

Morning Routine



hydrate



detox juice



10 minute stretch



self care



healthy breakfast



5 minute journal



go screen free for 30 minutes



top priority to do list



go out for fresh air

Morning Routine Review Returns

Lingjun Ying



Morning Routine Review Returns:

The Review of reviews ,1891 **The Review of Reviews** Albert Shaw,1895 *The Review of Reviews* William Thomas Stead,1929 **WHEN GIANTS RETURN: The 7 Battles Every Believer Must Win** Dr. Mishael Carson,2025-11-08

THE GIANTS ARE BACK They Never Really Left They Just Got Smarter The terror at Kadesh Barnea wasn't about physical size When the spies reported We saw the Nephilim there we seemed like grasshoppers in our own eyes and we looked the same to them Numbers 13 33 they weren't just describing giants outside the walls They were confessing the giants that had already conquered their hearts That confession cost an entire generation their destiny Forty years of wandering Forty years of watching promises turn to dust in the desert wind Forty years of knowing they could have been living in milk and honey but chose to believe in giants instead Here's the truth bomb The giants blocking your promised land aren't just out there they're inside you Fear Compromise Pride Lust Strife Deception Depression Seven ancient enemies that occupied Canaan are back and they're occupying YOU And they're winning The Pattern Repeats History doesn't just rhyme it roars The same enemies that kept Israel out of Canaan for forty years are keeping believers out of their spiritual inheritance today Different names same spirits Different weapons same war Look around How many Christians do you know who are living in the fullness of God's promises How many are walking in genuine freedom unshakeable peace and transformative power Now count how many are stuck in cycles the same battles the same defeats the same wilderness wanderings their parents and grandparents faced The giants didn't disappear They adapted They traded iron spears for invisible chains They swapped city walls for mental strongholds They exchanged physical intimidation for psychological warfare And they're more effective than ever because most of us don't even know we're in a fight Why This Matters Right Now You're at a Jordan River moment God has promises with your name on them purpose calling freedom breakthrough impact Divine appointments waiting Kingdom assignments prepared A spiritual inheritance purchased by the blood of Christ and guaranteed by His resurrection But between you and that promised land Giants Big ones Mean ones And they're not moving without a fight They've been squatting on your territory for years maybe decades They've convinced you their presence is normal that their voice is yours that their limitations are just reality They've redecorated your prison cell so comfortably you've forgotten you're in captivity The bad news These giants are real powerful and strategic They know your weaknesses better than you do They've studied your family line learned your triggers and perfected their attacks over generations The good news They're not invincible Israel conquered them David conquered them And Christ already crushed them at Calvary The even better news You're about to learn their weaknesses their tactics and exactly how to take them down The Ancient Blueprint When God commanded Israel to drive out the seven nations of Canaan He wasn't just giving military orders He was revealing a spiritual pattern that would echo through every generation Paul understood this when he wrote These things happened to them as examples and were written down as warnings for us on whom the culmination of the ages has come 1 Corinthians 10

11 Translation The seven Canaanite nations weren't just historical peoples they're spiritual blueprints showing you exactly what's trying to sabotage your destiny Consider the precision Seven nations Not six Not eight Seven the number of completion of spiritual fullness These weren't random tribes they were a complete system of opposition a full spectrum of spiritual resistance designed to keep God's people from their inheritance The Hittites sons of terror The giant of FEAR that paralyzes your faith The Gergashites clay dwellers The giant of COMPROMISE that erodes your standards The Amorites mountain talkers The giant of PRIDE that elevates self above God The Canaanites merchants traders The giant of LUST that trades eternal for temporal The Perizzites belonging to a village The giant of STRIFE that divides and conquers the Hivites villagers The giant of DECEPTION that distorts truth The Jebusites threshers The giant of DEPRESSION that beats you down Each name reveals nature Each territory exposes strategy Each battle teaches victory Your Promised Land Is Occupied Territory Here's what nobody told you when you got saved Accepting Christ gets you out of Egypt but it doesn't automatically get Egypt out of you Salvation breaks Pharaoh's chains but you still have to face the giants The Promised Land Your spiritual inheritance victory and abundant life in Christ The Giants Internal enemies that occupy that territory and fight to keep you out This is why so many believers live beneath their privilege They're saved but not free Forgiven but not transformed Heaven bound but earth defeated They crossed the Red Sea but never crossed the Jordan They escaped slavery but never entered abundance The land is yours by divine decree purchased by divine blood guaranteed by divine promise But it's occupied And God's method hasn't changed Little by little I will drive them out before you until you have increased enough to take possession of the land Exodus 23:30 Notice God could evict these enemies instantly He doesn't Why Because the battle isn't just about the land it's about who you become in taking it Every giant you face is designed to develop something in you that comfort never could Every victory rewrites your spiritual DNA Every conquered territory expands your capacity for God's presence and power The Cost of Coexistence Israel made a fatal mistake Instead of driving out the inhabitants completely they decided to coexist When Israel became strong they subjected the Canaanites to forced labor but did not drive them out completely Joshua 17:13 Sound familiar I can manage this fear I just won't let it control me completely A little compromise won't hurt I know where to draw the line This depression is just part of who I am I've learned to live with it Every giant you tolerate becomes a generational curse Every enemy you refuse to confront becomes an inheritance you pass to your children The Canaanites Israel left alive became thorns in their sides and snares to their souls for generations Your compromise today is your child's captivity tomorrow Your tolerated giant becomes their inherited stronghold The battle you refuse to fight is the war they'll have to wage This Book Is Your Battle Manual This isn't another self-help book with seven steps to a better you This is spiritual warfare intelligence a detailed reconnaissance report on the enemies occupying your inheritance Each chapter breaks down one giant Its Identity Who this enemy really is and how it operates Its Weapons The specific tactics and lies it uses against you Its Weakness Every giant has an Achilles heel you'll learn each one Its Defeat The exact biblical

strategy to bring it down Your Victory How to not just win but occupy and maintain conquered territory You ll discover why David picked up five stones he was ready for Goliath s four brothers You ll understand why some giants take fasting to defeat while others require community You ll learn the difference between a giant that s defeated and one that s just hiding Most importantly you ll stop fighting symptoms and start destroying roots The Three Levels of Victory As you journey through this book you ll experience victory on three levels Level 1 Recognition You can t defeat what you won t identify Most believers are losing battles they don t know they re in conquered by enemies they ve befriended The first victory is simply seeing the giant for what it is not a personality quirk not a family trait not just how life is but an enemy of your soul occupying stolen territory Level 2 Resistance Once exposed giants get aggressive They ve been comfortable in the shadows light threatens their existence This level is where most believers get stuck they see the enemy but lack the strategy to defeat it You ll learn not just to resist but to go on the offensive Level 3 Replacement Empty territory invites occupation It s not enough to evict giants you must fill that space with God s presence and purpose This is where freedom becomes transformation where victory becomes inheritance where surviving becomes thriving Ready for War Joshua stood at the edge of the Jordan River staring at the same land that terrified his generation forty years earlier The giants hadn t shrunk The walls hadn t crumbled The challenge hadn t diminished But Joshua had changed He d watched Moses He d witnessed miracles He d waited four decades for this moment And when God said Be strong and courageous Do not be afraid do not be discouraged for the LORD your God will be with you wherever you go Joshua 1 9 Joshua didn t count giants he counted on God Same command Same promise Different enemy Same God The question isn t whether you can defeat these giants Christ already won that victory The question is whether you ll appropriate what s already yours whether you ll fight for what s been freely given whether you ll possess what s been purchased Your giants are real but they re not rightful They re powerful but they re not permanent They re intimidating but they re not invincible And they know something you re about to learn Their time is up The Journey Ahead In the pages that follow you ll meet your enemies face to face You ll learn their names study their nature and discover their defeat But more than that you ll meet the Giant Killer who lives in you the One who makes grasshoppers into giant slayers who turns shepherd boys into kings who transforms fugitives into warriors This isn t just about winning battles It s about taking territory It s about generational deliverance It s about becoming who God created you to be and doing what God created you to do The giants are real The war is real But so is your victory So is your inheritance So is the God who goes before you Let s go giant hunting A Final Word Before We Begin One last thing Giants don t die quietly When you start this journey expect pushback Expect the very enemies exposed in these pages to rage against your reading to distract your attention to minimize the message They know what happens when God s people get serious about their inheritance But remember Their intimidation is proof of their desperation Their roar reveals their fear They know that an awakened equipped determined child of God is their worst nightmare You re about to become that nightmare Welcome to the war you were born

to win American Monthly Review of Reviews Albert Shaw,1913 *Let Go of My Leg: A Practical Guide to Returning to Work After Ch* Kirsten Lees,2011-08-01 You ve had your babies and taken a year or more off work and now it s time to get out there and start earning again How Has the working world changed while you ve been nurturing your brood Or have you What do you really want and what is the best way to get it You have ideas of course Job sharing for one But are companies truly supportive of employees who need to job share or work part time or away from home Or could working for yourself work for you Or why not take a course Which ever way you choose to make your move guilt uncertainty and lack of confidence are likely to complicate the process how do you look after yourself and your family in this time of transition This accessible practical book written by a mum who knows draws together expertise actual experience personal stories and information from a broad range of sources to provide practical tools sound advice and real life examples to help women take control of this exciting next phase Digest; Review of Reviews Incorporating Literary Digest ,1928 **The Eugenics Review** ,1925 **The Dental Review** ,1891 *The Trained Nurse and Hospital Review* ,1912 A monthly magazine of practical nursing devoted to the improvement and development of the graduate nurse **Unitarian Review and Religious Magazine** ,1885 **Unitarian Review and Religious Magazine** Charles Lowe, Henry Wilder Foote, John Hopkins Morison, Henry H. Barber, James De Normandie, Joseph Henry Allen, 1885 **The Unitarian Review and Religious Magazine** Charles Lowe, Henry Wilder Foote, John Hopkins Morison, Henry H. Barber, James De Normandie, 1885 **Medical Review of Reviews** ,1913 Index medicus in v 1 30 1895 1924 **The American Law Review** ,1914 *The Juridical Review* ,1901 Covers general areas of Scottish law including criminal commercial contract delict environmental family administrative and socio legal issues Also includes some articles on comparative law plus book reviews and case notes **The American Review of Reviews** Albert Shaw,1916 The American Review of Reviews ,1913 *The Far Eastern Review* ,1910 **American Monthly Review of Reviews** ,1913

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