

# NEW BIRTH

Dr. Jamal-Harrison Bryant  
Pastor

Dr. Jamal H. Bryant, Sunday January 26, 2020:  
Plant Based Diet – “I’m Not Going to Sugar Coat It!”

Sometimes, we have to encourage ourselves. Repeat this daily for 7 days:  
I am a Blessing! I Expect a Blessing! I Witness Blessings! I Express Blessings! I Manifest Blessings! I Experience Blessings!

Father, Thank You for helping me to see I must stop sugar coating everything! I will master what I put in my mouth because my diet impacts my mood. I understand I must watch the amount of sugar I eat because when blood glucose is too high, it can create heart, nerve, eye problems, and kidney disease. Excess sugar starts weighing on us, draining us, and elevates our risk for cancer. It can become deadly! Lord, many parents have contributed to the brokenness of their children because of their refusal to correct or challenge them in a commitment to be their friend. Thank You for revealing that our calling is not to be our child’s friend—they are not supposed to like us! You intended our children to have a fear of and a relationship with You, Father God! We cannot keep giving them everything they want without putting a mandate on them.

Thank You, Father that You are not calling me to date somebody who is beneath me; for in this season of my life I must have a standard for what I expect!

I am grateful for Your revelation that, sometimes, attacks I go through are not to destroy me; they are to block me from something toxic; to separate the chaff from the wheat. I realize that sometimes the attack from the enemy is to expediate the oil on my life and is just the activator I need. Thank You, Lord, that this week I am going to feel Your power like I have never felt it before. The enemy thought I was regular, but he didn’t know there is an anointing bubbling inside of me and the next attack is what is going to push me over the edge! Father, I praise You for Your power inside of me is about to be activated!

According to Your word, Lord, when I clap my hands today, I am tearing apart what has been attacking me. It is coming to an end...I refuse to let 2019 follow me into 2020... the attack is over!

Thank You, Father, for freeing me from stuff my family didn’t know about. Thank You for blessing me in private! Thank You for giving me the resources to bless and care for my parents!

I am blessed to be a blessing!

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