

**TGS**  
Trust God *Sis*  
FAITH APPAREL

Trust God Sis Journal



Trust God Sis Apparel © 2021

### My Prayer for you

Hey Sis,

Its Shan, the designer of Trust God Sis.

We are more than just clothes...we are a ministry! Trust God Sis is a catalog of my journey with God. Once I started to allow God to lead, I was set free. My prayer for you is that you will be set free after this journey of self. We begin by taking a look at our past, identifying strongholds in our present and submitting to our God given purpose for the future.

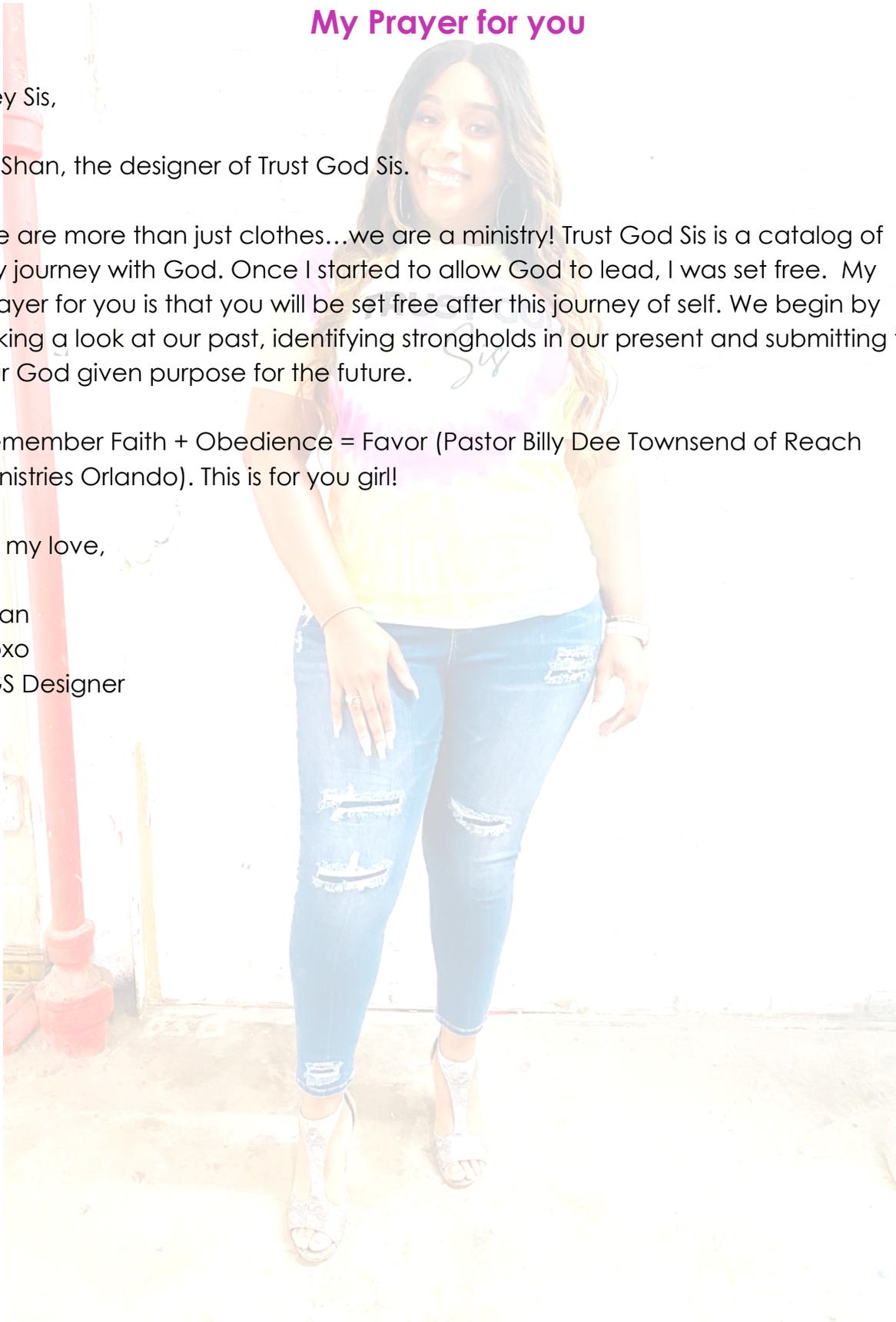
Remember Faith + Obedience = Favor (Pastor Billy Dee Townsend of Reach Ministries Orlando). This is for you girl!

All my love,

Shan

Xoxo

TGS Designer



### All Things in Prayer

Sis,

Prayer doesn't have to be elaborate. I know we have all been at Big Mama's during Thanksgiving listening to Uncle Earl thank God for the trees, roots, seeds and dirt ... right before blessing and naming each individual hair on great Aunt Shirley's head ... God doesn't need all that!

Jesus taught us how to pray. We have the perfect template found in the Lord's Prayer Matthew 6:9-13.

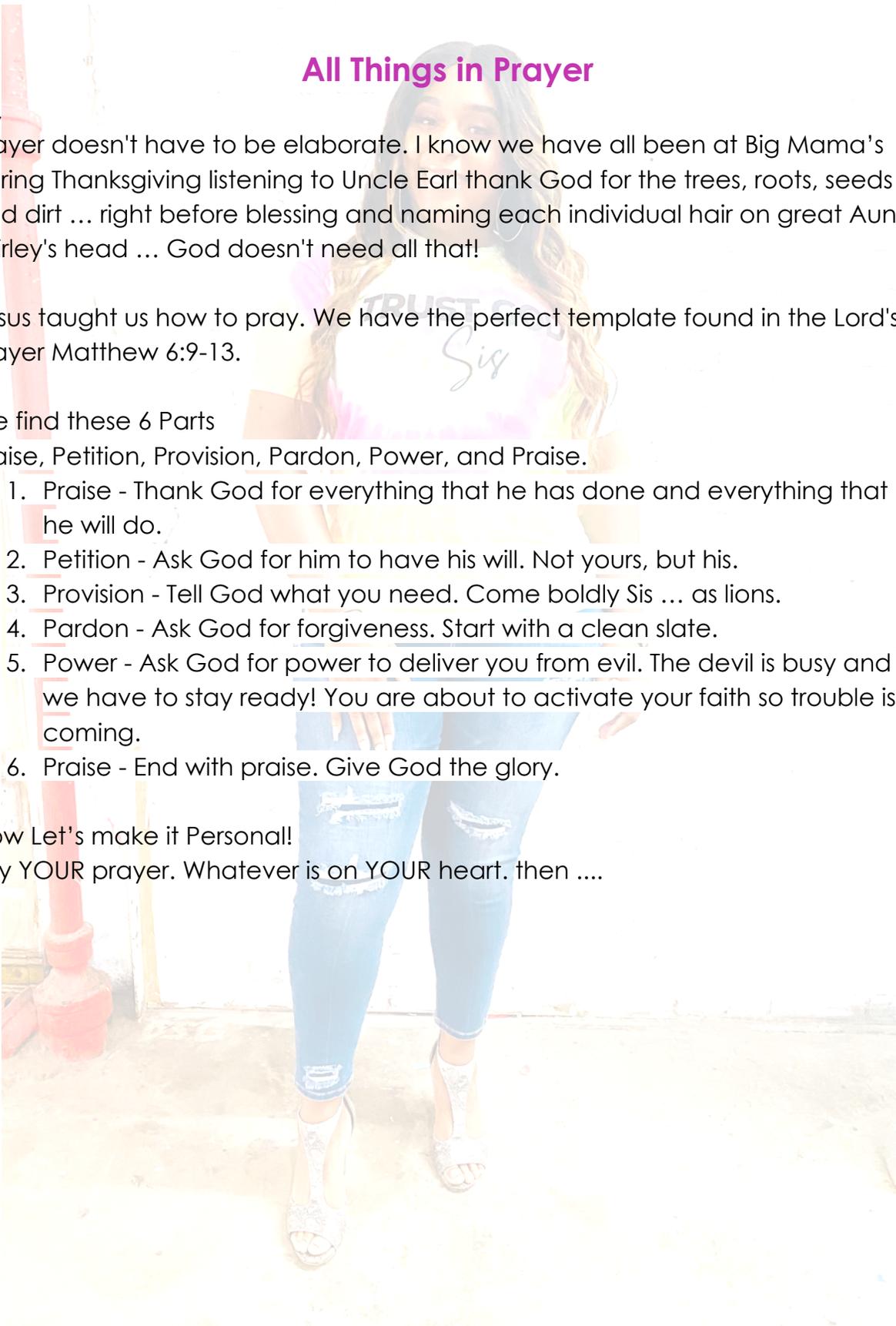
We find these 6 Parts

Praise, Petition, Provision, Pardon, Power, and Praise.

1. Praise - Thank God for everything that he has done and everything that he will do.
2. Petition - Ask God for him to have his will. Not yours, but his.
3. Provision - Tell God what you need. Come boldly Sis ... as lions.
4. Pardon - Ask God for forgiveness. Start with a clean slate.
5. Power - Ask God for power to deliver you from evil. The devil is busy and we have to stay ready! You are about to activate your faith so trouble is coming.
6. Praise - End with praise. Give God the glory.

Now Let's make it Personal!

Say YOUR prayer. Whatever is on YOUR heart. then ....

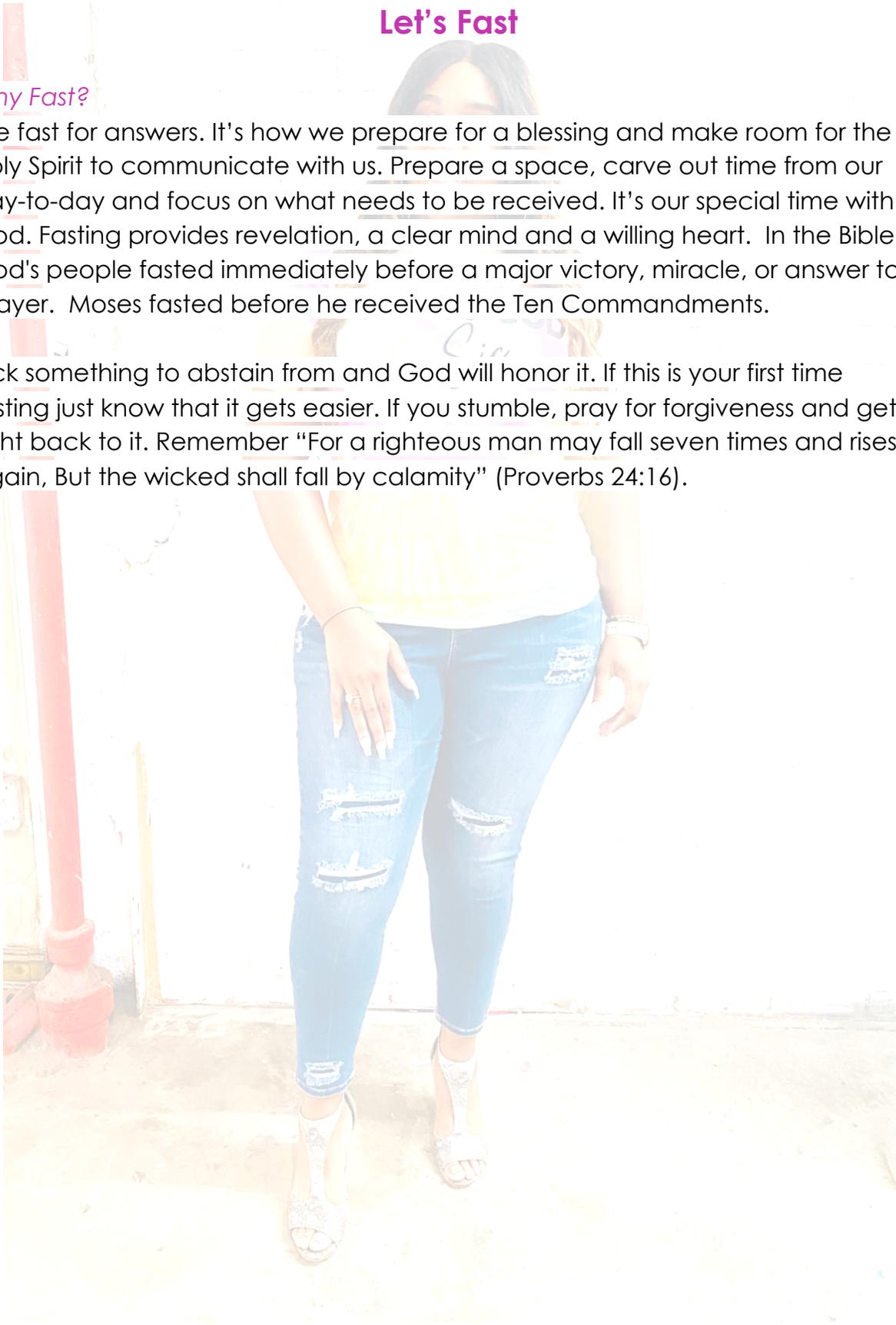


### Let's Fast

#### Why Fast?

We fast for answers. It's how we prepare for a blessing and make room for the Holy Spirit to communicate with us. Prepare a space, carve out time from our day-to-day and focus on what needs to be received. It's our special time with God. Fasting provides revelation, a clear mind and a willing heart. In the Bible, God's people fasted immediately before a major victory, miracle, or answer to prayer. Moses fasted before he received the Ten Commandments.

Pick something to abstain from and God will honor it. If this is your first time fasting just know that it gets easier. If you stumble, pray for forgiveness and get right back to it. Remember "For a righteous man may fall seven times and rises again, But the wicked shall fall by calamity" (Proverbs 24:16).



## 21 Days of Journaling

### Examine your past *The Past*

1. God reveal any curses spoken over me from childhood that still affect me now as an adult.
2. God what do I need to heal from?
3. God who haven't I forgiven?
4. What has me paralyzed?
5. Reveal any mental warfare from my past that is showing up in my future.
6. How has what I've been through made me a stronger person and encouraged those around me?
7. What promises has God made to me?

### Identify any strongholds *The Present*

8. What have I refused to let go ... and let God?
9. What are some strategies I can use to build my character as I engage in warfare? (strategy)
10. What scriptures have I found strength in and why? (Tools)
11. How can I walk in authority?
12. How can I fill the perceived voids in my life with God's presence?
13. How can I submit myself to God's will and enter into a covenant?
14. Reveal to me what I have let die and how to revive it.

### Write the Vision and make it plain *The Future*

15. God what is the vision you have for my life?
16. God give me a strategy to embrace my waiting season.
17. Show me how what I'm doing now fits into your purpose
18. God help me to create a specific prayer to walk in the purpose that you have identified for me (tool)
19. How will I give God my yes?
20. How will I overcome the temptation to quit? (Crisis of Faith Moment)
21. God, show me the exact steps to come out of disobedience into purpose.

### Make a Covenant

In the Bible, God made promises to man. These were known as covenants. These conditional promises give us purpose. We have to understand God's "If /then" promises. If you do these things... then I promise to bless you all the days of your life.

We have examined any traumas from our past, identified any strongholds in our present and received our God driven purpose for the future.

Let us be in covenant with God. His word will never return unto him void, so when God promises you something it will happen. Now that you have crossed this barrier, make an Abraham-like commitment.

Trust God Sis!

All my love,

Shan  
XoXo  
TGS Designer

### Connect with Us!

Tell us how you did  
Facebook Group: Trust God Sis  
Clubhouse: Trust God Sis  
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