

*Be encouraged...*



# *Be encouraged*

*21- Days daily devotional*

*By Cindy Mezas*

Colophon

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# Introduction

This book titled ‘*Be encouraged*’ is one to read in 21- days. For there are 21 encouragement chapters. According to what neuroscientists are telling us, it takes 21- days to turn a negative thought into a positive thought. It is also said that it takes 21- days to create a new habit. When I see the number 21 immediately my mind goes to Daniel chapter 10:12,13,14:

*Then he said to me, “Do not fear, Daniel, for, from the first day that you set your heart to understand and to humble yourself before your God, your words were heard; and I have come because of your words. But the prince of the kingdom of Persia withstood me **twenty-one days**; and behold, Michael, one of the chief princes, came to help me, for I had been left alone there with the kings of Persia. Now I have come to make you understand what will happen to your people in the latter days, for the vision refers to many days yet to come.”*

Here the angel tells Daniel that it took him twenty-one days before he could come with the answer. All because of a demonic force named the prince of the kingdom of Persia who withstood the angel, who hindered the angel from coming to Daniel. He even had to receive help from Michael, one of the chief princes. Although this is in the Old Testament, where Daniel did not have the authority to bind the demonic force and command it to go, we now have the authority to do so, according to Luke 10:19. Still, I felt impressed to write this 21 - day devotional.

How to go about this 21- day devotional:

Every chapter has, besides the encouragement, also a prayer section along with it. You can fill in your name or initials within the prayer section, making it more personal when speaking these out loud. Some even have an assignment that you can choose to do; you can find these below the prayer as an extra note.