



Chapter 2

Permission to Wake Up

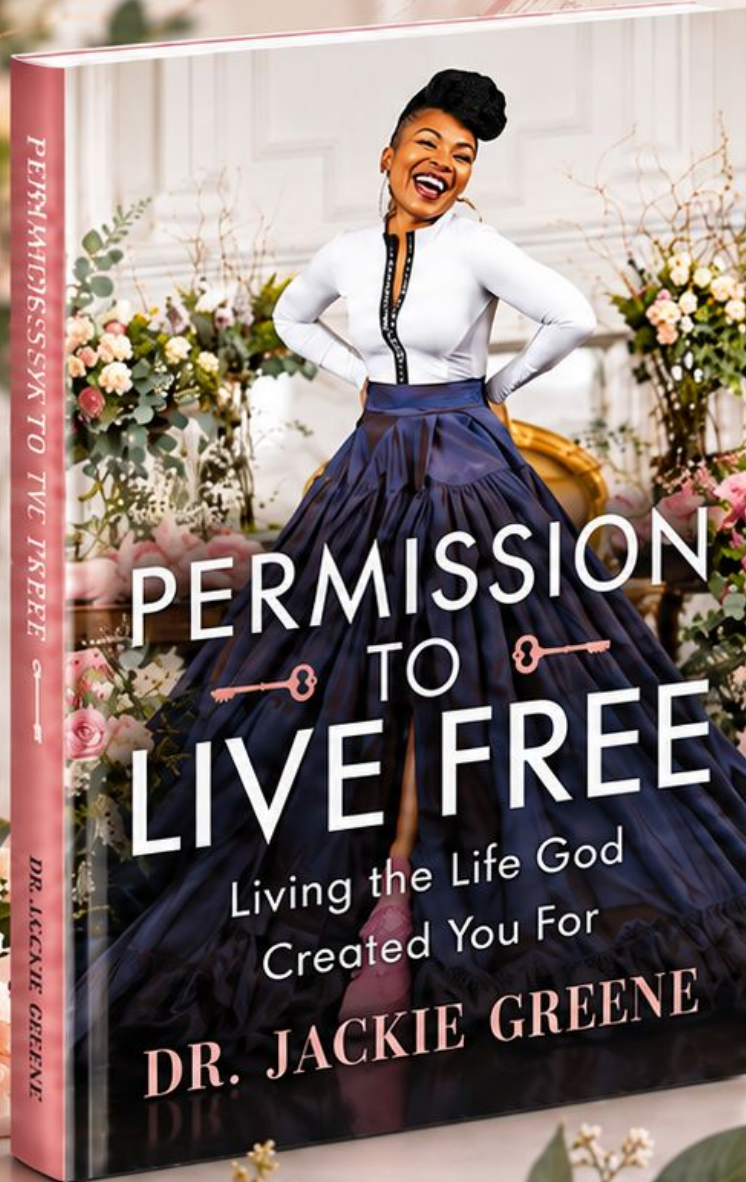
Yolanda Duncan

FACILITATOR

WORD Conference

Friendship Baptist Church

October 17, 2026





**Open my eyes to see
the wonderful truths in
your instructions.**

Psalms 119:18

Permission to Wake Up



Wake Up Call

The Holy Spirit wakes us up. It can be a pivotal moment in our life. Sometimes its like an alarm and sometimes it is a still small and subtle voice.

Ephesians 5:14

“Awake, O sleeper, and arise from the dead, and Christ will shine on you.”



God's Invitation

God is inviting us to wake up! He is calling you into freedom. You are God's Daughter; He does not want you to stay stuck in a counterfeit life. Wake up to

Psalms 119:18

“Open my eyes to see the wonderful truths in your instructions.”



Identify the Truth

Identify the thing that is holding you hostage. Tell the truth about what has you captive. Once you identify it, you have to release it and let it go and let God can free you from the pain, hurt, bitterness, fear, addiction

2 Corinthians 10:5

“Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ.”



Reflection Journal Questions

What has been holding me back?

Take Inventory — Be honest about where you are. *“A posture of honesty opens the door for God’s healing.”*

What thought do I need to cast down?

What subtle lie is the enemy telling you? 2 Corinthians 10:5

How has God woken you up?

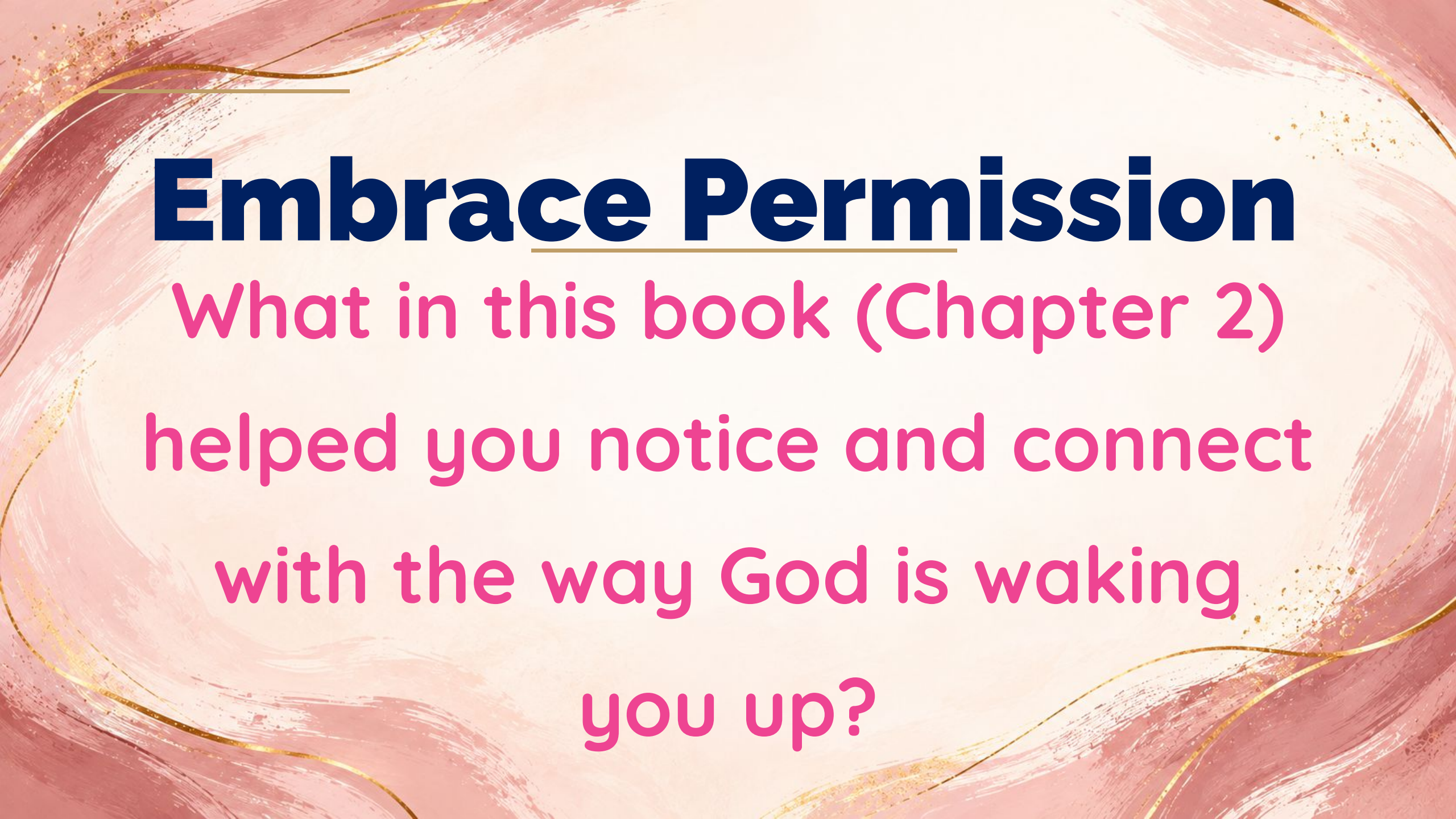
Was it a crash like the author, a season of transition, a difficult challenge, or a loss you faced?

What needs to go in the bucket today?

Acknowledge the thing.

Today, what is God showing you about yourself?

Have you been living the life God created for you? Who did you create you to be? Where is He calling you? Where is He directing you?



Embrace Permission

What in this book (Chapter 2)
helped you notice and connect
with the way God is waking
you up?

Prayer

“Lord, I confess that I have not yet become all that You created me to be. Wake me up! Open my eyes to notice where I’ve been and discern where You are calling me. Reveal any subtle lies that I’ve embraced. I offer my whole life to You because I am ready to be who You designed me to be.

In Jesus name, Amen.

Lay Aside Every Weight



Insecurity *Hurt* *Diagnosis*
Bitterness *Betrayal* *Unforgiveness*
Anxiety *Depression*
Divorce *Grief* *Addiction*
Fear *I'm not Enough* *Pain*
Emotional Wounds *Alcoholism* *My Past*

“Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us.” Hebrews 12:1

Make a Declaration

Based on the truths in God's Word

Lord, Your Word says in John 8:36

"If the Son therefore shall make you free, ye shall be free indeed".

Based, on your Word, I declare that I will walk in freedom from the "thing" _____ that has hindered me from being my best self in You. I will be awake to Your voice, sensitive to Your leading, and anchored in Your truth. Every lie, fear, and limitation is cast down in the name of Jesus. I receive healing for past hurts, betrayal, wounds and grief etc..., knowing that You have me in Your hands. I will rest in Your peace and comfort. I choose obedience over hesitation and faith over fear. Thank you, Lord, for awakening clarity, strength, and purpose within me. I trust You fully, and I move forward with a renewed mind and a surrendered heart. I am awake, I am aligned, and I am available for everything that You desire to do in me and through me.



Welcome to the

You are unique and you were
New!
made for a unique purpose.

“For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.”

Ephesians 2:10

**May God bless
and keep you, is my
prayer**

