



CONSISTENCY



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CHAPTER ONE

INTRODUCTION

This is a practical book. It is not written merely to inform you, but to transform you. As you read, practice what you are taught.

Acts 1:1 KJV

‘The former treatise have I made, O Theophilus, of all that Jesus began both to do and teach’

Jesus was a practical teacher. He was not just theoretical.

Ezra 7:10 KJV

[10] For Ezra had prepared his heart to seek the law of the LORD, and to do it, and to teach in Israel statutes and judgments.

Notice the sequence: to seek, to do (which is the practical reality, what is called praxis), and then to teach the law of the Lord.

So you have to live this life as a practical expression. What you are taught, you scribble it down, you write it down, and you organize your life accordingly.

Because, in all fairness, if you are not organized, if you are not a planner, you may not be able to retain consistency in the Spirit and in anything you do at all, even in business.

I hope you are aware that your profitability in business and your transgenerational impact are functions of your consistency. You must be consistent in what you do.

Check any system, any organization blazing the trail today, those who are pathfinders. It took years of consistent effort for them to maintain such standards and rise into the spotlight.

Some people have been in their industries for twenty or thirty years, and they are still blazing the trail. They are still pathfinders. But it took consistency.

Look at content creators and others in similar spaces. They don’t suddenly appear in the

spotlight. There is always a track record of continuity, a track record of consistency that sponsors their visible success.

So, if you are going to achieve anything worthwhile, anything valuable and lasting, you must remain consistent in what you do. And if you want to maintain a robust spiritual life, you must be consistent.

In consistency lies energy. The power of God is connected to your ability to remain consistent. And you must also be planning-conscious.

Luke 14:28 KJV

'For which of you, intending to build a tower, sitteth not down first, and counteth the cost, whether he have sufficient to finish it? '

CHAPTER TWO

SETTING GOALS

There must first be a sitting down. You have to think about it. You have to dot all your i's and cross all your t's. You have to plan. You have to say, *“Lord, I want to be consistent spiritually. In my business, I want to be consistent. These are the things I want to put in place.”*

You properly check your life. Evaluate yourself. Where are the areas you are lagging? Are you too distracted? Are you too involved in activities that are not helping you focus?

Check, double-check. Place yourself on a scale, and examine your tendencies, your proclivities, your excesses. Sit down and plan.

In any business or organization, the very first thing is goal-setting. That also applies spiritually. You want to mature spiritually, to grow, to advance, then you set a goal.

If you want to grow, you must set a goal. That means you must be systematic. You must systematize your walk with God. Systematize how you build yourself spiritually.

Many years ago, while on campus, I heard this statement: *“If you don't have a goal, you're a goat.”* That stuck with me. Harsh? Yes! But it's true. If you don't have clear goals for your life, you are wandering.

You cannot say, *“I want to achieve this in a twinkle of an eye.”* No. You must set timelines: *“For the next three months, I want to build my love walk with God.”*

Then gather scriptures that talk about love. Begin to consume them. If you notice hatred in your heart — just hatred, random dislike, you deliberately build yourself on the love of God. Digest scriptures on God's love. See what becomes of you in three months.

If you notice weakness in faith, give yourself a target: *“Lord, in the next four months, I want to grow in faith.”* Be serious about this kind of life.

That is how many of us started. That is why I know so many scriptures. I can quote four, five, six on one subject because I studied the Bible topically. I sometimes take a subject and study it in that light.

When I study, because of the kind of Bible I have, I look at each word in Greek and Hebrew. It's systematic.

Many believers think they can shadow-box, juggle things, and it will just work. No, it doesn't. You have to set clear-cut goals: *"I want to rise at 4 a.m. every day. I want to rise at 5 a.m. every day. I want to touch God."*

Goals must be precise, concise, achievable, and realistic. In business, they call it SMART: Specific, Measurable, Achievable, Relevant, and Time-bound.

You have to set a goal that is specific: *"Lord, I want to grow in this area."* Don't try to do many things at once. Be specific. For example: *"Within one year, I want to finish reading the Bible."* This is not just a religious exercise. It is about grooming yourself. Some people chase clout, taking pride in reading the Bible cover to cover, but that alone does not matter. The real goal is to be serious about your destiny.

Set timelines and schedule your time. For instance: *"I want to study five chapters of the Bible in a day."* The purpose is to be systematic, to remain consistent in your growth, to stay on course with God, and to ensure sustainability and transgenerational impact.

We are not trying to maintain a system that only suffices for the present but cannot affect another generation. You have to sustain a system that is transgenerational in scope — one that has posterity in mind. The upcoming generation should be able to feed from what God is doing in your life.

Whether you are a musician, a minstrel, a preacher, an evangelist, or an apostle, someone must rise through your vessel. Someone must be raised who can trace their journey back to your life, and the impact should be evident.

So, we must come to a point where we multiply ourselves in many people.

That is the concept in this scripture. If the seed falls and dies, it brings forth much fruit — multiplication, the raising of many who can represent the will of God.

So, you must set goals that are SMART. Your goals must be achievable. You cannot say, *"I want to pray 24 hours every day."* That is not achievable. You are only being overzealous, overambitious, because it is not possible. Saying you want to stay with God 24 hours every day means you would have no other life. You are not a monk, and you are not in the wilderness. You

have work to do. You have relationships to maintain. You cannot lock yourself in a room and remain there.

Set realistic goals. Set goals that are tangible and achievable. You must know within yourself that they are possible. Then attach timelines to them: *“Lord, in five months, I want to achieve this.”* *“In one week, I want to finish this book.”* You may decide to read a book on apostolic ministry, or a book on faith, and then live by what you read.

I remember a time in my life when I was a strong lover of books. I read extensively. But as I grew, I noticed that my passion for reading began to decline. I could pick up a book and, even after a month, still not finish it. I knew something was wrong. I had to address it and say, *“Lord, help me. This is not who I used to be.”*

Someone reading this book may be in a similar situation. Perhaps you used to be strong in prayer, but over time, your prayer life has weakened. If you want to maintain consistency at any level, you must be tied to a structure, because **anything without structure has no future**. You must connect yourself to a system of sustenance.

A farmer, for example, works within a system. If there is no rainfall, he returns to irrigate the land. He knows he must water the ground and remove weeds. It is a system already in place. The same applies to a computer. It functions because it has been systematized and programmed.

In the same way, you must program your life. You must be intentional about growing spiritually and sustaining your spiritual vibrancy and capacity so that you do not become inactive, inefficient, or ineffective.

Set achievable goals — SMART goals.

CHAPTER TWO

PRIORITIZE GOD

Another thing you must do is to **prioritize God**. You have to truly prioritize Him. Take time to write down the different areas of your life — your marriage, your finances, your career — and examine them carefully. Then, above all those things, write **GOD** in bold, uppercase letters. Make it big, glaring, visible, declaring: *“This is my number one priority. My obsession and loyalty belong to the Lord.”*

This is a practical step, especially if you are struggling to remain strong in the Lord. You cannot sustain a spiritual fire without intentionality. Many people live unstable lives—they rise today and fall tomorrow, like a fluctuating graph. But if you want steady, upward progress, you must deliberately create a system of sustainability — a fire that remains burning, not one that is easily extinguished.

Set God as your priority. Say, *“Lord, You are my priority in my marriage. You are my priority in my finances. You are my priority in my academics. You are my priority in my business.”* Some of you are entrepreneurs. Even as you pursue success, declare: *“Lord, despite my ambitions, You remain my priority.”*

Lay your crowns before Him — the crown of your business, your ministry, your achievements. Let everything be under Him. It is possible to be in ministry and to love ministering more than you love God. That must not happen. God must come above all.

That is why, when you wake up in the morning, your very first consciousness should be of God — not your gadgets, not your tasks, but God. The very first thought that comes to your mind when you rise should be Him.

In the beginning of your day — **God**.

In the beginning of your business — **God**.

In the beginning of your marriage — **God**.

In the beginning of everything — **God**.

This is why the Bible starts this way: to show that the beginning of anything in life must be God. Anything other than that is unstable. You have to prioritize God.

Genesis 1:1

'In the beginning God created the heaven and the earth. '

God must be at the zenith of your scale of preference. You must prioritize the will of God. God must not be number thirty-seven on your list of priorities. Not even number two.

It is not enough to say that you know God. The question is: *Do you prioritize Him?*

CHAPTER THREE

SCHEDULE TIME WITH GOD

You must intentionally set aside time to spend **quality moments with God**. Schedule yourself. Set a daily time to be with the Lord. This principle works in every area of life — your business, your academics, your personal growth. When you apply these strategies, they will be extremely helpful.

For example, if you want to graduate with first-class honors, you must set time to study every day. If you want to become proficient in any area, you must invest time in it. If you want to become a business expert, a technician, or a tech professional, you must spend time developing yourself.

It is the same with God. If you truly want to know Him, grow spiritually, remain empowered, and be sustained, you must spend **quality time with Him**.

The instruction to “*enter into thy closet, and when thou hast shut thy door*” speaks of a system of separation. Today, we often say that you can pray anywhere, and that is true. However, you must first establish a **structured, private place of relationship with God** — a personal space where you consistently meet with Him.

Before you begin praying everywhere else, you must first put the one at home in order. Do not become merely religious in your activities. Establish a place of prayer. Build a personal altar with God. Build a time and space where you rise daily and say, “*This is the time I have set to pray.*”

Will it be possible to maintain this perfectly every single day? Occasionally, you may miss it. But you must not dwell in failure. Missing one day does not mean God hates you. You simply move past it and continue forward, ensuring that you return to consistency.

This is why it is important to put a **strong and disciplined structure** in place — one that helps you remain sustainably vibrant and strong in God. Shut your door. Stay with Him. Speak to Him. Communicate with Him. He is your Father, your Lord, and He desires to hear your voice each morning.

Psalm 5:3 KJV

'My voice shalt thou hear in the morning, O LORD; In the morning will I direct my prayer unto thee, and will look up. '

God wants to hear your voice in the morning. Look for a convenient time — a time you know you can maintain. For instance, if you work night shifts, your prayer time may have to be in the evening before work, early in the morning after rest, or sometime in the afternoon. The point is to **structure your life** in a way that helps you maintain spiritual vibrancy and consistency.

Do not compare your schedule with others. Someone may tell you they pray all night every day. Do not try to imitate that blindly. If you must wake up by 5 a.m. for work, you cannot realistically pray all night every day. You will become ineffective at work, and if you lose your job, that is not spiritual warfare. It is a self-inflicted hardship.

Instead, you may pray for one or two hours, get adequate rest, and remain effective in your responsibilities. As believers, we must be responsible. We must contribute to nation-building. We must be effective in our organizations and demonstrate relevance and functionality. We must not appear lazy.

Over the years, many have accused believers of laziness, using prayer as a cover for irresponsibility. We must reject that notion. Pray with wisdom. Pray with the awareness that you have daily responsibilities and must remain effective. There should never be reproach on the name of the Lord because of your negligence.

Determine what time works best for you. For example, my wife wakes up at four o'clock most days — sometimes five, depending on her schedule. She studies the Bible, prays, and then attends to the children. That is a **structured life**.

Excessive sleep, as though preparing for a sleeping competition, will not help you. There is no reward for oversleeping. Sleep when necessary, but excess is a challenge.

Poverty is often linked to excessive sleep and a lack of discipline. Look at those who are highly successful — those blazing trails in their fields. They do not spend excessive time sleeping. Instead, they create time to rise early, think, meditate, plan, and map out their journeys toward improvement.

If you desire to be robust — spiritually, in business, or academically — you must become structured and disciplined. You must put systems in place and prove yourself within those systems. Growth and sustainability always follow intentional structure.

Daniel 6:10 KJV

'Now when Daniel knew that the writing was signed, he went into his house; and his windows being open in his chamber toward Jerusalem, he kneeled upon his knees three times a day, and prayed, and gave thanks before his God, as he did aforetime.'

From this scripture, we see that prayer was Daniel's custom. Daniel was one of the three presidents appointed by King Darius, set over about 120 princes. He was a ruling governor, a man with great administrative responsibility and a very busy schedule.

Yet, despite his busyness, he maintained a consistent prayer life. He withdrew to pray three times daily. It was his established habit — his personal system of fellowship with God.

This shows clearly that **busyness is not an excuse to neglect God**. There is truly no excuse. You must learn to map out your life and plan it intentionally.

If you are not intentional about being consistent with God, you will **never remain consistent**. It takes intentionality to stay committed and focused on serving the will of God. You cannot sustain consistency without deliberately choosing that path.

Many things compete for our attention as believers. Some of us are married with children, and our focus is drawn to family responsibilities. There are academic demands, workplace duties, and many other pressures coming from every direction. With so many competing priorities, it requires **intentionality** to remain committed to God's purpose for your life.

So you must understand this: if you are going to be consistent, you must be **intentional**. The major challenge for many believers is not starting well. Many begin on a strong note. They decide to pray, to study the Word, and to pursue spiritual growth. But along the way, distractions and pressures often cause them to drift from the path of progress.

If a believer solves the problem of consistency, that person is already on an upward spiritual journey. **In consistency lies energy and power**. It is essential to learn how to remain steady in serving the will of God.

We have seen living examples, men and women who have walked this path of spiritual progress for decades. Their lives demonstrate the product of consistency. Anything truly outstanding and impactful is the result of sustained consistency. Success is never accidental. It is costly to assume that people simply stumble into breakthroughs. Anyone breaking new ground has done so through disciplined, consistent progress in the things of the Spirit.

Once you master this principle, you can rise into greater dimensions of spiritual possibility.

CHAPTER FOUR

STRATEGIES FOR CONSISTENCY

For the believer, it is an eyesore if yesterday is better than today. You are supposed to journey in spiritual progress – no retrogression, no regression, no stagnation. Everyone who looks at you should be able to attest to the fact that there is obvious improvement in your life, day by day, moment by moment. There should be a conspicuous transformation happening. People should be able to say, *“This person is not the same as we used to know.”*

God wants you to be consistent. He does not start something with you that He does not intend to finish. He is called by an appellation – Alpha and Omega, the beginning and the end. If the Lord started with you, He wants you to finish well.

So, you must understand the **protocol of consistency** – the principles that will carry you from the beginning to the end.

Ecclesiastes 7:8 KJV

'Better is the end of a thing than the beginning thereof: and the patient in spirit is better than the proud in spirit. '

It is **not just about beginning**, but about **ending well with God**.

Job 8:7 KJV

'Though thy beginning was small, Yet thy latter end should greatly increase. '

❖ REASSURING YOUR MIND WITH THE WORD OF GOD

A lot of believers are on this table. Why are we on the table? Because we are human. It means that at some point in our journey, we will reach moments where we need reassurance.

There will be times when the only thing that empowers your consistency is the reassurance you give yourself. Otherwise, your soul may become downcast. As humans, we encounter seasons where things are not working as expected. Your prayer lists grow, your prayer points increase, and it seems like answers are not coming at the pace you anticipated.

Sometimes, just as one situation resolves, another arises almost immediately, and you begin to wonder, *“When am I going to be free?”* When these pressures accumulate, your soul can feel heavy. The enemy’s assignment is to use this weight to derail your consistency because he knows that if your consistency is broken, your journey with God stalls.

So, the responsibility lies on you to reassure your mind continually with the Word of God. You must believe the Word, even when circumstances are confusing. If you are going to remain consistent, this is a protocol that must be in place.

There will come junctures in your spiritual journey where you may say, *“Lord, I may not know what You are doing. I may not see what is happening around me. All my prayer points may not be answered yet. But still, my soul will not be downcast.”*

Psalm 42:5 KJV

'Why art thou cast down, O my soul? And why art thou disquieted in me? Hope thou in God: For I shall yet praise him For the help of his countenance. '

This is the Psalmist speaking here. This person has gone through hell. He has faced all kinds of challenges—being an outcast in his own family, being pursued by a king, and almost losing his life. He experienced immense trials.

I empathize with people; I don’t just sympathize. I know what it means to be in challenging times because we have all had our share. We know what it means to face hurdles, unpleasant situations, and circumstances that test us.

I know what it means to trust God for the fruit of the womb, and yet it doesn’t come. To trust God to renew your rent, or to establish you, and it doesn’t happen. To trust God for marital bliss, and it still feels far off.

I understand what it means to ask, *“Lord, when? Lord, how? Lord, what is going on?”* Your mind is full of questions. Your business is not breaking through as expected; patronage is not forthcoming. We are human. Deep down, these thoughts replay like a video in our minds, and it

can leave our souls disquieted and anguished.

Even Jesus experienced the anguish of His soul, yet He reached a point where He submitted to God's will.

That's Jesus. So, who are you? Don't think that you are in an uncommon place. No, this is a common place for everybody. You are not the only one walking in these shoes.

Anyone who comes to you and asks, "*Why are you always like this?*"—they may not understand. Maybe they do understand, but they are not empathizing with you.

We can sometimes think that once you are spiritual, everything should move at the pace of spirituality. No, it doesn't work like that. We are still human. This is not to justify any form of inconsistency, but to remind you that God is aware of your weakness. He knows that you are frail.

This is why He made provisions for strengthening you, even in days of adversity. He made provisions for you in the times when you are ultimately and obviously challenged.

What I am saying is relatable. Some of you, as you read this, can relate to these things. God sent me to you. My goal is to help you cultivate a strong relationship with Jesus. As you read these words, hope comes alive in you again. A glimmer of hope enters your soul just when you were about to give up, and you say, "*No, I am not giving up.*" Instead, you submit to the program of God.

Someone might be on the verge of collapsing, even contemplating suicide, but just these words can change the game, change everything, and bring restoration.

So, you must reassure your mind. Every time you reach these junctures in your spiritual journey, you must intentionally reassure your mind of what God has spoken concerning you. Repeat His words. I call this "*Homologea*"—saying the same things God has declared over your life, even when your soul feels downcast and disquieted.

You rise in the middle of the night, when everything is calm, and converse with the Lord. In that conversation, you reaffirm His word to your mind and heart. Take the words God gave you, the ones you wrote down, and repeat them until they penetrate your soul, your mind, and your gateways.

If you study the saints of old, you will notice one thing: they practiced this consistently. They understood the power of reassuring their minds with what God had spoken, and that became a cornerstone of their spiritual strength.

Romans 4:19-22 KJV

'And being not weak in faith, he considered not his own body now dead, when he was about an hundred years old, neither yet the deadness of Sarah's womb: he staggered not at the promise of God through unbelief; but was strong in faith, giving glory to God; and being fully persuaded that, what he had promised, he was able also to perform. And therefore it was imputed to him for righteousness. '

Notice the word “*persuasion*” there. Persuasion is **reassurance**. Abraham would rise up and say to himself, “*My body will still bear fruit. Even in old age, I will still be strong and flourishing.*”

He did not consider Sarah’s body dead. Every time he looked at her, he would say, “*Your body is not dead. You will still conceive. God has said it. We are going to have our promised child.*”

This is reassurance. This is a critical protocol and strategy for achieving consistency as a believer. If you want to thrive and remain tethered to God’s program, you must **reassure your mind of His promises**. You must remind yourself of what God has said concerning you.

Rise and declare it to yourself—chant it, repeat it, as monks do in their devotion. You will see monks chant from morning till night. Abraham did something similar. He would rise and affirm to himself, fully persuaded. Persuasion. Conviction. Absolute confidence in God’s Word.

“I know whom I have believed.” You have not believed a lie. God has not spoken to you through cunningly devised fables. These are realities. These things are not vague. We are not putting on a stage play for you—these experiences are real. The scripture documented this as a real-life experience. It is solid, it is tangible, it is reality.

So, you must believe the Word. The Word must become the midwife that brings you into the reality of God, consistently.

There will be moments when your soul feels downcast. Moments when you are about to give up, when you are thinking, “*Lord, I’m not sure I can continue again.*” Jesus Himself reached that point. Yet, even in that moment, the will of God superintended everything.

Hebrews 12:2 KJV

'looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God. '

There was something Jesus was seeing. And as long as you can see, you will stay. As long as you can see, you will be established. As long as you can see, there will be stability.

Why do you endure the pain of going to campus to study as a medical student? You know all the ordeals, all the challenges you must face to become a medical practitioner. Why do you endure the long hours of reading, the sleepless nights, the assignments, the exams? It is because you are looking at the bigger picture. There is a light at the end of the tunnel. You believe: *If I can go through this pain, I will become a doctor eventually.*

Without the pain, there is no gain. Pain is the window to gain. And as long as you can still believe, as long as you can still hold on to the promises of God, I can assure you that consistency will answer your call. You will never know a better yesterday unless you persevere.

These are the lessons God has taught me. Lessons that keep me going. Many people have reached out, asking me: *What is your secret? Why are you so consistent?* These are the things that have kept me moving for years.

We all have our times of being downcast. But every time we reassure ourselves with the Word of God, we regain stability. Strength does not come from nowhere—we draw strength from Zion.

Isaiah 52:1 KJV

'Awake, awake; put on thy strength, O Zion; put on thy beautiful garments, O Jerusalem, the holy city: for henceforth there shall no more come into thee the uncircumcised and the unclean. '

Hebrews 11:13 KJV

'These all died in faith, not having received the promises, but having seen them afar off, and were persuaded of them, and embraced them, and confessed that they were strangers and pilgrims on the earth. '

Imagine that they all died in faith, but didn't receive the promise, and based on what they saw, the Bible says that they were fully persuaded of them.

Hebrews 11:10KJV

'for he looked for a city which hath foundations, whose builder and maker is God. '

Throughout his journey on earth, he was looking for that one city. They saw something afar off. They never literally received the promise on Earth, but there was something they saw, and based on that vision, the Bible says they were persuaded.

God is real. Jesus is the real deal. He is the only hope we have in this generation. So when the enemy comes to sell lies to you, do not give in. He will try to deceive, but you must tell your soul: *I am not going to believe the father of liars.*

John 8:44 KJV

'Ye are of your father the devil, and the lusts of your father ye will do. He was a murderer from the beginning, and abode not in the truth, because there is no truth in him. When he speaketh a lie, he speaketh of his own: for he is a liar, and the father of it. '

That is his name. He is a liar and a murderer from the beginning. And he has not repented. He cannot repent; it is in his nature. He was created with the infrastructure of a liar from the start.

So do not believe him. Do not believe the voice that tells you, *"You can never amount to anything."* Do not believe the voice that says, *"After all you have learned, after all your efforts, what has become of you?"* No—that is a liar speaking to you.

What he does not realize is that you are filling up your heavens. When the clouds are full, the rain will come. Keep going. Be persistent. Be consistent. You are not serving a failure; you are serving the God of heaven. God is not unrighteous to forget your labor of love, your works.

Even if there is no reward system on earth, I will still choose God. I want to know Him beyond reward, beyond material blessings, beyond breakthroughs. Even if no promises of a breakthrough manifest, I will still choose God—over and over again. There is no alternative to Him. Can you get to that point where your heart is fully aligned with this reality?

Romans 8:38-39 KJV

'For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, nor height, nor depth, nor any

other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.'

So this is how the saints of old reassured their minds. God sees your tears. He knows your frailty, and He is always there with you. That is one thing I love about God—that even in our challenges, He remains unwaveringly committed to us.

Psalm 23:4 KJV

'Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; Thy rod and thy staff they comfort me. '

David was deeply conscious of God's presence. *You are with me*. When he passed through fires, God was with him. When he faced the trials and itches of life, God was with him. Even in the waters, he knew he would not drown. Even in prison, God's presence was there.

Most of the letters of the Apostle Paul, which we now revere, were written from prison. Imagine a prisoner giving assurance to those who are free. What did he know? There was something he had encountered in God that his circumstances could not shake. That's why he would often introduce himself as *Paul, the prisoner of God*. He was not ashamed of his imprisonment.

Do not be ashamed of what you are going through. There is a divine purpose at work. God is working—intentionally shaping and carving out something for your destiny.

How do you assure your mind?

You assure your mind by meditating on the Word. Speak the Word to yourself consistently, almost as if you are hallucinating. Say it until it penetrates your subconscious. Do not worry about what others think. They may call you out of your mind, but they do not understand that this is a battle within your mind.

Meditation is not just thinking; it is also speaking. There comes a point in meditation when you cannot remain silent. You must utter the Word aloud.

Jeremiah 20:9KJV

'Then I said, I will not make mention of him, nor speak any more in his name. But his word was in mine heart as a burning fire shut up in my bones, and I was weary with forbearing, and I could not stay. '

When you have truly chewed on the Word, it takes root deep inside you. The Word becomes a fire shut up in your bones, and you have no choice but to speak it. You repeat it to yourself, over and over, almost as if you are hallucinating, until it penetrates the deepest places of your soul.

It enters your subconscious so completely that even while sleeping, the Word reverberates within you. When you walk on the road, it echoes. When you converse with people and hear things contrary to God's design for your life, the Word rises within you and asserts itself.

You believe the Word. Do not believe the negative or limiting utterances of people. Let the Word dominate your thoughts, your speech, and your soul.

Isaiah 53:1 KJV

'Who hath believed our report? and to whom is the arm of the LORD revealed?'

Romans 3:4 KJV

'God forbid: yea, let God be true, but every man a liar; as it is written, That thou mightest be justified in thy sayings, And mightest overcome when thou art judged.'

Believe only the report of God. As for me, the only report I place my trust in, in any situation, is God's report. Some may think these words are said casually, but they are not. There is something we have ingested spiritually—something I have eaten. There is a foundation of faith, based on what I have seen, that assures me of a brighter tomorrow.

1 Timothy 4:15 KJV

'Meditate upon these things; give thyself wholly to them; that thy profiting may appear to all.'

“Give thyself wholly to them” means to make yourself a gift to the Word. Dedicate yourself completely to it. Meditate deeply on these things, and the scripture assures us that when you do, your growth and profit will become evident to everyone around you.

❖ AVOID SINFUL CONDUCT

If you want to be consistent with God, you must avoid sinful conduct. This is critical. Why? Because we live in days where sin has become normalized, and people even justify it. We make excuses: “Lord, are you not aware of what I'm going through? This is my only option.” These justifications often become reasons for inconsistency in our spiritual lives.

If you continually engage in sin, you cannot remain consistent with God. Sin pulls you away from fellowship. While you try to pray and stay close to God, your conscience will speak to you: “You... you just did this yesterday.” The enemy will hijack your mind and keep you in guilt. To avoid the pressures and attacks from darkness, you must intentionally avoid sin.

Do we make mistakes? Yes. Does God want us to? No. But there is provision for restoration: repentance. True repentance—genuine at heart—is a sign of a healthy relationship with Jesus. When you fall short, you must be penitent. Penitence is proof that you are spiritually healthy and feeding on the right diet.

How do you apply this practically? Confess your sins to the Lord. Pay attention to your conscience. When you are in conversation, and your conscience pricks you, or you notice a movie, a business deal, or an action that violates God’s will, respond immediately: cut it off. Be intentional. Yield to the guidance of the Holy Spirit.

When you feel drawn toward sin or guilt, say, “Lord, help me.” Confess, repent, and move on as if you never sinned. God no longer remembers your sin once you repent. What is past is past. It is like being acquitted in a court of law—you are free. You should live free from the guilt and attacks of the enemy. Do not allow darkness to guilt-trip or blackmail you.

Consistency in your walk with God requires holiness, repentance, and intentional obedience. This is the foundation that keeps your spiritual life vibrant and unshakable.

1 John 1:9 KJV

'If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.'

Just say, “Lord, I know that in this aspect of my life, something is wrong. Help me.” Some people are stuck in addictions, entangled in demonic attachments, or under the influence of all kinds of dark forces. You can say, “Lord, I want to be consistent with You, but this is holding me back; this is depriving my progress with You.” He will help you. He is your Father.

Avoid sin as much as possible. Do not allow darkness to guilt-trip you or the enemy to blackmail you. Live a life sponsored by righteousness—a life ordained by the Lord, a life regulated by holy living.

❖ LIVE A FASTED LIFE

To remain consistent with the Lord, live a life of fasting. I know that fasting has been misunderstood and misrepresented in many ways. Fasting is a spiritual discipline that strengthens our consistency with God. **You do not fast to impress God or to make Him do something**—He has already done what He intends to do. Your fasting does not move God; He was already moved long before you began. Fasting can, however, create the atmosphere and position your spirit to operate in alignment with Him.

Fasting is the act of denying your body food temporarily to bring your flesh under the rule of the Spirit. It is an act of your will—it requires willingness. On many occasions, I have told my wife what I planned to eat, only to return and have the food covered because God instructed me to fast.

There are things God wants to address in your life, and there are things He wants to say to your spirit. Often, the flesh can drown out the voice of the Spirit. That is why it is crucial to subdue the flesh so the Spirit can reign supreme.

I believe that a serious Christian should have a weekly fasting period. This is my personal conviction. You may not agree, but at least one day should be intentionally set aside to deny your flesh. It is not that you cannot connect with God on other days; fasting is a deliberate act to attune your spirit to the frequency of the Spirit. It helps you perceive spiritual truths more clearly and become more sensitive to His leading. To align yourself with the Spirit's government, you must intentionally starve your flesh.

Matthew 6:16 KJV

' Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. '

“When ye fast”—this is not subject to your opinion. Fasting is a matter of “**when,**” not “**if.**” This means that you **must fast.** The believer must fast.

2 Corinthians 11:27 KJV

'in weariness and painfulness, in watchings often, in hunger and thirst, in fastings often, in cold and nakedness.'

In the above scripture, the word “**fastings**” is plural. Do not get to the point where you outgrow the things that brought you this far. You will not remain consistent with God if you abandon the disciplines that have shaped your spiritual journey. It is possible to reach a stage where you believe there is no longer a need to practice certain things again. If you are in that place, you are already spiritually declining.

❖ AVOID DISTRACTIONS

Believers are too busy. It pains my heart because people are caught up in so many things. Just because we want to make money, we get entangled in numerous activities. I’m not saying you shouldn’t make money or live a successful life—those things are important—but not at the expense of your spiritual health. This is why some people cannot create time for Bible study or attend church programs anymore. Business and distractions have taken over.

We live in a social media age, and distractions are everywhere—the entertainment industry, constant notifications, and even the church is affected. Many men of God today cannot preach a full message without referencing social media. Avoid the temptation to check your phone intermittently. If you redirected that attention to God, imagine the payoff. Sometimes, you may need to put your phone somewhere you cannot see it.

Some of you, because of business or interactions, must be on your phones, but it should not be all day. I know of Cosmas Maduka, a billionaire, who dedicates every Wednesday to the Lord. He turns off his phone, locks his door, and spends the day praying, crying in the Spirit, and praying in tongues. He said that no matter what business comes up, it cannot reach him. He prioritizes God.

Attending to children or managing businesses is important, but never at the detriment of your spiritual capacity and health. Avoid distractions. Many people spend their free time hanging out and discussing carelessly. I often see people leave their homes just to spend hours in trivial

discussions—it is a wasted life.

We must call a spade a spade. Be intentional. Write down your distractions. Know what keeps pulling your attention away. Distract your distractions. Identify what you are preoccupied with daily. Reduce or cancel some of them. For example, decide, “I will spend only 1–3 hours on social media per day.” Stick to it.

Do not be enslaved to gadgets or the media—it will not help you. Many claim they have no time to pray because of work, yet they can spend three hours on their phone before sleeping. That reveals your priorities. This is not to say you shouldn’t have friends, but you must manage your time and avoid distractions that steal your spiritual focus.

❖ **MAKE DAILY TASK REMINDERS OF YOUR ROUTINE**

This means you need to create reminders for your routine. You may even set an alarm. Don’t dismiss this as something only for “baby Christians”—who are you? Setting alarms for yourself is important because our days are filled with so many things that it takes intentional reminders to stay regulated. Set alarms for your prayer and study times.


For example, one morning I had not studied yet. Then someone’s name came to mind, and I decided to check on them before I forgot. That call lasted two hours, and I had not studied. I felt pained because I had missed my study time. Distractions like calls or interruptions from family members are common. Attend to family and friends, but within limits.

Make God your priority. Don’t let yourself be consumed with too many tasks. Set your priorities right. Be serious about your destiny. If you pay attention to these things as you read, it will ultimately be a blessing to you.

Stay Blessed!

Stay Connected

We would love to hear from you! For more teachings, resources, and updates:

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