

BEYOND BREAKTHROUGH:

21 DAYS TO
TOTAL FREEDOM IN CHRIST

DONNA PARTOW

& DEANNA ALLEN



TABLE OF CONTENTS

Day 1: Welcome to a Spiritual Feast Listen to Day 1 audio	4
Day 2: Pride Can Hide	5
Day 3: Pray the Solution	7
Day 4: Getting to the Source	10
Day 5: Weeding & Seeding	11
Day 6: Healing & Deliverance	13
Day 7: Rest & Reflection/Bonus Teaching	14
Day 8: When You Get Rid of the Garbage, The Rats Will Leave	15
Day 9: Know Your Enemy's Strategy	16
Day 10: Set Free from the Empty Life that's "All About Me"	17
Day 11: Practical Keys to Applying the Power of the Blood of Christ	20
Day 12: Fix Your Eyes on Jesus	23
Day 13: Continued Healing & Deliverance	25
Day 14: Rest & Reflection or Bonus Teaching	26
Day 15: The Power of Spiritual Atmosphere	27
Day 16: SHIFT the spiritual atmosphere	29
Listen to Day 16 audio	29
Day 17: Hold on to HOPE	30
Day 18 – Can You Go from a Mess to Glory?	31
Day 19 - DREAM again	33
Day 20: Give Back	34
Listen to Day 20 Bonus audio	34
Day 21: Rest & Reflection or Bonus	35
ABOUT YOUR TEACHERS	36

Day 1: Welcome to a Spiritual Feast

[Listen](#) to Day 1 audio

FEAST

Fasting

Enumerate

Attitude of Gratitude

Share your journey

Time in God's presence

FOCUS WORD: BELIEVE

Scripture to Ponder:

"For we live by believing and not by seeing." 2 Cor. 5:7 NLT

"Focus your minds on the things above, not on things here on earth." Col. 3:2 CJB

Jesus looked at them and said, "With man it is impossible, but not with God. For all things are possible with God." Mark 10:27 ESV

Our theme song by JesusCulture
BREAK EVERY CHAIN

Day 2: Pride Can Hide

[Listen to Day 2 audio](#)

PRIDE

Peacocking

Rehearsing

Insecurity

Divisiveness

Entitlement

3 words of warning: I can't believe

Andrew Murray's prayer for humility

Father in Heaven,

Please send the Holy Spirit, because of your great goodness and for the sake of your Kingdom.

Reveal to me and remove from my heart every kind, form and degree of pride. Whether it be from evil spirits or my own corrupt nature.

Awaken in me the deepest depth and truth of the power of true humility, which can make me capable of being a shining light filled daily with the presence of the Holy Spirit.

FOCUS WORD: MIGHTY

Scripture to ponder:

“The Lord your God is with you, He is mighty to save.” Zeph. 3:17

“Be strong, fear not, behold your God will come, He will come and save you.”

Isa. 35:3-4

.

Day 3: Pray the Solution

[Listen to Day 3 audio](#)

SOLUTION

Solution - When you pray, focus on the solution, not the problem

Others - When we focus on helping others as God directs, we deliberately turn away from "I want, I think and I feel" thereby weakening the soul and strengthening the spirit

Learn & lean on the will of God so you can proclaim his will rather than your own

Upward - Fix your eyes on God.

Thought - You are always thinking something. But you don't have to remain a victim of whatever thought chooses to pop into your head. Each morning, choose a truth from God's Word and choose to focus on it

Intentionally agree with God, rather than your circumstances

Obey instantly - Don't ask God to show you what's next until you have obeyed the last thing he showed you to do

New thing - Believe God is doing a new thing. There is always a plan. Always a hope and a future

FOCUS WORD: LISTEN

Scripture to Ponder:

John 10:27 "My sheep listen to my voice; I know them, and they follow me"

John 15:4 ESV "Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me."

James 4:8 "Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded."

Tips for dividing Soul & Spirit:

John 15:4 ESV "Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me."

James 4:8 "Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded."

Getting the most out of the word you are hearing by not shunning the things of God: You can avoid suffering from spiritual anorexia, caused by living

on God's Word regurgitated by others. Here's a simple process to receive and digest what God is saying or showing us:

Inspiration - we are inspired by the Holy Spirit to listen and hear a word Revelation - Holy Spirit shows us something about that word

Meditation - We begin to chew and chew and chew on what we've heard or seen

Application - What am I to do with this God?
Transformation - We are transformed by the Word of God we hear.

Day 4: Getting to the Source

[Listen](#) to Day 4 audio

Have the courage to ask God this all-important question: "What is the source and solution to my most pressing problem?"

3 Practical Ws:

Write out your question for God

Watch for the answer. (Get quiet. Stay alert. Expect a reply.)

Walk out the answer He gives. It may have several components, encompassing spirit, soul and body.

FOCUS WORD: LOVE

Scriptures to ponder:

Jer. 31:3 "I have loved you with an everlasting love; I have drawn you with unfailing kindness.

1 John 4:8 "Whoever does not love does not know God, because God is love."

Day 5: Weeding & Seeding

[Listen](#) to Day 5 audio

SEED

Serve

Encourage

Edify

Discipline

What seeds are you planting?

What are you doing with those seeds?

FOCUS WORD - GIVE

Scripture to ponder:

"Give, and it will be given to you. They will pour into your lap a good measure-- pressed down, shaken together, and running over. For by your standard of measure it will be measured to you in return." Luke 6:38 NASB

"You are among my chosen ones, chosen for the high calling of priestly work, chosen to be a holy people, My instrument doing My work, speaking

out for Me, telling others the difference I have made in your life.” 1 Peter 2:9 MSG

Day 6: Healing & Deliverance

[Please listen](#) to Part 1 of Deanna Allen's teaching on Healing & Deliverance

Day 7: Rest & Reflection/Bonus Teaching

Your choice! Reflect or [Listen](#) to Bonus Audio

Set aside an hour to ponder how you lived the past week:

1. Am I listening for and hearing God's voice? What is he saying to me?
2. Am I increasingly manifesting the fruit of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control?
3. What areas look encouraging? What areas need prayer?
4. What did God teach me: through the Empowering class sessions? In my QT?
5. Which priorities did I live by?
6. Which priorities did I neglect?
7. What new thing did I learn—about life, God, my family, and the people around me?
8. What are my specific priorities (where is God directing me) for the coming week?

Day 8: When You Get Rid of the Garbage, The Rats Will Leave

[Listen](#) to Day 8 audio

RATS

Rest & restore - Read Psalm 23. Breakthru comes when we allow the Good Shepherd to lead us beside still waters

Admit your part in allowing garbage into your soul. Remember $O=E+R$

Thank God for exposing the truth -- even if it hurts

Stay at peace - with God, others and self

FOCUS WORD: JOY

Scripture to ponder:

Ps. 16:11 NASB "You will make known to me the path of life; In Your presence is fullness of joy; In Your right hand there are pleasures forever."

James 1:2-3 "Dear brothers and sisters, when troubles come your way, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow."

Day 9: Know Your Enemy's Strategy

[Listen](#) to Day 9 audio

3 Things Designed to Keep You Bound:

- 1) Spiritual Blindness
- 2) Spiritual Ignorance
- 3) Deception

How do we break FREE?

Face our past pains. Look at soul/spirit wounds

Renew our minds. Replace ungodly beliefs with the truth

Examine our ways and test them. Challenge your values, beliefs, actions

Expect & Embrace the change. Believe God can and will do it. Agree & cooperate with process

FOCUS WORD: THIRST

Day 10: Set Free from the Empty Life that's "All About Me"

[Listen](#) to Day 10 audio

BLOOD

Bound by sin

Loosed by the Blood of Jesus

Offered to purchase our freedom, set us free from the empty life of "all about me" so we can serve God with a clear conscience

Only speak of the Blood...and the demons tremble

Don't use the Blood of Jesus like a good luck charm; learn the power of it and how to apply it strategically and effectively to put the enemy to flight

O for a Thousand Tongues

by Charles Wesley

O for a thousand tongues to sing
My great Redeemer's praise, The glories of my God
and King,
The triumphs of His grace!
My gracious Master and my God, Assist me to
proclaim,

To spread through all the earth abroad
The honors of Thy name.

Jesus! The name that charms our fears,
that bids our sorrows cease;
'tis music in the sinners' ears,
'tis life, and health, and peace.

He breaks the power of canceled sin,
he sets the prisoner free;
his Blood can make the foulest clean;
his Blood availed for me

He speaks, and listening to his voice,
new life the dead receive;
the mournful, broken hearts rejoice,
the humble poor believe.

Pray this Prayer:

Holy Spirit,
Because of the price Jesus paid, because he
ransomed me with his precious blood, I am now
fully yours.

My life is not my own.

I choose to die to me.

I no longer care to ponder or discuss "what i want,
what I think or how I feel." I surrender.

I'm yours.

Empower me right now to walk in the freedom, the
joy of living each moment to serve the Living God.

FOCUS WORD: PEACE

Scripture to Ponder: Read Hebrew 9 in its entirety

Day 11: Practical Keys to Applying the Power of the Blood of Christ

[Listen](#) to Day 11 audio

1. Study scriptures on the Blood, esp Heb 9 & 10
2. Study the Passover. Symbolically apply the Blood of Jesus to every doorpost and window to your home. (Acquire anointing oil from your church or Christian bookstore)
3. Play songs that celebrate the Blood, especially in rooms marked by conflict or rebellion.
4. Before ministry or other delicate situations, proclaim that you are covered in the Blood and "stand arrayed in robes of righteousness dipped in the Blood of the Lamb"
5. Memorize scripture concerning the Blood and turn them into prayers.

Example prayer:

God, I thank you that I don't have to focus on my problems today. You are not far from me. So I come, right now, with complete confidence and I enter the Most Holy Place by the blood of Jesus.

Thank you Jesus for paying the price and ransoming my life with your Blood. You opened a

new and living way for me. I don't have to live by religious dos and dont's.

Because you are my High Priest, i draw near to God with a sincere heart. I have full assurance of faith. You have set me free from a guilty conscience SO THAT I can serve you today. My heart has been sprinkled with the blood of Jesus. The doorposts of my soul have been marked. I belong to you and the spirits of death and darkness must pass over my life. They cannot bring destruction to me or my household.

Because of all you have done, Jesus, I hold unswervingly to the hope I profess. I know your promises and I know you are faithful. Oh how glorious to know you've set me free from an empty life that's all about me, so I can focus my time and energy on considering how I can spur others on toward love and good deeds.

Thank you, Jesus, for ransoming me from slavery to self. The slavery of living consumed by "what I want, what I think and how I feel." O what life life life more abundant you have given me! No more plantation life for me! I'm free to live the great adventure, following wherever you lead, living my life to serve. Amen.

APPLY the Blood

Acknowledge your need

Personally receive redemption in the blood (and all that means!)

Proclaim it's power over all

Live under it

Yearn for all it brings

FOCUS WORD: POWER

Day 12: Fix Your Eyes on Jesus

[Listen to Day 12 audio](#)

Are your eyes good or bad?

Let us fix our eyes on Jesus, the author and perfecter of our faith. Heb. 12:2

Your eye is the lamp of your body. When your eyes are good, your whole body also is full of light. But when they are bad, your body also is full of darkness. Luke 11:34

“Good eye” = can also be translated “single focus”

“Bad eye” = implies scattered focus/distracted and can even be translated “evil”

Key points to remember:

1. Our single focus needs to be on Jesus and His Righteousness. As we gaze at him, abiding in His presence, the fruit (singular) of the spirit naturally grows in us.
2. When we look within ourselves or try to pursue our own righteousness, we fall into “works (plural) of the flesh.” We get distracted by all the things we think we need to do for God..and discouraged as we consider how we are falling short.

3. We know it's evil when the initially single-focused question "What's wrong with me?" quickly turns (as it inevitably does) into a multi-focused question: "What's wrong with everyone and everything around me?"

Beware the Fault Finder

Fault-finding can just be a bad habit....or it might be a spiritual problem. The strategy of the enemy with fault-finding is clear: to draw your attention away from the perfection of Jesus and get you focused on everything that's wrong.

Pray this simple prayer:

Any spirit seeking to affect me in any way that does not JOYFULLY bend the knee to Jesus Christ, I command you to leave at once.

Wrong Question: "What's wrong with _____?"

Right Question: "What's right with Jesus?"

FOCUS WORD: RESTORE

Day 13: Continued Healing & Deliverance

[Listen](#) to Day 13 audio

Enjoy Part 2 of Deanna's teaching on Healing & Deliverance

Day 14: Rest & Reflection or Bonus Teaching

Your choice to reflect and/or [learn more!](#)

Set aside an hour to ponder how you lived the past week:

1. Am I listening for and hearing God's voice? What is he saying to me?
2. Am I increasingly manifesting the fruit of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control?
3. What areas look encouraging? What areas need prayer?
4. What did God teach me: through the Empowering class sessions? In my QT?
5. Which priorities did I live by? 5. Which priorities did I neglect?
6. What new thing did I learn—about life, God, my family, and the people around me?
7. What are my specific priorities (where is God directing me) for the coming week?

Day 15: The Power of Spiritual Atmosphere

[Listen](#) to Day 15 audio

Just as flies are attracted to dead things and butterflies are attracted to sweet aromas, we create a spiritual atmosphere that literally attracts the demonic or the angelic.

Read 1 Samuel 30 in its entirety

David recognized that all the anger and bitterness was a destructive spiritual atmosphere. So he stepped away from it to shift the spiritual atmosphere of his own soul. After worshipping and inquiring of God, he returned to find the atmosphere had completely shifted around him. Men who were just speaking of killing him were suddenly “with him” (v. 8) and ready to follow him into battle.

- David didn't say a word to these men in the natural
- He shifted the spiritual atmosphere. It was supernatural.

We can shift the atmosphere:

1. Over our own life. What's the atmosphere around you?
2. Over our home. (Ex: Civil War widow)
3. Over our town. (Ex: Beatrice in the mountains of Colombia)
4. Over our city. (Ex: Medellin, once the murder capitol of the world; now being transformed)
5. Over an entire nation. (Ex: Welsh revival of 1905)

Listen to ["God of this City"](#) on Youtube video. This song was written live, in a bar in Thailand, as Christians shifted the spiritual atmosphere.

Day 16: SHIFT the spiritual atmosphere

[Listen](#) to Day 16 audio

Practical strategies for shifting spiritual atmosphere

SHIFT

Step back and get a fresh perspective

Hallow the ground beneath your feet

Inquire of the Lord

Focus on God: His agenda, His glory, His assignment for you

Take authority and Take action

FOCUS WORD: FREEDOM

Day 17: Hold on to HOPE

[Listen](#) to Day 17 audio

HOPE

Hear and hold onto God's highest and best for your life.

Open your heart to whatever God wants to do. Be fully present in every situation.

Press on. Don't let adverse circumstances shake your faith, hope or joy.

Enjoy every moment. Trust the process. Trust that God knows what He's doing.

FOCUS WORD HOPE

Scripture to ponder:

Read Acts 28:1-6

Day 18 – Can You Go from a Mess to Glory?

[Listen](#) to Day 18 audio

What to do after you've had a tremendous breakthrough or deliverance. Are you done?

FILL

God has His Part and we have our part. Our part is to fill.

Fix your mind –daily quiet time, daily Bible reading, live Christian Fellowship, communion

Immediately forgive - forgiveness is a choice not a feeling, do it quickly

Leave old habits behind – must have a lifestyle change – familiar spirits, resist temptation

Lift up the Name of Jesus – sing praise songs – read Psalms, pray in the spirit, take authority, ask others to pray for you when you feel vulnerable

FOCUS WORD: GLORY

Scriptures to ponder:

Read Ephesians 5 in its entirety

Day 19 - DREAM again

[Listen](#) to Day 19 audio

DREAM

D are to dream big

R emember

E xercise Your Faith

A pply the Truth You learn

M entor Someone Else

Watch out for these dream thieves

1. Discouragement
2. Depleted funds
3. Defeat
4. Dead-end friends

FOCUS WORD: REMEMBER

Day 20: Give Back

[Listen](#) to Day 20 Bonus audio

Take time to journal the greatest lessons you've gleaned from this teaching. Then....share them with someone else. Or a group!

We would LOVE to hear your testimony about the areas of breakthrough you've experienced. Various areas to consider how you have grown:

- Spiritual maturity
- Emotional strength
- Mental clarity
- Decision-making skills
- Greater follow-through
- Personal discipline
- Key relationships
- Household responsibilities
- Job performance
- Others

Day 21: Rest & Reflection or Bonus

Your Choice: Reflect or Listen to [Bonus Audio](#)

Set aside an hour to ponder how you lived the past week:

1. Am I listening for and hearing God's voice?
What is he saying to me?
2. Am I increasingly manifesting the fruit of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control?
3. What areas look encouraging? What areas need prayer?
4. What did God teach me: through the Empowering class sessions? In my QT?
5. Which priorities did I live by?
6. Which priorities did I neglect?
7. What new thing did I learn—about life, God, my family, and the people around me?
8. What are my specific priorities (where is God directing me) for the coming week?

ABOUT YOUR TEACHERS

Donna Partow, Founder Women's Empowerment University



Donna has authored 30 books with sales in excess of 1.1 million. She's delivered thousands of keynote messages on 6 continents; equally effective empowering pastors gathered in a mud hut in Africa or employees at the CIA Headquarters in Langley, Virginia.

Donna has a unique ability to empower her listeners to make significant life decisions and implement life change. As a coach, she is insightful, encouraging...and challenging.

Deanna Allen, Senior Faculty

Deanna is a passionate encourager whose background of life lessons and recovery experience give her a unique perspective and remarkable voice to speak into the hearts of women desiring to get to their next level.

She speaks at conferences and retreats around the country. She is passionately about discipleship and leadership development.

