

LIFE TRIVIA:

- In Psalm 141, what does the psalmist ask God to make his prayer like, and the lifting of his hands like?
- Psalm 142 is described as a maskil of David associated with a specific location or situation. What is it?
- In Psalm 144, what does the psalmist say human beings (or mortals) are like?
- Psalm 145 is an acrostic psalm of praise. What key attributes does it ascribe to the Lord in verses 8-9 (or nearby), and what does it say about His kingdom?
- Psalm 148 calls for universal praise. Name at least three categories of creation or beings it commands to praise the Lord (from heavens or earth).

men/madeira/old men/children
 young
 fire/snow/ mountains/hills, bears/cattle, kings/people,
 heavens of heavens and waters above to from earth—
 Examples include angels and heavenly hosts, sun, and stars.
 Kingdom, and His dominion endures through all generations
 with compassion on all He has made. His kingdom is an everlasting
 • Gracious and compassionate, slow to anger and rich in love; good to all
 • Like a breath; their days are like a fleeting shadow.
 • To God as refuge.
 • When the walls in the cave, it's a prayer expressing isolation and crying out
 • Like incense; like the evening sacrifice

HOUSEHOLD PRAYERS

MARRIED COUPLES PRAYER:

Father, let momentum hit my marriage with fresh strength, unity, and vision. Teach us to move together in wisdom, love, patience, and purpose so that no division, offense, or weariness can slow what You are building in us. Establish our home in peace, increase, and spiritual alignment. Let our marriage reflect Your glory and become a foundation of stability, healing, and strength for generations to come. Ecclesiastes 4:12

CHILDREN'S PRAYER:

Lord, let my children grow with holy momentum in wisdom, favor, obedience, and purpose. I declare that they will not be delayed, distracted, or pulled away by the spirit of this world, but they shall advance in the calling and identity You have ordained for them. Cover their minds, hearts, and future with Your hand. Let them excel spiritually, emotionally, academically, and naturally according to Your perfect will. Luke 2:52

SINGLE'S PRAYER:

Father, help me to move forward without fear, insecurity, or discouragement. Let this season produce strength, discipline, clarity, and preparation within me so I can walk fully in every promise and assignment You have for my life. I refuse stagnation, and I embrace divine momentum in every area. Teach me how to steward this season with wisdom so I am fully prepared for the future You have ordained for me. Jeremiah 29:11

DAILY CONFESSIONS

MONDAY

I will not grow weary, distracted, or spiritually tired. The Lord renews my strength, and I move with endurance, discipline, and holy focus. Isaiah 40:31

TUESDAY

I declare that every spirit of stagnation and delay is broken off my life, and I am moving forward with divine speed and precision. God is pushing me into purpose, progress, and fulfillment. Galatians 6:9

WEDNESDAY

I declare that every dormant gift, vision, and calling within me is awakening and gaining momentum. Fear, procrastination, and hesitation have no power over me. 2 Timothy 1:7

THURSDAY

Every obstacle resisting my advancement is being moved out of the way by the hand of God. I walk through open doors and divine opportunities with confidence. Isaiah 40:4

FRIDAY

I declare that I am sensitive to the voice and movement of the Holy Spirit. I will move when God says move and remain aligned with heaven's timing. Romans 8:14

SATURDAY

I am moving forward and not backward, upward and not beneath. My past cannot hold me, because God is propelling me into greater glory and victory. Philippians 3:13



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MEMORY VERSE: "I HAVE FOUGHT A GOOD FIGHT, I HAVE FINISHED MY COURSE, I HAVE KEPT THE FAITH: HENCEFORTH THERE IS LAID UP FOR ME A CROWN OF RIGHTEOUSNESS, WHICH THE LORD, THE RIGHTEOUS JUDGE, SHALL GIVE ME AT THAT DAY: AND NOT TO ME ONLY, BUT UNTO ALL THEM ALSO THAT LOVE HIS APPEARING"

-II TIMOTHY 4:7-8 KJV

MOMENTUM

WORD OF THE WEEK

Momentum is more than forward motion in the natural. Momentum is the divine force of heaven propelling your spirit when your flesh wants to quit. It is God's strength meeting your obedience, turning small steps of faith into unstoppable progress. Many are waiting for perfect conditions before they move, but God often releases momentum while you are still in the middle of battle, limitation, and delay. David ran toward Goliath while the army stood paralyzed. Nehemiah built with one hand and fought with the other. Momentum is proof that God is not waiting on your circumstances—He is waiting on your decision to move with Him.

The enemy fights momentum because momentum creates acceleration. A person without momentum will drift, stagnate, and eventually fall back into old cycles. That is why Scripture commands us to lay aside every weight and run with endurance. Hell understands that if it can stop your momentum, it can stop your assignment. Momentum gives you endurance. It keeps you praying when results are slow. Momentum turns your "one more time" into breakthrough. Momentum is spiritual fuel.

Some of you are discouraged because the progress feels too slow. But momentum often begins in secret before it shows in public. There is always a process between the first step and the finished work. "Let us not grow weary of doing good, for in due season we will reap, if we do not give up." Seeds don't sprout overnight. Walls are rebuilt one stone at a time. God builds your capacity in the pressing so you can carry the promise without breaking.

Momentum requires focus and separation. You cannot run forward while constantly looking backward. Sometimes God must separate you from old habits, toxic relationships, and comfort zones because they drain your momentum. Momentum demands discipline and obedience—saying no to what slows you down so you can say yes to what God is accelerating. The same wind that pushes the obedient forward will resist the double-minded.

This is the hour to recover your momentum. Recover the fire God gave you in prayer. Recover the consistency fear tried to steal. The same God who started the good work in you is faithful to sustain it. Start moving. Stay moving. Write the vision that fuels it. Pray until fresh wind comes. Protect your focus. Run with the momentum God has given until the earth sees the fullness of what heaven has already set in motion. You were made to finish strong.

MERCH *Life!*



MAY WEEK 3 - 5/17/26

30 MIN. OF POWER *The Book of Psalms*

In May, read, study, and meditate on one chapter a day, applying its truth to your life. Ask God how the virtue in each chapter helps you Reach others with His love, Redeem areas needing restoration, Rebuild what's broken, and Release burdens. Let the chapter teach you to preach boldly, pray with authority, prophesy His plans, heal the wounded, and deliver those in need of freedom.

STUDY // 10 MIN.

- Mon. // Psalms Ch. 141
- Tues. // Psalms Ch. 142
- Wed. // Psalms Ch. 143
- Thu. // Psalms Ch. 144
- Fri. // Psalms Ch. 145
- Sat. // Psalms Ch. 146
- Sun. // Psalms Ch. 147

PRAY // 10 MIN.

Pray for wisdom to apply the chapter's truth and guidance in aligning with God's will this week.

MEDITATE // 10 MIN.

Select a verse to meditate on, reflect on its meaning, and let its truth shape your mindset today.

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Life Church is looking for individuals who are:

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- Trustworthy
- Quick at finding ways to make things happen

6PM PST

Instructors: Michael & Tanya Ford

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PREACH, PRAY, PROPHECY, HEAL, & DELIVER

To ignite people in their power and authority worldwide, helping them discover their purpose and gifts to demonstrate God's power. People around the globe will walk in the Spirit every day and transform their thinking by the power of Jesus Christ. John 4:23

SPEAK LIFE: "I RUN WITH HORSEMEN, GOD IS STRENGTHENING ME TO WIN!"