

A 10 WEEK INTENSIVE

FROM HYPE TO HUNGER

How to turn a moment with God
into an unstoppable momentum



BY MICAH STEGER

FROM HYPE TO HUNGER

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Daily and Weekly Rhythms



DAILY DECLARATIONS

A list of verses for each day of the week

FROM HYPE TO HUNGER

CREATOR



MICAH STEGER

This is the program I wish I had sooner in my faith journey. I created this for those who want to take their devotion to God to deeper places. For those who want to take their walk with Jesus to the next level and steward their God-given influence to reach their generation. For those who are tired of living from event to event, from encounter to encounter, and want a sustained devotion that doesn't disappear when the crowds do. My goal is for you to be so transformed by this intensive that you will not be able to recognize yourself ten weeks from now. Let's begin!

FROM HYPE TO HUNGER

WHY IS THIS IMPORTANT?

A moment with God can change everything, but a moment is just a memory unless it is converted into a momentum that carries us further. We can never discredit or under value the importance of an encounter with Jesus. Everything can change with just one touch from Him. But one encounter cannot sustain us through all that life will try and throw at us. That's where having consistent devotion and spiritual discipline comes in. We must create daily *rhythms* of engaging God through the reading His word, prayer, worship, generosity, servanthood, radical obedience, and so much more. We must recognize that hype alone won't carry us. Our hype must always lead us into hunger.

FROM HYPE TO HUNGER

WHAT TO EXPECT FROM THIS PROGRAM

In the next 10 weeks you will be challenged, stretched, shaped and developed in ways that will prepare you for the call on your life. I will go ahead and tell you right now that it will not be easy, but if you are faithful to the process, your life will never look the same.

Through daily Bible reading, prayer, weekly fasting, verse memorization, acts of generosity, and serving in your church, your spiritual hunger will be more vibrant and on fire than ever before. Everything has been laid out for you step by step - all it needs is your commitment.



DAILY RHYTHMS

These are to be completed daily:

01

READ ONE CHAPTER FROM PROVERBS

A time-old discipline is taking in the Proverbs. There is timeless wisdom in this book that will carry you through almost any season of life.

02

READ TWO CHAPTERS FROM THE N.T.

You will read two chapters from the New Testament per day. Start in the book of Luke, then skip to the book of Acts. Once you finish in Acts, you will read chronologically all the way through Philemon.

03

DAILY DECLARATIONS

Something significant happens when you speak the truth of the Bible out loud over your life daily. When you confess God's Word, it aligns your prayers, desires, and perspective to the Father's.

04

PRAY FOR 15 MINUTES (AT LEAST)

Your relationship with God is, in some ways, just like other relationships. You spend time with who you truly value. The more time you spend together, the closer you become with them.

WEEKLY RHYTHMS

These spiritual disciplines will be like pouring gasoline on the fire of your devotion.

These are to be completed weekly:

01

SCRIPTURE MEMORIZATION

The Bible makes it very clear that we must have the Word of God in our hearts. Each week you will commit to memorizing one verse, sometimes two.

02

MEMORIZE BOOKS OF THE BIBLE

Knowing your way around something is the first step to becoming an expert. As a mature believer, it is helpful to be familiar with the books of the Bible. Each week we will memorize six or seven books. By the end of this program we will know all 66 books by memory.

03

ACT OF GENEROSITY

The scriptures teach us that it is better to give than to receive. Whether it be time, money, compliments, or attention, look for ways to go above and beyond for those around you and demonstrate a heart of generosity.

04

SERVE AT YOUR CHURCH

You were never meant to be a bystander. You can't grow into maturity and devotion without being planted and serving the Bride of Christ. You need to be actively using the gifts God has given you to help your local church fulfill its mission and vision.

05

FAST

The term 'fasting' isn't popular, but it is very much biblical. It is not a form of manipulation where we can convince God to do something. It is a means of submission, devotion, and placing our dependency on Him.

HOW TO MEMORIZE SCRIPTURE

LET'S BE HONEST, MEMORIZING SCRIPTURE IS NOT EASY. IF IT WAS, MORE PEOPLE WOULD DO IT. BUT IT IS UNDOUBTEDLY ESSENTIAL FOR THE LIFE OF A BELIEVER.

THERE ARE MANY MEMORY SYSTEMS OUT THERE AND I'M SURE THEY ALL WORK, BUT HERE ARE JUST A FEW KEY STEPS TO HELP GET YOU STARTED IN YOUR JOURNEY OF MEMORIZING SCRIPTURE.

1 SELECT YOUR SCRIPTURE

This has already been done for you in this workbook, but in the future you will need to choose what you want to memorize. A way to help you choose is to pick a verse based on the topic in the Bible that you want to grow in.

2 PICK A TRANSLATION

Simply put, pick a version that you can understand. The scriptures in this workbook are NIV, but you can pick another translation if that helps you with retention.

3 UNDERSTAND THE CONTEXT

You need to see the bigger picture and understand the context of what the verse means and why it was written. Before you memorize a verse, read the chapter the verse is in. BONUS: Having a Bible with a commentary can be a huge help!

4 WRITE THE VERSE DOWN

I know we have access to so much technology, but there is something about writing a verse down on a flash card and being able to carry it with you that helps make it stick in your memory. Try it out and see if this helps!

5 BREAK IT DOWN

Break the verse down into sections. If there are sentences, commas, or different ideas, use those to your advantage and memorize it in bite-sized sections.

6 REVIEW

Read the verse out loud a couple times a day. Instead of pulling out your phone, grab the flash card. Aim to do this 5-10 times a day. As a bonus, do this with a friend! This will help encourage you both as well as hold you both accountable.

FROM HYPE TO HUNGER

DAILY DECLARATIONS

These are to be read out loud on their corresponding days.
The list of verses can be found at the end of the workbook.

MONDAY

GOD'S GREATNESS

TUESDAY

VICTORY

WEDNESDAY

LIFE

THURSDAY

HEALTH & HEALING

FRIDAY

THE WORD

SATURDAY

PURITY

SUNDAY

BLESSINGS



**SPIRITUAL
HUNGER WILL
TAKE YOU TO
PLACES HYPE
COULD NEVER
SUSTAIN YOU.**



MICAH STEGER

DAILY RHYTHMS

WEEK 1

READ ONE PROVERB

- ☐ **MONDAY**
- ☐ **TUESDAY**
- ☐ **WEDNESDAY**
- ☐ **THURSDAY**
- ☐ **FRIDAY**
- ☐ **SATURDAY**
- ☐ **SUNDAY**

READ TWO N.T. CHAPTERS

- ☐ **MONDAY**
- ☐ **TUESDAY**
- ☐ **WEDNESDAY**
- ☐ **THURSDAY**
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DAILY DECLARATIONS

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PRAY FOR 15 MINUTES

- ☐ **MONDAY**
- ☐ **TUESDAY**
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- ☐ **THURSDAY**
- ☐ **FRIDAY**
- ☐ **SATURDAY**
- ☐ **SUNDAY**

WEEKLY DISCIPLINES

WEEK 1

MEMORY VERSE

☐ But God demonstrates his own love for us in this: While we were still sinners, Christ died for us. - Romans 5:8

BOOKS OF THE BIBLE TO MEMORIZE

*This is the beginning of the Old Testament

☐ Genesis, Exodus, Leviticus, Numbers, Deuteronomy, Joshua

What was your act of generosity this week?

How did you serve in your local church this week?

What did you fast this week?

DAILY RHYTHMS

WEEK 2

READ ONE PROVERB

- ☐ **MONDAY**
- ☐ **TUESDAY**
- ☐ **WEDNESDAY**
- ☐ **THURSDAY**
- ☐ **FRIDAY**
- ☐ **SATURDAY**
- ☐ **SUNDAY**

READ TWO N.T. CHAPTERS

- ☐ **MONDAY**
- ☐ **TUESDAY**
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DAILY DECLARATIONS

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PRAY FOR 15 MINUTES

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WEEKLY RHYTHMS

WEEK 2

MEMORY VERSE

☐ God made him who had no sin to be sin for us, so that in him we might become the righteousness of God. - 2 Corinthians 5:21

BOOKS OF THE BIBLE TO MEMORIZE

☐ Judges, Ruth, 1 Samuel, 2 Samuel, 1 Kings, 2 Kings

What was your act of generosity this week?

How did you serve in your local church this week?

What did you fast this week?

DAILY RHYTHMS

WEEK 3

READ ONE PROVERB

- ☐ **MONDAY**
- ☐ **TUESDAY**
- ☐ **WEDNESDAY**
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READ TWO N.T. CHAPTERS

- ☐ **MONDAY**
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DAILY DECLARATIONS

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PRAY FOR 15 MINUTES

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WEEKLY RHYTHMS

WEEK 3

MEMORY VERSE

☐ If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. - 1 John 1:9

BOOKS OF THE BIBLE TO MEMORIZE

☐ 1 Chronicles, 2 Chronicles, Ezra, Nehemiah, Esther, Job

What was your act of generosity this week?

How did you serve in your local church this week?

What did you fast this week?

DAILY RHYTHMS

WEEK 4

READ ONE PROVERB

- ☐ **MONDAY**
- ☐ **TUESDAY**
- ☐ **WEDNESDAY**
- ☐ **THURSDAY**
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READ TWO N.T. CHAPTERS

- ☐ **MONDAY**
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DAILY DECLARATIONS

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PRAY FOR 15 MINUTES

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WEEKLY RHYTHMS

WEEK 4

MEMORY VERSE

I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me. - Galatians 2:20

BOOKS OF THE BIBLE TO MEMORIZE

Psalms, Proverbs, Ecclesiastes, Song of Solomon, Isaiah, Jeremiah

What was your act of generosity this week?

How did you serve in your local church this week?

What did you fast this week?

DAILY RHYTHMS

WEEK 5

READ ONE PROVERB

- ☐ **MONDAY**
- ☐ **TUESDAY**
- ☐ **WEDNESDAY**
- ☐ **THURSDAY**
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READ TWO N.T. CHAPTERS

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DAILY DECLARATIONS

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PRAY FOR 15 MINUTES

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WEEKLY RHYTHMS

WEEK 5

MEMORY VERSE

☐ For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— not by works, so that no one can boast. - Ephesians 2:8-9

BOOKS OF THE BIBLE TO MEMORIZE

☐ Lamentations, Ezekiel, Daniel, Hosea, Joel, Amos, Obadiah

What was your act of generosity this week?

How did you serve in your local church this week?

What did you fast this week?

DAILY RHYTHMS

WEEK 6

READ ONE PROVERB

- ☐ **MONDAY**
- ☐ **TUESDAY**
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READ TWO N.T. CHAPTERS

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PRAY FOR 15 MINUTES

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WEEKLY RHYTHMS

WEEK 6

MEMORY VERSE

Therefore, there is now no condemnation for those who are in Christ Jesus, because through Christ Jesus the law of the Spirit who gives life has set you free from the law of sin and death. - Romans 8:1-2

BOOKS OF THE BIBLE TO MEMORIZE

This is the end of the Old Testament

Jonah, Micah, Nahum, Habakkuk, Zephaniah, Haggai, Zechariah, Malachi

What was your act of generosity this week?

How did you serve in your local church this week?

What did you fast this week?

DAILY RHYTHMS

WEEK 6

READ ONE PROVERB

- ☐ **MONDAY**
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WEEKLY RHYTHMS

WEEK 7

MEMORY VERSE

Now faith is confidence in what we hope for and assurance about what we do not see. - Hebrews 11:1

BOOKS OF THE BIBLE TO MEMORIZE

This is the beginning of the New Testament

Matthew, Mark, Luke, John, Acts, Romans

What was your act of generosity this week?

How did you serve in your local church this week?

What did you fast this week?

DAILY RHYTHMS

WEEK 7

READ ONE PROVERB

- ☐ **MONDAY**
- ☐ **TUESDAY**
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READ TWO N.T. CHAPTERS

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PRAY FOR 15 MINUTES

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WEEKLY RHYTHMS

WEEK 8

MEMORY VERSE

☐ For the grace of God has appeared that offers salvation to all people. It teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age... - Titus 2:11-12

BOOKS OF THE BIBLE TO MEMORIZE

☐ 1 Corinthians, 2 Corinthians, Galatians, Ephesians, Philippians, Colossians

What was your act of generosity this week?

How did you serve in your local church this week?

What did you fast this week?

DAILY RHYTHMS

WEEK 9

READ ONE PROVERB

- ☐ **MONDAY**
- ☐ **TUESDAY**
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- ☐ **THURSDAY**
- ☐ **FRIDAY**
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READ TWO N.T. CHAPTERS

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DAILY DECLARATIONS

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PRAY FOR 15 MINUTES

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- ☐ **SATURDAY**
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WEEKLY RHYTHMS

WEEK 9

MEMORY VERSE

Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. - Romans 12:1-2

BOOKS OF THE BIBLE TO MEMORIZE

1 Thessalonians, 2 Thessalonians, 1 Timothy, 2 Timothy, Titus, Philemon, Hebrews, James

What was your act of generosity this week?

How did you serve in your local church this week?

What did you fast this week?

DAILY RHYTHMS

WEEK 10

READ ONE PROVERB

- ☐ **MONDAY**
- ☐ **TUESDAY**
- ☐ **WEDNESDAY**
- ☐ **THURSDAY**
- ☐ **FRIDAY**
- ☐ **SATURDAY**
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READ TWO N.T. CHAPTERS

- ☐ **MONDAY**
- ☐ **TUESDAY**
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DAILY DECLARATIONS

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- ☐ **SATURDAY**
- ☐ **SUNDAY**

PRAY FOR 15 MINUTES

- ☐ **MONDAY**
- ☐ **TUESDAY**
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- ☐ **THURSDAY**
- ☐ **FRIDAY**
- ☐ **SATURDAY**
- ☐ **SUNDAY**

WEEKLY RHYTHMS

WEEK 10

MEMORY VERSE

Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age. - Matthew 28:19-20

BOOKS OF THE BIBLE TO MEMORIZE

1 Peter, 2 Peter, 1 John, 2 John, 3 John, Jude, Revelation

What was your act of generosity this week?

How did you serve in your local church this week?

What did you fast this week?

DAILY DECLARATIONS

GOD'S GREATNESS

1 Chronicles 29:10-13

"Praise be to you, Lord, the God of our father Israel, from everlasting to everlasting. Yours, Lord, is the greatness and the power and the glory and the majesty and the splendor, or everything in heaven and earth is yours. Yours, Lord, is the kingdom; you are exalted as head over all. Wealth and honor come from you; you are the ruler of all things. In your hands are strength and power to exalt and give strength to all. Now, our God, we give you thanks, and praise your glorious name.

1 Corinthians 8:6

Yet for us there is but one God, the Father, from whom all things came and for whom we live; and there is but one Lord, Jesus Christ, through whom all things came and through whom we live.

Psalms 145:3, 13, 16

Great is the Lord and most worthy of praise; his greatness no one can fathom. Your kingdom is an everlasting kingdom, and your dominion endures through all generations. The Lord is trustworthy in all he promises and faithful in all he does.

Romans 11:33, 36

Oh, the depth of the riches of the wisdom and[a] knowledge of God! How unsearchable his judgments, and his paths beyond tracing out! For from him and through him and for him are all things. To him be the glory forever! Amen.

Colossians 1:15-18

The Son is the image of the invisible God, the firstborn over all creation. For in him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; all things have been created through him and for him. He is before all things, and in him all things hold together. And he is the head of the body, the church; he is the beginning and the firstborn from among the dead, so that in everything he might have the supremacy.

Ephesians 1:20-22

He exerted when he raised Christ from the dead and seated him at his right hand in the heavenly realms, far above all rule and authority, power and dominion, and every name that is invoked, not only in the present age but also in the one to come. And God placed all things under his feet and appointed him to be head over everything for the church,

TUESDAY

DAILY DECLARATIONS

VICTORY

1 Corinthians 15:57

But thanks be to God! He gives us the victory through our Lord Jesus Christ.

1 John 5:4

For everyone born of God overcomes the world. This is the victory that has overcome the world, even our faith.

Revelation 12:11

They triumphed over him by the blood of the Lamb and by the word of their testimony; they did not love their lives so much as to shrink from death.

Romans 8:37-39

No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Isaiah 54:17

No weapon forged against you will prevail, and you will refute every tongue that accuses you. This is the heritage of the servants of the Lord, and this is their vindication from me," declares the Lord.

Colossians 2:14-15

Having canceled the charge of our legal indebtedness, which stood against us and condemned us; he has taken it away, nailing it to the cross. And having disarmed the powers and authorities, he made a public spectacle of them, triumphing over them by the cross.

2 Corinthians 10:3-5

For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

DAILY DECLARATIONS

LIFE

1 John 5:11-12

And this is the testimony: God has given us eternal life, and this life is in his Son. Whoever has the Son has life; whoever does not have the Son of God does not have life.

John 6:40

For my Father's will is that everyone who looks to the Son and believes in him shall have eternal life, and I will raise them up at the last day.

John 5:39-40

You study the Scriptures diligently because you think that in them you have eternal life. These are the very Scriptures that testify about me, yet you refuse to come to me to have life.

John 17:3

Now this is eternal life: that they know you, the only true God, and Jesus Christ, whom you have sent.

Colossians 2:9-10

For in Christ all the fullness of the Deity lives in bodily form, and in Christ you have been brought to fullness. He is the head over every power and authority.

Ephesians 1:3-4

Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ. For he chose us in him before the creation of the world to be holy and blameless in his sight.

John 1:14

In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through him all things were made; without him nothing was made that has been made. In him was life, and that life was the light of all mankind.

2 Timothy 1:7

For God has not given us a spirit of fear, but of power and of love and of a sound mind.

DAILY DECLARATIONS

HEALTH & HEALING

Psalm 107:20

He sent His word and healed them, And delivered them from their destructions.

Matthew 8:16-17

When evening had come, they brought to Him many who were demon-possessed. And He cast out the spirits with a word, and healed all who were sick, that it might be fulfilled which was spoken by Isaiah the prophet, saying: "He Himself took our infirmities And bore our sicknesses."

Acts 10:38

How God anointed Jesus of Nazareth with the Holy Spirit and with power, who went about doing good and healing all who were oppressed by the devil, for God was with Him.

Romans 8:11

But if the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ from the dead will also give life to your mortal bodies through His Spirit who dwells in you.

1 Peter 2:24

Who Himself bore our sins in His own body on the tree, that we, having died to sins, might live for righteousness—by whose stripes you were healed.

Proverbs 3:5-8

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight. Do not be wise in your own eyes; fear the Lord and shun evil. This will bring health to your body and nourishment to your bones.

Isaiah 53:4-5

Surely he took up our pain and bore our suffering, yet we considered him punished by God, stricken by him, and afflicted. But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed.

Proverbs 4:20-22

My son, pay attention to what I say; turn your ear to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to one's whole body.

DAILY DECLARATIONS

THE WORD

Hebrews 1:3

The Son is the radiance of God's glory and the exact representation of his being, sustaining all things by his powerful word. After he had provided purification for sins, he sat down at the right hand of the Majesty in heaven.

Hebrews 4:12-13

For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. Nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account.

Psalms 119:11;89

I have hidden your word in my heart that I might not sin against you. Your word, Lord, is eternal; it stands firm in the heavens.

John 1:14

The Word became flesh and made his dwelling among us. We have seen his glory, the glory of the one and only Son, who came from the Father, full of grace and truth.

James 1:21

Therefore, get rid of all moral filth and the evil that is so prevalent and humbly accept the word planted in you, which can save you.

Psalms 19:8-11

The precepts of the Lord are right, giving joy to the heart. The commands of the Lord are radiant, giving light to the eyes. The fear of the Lord is pure, enduring forever. The decrees of the Lord are firm, and all of them are righteous. They are more precious than gold, than much pure gold; they are sweeter than honey, than honey from the honeycomb. By them your servant is warned; in keeping them there is great reward.

2 Timothy 3:16-17

All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work.

James 1:22

Do not merely listen to the word, and so deceive yourselves. Do what it says.

DAILY DECLARATIONS

PURITY

2 Corinthians 7:1

Therefore, since we have these promises, dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God.

Ephesians 5:3-5

But among you there must not be even a hint of sexual immorality, or of any kind of impurity, or of greed, because these are improper for God's holy people. Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving. For of this you can be sure: No immoral, impure or greedy person—such a person is an idolater—has any inheritance in the kingdom of Christ and of God.

Colossians 3:5

Put to death, therefore, whatever belongs to your earthly nature: sexual immorality, impurity, lust, evil desires and greed, which is idolatry.

Proverbs 15:9

The Lord detests the way of the wicked, but he loves those who pursue righteousness.

1 John 2:16-17

For everything in the world—the lust of the flesh, the lust of the eyes, and the pride of life—comes not from the Father but from the world. The world and its desires pass away, but whoever does the will of God lives forever.

1 Timothy 4:12

Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity.

Philippians 4:8

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Psalms 51:10

Create in me a pure heart, O God, and renew a steadfast spirit within me.

Luke 11:34

Your eye is the lamp of your body. When your eyes are healthy, your whole body also is full of light. But when they are unhealthy, your body also is full of darkness.

DAILY DECLARATIONS

BLESSINGS

Proverbs 4:18

The path of the righteous is like the morning sun, shining ever brighter till the full light of day.

2 Corinthians 1:10

He has delivered us from such a deadly peril, and he will deliver us again. On him we have set our hope that he will continue to deliver us,

Philippians 4:19

And my God will meet all your needs according to the riches of his glory in Christ Jesus.

Numbers 6:24-26

The Lord bless you and keep you; the Lord make his face shine on you and be gracious to you; the Lord turn his face toward you and give you peace.

2 Corinthians 9:8

And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.

John 1:16

Out of his fullness we have all received grace in place of grace already given.

Philippians 4:7

And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Matthew 6:30-33

If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well.

Ephesians 3:20

Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us,

YOU DID IT!

Congratulations on finishing this 10 week program.

BUT this isn't the finish line- this is the starting line!

Everything about this was to fan the flame on the inside of you. I hope that you aren't just excited to be done, but that this created a hunger inside of you to go after more of what God has for you. That the rhythms you committed yourself to became a part of your DNA and will always be active. I hope you see Jesus more clearly and know Him more intimately than ever before!

If this program helped you in any way, I would love to hear about it! Please DM me on Instagram or email me.

@MICAHSTEGE

MICAHSTEGE@GMAIL.COM