

A 7-Day Journey for the Overcomer



**A devotional by:
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Introduction

The life of an overcomer is parallel to the life of a disciple. The life of a disciple is a life of discipline.

No matter what you aspire to do: lose weight, go to school, start a business, write a book, overcome... you must subscribe to discipline.

Too many people give up when things get hard. They make a mistake and forfeit the progress they've made. They give up. Yeah, we will talk about "them" because we'd never do that, right? WRONG!

How many times have you quit on the journey? How many times have you set a goal for yourself and quit because it "was too hard?"

Me too.

Now enters this seven-day journey. The purpose of this devotional is to give you a jump start – a diving board – to push you into having (or continuing) the life of an overcomer.

Having the life of an overcomer doesn't mean you get everything right. Au contraire! It means you keep trying. There are times you win and times you lose, but you keep trying!

Come on! Let's work!

Welcome to the life of an overcomer!

This is my prayer for you. It is from Ephesians 3:14-20 in The Passion Translation (TPT).

So I kneel humbly in awe before the Father of our Lord Jesus, the Messiah, the perfect Father of every father and child in heaven and on the earth. And I pray that he would unveil within you the unlimited riches of his glory and favor until supernatural strength floods your innermost being with his divine might and explosive power.

Then, by constantly using your faith, the life of Christ will be released deep inside you, and the resting place of his love will become the very source and root of your life.

Then you will be empowered to discover what every holy one experiences—the great magnitude of the astonishing love of Christ in all its dimensions. How deeply intimate and far-reaching is his love! How enduring and inclusive it is! Endless love beyond measurement that transcends our understanding—this extravagant love pours into you until you are filled to overflowing with the fullness of God!

Never doubt God's mighty power to work in you and accomplish all this. He will achieve infinitely more than your greatest request, your most unbelievable dream, and exceed your wildest imagination! He will outdo them all, for his miraculous power constantly energizes you.

Day 1: Sunday

In order to have the life of an overcomer, you must be aware of God's grace. We will start the week with a prayer of thanksgiving:

Father, I am thankful for your grace.

Your grace is perfect.

Your grace is everlasting.

Your grace gives me access to You.

There is nothing I can do to earn Your grace.

And while I can sabotage the potency of what grace means in my life, I can't do anything to nullify the validity and the power of Your grace.

With every breath I take, I experience Your grace.

Every step I make, I experience Your grace.

Every act of kindness and love

Every encouraging word spoken

Every correction

- is laced with Your grace.

Every creative thought or act of brilliance

-is fueled by Your grace.

Every prayer prayed

Every song sang

The timbre of every melody,

Is drenched in Your grace.

Your grace fulfills

Your grace strengthens

Your grace heals

Your grace makes me whole

Your grace is life.

Upon every success and accomplishment

I stand on the stage to eulogize "Grace"

I can never adequately articulate praises high enough to show my gratitude for this, for Your amazing grace.

But I will try.

Thank You, Father, for grace.

REFLECTION: As you go about the day, remember God's amazing grace.

Day 2: Monday

Happy Monday! When walking in purpose, we don't have time for "Blue Mondays." To start off the work week, this is my prayer for you:

I pray for your confidence - knowing your identity is found in Christ.

I pray for your healing - physically, financially, emotionally, spiritually.

I pray for your joy - because the joy of the Lord gives you strength and endurance (see Nehemiah 8:10).

I pray for grace - God's extreme kindness and reckless love surround you and in you.

I pray for your deliverance - because it's your inheritance as a child of the King!

I pray for your freedom - to walk into your destiny. No longer bound by any negative force trying to prevent you from progressing forward.

I pray for your faith – you will not become weary in this season, knowing God is faithful and never forgets your labor of love.

I pray for your voice - you will not keep silent. You will tell your story. Tell your truth, empowering yourself as well as others.

I pray for every grave in your life. Every buried gift and talent. Every bit of low confidence. Every bit of low self-esteem. Every bit of hope the enemy tried to bury. Every bit of love, joy, peace, long-suffering, gentleness, goodness and faith the enemy tried to bury (see Philippians 4:8). In the name of Jesus and by the authority of the blood of Jesus, I speak resurrection to your hopes and dreams. I call your identity out of the grave. I call your joy out of the grave. I call your destiny Out. Of. The. Grave!

I speak life over you and in you.

I speak peace over you and in you.

I speak mental clarity to your mind.

I speak healthy relationships over you.

I speak the ability to make sound decisions over you.

I pray for a new dimension of faith and trust in God over you.

I pray for your ears – they will hear the voice of the Lord clearly.

I pray for your eyes – for you to see God at work in your life.

I pray for your creativity to use what God has given you in such a unique way, others will recognize you as the proof of what God can do.

I pray for your heart to be sensitive to the Holy Spirit and remain humble and faithful to His call.

REFLECTION: Which declaration resonates with you the most? Why?

Day 3: Tuesday

*Nothing in your life is a waste of time.
No experience, hurt, set back...nothing.
If it was a waste, I wouldn't have allowed it in your life.
I will use it all to get my glory out of you.
~God*

Today I want to talk to you about living. Jesus came to earth to give you an abundant life (John 10:10).

Here's a reminder:
God loves you.
You are valuable.
You are worthy of joy.
You are worthy of happiness.
Your life matters.
Your words matter.
YOU matter.
You are loved.
You are a person of worth.
You have a purpose.
You are enough.

As you rehearse these words in your mind, I pray your confidence in who you are becomes stronger. I'm also praying for you to have the right people around you to help build you up.

I understand it's hard, I'm not writing from a place of perfection, I'm writing and sharing from a place of process. It can and will get better! I'm a witness!

REFLECTION: Think about the thing you're not proud of. What was the lesson? Even *that* is not wasted. Give yourself permission to live. Let it go and live.

Day 4: Wednesday

It's hump day – the middle of the week. Let's talk about hope.

Hopelessness is a product of faulty thinking. Hopeless means to have no expectation of good or success. Hopelessness says things will never change. It will never get better. My life is doomed. *Never? Doomed?*

Hopelessness says Christ can't change our situation. Not only can He change your life, but He can also give you grace and ability to make the necessary changes in your life.

From the moment of conception, we have been in a constant cycle of change. Our bodies, our minds, our relationships - they're all in motion and evolving.

Why not our minds? Why not our lives? Why not our situations? Why wouldn't God give you the ability to experience the totality of change? I'm talking about change in your heart, change in your situation, change in your mind.

This is the life of an overcomer. The ability to persevere through struggle, never giving up. Being resilient and having the strength to handle the vicissitudes of life.

The faithful love of the Lord never ends! His mercies never cease. Great is his faithfulness; his mercies begin afresh each morning. I say to myself, "The Lord is my inheritance; therefore, I will hope in him!" Lamentations 3:22-24 NLT

REFLECTION: What are you hoping for? Trust in God to give you the grace to accomplish it. Ask Him to show you how.

Day 5: Thursday

Today is the day for declarations!

The life of an overcomer is a life of courage and resilience. Feel free to use these examples and add a few of your own.

I am courageous.

Of course, I'm afraid! I'm afraid of messing up. I'm afraid of doing well. I'm afraid of rejection. I'm afraid I'll never get it right. I'm afraid my life is going to be a never ending roller-coaster of anxiety, anger, depression, etc.

Heck yeah, I'm afraid! And here's the decision - I will conquer fear! I will control fear instead of fear controlling me. I will push past the fear and do it - be it - pursue it - anyway. I will win because I am courageous. I will stay the course in the face of fear.

I am resilient.

I am strong. I bend but I don't break. I don't always feel like I'm tough but the truth of the matter is, up until now, I've survived it all.

I have issues. I have flaws. My thoughts are many times irrational. I even quit a time or two...or fifty. However, I come back to fight another day.

I may get knocked down, but I get back up. I am resilient.

REFLECTION: Think about your frustration or hesitation about the future. Write an overcomer's declaration (or two) for it.

Day 6: Friday

“Before I formed you in the womb I knew you, before you were born I set you apart; I appointed you as a prophet to the nations.” Jeremiah 1:5

Why am I here? Why has my life been difficult? What does God want from me?

It doesn't matter the circumstances of how you got here, God wanted you here. He wants to use you and make your life great. You may have been a product of rape, you may have grown up in foster care, feeling unloved and unwanted. You might have grown up in an abusive home, being beaten and molested. You may have been in an abusive relationship and endured physical, emotional, and sexual abuse at the hands of a man who said he loved you. Someone might have said you will never be anything, you're ugly, too skinny, fat, stupid, lazy, etc. **YOU HAVE BEEN LIED TO!**

God has a purpose for you and no matter what has been said or done to you, God will use it for His glory to bring out the best in you.

We have to decide who's report we believe. Will we trust what we have experienced, or will we trust what God says?

The bible says we must be renewed in the spirit of our mind. This means we must learn to believe what He says about us and allow Him to penetrate our mind, hearts and our emotions. It takes time, but through the process we will begin to see God work everything out for our good.

Dear Jesus, in the past I have not been happy with life. I have questioned why I am here. I have even wished at times I had never been born. Because of Your word I now understand. I was born on purpose for purpose. Help me to embrace this. Help me to be empowered by Your word. When negative thoughts try to overtake my mind, help me to remember your word and the truth of what you say about me. Help me to follow your lead and find my purpose in you. Help me to grow in faith and learn to trust you with all my heart. Help me to live in the light of Your word and not the shadow of my past. Thank you for bringing me this far. Thank you for loving me. Thank you for forgiveness for my sins and bad decisions. Thank you for always being there for me. I love you, Lord. Thank you for your many blessings. In Jesus' name, amen.

REFLECTION: I was created on purpose, for purpose. I am not a mistake. I am an overcomer.

Day 7: Saturday

In June 2019, I was ordained as an evangelist in the Lord's church. This experience was unlike anything I could ever imagine. At the culmination of the ordination process, the prophet had each of us make this statement: *I lay my life down so the church can live.*

In the days following, I had many thoughts. What does it mean? What do I do with this statement? What changes now?

This is the sum of my thoughts and how they flowed out of me. You don't have to be ordained to make a commitment to God. To say a complete "yes" to Him. To give your life to Him, just as He gave His life for us.

This is the declaration of an overcomer. The declaration of a disciple. The declaration of one who knows God is their source:

I lay my life down so the church can live.

What does that mean?

Remember singing the song "Yes, Lord?"

It's "yes²"; yes, on steroids; yes, in hype mode.

Yes, without hesitation.

Yes, to uncomfortable situations.

Yes.

Knowing I will walk in roles I feel unqualified to fill.

Yes Lord.

Whatever you say.

Yes Lord.

Even when "the church" dishonors me.

Even when "the church" hurts me

Even when "the church" neglects me.

I lay my life down for her...The Lord's Church.

The Lord's Church comes before my feelings/emotions

The Lord's Church comes before my agenda

The Lord's Church comes before my ideas

The Lord's Church comes before my will

The Lord's Church comes before my need to be right

The Lord's Church comes before my "need" to sleep or eat

I will fast for the church

I will intercede for the church

I will live a life of integrity as an example for the Lord's Church

I will encourage the church

Even if “the church” doesn’t encourage me –
I will encourage The Lord’s Church.

With every breath in my body and strength in my bones
I will preach, teach, and spread the gospel of Jesus Christ
In order to add to The Lord’s Church
I will study and rightly divide the word of God
In order to exhort The Lord’s Church
I will share my testimony to The Lord’s Church
Because we overcome by the blood of the lamb...

The Lord’s Church is my local assembly
The Lord’s Church is on my job
The Lord’s Church is on the street
The Lord’s Church is at the store
The Lord’s Church is at the post office
The Lord’s Church is at the bank

The Lord’s Church is the homeless man/woman on the side of the road
Asking, will you help me? Will you love me? Will you give me something to eat?

I lay down my life so the church can live
What does it mean to you?
Oh, God! May I live up to the vow I made.
May I not lose one soul assigned to me to snatch out of the gates of hell
May I walk in integrity and holy boldness
Let me speak your word with power and authority
Not because of who I am, but because of who YOU are.

*Here I am, Father, a willing vessel.
I am offering my sincere yes.
I’m not perfect – nothing close,
But here I am.*

*Your grace is sufficient.
Your strength is perfect.
Your word is sure.
My foundation is in You
My hope is in You
I am sustained in You.*

Thank you, Father!

REFLECTION: How does this make you feel? What will you do with this knowledge?

Excerpt from my book, "Texts from an Angel"

Angel of Peace

Bryan shivered in the corner of his closet. He hated coming home from school in the afternoons to an empty house. It would be hours before his mother made it home. Even longer before his brothers, which was fine by him. If they knew how he spent his evenings, they would tease him mercilessly.

Bryan set the alarm as soon as he walked in the door; he always felt like, at any moment, someone or something would jump out and attack him. To make matters worse, every sound the house made while settling (though he didn't know that) made him even more anxious.

He knew no one was in there, but he had a routine. After making sure the alarm was set, Bryan double checked the locks. Then he would go around, check every place with a door – including cabinets and closets. Once he finished, he would use the restroom, with the door open, wash his hands, grab a snack from the fridge, then retreat to his closet.

Today felt weird to Bryan. Something was off; it was like he was feeling anxious yet peaceful as if something big was about to happen. This was a new feeling for him. Being the shortest in his sixth-grade class, he was teased often. He also spoke with a slight stutter which only manifested when he was nervous. He didn't have any friends, and truthfully, it hurt. He wanted nothing more than to have at least one friend. Someone he could play basketball and possibly baseball with. But he was awkward, at least to them.

Bryan thought he was making a good friend last year, in the fifth grade. Shawn was a guy he'd known since kindergarten and lived a couple of streets over. But because he enjoyed baseball, he joined the other guys on the block in teasing Bryan about it. They told him black boys didn't play baseball. Bryan figured he was better off; apparently, they didn't know the sport or read, for that matter.

Bryan decided to take another peak in each bedroom. He didn't understand what he was feeling. Maybe someone was peeking through a window? It felt like someone was watching him. He felt a warm breeze flow past his cheek. He looked up. He couldn't see anything, but he felt a presence. What the heck?

He began to think. For some reason he began to remember going to church with his grandmother this past Sunday. He enjoyed going to his Mama Doll's house. He went as often as possible. She was loving and funny. He laughed a lot with her. His mother was fun as well, she just had to work a lot of hours to make ends meet. Whatever that means. What ends is she trying to meet?

Mama Doll said she was too young and too fly for him to call her grandma, so Mama Doll it was. He had lots of fun when he stayed weekends with her. Although he had

chores like raking leaves, washing baseboards, sweeping the porch, and sidewalk he ate extremely well over the weekends he spent with her.

Three square meals a day at Mama Doll's house was reward enough for his hard work, so he worked without complaining. Besides, he felt all the heavy lifting would eventually produce the muscles he desperately wanted to have.

Because of his mother's work schedule, they didn't frequent church much. It was on the weekends when he stayed with Mama Doll that he went to church. The last few times he went, they talked about angels. They told them about the angel that visited Mary. They told them about the angel that spoke to Daniel, who passed out when the angel Gabriel talked to him. They told them about the angels that ministered to Jesus while in the wilderness. The funniest story to him was about the angels going to see Abraham and Sarah to announce the fact that Sarah would have a son within a year. A couple of old people having a baby? "Eww," he said.

He had been thinking about this as he sat in his closet. This past week, he had a question for Mrs. Hicks, the Sunday school teacher.

"Mrs. Hicks," he said, treading lightly. He knew his question could be misconstrued as rude, but he wanted to understand the things she was telling them. Since he didn't come to church much, Bryan knew he wanted to believe and wanted to ask questions to understand. "I don't want to be disrespectful, and I know my question may be weird, but why does God need angels? He's the almighty, powerful God. He created the whole world with His words. Why does He need assistants?"

Mrs. Hicks laughed. She didn't tell him, but she enjoyed his inquisitiveness. She said, "Oh, Bryan, that's easy. God is a family man. He doesn't need them; He wants them. Life is more fun with family, don't you think?"

Bryan thought about that. What would his life be like if he had an angel as a friend? That would be way cool.

"Finally! It's about time you engaged me!"

"What!" Bryan shrieked. "Who are you?"

"I'm Mike, dude. What's up? I've been waiting for you to want me here so I wouldn't scare you too bad. Looks like I did it anyway, huh?"

"You're an angel? Angels wear baseball hats?"

"Yeah, you like it?"

"Well... yeah," Bryan couldn't seem to get his words together.

"Hey, I'm sorry to scare you. I've been hanging out here for weeks, watching over you. Hoping you'd feel peace. I know you don't like being here by yourself. But Chief doesn't want you to be afraid. He wants you to have fun and enjoy life. You don't seem to be doing much of that lately. Why?"

“In case you haven’t noticed, I don’t have any friends. Am I really talking to an angel right now? Can anyone else see you? I’m not going nuts, am I?” Bryan asked in a rush. He didn’t want anyone to come home and catch him “talking to himself.” He would never live that down. Furthermore, he said all of that without stuttering!

“Whoa, one question at a time, okay? Yes, you’re talking to an angel.” Mike said with a boisterous laugh. “No, one can see me. However, Mama Doll knows I’m here with you although she can’t see me. Some people can see me, while others can sense me. Either way, it’s okay. The knowledge that Chief cares enough to send us around is comfort enough for most people. No, you’re not nuts.”

Bryan heaved a big sigh of relief. “What now? What do I do?”

“Nothing just be confident in who you are. Chief has special plans ...”

“Who’s Chief?”

“Well, God, of course!”

“You call God Chief? That’s cool!”

“Yeah, He’s cool. As I was saying, Chief has special plans for your life. Stick with us. I can’t promise you everything will be easy, but Chief and I will be here for you every step of the way. I can’t tell you everything, but I will say you will make a friend soon. You will be BFFs, as humans like to say, for many years to come. You should know I am mostly here because of Mama Doll. She prays for you every day. She knows Chief has great plans for you.”

“Wow.” Bryan was speechless. “I don’t know what to say.”

“Let Chief know you’re thankful and do your best to make Him proud, though you should know that He already is. “

Tears welled up in Bryan’s eyes. At that moment, he heard keys in the door, then his mom yelling, “Bryan, I’m home! Where are you?”

Mike shushed him, “Don’t tell her yet; we’ll talk later.”

Gathering himself, Bryan ran out to meet his mother. “Hey, Mom! You got home early tonight! Awesome!”

“Boy!” she said. “It’s eight o’clock. I’m late. What have you been up to that you didn’t notice the time?” Bryan was usually upset if she was a minute past seven-thirty.

Mike gave him a salute then held his finger up to his lips.

“I was in my room playing, Mom. I promise.”

“All right, help me get these groceries out of the car. I’m hungry.”

BIO

Nicole is not only a survivor, but an overcomer. She has overcome depression, anxiety, PTSD, cutting, and several suicide attempts. The title of her blog is “The Life of an Overcomer,” because she is on a journey to health, healing and wholeness. In her blog, Nicole is transparent about her journey, and she attributes her success to her faith in Jesus, counseling and community. Her goal is to empower and encourage others to overcome defeated mindsets. Her life’s theme scripture is Revelation 12:11, “*And they overcame him by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death.*”

Nicole is also an author, blogger, speaker and proofreader and certified life coach and mentor. In 2008, she graduated from Texas State University – San Marcos with a Bachelor’s Degree with a concentration in Administration and Counseling. She proudly serves at All Nations Worship Assembly – Atlanta, as an evangelist and intercessor under the teaching of Pastors LaBryant and Phineka Friend.

Nicole is the proud mother of three sons, Nicholas, Nathaniel and Noah. Proud godmother to Jasmine, and proud “Auntie” to many young people she comes in contact with at her church and community.

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