements are called many different things. Some people call them affirmations, some say confessions or professions. These are statements that you say out loud that are created from wording God’s good will for us and promises to us into sentences that say the same thing that is said in a scripture. I will teach you how to do this, and I have included my own personal agreements for you to use until you have written your own in the document “My Agreements Example”. In this block, write a sentence that feels applicable to your situation today. Remember, read these out loud.

Scriptures: This podcast will focus on the life of Jesus in the books of Matthew, Mark, Luke and John. We will use the NIV bible as well as the Matthew Henry Commentary (a copy is on the website) during the teachings as well as many other resources. The “Scriptures” and the “General Studies” pages will be helpful in keeping track of your readings. The bible is a tool the Holy Spirit uses to change us. Do an internet search for scriptures that match your current need. The Bible is very different than I ever knew and I look forward to showing you what I found.

Stillness: Cultivating the practice of mental & physical stillness is important. There are many free programs on the internet to consciously cultivate stillness. I currently use the free app called “Aware” <https://awaremeditationapp.com>. Keep track of the amount of time you spend in this practice.

INSTRUCTIONS (continued)

Rethinking: This is a place to record the answer to the question, “Where have I been wrong?” There is no judgement inherent in this question. We have all been wrong on so many subjects and our ability to admit that readily is a very important part of this practice.

Forgiveness: Who do you need to forgive, who do you need to ask for forgiveness, and what do you need to ask God for forgiveness for? Once it goes on the page, work toward doing these things. Forgiveness is more important than most people know, and for some, very difficult.

Fasting: We will discuss fasting not only as the removal of food, but of ideas and practices that are sabotaging. As you add beneficial practices in through the Daily Practice, remember to stop doing detrimental things.

Prayer: Prayer is speaking with God and asking God for things in specific ways. We all have things we want to ask God about from understandings to physical objects to healing. Update the “Ask” page with your requests and then record when you received the response. It will help to build your faith to remember what happened!

Prayer in the Spiritual: Praying in the Spirit is your personal prayer language. We will go through more specific teachings on this, but there is a wealth of knowledge on Gary Carpenter’s web site as well as the website of the pastor he teaches with, www.daveroberson.org.

The Extraordinary: The mark of the Holy Spirit is the creation of an extraordinary life. Record the extraordinary experiences you have, recognize the synchronicities, and begin to let this life unfold.

Gratitude: Every day there are things to be grateful for. This is a record and a reminder to consistently be grateful. Gratitude is also an action you take. Tell people what you appreciate in life and about them!

Write: Each day, spend a moment to write down and reflect on what you are learning. It will serve you well in the future and you will be grateful for the ability to look back over your progress.

I look forward to providing more detailed information and instruction for you through the workbook and the podcast.

May you become who you are supposed to be.
May you create the things you want to create.
May you see the God who sees you.
May you hear the Holy Spirit, the voice of God, who created you.



DAILY PRACTICE

Review the instructions contained in the workbook regarding how to best use this Daily Practice page.

DATE	<input type="text"/>	SESSION ONE	START TIME	<input type="text"/>	END TIME	<input type="text"/>	SESSION TWO	START TIME	<input type="text"/>	END TIME	<input type="text"/>	TOTAL TIME SPENT	<input type="text"/>
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THE JEWEL

FINITE GOAL

TODAY

SCHEDULING PRIORITIES

FOCUS POINT

AGREEMENTS

SCRIPTURES

UPDATE RECORD

STILLNESS

TIME SPENT

MESSAGE

RETHINKING

FORGIVENESS

WHO DO I NEED TO FORGIVE?

WHO DO I NEED TO ASK FOR FORGIVENESS?

WHAT DO I NEED TO ASK GOD TO FORGIVE ME FOR?

FASTING

BODY

SOUL

PRAYER

UPDATE "ASK" PAGE?

YES

NO

PRAYER IN THE SPIRITUAL

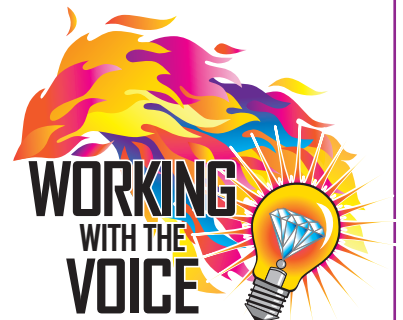
TIME SPENT

MESSAGE

THE EXTRAORDINARY

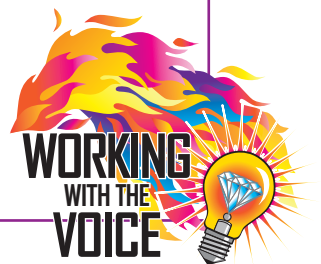
GRATITUDE

WRITE



WORKING
WITH
THE
VOICE

AGREEMENTS



MY AGREEMENTS

- Today is a good day. I establish what will happen in my life today by the things I think and the things I say out loud.
- I maintain firm control over my thoughts, emotions, and words. I refuse to give in to discouragement, defeat, depression or disappointment. I do what needs to be done by me today and every day.
- I work with God through the guidance and teaching of the Holy Spirit. In this process, I gain power and authority as demonstrated through the pattern of Jesus's life. I persist and will not quit.
- I firmly state my intentions for the things that I want to undertake in my life and they are fully achieved.
- The spirit in me joined to the Holy Spirit as one spirit, is greater than any opposing or evil spirit in the world. They have only their own abilities but God will help me to fight His battles. The Holy Spirit has the power to stop any attack, oppression or fear from coming into my life. God is on my side and I cannot be defeated. Through Him, I have favor in the world with God and people. I expect and receive favor in my job, favor in my business, favor with my finances, and favor in every situation I am involved in.
- I have the wisdom of God today. Wisdom and understanding are wonderful gifts that nothing else can compare to. I ask for and receive wisdom that brings peace, is gentle and understanding, firm yet willing to yield and expand, and that contains no hypocrisy.
- I only speak words of divine health and healing. I will not be sick today; I will not be sad today; I will not be confused today. I have health today; I have joy today; I have mental clarity at all times.
- God supplies all my needs. Through His infinite power, I release my divine provision. Money comes to me in amounts that surpassing what I need to pay all my bills. I will not be broke today. I have all the money I need in the name of Jesus. I always have enough to give when I am directed by the Holy Spirit.
- God directs my life's path. I have a covenant with Him and through this covenant I receive divine protection and provision. He always does His part, and I receive extraordinary strength and encouragement to do my part. Supernatural forces are at work to change and nullify any impossible situation to be one of possibility and manifested extraordinary outcomes.
- Every word that I speak that lines up with God's word is being carried out now, even as I am speaking.
- I expect to have divinely arranged connections today; to run into the right people and the right ideas and to be diverted from the wrong people, situations, and ideas.
- I speak to any turmoil, chaos or disorganization in my life and I say, "Peace, be still." I say to my emotions, peace, be still. I say to my mind, peace, be still. I say to my body, peace, be still. I say to my home, peace, be still. I say to my family, peace, be still. Now I speak to any condition of fear, any condition of discouragement, any condition of stress or restricted supply, and I say, "Be removed in Jesus's name."
- I am strong and courageous and I do the work. I am not afraid or discouraged because the Lord is with me. He will not leave me as I complete this work for the service of His businesses. Every person I need is ready, willing and able to help me in all my work and they do. I do as the Holy Spirit leads me to do and everyone makes peace with me.
- I expect to have the best day of my life spiritually, emotionally, relationally, and financially today in Jesus's name.



SCRIPTURE

I HAVE STUDIED:

MATTHEW

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

MARK

- CHAPTER 1
- CHAPTER 2
- CHAPTER 3
- CHAPTER 4
- CHAPTER 5
- CHAPTER 6
- CHAPTER 7
- CHAPTER 8
- CHAPTER 9
- CHAPTER 10
- CHAPTER 11
- CHAPTER 12
- CHAPTER 13
- CHAPTER 14
- CHAPTER 15
- CHAPTER 16

LUKE

- CHAPTER 1
- CHAPTER 2
- CHAPTER 3
- CHAPTER 4
- CHAPTER 5
- CHAPTER 6
- CHAPTER 7
- CHAPTER 8
- CHAPTER 9
- CHAPTER 10
- CHAPTER 11
- CHAPTER 12
- CHAPTER 13
- CHAPTER 14
- CHAPTER 15
- CHAPTER 16
- CHAPTER 17
- CHAPTER 18
- CHAPTER 19
- CHAPTER 20
- CHAPTER 21
- CHAPTER 22
- CHAPTER 23
- CHAPTER 24

JOHN

- CHAPTER 1
- CHAPTER 2
- CHAPTER 3
- CHAPTER 4
- CHAPTER 5
- CHAPTER 6
- CHAPTER 7
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- CHAPTER 9
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- CHAPTER 20
- CHAPTER 21

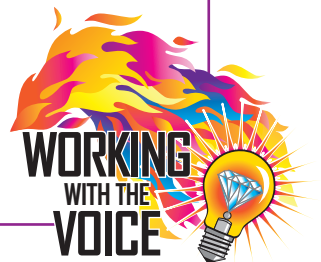


OTHER STUDIES:

BOOK	CHAPTER	VERSE	SUBJECT

WORKING
WITH
THE
VOICE

MY PRAYER



MY PRAYER EXAMPLE

Lord, I ask these things in Jesus name and I believe I have received them.

First Lord, keep me focused on the work You have identified is mine to do this day in this world. Give me the strength and wisdom to stay attentive and not be drawn off course by smaller matters and insignificant pursuits.

Please keep me disciplined and on task and motivated to align my actions with my intentions. Keep me efficient, organized, and accountable.

I humbly ask for You to help me be a good example of what YOU do in the world and how it is done by You. Please give me the peace that passes understanding every day of my life. Allow me to live a long, healthy, peaceful, prosperous life of influence to advance Your good in the world.

I ask You to speak clearly to me and to reveal my path. I ask to be told and to hear properly all helpful information about what is happening, what will come, and what I am supposed to do in every action. Allow me to know with certainty that I am following the path. I ask You to help me to achieve all my goals in accordance with Your vision for my life. I ask You to promote me in every endeavor so I am easily prospered.

I ask You to heal my friends and family completely, in body, mind, and spirit, and to keep them happy, healthy, and fulfilled all the days of their life. (*also use specific names)

I ask You to keep my parents happy, healthy and vibrant.

I ask You to make me healthy and my perfect weight so that I am a credible messenger that people will listen to when I deliver your message.

I ask You to repay in full all of the people who have helped me. Bless them in every way and let them know within themselves that what they did was appreciated by me.

Please bless the formation of my work teams. Allow them to be a fruitful blessing to all involved.

Please keep my home and yard safe, beautiful and clean so it is a blessing to be here for me, our family, our pets and our friends.

Specifically I ask these things:
Please help me do all things so that Your work is accomplished in the world.

I ask You to help me _____
so that _____.

I know You hear me and I believe I have received all of these things that I have asked You for.

I ask these things in the holy name of Jesus, and I know that You promise that whatever I ask in Your name that lines up with scripture will be done by You in a way that surpasses anything I can imagine in its simplicity, grace and generosity.





GOD

BODY

JESUS

**HOLY
SPIRIT**



SPIRIT

SOUL

CREATOR

SELF