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BECOMING  
*Woman*

New Year Release  
*Devotional Journal* 2020

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*Brethren, I count not myself to have apprehended; but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus. **Philippians 3:13-14***

## New Year Release Devotional

As we close the end of the year and prepare to walk into the dawning of a new decade, I am preparing to step back, assess, and ensure that my steps are in continued alignment with what God is doing in 2020.

This year, I made great strides and I made room for God to show me just a snippet of what He's placed in me. Now, I know there is even more ready to be released but how do I access it? How do you access it? This Devotional will focus on what it means to truly release and ways we can identify what our individual release means to us. In this four-day devotional, we will focus on simple yet effective ways to release what we are holding to access the release of God.

I will be the first to admit that there were some things that I experienced this past decade that intended to compete, wreck my world and discourage me from walking into the purpose God predestined for me! Things I sure did not imagine for my life, nor did I see myself conquering at the time. Even when victory is won, we don't anticipate the residue, the aftermath of what of victory holds.

I realized that those things and experiences were keeping me bound to past thoughts, feelings, and pain that desired to keep me from moving forward.

Imagine a war movie. After the battles are over and the victory is won, there is destruction, debris, even bodies left for cleanup. What happens is, after the victory, we forget about the cleanup. We forget about the work needed to rebuild better, stronger, and wiser. We move on with victory but there are necessary releases that are needed to fully recover from the battle.

What did you learn from your victory?

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Have you released the hurt/wounds from your last victory?

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***Remember ye not the formal things, neither consider the things of old. Behold, I will do a new thing; now it shall spring forth; shall ye not know it? I will even make a way in the wilderness, and rivers in the desert. Isaiah 43:18-19***

2020





## Day One: THE RELEASE

This four-day devotional was created to help us start the new year full of momentum ready to be catapulted into the next dimension.

To Release:

1. to allow or enable to escape from confinement; set free.
2. to allow (something) to move, act, or flow freely.

Often, we hold on to things out of fear of losing ownership, losing possession, or losing what once felt so comfortable to our existence. More times than not, release is not associated with a positive feeling. It is viewed as a lost or losing out on something.

Release embodies two components; one to release things that are holding you captive. Have you ever seen the image of the damage done to a hand when holding on to a rope? The hand is red and bruised with the damage of holding on too long. The second component, the release of the presence of God when allowed to be fully activated in our lives.

The beauty in this New Year Release Devotional Journal, is we are focusing on what we need to release and more importantly, how to allow God to fully release all that He has purposes for us to take a hold of to move forward in purpose.

What are some things you need to release?

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Who is a person or persons you need to release?

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RELEASE

*We are apprehensive about releasing because we are afraid of what we could be losing. But I employ you to consider what you can receive in exchange. What are you holding back? Allow the Lord to release what He has for you!*

### **Prayer**

*Lord help me to release all that is holding me back so that I may fully walk into all that you have prepared for me. I know that anything I released will only be replaced with your joy, peace, and love. In Jesus Name, Amen.*



## Day Two : Worship

Now that we have released what has been hindering us, we are free to worship. We can worship without distraction; with clear ears and hearts postured toward Heaven.

*God is spirit: and they that worship him must worship him in Spirit and truth. John 4:24 KJV*

Worship is our direct communication with Heaven, with Our Father. Worship is our opportunity to lose ourselves, and be found in the arms of Jesus. To be found in His Presence.

*But the hour cometh, and now is, when the true worshippers shall worship the Father in spirit and truth: for the Father seeketh such to worship Him. John 4:23 KJV*

If God is searching for worshippers, what a beautiful act of adoration to be found worshipping Him. Worship is personal. Worship is our direct line of communication with The Father. He is always there. He is waiting on you!

A [Becoming Woman playlist](#) has been creating on Spotify to help you foster an atmosphere of worship.

Worship does not just happen on Sunday. It is a lifestyle. Worship happens in the car, at your desk, in the bathroom. Think of ways to help you better create an atmosphere of Worship.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

### **Prayer**

*Lord, because I was created to worship you, that is what I desire to do, who I desire to be. Let me be found in your presence. In Jesus' name, Amen.*

Worship





## Day Three: MEDITATION

After having a much-needed talk with an old friend, God revealed to me that I needed to rest, and thank Him for ALL he has already done. Often, we are chasing the next thing, the next moment we feel will validate what God is doing. What He revealed to me, as you seek Me, I will provide the moment needed in the earth to release what is in Heaven.

Stepping back and meditating to hear His voice even more clearly was the start of this devotional. This is nothing new. For years, I have taken the beginning of the year to get clear directions for that year. I believe that God has some things in store to release, I don't want to miss it.

Mediating is not sage burning, crystal lighting, and chanting, but simply quieting your mind, and thoughts to hear clearly from God. Our meditation time can be interrupted by our own thoughts and feelings competing with the voice of God.

I recommend before starting to mediate that you ask God to quiet your mind and spirit to ensure the noise is silenced. This may look like, repeating words of gratitude, words of adoration, or words of thanksgiving, just to give a few examples.

### *Prayer*

*Thank You Lord. Thank you, Lord. Today, I surrender my thoughts and my ways to you. I give them over to You. I ask that you quiet the noise of my thoughts and spirit so that I can clearly hear Your Voice. I know that You are in complete control and that everything concerning me, You have already taken care of. Thank You for being a Good, Good Father.*

Amen.

MEDITATION





## Day Four: STUDYING THE WORD

A part of meditating is studying the Word of God to see what He has already said concerning what is concerning us. If I be honest, I have struggled in this area. I would start and restart in consistency. I purchased new highlighters, pens, sticky notes, I had a plan but will somehow get off track.

*This book of the law shall not depart out thy mouth; but thou shalt meditate therein day and night, that though mayest observe to do according to all that is written therein; for then thou shalt make thy way prosperous, and then thou shalt have good success. Joshua 1:8*

Where God is taking us requires for more consistency and accountability. There is a solution for every situation in the Word of God. Below, are key tips to help facilitate study that is strategic and constructive.

The Word of God is our life-line. How can we know what God is saying, if we do not know what His word says concerning us?

*So then faith cometh by hearing, and hearing by the word of God. Romans 10:17KJV*

### KEY TIPS

- Devise a plan to maximize study time.
- Pick a time that will allow you to be the most productive.
- Pray for a quiet heart and spirit to rightly divide the Word.

Studying  
The Word

*Understand, that studying the Word of God, does not have to be deep, profound and reading three Books a day, but strategic time that you have set a side to diligently read the Word of God for comprehension and understanding.*

### Prayer

*Lord, please reveal the hidden treasures of Your Word. Awake my understanding. Help me to create ways to stay consistent and faithful in Your Word. I desire to know you and to know You, is to know your Word. In Jesus' name, Amen.*



# References

[https://open.spotify.com/user/thankful13/playlist/2laUHA8mki\\_r7nCVyAlQu8E?si=61zCGTveS-GOc87fR\\_MY2g](https://open.spotify.com/user/thankful13/playlist/2laUHA8mki_r7nCVyAlQu8E?si=61zCGTveS-GOc87fR_MY2g)

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New Year Release Devotional Journal

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*It is our sincere prayer that the New Year Release Devotional Journal has been useful in starting your New Year and your New Dimension as you pursue purpose.*

*Thank You!*