



*Harnessing The Power Of*  
**MOMENTUM**



'But those who wait on the Lord Shall renew their strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint.' Isaiah 40:31

The world is in a constant state of movement, and as believers we are meant to keep moving forward according to the momentum of the Spirit. Even though we are all in some form of motion, we may be moving at varying levels of speed. While some seem to be moving at a steady pace in life, others seem to be soaring while others are even stagnant. What causes these differences in momentum? What can we do to impact our momentum positively?

Life is spiritual, so this series we are looking at the spiritual elements that drive momentum and our prayer is that the Holy Spirit will open our minds to understand how to engage these elements so we can consistently be propelled forward in life.



## Day 1

### Dropping the Weights

'Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us.' Hebrews 12:1

The author of the book of Hebrews admonishes us to strip off every weight that slows us down. This tells us three critical things – one is that weights slow us down, second is that they can be stripped off so they need not be a permanent feature in our lives. Third is that we are the ones to strip them off ourselves, it's not going to be done for us. If weights can have such a negative impact, then we need to know what they are and how to tackle them.

'Catch all the foxes, those little foxes, before they ruin the vineyard of love, for the grapevines are blossoming!' Song of Songs 2:15

Weights are made up of things that are not necessarily bad but left unaddressed they impede our spiritual progress. Someone defined little foxes as a representation of the small things we often ignore, little things and details that go unchecked, things we refuse to deal with which are the things that become weights. Weights could be the company we keep, our effectiveness or mismanagement of time and other resources, our daily habits. Anything that holds us back from running freely is a form of weight. It's better to catch the foxes while they are still little rather than wait until they are fully grown as by then they may have ruined our spiritual vineyard.

'Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life.' Psalms 139:23-24

How do we handle weights? We need to first be honest with ourselves about what is stopping us from pushing forward optimally in spiritual matters. It could be something as simple as sleeping too long which then affects our personal fellowship time. It could be engaging in enjoyable distractions which are not bad technically but are actually stealing our time. It's also possible that we may not be fully aware of all the weights we may be carrying, so the Holy Spirit needs to reveal them to us.

Once identified, we must put tangible structures in place to "catch the foxes". In the example of sleep, we can set our alarms for 30mins to an hour earlier, so we have time to start the day with God before rushing into the activities of the day. These may seem like simple things, but every weight that we strip off has a direct impact on our spiritual momentum.

**Prayer:** Lord help me identify the weights in my life and strengthen me with the grace and strategies to strip them off so they no longer slow me down.

## Day 2

### Running with Endurance

'We also pray that you will be strengthened with all his glorious power so you will have all the endurance and patience you need...' Colossians 1:11

The journey of life is a marathon not a sprint, and as with all marathons endurance is required to cross the finish line as the terrain won't always be smooth and easy. This is because we have an enemy who is intent on stopping our momentum by outing many obstacles our way so we get discouraged.

'Then an angel from heaven appeared and strengthened him.' Luke 22:43

'Then he lay down and slept under the broom tree. But as he was sleeping, an angel touched him and told him, "Get up and eat!" Then the angel of the Lord came again and touched him and said, "Get up and eat some more, or the journey ahead will be too much for you." So he got up and ate and drank, and the food gave him enough strength to travel forty days and forty nights to Mount Sinai, the mountain of God.' 1 Kings 19:5,7-8

'That night the Lord appeared to Paul and said, "Be encouraged, Paul. Just as you have been a witness to me here in Jerusalem, you must preach the Good News in Rome as well."' Acts 23:11

Jesus Himself told us that we will experience many things that require endurance, but we have two assurances that enable us to keep running. One is that we don't need to source the endurance required from our own strength because the Lord Himself will strengthen us. Whether it's Elijah who received supernatural nourishment, Jesus who was strengthened at Gethsemane or Paul where Jesus Himself came to encourage Paul, we see examples through the Bible where divine enablement came to handle difficulties without giving up. We don't have to walk alone, divine assistance is always available to us.

'I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world.' John 16:33

'No, despite all these things, overwhelming victory is ours through Christ, who loved us.' Romans 8:37

Secondly is that no matter what we face, we already have victory through Jesus. In asking God for help in situations that call for endurance, we're not asking from a place of weakness, rather for the grace to walk in the victory Jesus already won for us. Let's start today knowing that come what may, we have the strength to endure because of our victory in Christ.

**Prayer:** Lord when I am tempted to give up, help me to remember the victory that Jesus already won for me and strengthen me to keep going.



### Day 3 Moving in the Right Direction

“Before I formed you in the womb I knew you; Before you were born I sanctified you; I ordained you a prophet to the nations.” Jeremiah 1:5

Imagine an athlete running a marathon but headed in the wrong direction, such a person will never reach the desired finish line without rerouting and getting back on track. All the while, valuable time and energy have been expended which may not be recouped. God is very intentional has a specific plan for everyone's life, but we have a choice to align with that plan or not. The fact that something seems to be good doesn't automatically mean it's part of God's plan. The results we're expected to bear and the resources we need to excel are all connected to the route where we're supposed to take as designed by God. However we don't always follow His path and may make decisions based on what we think is important at the time rather than what God is saying.

'So Manoah asked him, “When your words come true, what kind of rules should govern the boy's life and work?”' Judges 13:12

Samson's father asked the angel who brought news of his conception about the rules governing his son's life: how he should be raised, what he would be, where he would work, etc. This tells us that the Lord already had a plan set out for Samson which he was meant to fulfil. He wasn't meant to live by trial and error, and neither should we.

'You have not chosen Me, but I have chosen you and I have appointed and placed and purposefully planted you, so that you would go and bear fruit and keep on bearing, and that your fruit will remain and be lasting, so that whatever you ask of the Father in My name [as My representative] He may give to you.' John 15:16 AMP

As we look at momentum let's keep in mind that not all motion is necessarily leading us in the right direction and that it's very possible to confuse speed with progress. People may clap for us when we seem to be doing well, but as we look deeply into our own lives, we need to confirm from God that we're still on the path He designed for us. We are His representatives and before we were born He designed a pathway for us that would ensure we are consistently fruitful and fulfilled all our days.

**Prayer:** Lord give me complete knowledge of Your will, show me if I'm still on track. Where I may have diverted Lord I ask for mercy and realignment so I will always live in a way that honours you and fulfil all that You have planned for me.



## Day 4 The Power of Obedience

'Anyone who listens to my teaching and follows it is wise, like a person who builds a house on solid rock... But anyone who hears my teaching and doesn't obey it is foolish, like a person who builds a house on sand.' Matthew 7:24,26

One of the things that helps us maintain momentum despite the vagaries of life is the consistency of our walk with God which includes not just our fellowship but also our obedience. There is a tendency for us to focus on fellowship without paying as much attention to obedience, but Jesus makes it very clear that both are required.

"But I did obey the Lord," Saul insisted. "I carried out the mission he gave me. I brought back King Agag, but I destroyed everyone else... But Samuel replied, "What is more pleasing to the Lord: your burnt offerings and sacrifices or your obedience to his voice? Listen! Obedience is better than sacrifice, and submission is better than offering the fat of rams.' 1 Samuel 15:20,22

Momentum may be the result of active or residual force. For instance, when a fan is on full speed and the power source is disconnected, it won't stop immediately and may still stay in motion for some time depending on how fast it was moving before. In Saul's case, even though the rulership of Israel had left him as far as God was concerned and a successor identified, Saul remained on the throne for a few more years. As such anyone looking at his leadership would think that Saul was still in charge. This should give us reason to pause and reflect because it means that while we may be engaging in physical activity and perhaps being promoted in the natural, the Lord may have replaced us in His agenda due to our disobedience.

'That is why the Lord says, "Turn to me now, while there is time. Give me your hearts. Come with fasting, weeping, and mourning. Don't tear your clothing in your grief, but tear your hearts instead." Return to the Lord your God, for he is merciful and compassionate, slow to get angry and filled with unfailing love. He is eager to relent and not punish.' Joel 2:12-13

'Have mercy on me, O God, because of your unfailing love. Because of your great compassion, blot out the stain of my sins.' Psalms 51:1

The thing about partially obeying is that we sometimes rationalize to ourselves that we have at least done some of what we're supposed to do so God should understand. This is what Saul did when confronted with his disobedience and unfortunately for him, Saul found out the hard way that partial obedience is disobedience before God and it cost him the throne. Rather than repent and admit his wrongdoing, Saul tried to rationalize and justify his actions. On the other hand, we see David who clearly did wrong by murdering Uriah and marrying Bathsheba, yet he admitted his wrongdoing to God. We are not perfect and will make mistakes, but when we genuinely repent and turn away from our disobedience, the Lord is faithful to forgive.

**Prayer:** Lord forgive me for the times I have justified disobeying You, I turn to You with a heart of humility and ask for mercy and cleansing by the blood of Jesus. Help me to prioritize obedience and walking faithfully with You.



## Day 5 Having the Right Mindset

'Let this mind be in you which was also in Christ Jesus' Philippians 2:5

There was a specific mindset Jesus had during His earthly ministry and because we have access to the Holy Spirit, we can also access that mindset. Our mindset is powerful and is a critical determinant of how smoothly we move, how far we go and the momentum we can gain – or lose as the case may be.

'We even saw giants there, the descendants of Anak. Next to them we felt like grasshoppers, and that's what they thought, too!' Numbers 13:33

The Israelites made an interesting statement when they went to spy out Canaan and saw the giants. They were convinced that the Canaanites saw them as grasshoppers. But the question that comes to mind is who told them so? There was no engagement between the two nations so what made them believe they knew what the Canaanites were thinking? The answer lies in their mindset: they first saw themselves as grasshoppers and because of this mindset they were convinced that was how they were viewed by the Anakites as well.

'For as he thinks in his heart, so is he...' Proverbs 23:7

'Now to Him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us' Ephesians 3:20

What and how we think is critical because it shapes who we become. Someone once said, "whether you think you can or think you can't, you're right" – meaning we are able to move only to the extent we believe we can. God wants to do much more with and through us than we are giving Him room to do because of our mindset. Wherever we are in our walk with God, there's much more available to us. When we go to God, what do we engage Him on? Do we truly believe He can do all things and more importantly do we believe all He is and has is available to us? Have we capped what God can do because of limiting beliefs? It's possible that there may be times we slow ourselves down based on our view of how far we believe we can go and so place a limit on ourselves.

**Prayer:** Lord open my eyes to Your infinite power and capacity and ability to work in, with and through me. Let this mind be in me which was also in Jesus so I stop limiting Your move in my life.

## Day 6 Fanning the Flames of Fervency

'And the fire on the altar shall be kept burning on it; it shall not be put out. And the priest shall burn wood on it every morning, and lay the burnt offering in order on it; and he shall burn on it the fat of the peace offerings. A fire shall always be burning on the altar; it shall never go out.' Leviticus 6:12-13

We can't maintain spiritual momentum without giving attention to our prayer life because prayer is oxygen for a believer. The same way people need oxygen to exist is the same way our spiritual life requires prayer to remain healthy. However the amount of oxygen we inhale daily depends on our activity levels. A person living a fairly sedentary life still needs to breathe, but the amount of oxygen consumed by such a person can't be compared to that utilized by a marathon runner. The amount of diligence we give to prayer directly impacts how far and how fast we go on our journey. Little prayer leads to little spiritual power, much prayer, much power.

'not lagging in diligence, fervent in spirit, serving the Lord' Romans 12:11

When we speak of fervency, we're looking at the level of enthusiasm and passion we bring to something, and our prayer life is the engine that powers our fervency. As we devote ourselves to prayer the more our fervency in the things of God grows. The more fervent we are about something, the more energy we dedicate to it which directly impacts the kind of results we get and how far and fast we are propelled forward.

'...The effective, fervent prayer of a righteous man avails much.' James 5:16

'Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered.' Romans 8:26

The Bible tells us clearly that prayer that gets results isn't just fervent but also effective. The question that may come to mind then is what makes our prayer effective? This is where our dependence on the Holy Spirit to pray comes in. Yes, we can come to God with our list of needs and the Lord loves to answer us. But if we really want mileage in spiritual activities, we must be open to moving from our prayer needs to finding out from the Holy Spirit what we should pray about as we ask Him to reveal the mind of God to us as we know His kingdom is ever expanding.

**Prayer:** Holy Spirit, make prayer like oxygen to me, let it be my nature. Give me a desire to pray the heart of the Father so I can partner with Him in expanding the frontiers of His kingdom.



## Day 7 Soaring in the Spirit

“But when you fast, comb your hair and wash your face. Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you.” Matthew 6:17-18

We have looked at the impact of prayer in fanning the flames of fervency. But if we truly want to soar in the spirit there is an added element we must take note of: fasting. In the scripture above as Jesus was teaching His disciples privately He said, “when you fast”, not “if you fast”. Which means it’s something He expected they were to take put into practice often. Jesus Himself fasted for 40 days before commencing His earthly ministry, so there is clearly something about fasting and spiritual momentum.

“The sinful nature wants to do evil, which is just the opposite of what the Spirit wants. And the Spirit gives us desires that are the opposite of what the sinful nature desires. These two forces are constantly fighting each other, so you are not free to carry out your good intentions.” Galatians 5:17

“I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit.” Ephesians 3:16

Prayer is powerful, but Jesus understood the exponential power that is generated by combining prayer with fasting. The body has its wants and habits which are constantly opposing what the spirit wants. The power of fasting is that it reduces the “noise” of the flesh so our inner man can take charge. When we fast, our inner man is empowered to rise above the flesh and take the driving seat so we don’t function based on what our body wants but on how the Holy Spirit leads us. The Holy Spirit leads us through our spirit, but if we are weak in our inner man there’s only so far we can go with Him.

Fasting isn’t meant to be just the physical activity of denying ourselves food, it’s a conscious spiritual exercise that we need the Holy Spirit to help us in so we can get the full benefits. Because it’s a spiritual activity, our heart’s disposition is as important if not more than not eating. As we fast we consciously lay aside all bitterness, envy, gossip or anything that may negatively impact our connection to the Lord. As we do so and combine fasting with prayer and study of the word, the weights and bad habits start dropping off and our spiritual momentum is propelled in ways we may not fully appreciate until we start seeing the results in our lives.

**Prayer:** Lord lead me on this journey of fasting and help me to fast acceptably, so my inner man is strengthened and I can soar as the Holy Spirit leads me.

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