



7 days Prayer Time for Overcoming Self-limiting Beliefs

Feb 3-9, 2025

The Word View Church

THANKSGIVING

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- Start every day with thanksgiving because...
 1. God is not a liar.
 2. He has made us a partaker of His divine nature.
 3. He has placed us in Him and He lives in us. We have eternal life.
 4. He is our life.
 5. He has called us into the assembly of His love.
 6. He has anointed us and appointed us to proclaim His name, experience and express His glory.
 7. There is nothing impossible to and for Him.
 8. His glory has risen upon us.
 9. His children and His family. He is our God, and we are His children.
 10. He controls times and seasons.

“Arise [from the depression and prostration in which circumstances have kept you—rise to a new life]! Shine (be radiant with the glory of the Lord), for your light has come, and the glory of the Lord has risen upon you!

2 For behold, darkness shall cover the earth, and dense darkness [all] peoples, but the Lord shall arise upon you [O Jerusalem], and His glory shall be seen on you.

3 And nations shall come to your light, and kings to the brightness of your rising.”

▪ Isa 60: 1-3, AMPC

INTRODUCTION

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- God is a God of Possibilities
 - With Him all things are possible
 - He also wants us to believe Him so that all things can be possible for us too
- God's word to us is "arise," then "shine" because our light has come, and His glory has risen upon us. He also said that gentiles shall come to our light and kings to the brightness of our rising.
 - However, if we don't believe that we can experience His promise it will remain a promise and not our reality.
- The challenge we have is what we believe about ourselves because of our exposure and life's experience.
- The goal is to challenge and break every self-limiting belief that might be there and has prevented us or will prevent us from experiencing God in His fullness.
- Self-limiting beliefs are negative thoughts or perceptions we hold about ourselves that can prevent us from reaching our full potential.
 - They are not by any chance true
- They are negative, defeatist ideas we have about ourselves that stop us from living our best, fullest, & most authentic lives
- They are deeply ingrained thoughts or assumptions we hold about ourselves that limit our potential and prevent us from achieving our goals.
 - They tend to hold us down, constrain, constrict, restrict and incapacitate us.

DAY 1

Reflection:

Take time today to identify some self-limiting beliefs that you've held onto that have been preventing you from experiencing life as you ought to.

1. Lord, reveal to me the limitations that I have put on myself out of fear or doubt. Please help me to recognize the lies I have believed about my own ability.
2. I invite the Holy Spirit to illuminate the areas where I have confined myself and felt limited and let Your truth set me free.
3. I renounce and reject every limitation that I have projected on myself or has been projected on me by anyone, any group, or the system that I live in.
4. I reject and break every evil pattern that has developed or is developing in my life in Jesus' name.
5. I destroy the labels and identities I have accepted over time that are not empowering to me.
6. Lord, help me to know what it means to be created in your image and after your likeness.
7. I receive the courage to start seeing myself as you see me, and I step into the future you have for me in Jesus' name.

DAY 2

Reflection:

Write a list of God's promises that you can hold onto

1. I repent of anything that makes me doubt You and Your promises to me.
2. I repent of anything that makes me doubt and second-guess myself about being who I am meant to be and doing what I am meant to do.
3. I repent of every way I have been compromising myself.
4. I break every fear that has been holding me back from seeing the potential you have given me.
5. I break free from anything that has been holding me back or hindering me from moving forward in any way, shape, or form.
6. I break free from any thoughts that suggest that I am not worthy of Your blessings and good and precious plans in Jesus' name.

DAY 3

Reflection:

Examine the areas where fear has kept you from taking actions or making decisions

1. Help me to embrace the identity You have given me and let go of the old labels and limitations that have defined me in the past.
2. Lord, open my eyes to my potential and point me to where I can use my creativity this year.
3. I release any doubts I have about my future and trust that You are leading me to a path of greatness.
4. I break free from the belief that I am not worthy of the future You have planned for me.
5. I silence every accusing voice that is speaking contrary to your plan and purpose in my life.
6. Lord, empower me to walk in your truth alone.

DAY 4

Reflection:

Reflect on your beliefs about money and how they have shaped your career choices

1. Lord, I receive Your perspective and attitude about money so that I can see money just as You see it.
2. Lord, deliver me from being trapped by the love of money.
3. Lord, help me to use the money that You have given to me for what it was meant for.
4. Lord, open my eyes to people around me who can help me put the money You have given me to good use through creativity and innovation.
5. Lord, help me to increase and enlarge my capacity to earn beyond what I am currently earning.
6. Lord, I receive the diligence and discipline to be careful about money.
7. I receive the wisdom to effectively manage my resources (talents, gifts, energy, abilities, strengths and relationships in Jesus' name).

DAY 5

Reflection:

Reflect on the old labels and limitations you've accepted about yourself. Write down any negative self-identity you've been holding onto and replace it with truths from God's Word.

1. I break any patterns of negativity and self-limiting beliefs that are not aligned with Your truth
2. In the name of Jesus, I release the weight of past failures and mistakes. I choose not to dwell on the past, but to trust that You are doing a new thing in my life.
3. Lord, free me from any past regret and help me to embrace and focus on the new opportunities You are bringing into my life today.
4. Lord, help me to see possibilities and opportunities in every difficulty that I face.
5. I declare that I am established in all the will and the goodness of God.
6. Lord, help me to set my affection on things about and not below in Jesus' name.

DAY 6

Reflection:

Consider how past failures or regrets have influenced your current mindset. Write down one thing you can let go of today that has been holding you back.

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1. Lord, You said gentiles shall come to my light and kings to the brightness of my rising, help me to become the kind of person that attracts the right people, help, and support.
2. Lord, I receive the power, wisdom, and courage to solve problems for people across the board.
3. Help me to trust in Your guidance and break free from any belief that I am unqualified or incapable.
4. I renounce the spirit of fear in my life, and I replace it with power, love, and a sound mind.
5. Lord, help me to embrace my calling and true identity in You and break free from the false beliefs that have defined me
6. Lord, break the belief that I must have everything figured out and help me to walk in faith, even when I don't understand the path ahead.
7. Lord, I surrender my need to control every situation and outcome. Teach me to trust You more fully, knowing that You are in control in Jesus' name.

DAY 7

Reflection:

“Your destiny is the customized life calling God has ordained and equipped you to accomplish to bring Him the greatest glory and achieve the maximum expansion of His kingdom.” – Tony Evans

Reflect on the unique purpose and calling God has placed on your life. What steps can you take today to walk more fully in the purpose He has for you?

1. I step into the destiny You have planned for me, knowing that You have equipped me with everything I need to fulfill Your will.
2. I am not who I used to be—I am who You say I am. By Your grace, I begin to walk confidently in the identity You have given me.
3. I break free from the need to gain validation from people, and I choose to find my worth in You alone.
4. Lord, help me to boldly follow Your call on my life, regardless of the opinions of others
5. Lord, I believe your word and I declare that I am loved, chosen, equipped, victorious, complete in Christ, more than a conqueror and have a sound mind
6. Lord, help me to release the pressure of trying to make things happen on my own timeline. Give me patience as I wait on You and confidence in Your ability to bring about what is best for me at the right moment in Jesus' name!