

CHRISTIAN DAILY PREPARATION

C.D.P. XXL



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1- INTRODUCTION

1. CDP - “CHRISTIAN DAILY PREPARATION”

In our ministry, we have a book called “CDP” which stands for “*Christian Daily Preparation.*”

Many people train to achieve good physical fitness.

To get in shape, a person needs to:

- 1) Follow a disciplined **diet**.
- 2) **Exercise** regularly.

As a Christian, you need to practice **spiritual activities**, similar to physical exercise, to keep your spirit in shape.

Only in this way will you achieve the results promised by God during your journey here on earth.

Therefore, it is necessary to do two things:

1) Have a proper spiritual **diet**, eating spiritual food = **meditating on the Word of God.**

2) **Exercise** your spirit = **praying and praising God.**

The book “CDP” is a tool to help you have fellowship with God through:

Meditating on the Word of God;
Praying and praising God.

Our spiritual preparation can be compared to physical preparation. Just as some people work need work on their abdominal muscles, contrary to others who need to work on different muscle, the same can be said about our spiritual life.

Someone who is sick needs to constantly work on their **“spiritual muscles” in relation to health.**

Someone living in poverty or facing financial problems, needs to constantly work on their **“spiritual muscles” in realtion to finances;** and so forth.

So, the book “CDP” is to be used as a TRAINING PROGRAM by any Christian to be in shape with the Lord.

2. CDP XXL

The book “CDP” is a book that we have had in our ministry for many years.

However, I have written other books that also contain BIBLE VERSES and PRACTICES that can be used for believers to deepen their fellowship with God.

At the request of many brothers and sisters, I decided to compile the practices from various books so that you have all the verses and practices easily accessible.

I also included practices to FIGHT against the devil because it is very important for this to be part of the daily life of a believer who wants to overcome.

In this book, you will find:

- The practices from the book “Attitudes”
- Special Prayers (*The Lord’s Prayer, Ephesians 1, Ephesians 3*)
- Biblical references from the book “Attitudes”
- Practices from the book “There Is Power in Your Words”
- Practices from the book “How to Fight the Devil”
- Prayers from the book “Revival”
- Prayers from the “Jehoshaphat Prayer Clock”

This book does NOT replace the original “CDP” book but it is a complement that can be used for believers to gain even stronger spiritual MUSCLES.

2- PRACTICES from the book "ATTITUDES"

PERSONAL DECISION - I WILL CHANGE !

1- I WILL DO THE CDP

1- I PRAISE GOD

2- I DO THE SPECIAL PRAYERS

3- I MEDITATE and CONFESS the Word

4- I BELIEVE that I "ALREADY HAVE" my GOALS...

5- I LOOK at the "SPECKLED RODS"

6- I SPEAK my GOALS into EXISTENCE

7- I SPEAK to the devil, the Winds, the Sea, the Storms

8- I SEEK the HOLY SPIRIT'S DIRECTION

9- I REMAIN FOCUSED (during the WEEK)

IN THE TOP 20% OF MATTERS

IN THE TOP 20% OF PEOPLE

ON my GOALS

2- I WILL FILL MY HEART WITH PRAISES

1st -For what He has done for me - SAVED ME

He shed His BLOOD on the Cross for ME

He went to HELL for me

He made me a CHILD of GOD... *John 1:12*

He made me a NEW CREATION... *II Corinthians 5:17*

2nd -For what HE IS

He is the ALMIGHTY

He Overcame the devil in Hell

3rd -For what HE DOES

He multiplies the FLOUR in the Pot

He multiplies the OIL... 5 BREAD LOAFS + 2 FISHES

4th -For my CALLING

HE made me a SERVANT

HE made me an ANOINTED

It is a PRIVILEGE to serve God and WITH God

I DO NOT FEAR Anything, except the SIN.

I DO NOT SEEK Anything, except GOD.

5th -For sending me the Holy Spirit

to HELP me - He is the PARACLETE

to TEACH me / give me INSTRUCTIONS

FILL YOURSELVES with the HOLY SPIRIT! *Ephesians 5:17-19*

17 Therefore do not be unwise, but understand what the will of the Lord is.

18 And do not be drunk with wine, in which is dissipation; but be filled with the Spirit,

19 speaking to one another in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord.

Psalm 100

- 1 Make a joyful shout to the Lord, all you lands!*
- 2 Serve the Lord with gladness; Come before His presence with singing.*
- 3 Know that the Lord, He is God; It is He who has made us, and not we ourselves; We are His people and the sheep of His pasture.*
- 4 Enter into His gates with thanksgiving, and into His courts with praise. Be thankful to Him, and bless His name.*
- 5 For the Lord is good; His mercy is everlasting, And His truth endures to all generations.*

Psalm 103

- 1 Bless the Lord, O my soul; and all that is within me, bless His holy name!*
- 2 Bless the Lord, O my soul, and forget not all His benefits.*
- 3 Who forgives all your iniquities, who heals all your diseases,*
- 4 Who redeems your life from destruction, who crowns you with lovingkindness and tender mercies,*
- 5 Who satisfies your mouth with good things, so that your youth is renewed like the eagle's.*
- 6 The Lord executes righteousness and justice for all who are oppressed.*
- 7 He made known His ways to Moses, His acts to the children of Israel.*
- 8 The Lord is merciful and gracious, slow to anger, and abounding in mercy.*

3- I WILL RECOGNISE the DEVIL WHEN he APPEARS

When I get FEELINGS of

JEALOUSY

RETALIATION

SPEAKING EVIL of those who...

SELFISHNESS

OVER PRIDE (I am the best...)

I RECOGNISE the devil's deadly WEAPONS

These are EVIL FORCES

they bring Death

they bring Illnesses

they Paralyse people, finances, health...

These are TIES OF DEATH

that the devil casts

to see if the person falls into traps

I RESIST the devil

It is written satan,

*I have been delivered from the Power of Darkness,
and transported to the Kingdom of God.*

So you can no longer touch me.

I am in command

I refuse to walk in the Power of Darkness

*I command you to stop your doings in my life,
in my family... in my job... in my Church...*

4- I WILL OVERCOME EVIL with GOOD

Romans 12:21

*Do not be overcome by evil,
but overcome evil with good.*

I will use the POWER of GOD'S LOVE,
to Overcome the Deadly Forces of the devil

In I Corinthians 13 (Amplified Bible)

Where it says "Love" is Patient... Kind...

I will SUBSTITUTE with "I AM"

I AM patient,

I AM kind,

I AM NOT Envious,

I AM NOT jealous,

I AM NOT presumptuous,

I AM NOT over-proud,

I AM NOT arrogant,

I AM NOT selfish,

I AM NOT rude,

I DO NOT demand to be done what I want,

I AM NOT irritable,

I AM NOT fastidious,

I DO NOT HOLD grudges,

I rarely notice the evil that is done to me,

I AM LOYAL to those I love,

*I DEFEND those I love, even when I think they are
wrong.*

5- I WILL REACT WELL before the EVIL that is / was DONE to ME

1st - I REMEMBER WHO is behind those people

it is the devil who only comes to try to kill, to steal and to destroy
Ephesians 6... our fight is not against those people...
I will not fight against "CAPES"

2nd - "MY" VICTORY DOES NOT DEPEND

on the EVIL or even the GOOD done to me
it does not even depend on Jesus as HE has Already decided on the Cross
it only Depends on me - and I have already decided to fulfil the Calling

3rd - "I" DO NOT SPEAK to the PEOPLE - I SPEAK to the devil

Part No 1 - I remind the devil of the DEFEAT he suffered in Hell
- I remind him that I have already been DELIVERED from his power and now he is BENEATH MY feet.

Part No 2 - I SPEAK BIBLE VERSES - Sword of the Spirit
...it is written satan *Isaiah 54:17* No weapon formed against you shall prosper ... every tongue which rises against you in judgment You shall condemn ...

4th - I DO NOT DISCLOSE the EVIL DONE TO ME

I do not spread the news of the EVIL done to ME.
I do not MENTION the NAMES of those who harmed me.
I will not glorify the devil for what he can do

5th - I DO NOT ANSWER WHEN PEOPLE CALL ME ...

I do not FEED conversations.
I Put out the FIRE, I stop conversations and emails.
I divert from the subject.
I change the subject

6th - IF PEOPLE INSIST on talking, I REPLY

*Look, the devil is the one behind all this.
He wants to ENTERTAIN me with "red capes".*

*The devil wants to FILL my HEART
with DARKNESS - Anger, Grudges, Hatred, Bitterness, with
Lack of Forgiveness, Restlessness, Lack of Peace...*

*But I FILL my HEART
with the WORD of God, meditating, listening to CDs...
which is the LIGHT and WITHDRAWS the Darkness.*

*But I FILL my HEART with the HOLY SPIRIT
PRAISING and SINGING PSALMS to the Lord - Ephesians 5.
PRAYING and SINGING in the Spirit - I Corinthians 14.*

*My success DOES NOT DEPEND on the EVIL done to me.
IT DOES NOT DEPEND on JESUS, who has already done
everything on the Cross.
IT ONLY DEPENDS on me - I have already decided.*

I DO NOT DWELL in the problem

*I MOVE FORWARD to my DESTINY
Filling my Heart with the LIGHT (the Word) + the Holy
Spirit.*

I Focus on my GOALS

*Creating the 4th DIMENSION and
SPEAKING my GOALS into EXISTENCE
SPEAKING to the mountains to move away ...*

6- WHEN THOSE WHO have DECEIVED ME... BETRAYED ME come to MIND

If I have ALREADY FORGIVEN those people but they still come to MIND, the wrong that they did to me, I have to recognise that it is an attack from the devil on my MIND, my SOUL - the devil wants to TORTURE ME

**My ATTITUDE will be
TO CLEAN my HEART until I forget all the evil**

1st SPEAKING WELL of those people.

2nd DOING GOOD to those people.

3rd Not talking about those people, even if I am provoked (I keep quiet)

**I WILL NOT DEMAND JUSTICE.
I WILL NOT DEMAND MY RIGHTS**

Matthew 5:38-48:

- love your enemies

- bless those who curse you,

- do good to those who hate you

- pray for those who persecute you

PRAYER

Oh God,

I have ALREADY FORGIVEN the evil done to me

I choose to FORGET everything that they have done

I speak well of those people... (name)

I do good to them... (name)

I pray for them... (name)

So that YOUR blessings overtake them...(name)

7- WHEN I AM PERSECUTED

I recognise that it is the devil using
the PERSECUTION WEAPON

to TRY and SILENCE the Believer

to TRY and STOP GOD'S MOVEMENT

I Peter 4

12 Beloved, do not think it strange concerning the fiery trial which is to try you, as though some strange thing happened to you;

13 but rejoice to the extent that you partake of Christ's sufferings,

14 If you are reproached for the name of Christ, blessed are you,

16 .. sif anyone suffers as a Christian, let him not be ashamed, but let him glorify God in this matter.

PRAYER

Oh God,

*This Persecution will not shut me up
it will not draw me away from the Church.*

I am not ashamed to belong to Jesus and the Church.

I will not stop Serving God.

I will not stop Evangelising

8- IF SOMEONE I PROMOTED... COMPLIMENTED... AND I AM NOT...!!!

I will not have a BAD ATTITUDE

I will not get upset

I will not Wait for them to fall

I will not talk about that person's flaws.

I will not Feed the ENVY (force of evil)

I will not Feed the JEALOUSY (force of evil)

I will have the RIGHT ATTITUDE

I will Congratulate them

I will Wish them the best

I will Agree that they will conquer

I will rejoice with their success

I WILL let GOD'S LOVE CONQUER

I Corinthians 13 - from the amplified Bible

Love is giving,

Love is not envious,

Love is not jealous,

PRAYER

Oh God, YOUR LOVE within me

allows me not to be ENVIOUS

allows me not to be JEALOUS.

I wish the best for that person... (name)

I rejoice with that person's success...

9- WHEN I AM CONTRADICTED

I LET GOD'S LOVE within me, to take Control

I do not get BITTER

I am RUDE

I do not DEMAND that my will be done

I do not get ANNOYED

I do not get FASTIDIOUS

1 Corinthians 13 - from the Amplified Bible

Love is not rude,

Love is not demanding,

Love is not irritable,

Love is not fastidious,

Love does not hold grudges,

Love hardly notices the evil done against me,

Love is loyal to those I love,

Love always defends those I love,

Even when I think that they are wrong.

PRAYER

Oh God,

YOUR LOVE within me

allows me not to be rude, or bitter

when I am contradicted.

I do not demand my will to be done

I am not irritable

or fastidious

10- WHEN I AM “GOOD” at what I DO

**I will not let PRIDE... VANITY... to enter ..
PRIDE PRECEDES a great FALL**

Proverbs 16:18

*Pride goes before destruction,
And a haughty spirit before a fall*

That is how Lucifer fell and turned into the devil

Jeremiah 9:23

*Thus says the LORD:
Let not the wise man glory in his wisdom,
Let not the mighty man glory in his might,
Nor let the rich man glory in his riches;*

1 Peter 5:5 and 6

*be clothed with humility, for
God resists the proud, ..
Therefore humble yourselves
under the mighty hand of God,
that He may exalt you in due time*

I WILL GIVE GLORY to GOD

I am a Vassel of Honour ..

2 Timothy 2:20 and 21

*But in a great house there are not only
vessels of gold and silver, but also of wood and
clay, some for honor and some for dishonor.*

*Therefore if anyone cleanses himself from the latter,
he will be a vessel for honor,
sanctified and useful for the Master,
prepared for every good work.*

Can you imagine a Glass telling its owner ? ... *I am wonderful and without me, you are nothing ... !!!*

This is how proud believers behave, boasting about their achievements while forgetting who truly does what.

PRAYER

*Oh God,
Every good thing that I do
comes from You alone.
I am merely a VESSEL of Honor,
to serve You.*

*Oh God,
Use me
to win many souls for Jesus.*

*Oh God,
do not let me fall into temptation,
deliver me from evil,
and to You and You alone
be All the Glory and Honor
for all the good that happens in my life*

11- WHEN I AM WRONG I WILL ADMIT MY MISTAKES

If I know that I am wrong and have made mistakes... it's pointless to come with WRONG ATTITUDES making excuses ... I did this because assign the blame on someone... it is his fault

God knows and sees everything

My SIN is a WALL

which separates God from ME
which CLOGS my heart
which BLOCKS God's Blessings for me

There is only one SOLUTION - to ADMIT before God, that I have failed, without excuses

1 John 1:8, 9 - If we say that we have no sin (when in fact things are not going well), we deceive ourselves, and the truth is not in us.

If we confess our sins (we admit that we made mistakes, with no excuses), He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

PRAYER

*Oh God,
I ADMIT that I failed
in this area (specify the area)
I come with NO EXCUSES
I do NOT BLAME others*

12- WHEN I AM CORRECTED

I WILL NOT MURMUR - ARGUE

King Saul was Disobedient and caught in the act, he would not repent rather, he would MURMUR – ARGUE

1 Samuel 15:23

*For rebellion is as the sin of witchcraft,
And stubbornness is as iniquity and idolatry.
Because you have rejected the word of the Lord,
He also has rejected you from being king.*

Proverbs 3:11 and 12

11 My son, do not despise the chastening of the Lord, nor detest His correction.

*12 For whom the Lord loves He corrects,
Just as a father the son in whom he delights.*

1 Corinthians 11:32

*But when we are judged,
we are chastened by the Lord,
that we may not be condemned with the world.*

Hebrews 12:6 and 7

*6 For whom the Lord loves He chastens,
And scourges every son whom He receives.*

7 If you endure chastening, God deals with you as with sons; for what son is there whom a father does not chasten?

PRAYER

Oh God,

I can be DISCIPLINED

by YOUR Word

by the Man of God

by my Superior

And I will maintain a GOOD ATTITUDE

13- WHEN I SEE SOMEONE MAKING A MISTAKE

My ATTITUDE will be

Not to JUDGE that person

TO COVER that person's transgression

Matthew 7:1-5

1 Judge not, that you be not judged.

2 For with what judgment you judge, you will be judged; and with the measure you use, it will be measured back to you.

3 And why do you look at the speck in your brother's eye, but do not consider the plank in your own eye?

4 Or how can you say to your brother, 'Let me remove the speck from your eye'; and look, a plank is in your own eye?

5 Hypocrite! First remove the plank from your own eye, and then you will see clearly to remove the speck from your brother's eye.

Proverbs 17:9

He who covers a transgression seeks love...

PRAYER

Oh God,

I saw this person (name)

fail, transgress ... (the transgressions)

*But I decide not to JUDGE this person
so that I may not be judged myself.*

*I choose to COVER their mistake
in order to seek friendship*

14- WHEN PEOPLE ARGUE and SCREAM AT ME

My ATTITUDE will be

Not to ANSWER them back

Not to get Involved

I will be CALM

I will be ENDURING

2 Timothy 2:24-26

*24 And a servant of the Lord must not quarrel,
but be gentle to all,
able to teach, patient;*

*25 in humility correcting those who are in opposition,
if God perhaps will grant them repentance, so that they
may know the truth,*

*26 and that they may come to their senses and escape
the snare of the devil, having been taken captive by
him to do his will.*

PRAYER

Oh God,

*People want to involve me in disputes and arguments
But I decide not to get involved.*

I decide to be Gentle with everyone.

I decide to be Enduring

15- I WILL LOVE GOD ABOVE EVERYTHING and EVERYONE

God did not Save me to create a RELIGION

God Saved me to HAVE A FAMILY

I have been adopted by God as HIS CHILD

TO SERVE, to Help God is an HONOUR - not a sacrifice

I am no longer of this world. I am here only temporarily.

I will live forever in my Father's House - God

I will not be like the people of Israel before the Promised Land, who greatly OFFENDED God (*Numbers 13,14*)

My child cannot serve God;

they need a worldly course—securing their future

The thikngs of the World are always better than those of the Church.

The people of the World are more important than those of the Church

PRAYER

Oh God, thank You

for adopting me into Your FAMILY,

for giving me Eternal Life,

and even in this time ... Success ... Health ..

I no longer love the World - I love God the Father.

Now I love everything that belongs to God.

I love God's HOUSE - the Church.

I love God's WORD... the Bible... books... music

I love God's FAMILY... brothers... Leadership ...

Now I hold more ESTEEM for the people of God's Family, God's Government, than for the people of the world

16- I WILL BE FAITHFUL to GOD

God SEEKS the FAITHFUL

Psalm 101:6

*My eyes shall be on the faithful of the land,
That they may dwell with me;
He who walks in a perfect way,
He shall serve me.*

Luke 16:10

*He who is faithful in what is least
is faithful also in much;
and he who is unjust in what is least
is unjust also in much.*

will not be like the World - for every little thing :
They get a divorce and remarry "x" number of times... the slogan is: here are many women; if this one annoys me, I'll find another. There are many churches; if they upset me, I'll find another

James 1:8

*He is a double-minded man,
unstable in all his ways.*

PRAYER

*Oh God,
I will BE FAITHFUL
To the Church
To the Pastor
To my Husband / Wife
Even when they make mistakes
Or when I think that they are wrong*

3- SPECIAL PRAYERS

1. THE OUR FATHER PRAYER

Matthew 6:6-8

6 *But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly.*

7 *And when you pray, do not use vain repetitions as the heathen do. For they think that they will be heard for their many words.*

8 *Therefore do not be like them. For your Father knows the things you have need of before you ask Him.*

Matthew 6:9-13

In this manner, therefore, pray:

*Our Father in heaven, Hallowed be Your name;
Your kingdom come.*

Your will be done On earth as it is in heaven;

Give us this day our daily bread;

And forgive us our debts,

*As we forgive our debtors;
And do not lead us into temptation;
But deliver us from the evil one.
[For Yours is the kingdom and the power and the
glory forever. Amen.]*

**I like to personalize this Prayer,
The following way**

*“Our Father who art in heaven,
hallowed be Your name,
through my testimony,
may people speak well of You, oh God,
when they think of me.
Your kingdom come,
sit on the Throne of my life, oh Heavenly Father,
guide my life.*

*Your will be done and not mine.
Make me always content with the daily bread You
give me.*

*And forgive us our debts,
as we also have forgiven
our debtors,
and lead us not into temptation,
but deliver us from evil.*

*Do not let me fall into temptation,
for Yours is the kingdom and the power, and the glory,
forever, Amen.”*

2. PRAYER OF EPHESIANS 1

Ephesians 1:16-23

do not cease to give thanks for you, making mention of you in my prayers:

that the God of our Lord Jesus Christ, the Father of glory,

may give to you the spirit of wisdom and revelation in the knowledge of Him;

the eyes of your understanding being enlightened, that you may know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints, and what is the exceeding greatness of His power toward us who believe, according to the working of His mighty power;

which He worked in Christ,

when He raised Him from the dead

and seated Him at His right hand in the heavenly places,

far above all principality, and power,

and might and dominion,

and every name that is named,

not only in this age but also in that which is to come;

And He put all things under His feet,

and gave Him to be head over all things to the church, which is His body, the fullness of Him who fills all in all.

**I like to personalize this Prayer,
The following way**

*“Dear Heavenly Father,
give me a spirit of wisdom and revelation.
Enlighten the eyes of my understanding, for me to
know*

1- what my calling is

2- the riches in Glory which belong to me

*3- how to operate in God’s Power,
that is within me,
which is the same Power You used
to resurrect Jesus from the dead,
against the will of all authority,
power, and dominion.*

*4- how to operate in the Authority,
when he placed me sitting on His Right-hand side
Hierarchically above all authority, autoridade,
power and dominion and,
all the names that are named,
not only in this age but also in that which is to
come.”*

3. PRAYER OF EPHESIANS 3

Ephesians 3:14-21

For this reason I bow my knees to the Father of our Lord Jesus Christ,

From whom the whole family in heaven and earth is named,

That He would grant you, according to the riches of His glory, to be strengthened with might through His Spirit in the inner man;

That Christ may dwell in your hearts through faith; that you, being rooted and grounded in love, may be able to comprehend with all the saints what is the width and length and depth and height,

to know the love of Christ which passes knowledge; that you may be filled with all the fullness of God.

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,

to Him be glory in the church by Christ Jesus to all generations, forever and ever. Amen.

**I like to personalize this Prayer,
The following way**

“So that Christ may dwell in MY heart through faith,

that I, being rooted and grounded in love,

*may have the strength to comprehend with all the
saints*

*what is the breadth and length and height and depth, and
to know the love of Christ that surpasses knowledge, that
I may be filled with all the fullness of God.*

Now to Him who is able to do far more abundantly

*beyond all that we ask or think, according to the
power at work within us,*

*to Him be glory in the church and in Christ Jesus
throughout all generations, forever and ever. Amen.”*