

# Introduction

*Blessed are those whose strength is in you, who have set their hearts on pilgrimage*

**PSALM 84:5 NIV**

This set of meditations has been written to help you rediscover your purpose in life and activate your desire to discover who you truly are. So you need to set your heart on a pilgrimage of discovery and make the decision that you will allow the word of God to change the way you think about yourself and your future. Maybe you have just been through a tough time when all your dreams have been shattered: your husband has left you, your children are not doing well in school, your boss is overbearing and unsupportive, your finances are in a mess. Whatever the issue, you have lost your connection with God and your sense of perspective in life. This set of notes has been written for people who feel too tired to read the Bible for themselves but know they need to hear God speak. They will help you hear the sound of God in your life again.

Experts tell us that it takes three weeks to start a new habit and six weeks to establish a new way of thinking. So, this will be forty days or six weeks of 'medicine' from the word of God specifically

designed to help you discover the true language of your heart in this season of your life. For many of us this authentic language has been crushed. I believe that as you wash your mind with His word, you will begin to identify your true destiny. As you spend time in the word of God, I believe you will renew your mind and bring your spoken words into alignment with the sound of heaven over your life.

So let us pray:

‘Father, I believe that as I take these words as medicine every day, just like vitamin tonic, the word of God will do its work in my life and make me strong in my body, mind, soul, spirit and being.

‘Father, I trust You to strengthen me and bring change in my life so that I can do the things You ask me to do, say the things You ask me to say, and live the life You ask me to live.

‘Thank You, Father, for taking me on this journey of change.





Today I set my heart on this pilgrimage! Thank You, Father! Amen.'

So what is the next step? These meditations have been written as a forty-day series, with a new focus for each week. Each of these topics is a stepping stone on your journey of discovery where God will challenge and renew your way of thinking in an area of your life. The six stepping stones of discovery are as follows:

1. Redeemed and precious
2. Rediscover the leader
3. Reclaim hope
4. Reform your thinking
5. Reawaken your dreams
6. Revive your life

Each day we will read a scripture, meditate on a thought of transformation

and then pray a prayer of declaration. You should do this several times – more than once a day if possible – and so let the word do its work by washing your ways of thinking, and changing you. Then at the end of each week take time to re-read all of that week's daily notes together. Let these words just keep washing over you until you know your spirit has grasped the power of this truth in your life.

I believe that as you do this, you will watch the word of God begin to redeem you and help you rediscover the true facets of your inner desire and being. The word will recover and take back what the enemy has stolen, it will realign your way of thinking, it will stir and agitate your dreams again and you will walk out with your life revived!

So read, pray and speak out these words over your life and watch your life be healed as His word does its work!

Thank you so much for walking this journey of change.

Rachel Hickson