

19-week challenge – Harvesting Nations.org

The purpose of this challenge is to enter into Rest.

In the place of Rest, we will find great breakthrough not only for us, but for the people whom God has given us to help.

To enter into the rest is going to take a lot of practice and patience because our mind can be very busy as well as our life.

The steps below are to help but you must be patient, consistent and believe that Jesus loves you and He wants the best for you. Jesus hears your prayers, sees your tears and knows your frustrations. Ask God for His Grace.

THERE IS ANOTHER CHALLENGE WE DO known as the 90-day challenge. It comprises of 4 stages of approximately 90 days each. The aim is to cover all 365 days of the year and you take as long as you need to complete the task. Should you want to start with the 90 day challenges first and then do the 19 week afterwards that is perfect as well.

The enemy will try to fight these challenges, because he knows he is going to get a big hiding when you sit on your throne, rule as a king with the legal doors closed and your spiritual senses developing.

Here is a breakdown of what the 19-week challenge comprises of:

1. **FLAGGING/TONGUES/MUSIC WITH WORDS** : We normally start with the session with this.
2. Visualization of **SONGS or Scripture** that link to Jesus – Here you are not singing audibly and you are seeing with your eyes closed or open the images Jesus is giving you. You are singing in the spirit, dancing in the spirit, visualizing the words.
3. **DISTRACTIONS**: If thoughts come to your mind that don't apply write it down and see them getting attached to a balloon and flying off. If you ignore certain thoughts you tend to fear, you might forget and then you can't relax.
4. **LOCATION**: Do this challenge in a quiet place where no one is going to disturb you. Or you just do the best you can with the environment you are in, and God will help you as he knows your situation. People learn to engage even with a lot of noise around them, they tune it all out with enough practice. They can even do visualization with their eyes open and singing/talking in tongues with your mouth closed when verbal is not possible.
5. **BREATHING – NAMES OF GOD**: Here you focus on breathing in and out, deep breaths, sitting up straight and allowing yourself to relax. I am cautious of strange positions with hands and legs, so to sit with your feet grounded to the floor, hands on your lap, stretched up if you want when you breath in and down when you breath out.
6. **THRONE ROOM ENCOUNTERS**: Several songs on I see the Lord, in the presence of angels – all these allow you to envision the throne room of God and then look around and imagine what else there is. Join the dancers, join the choir, play an instrument in the throne room and learn to participate in the joyous occasion. See your throne and yourself as a King, seated with Jesus ruling and reigning. Visualize the verses pertaining to this. Here is where you will encounter your throne and sit and rule.
7. **GARDEN ENCOUNTERS** – “I come to the garden alone” - this song works nice to come into the garden and then just spend time with Jesus, Father God, and Holy Spirit whilst going through your garden, talking with Him and He with you. You create with your mouth and eyes in the spirit what your garden will look like i.e., trees, flowers, plants, houses, fountains, rivers, play areas - anything that makes it feel beautiful and a place you want to come to spend time with God.

Here you can sit with Jesus, walk with Him and learn to give Jesus hugs, hold Him, allow Him to hold you, sit on His lap, see yourself putting your head against his chest. Here you will watch for your responses and ask God questions like why is it hard for me to sit on your lap? Then you listen to the first thought that comes to mind, write it down, and talk to Jesus about it. There will be tears and that is okay. Jesus wants you to be open and truthful with Him. You will learn to be like a child, sit on his lap, put your

head against him, allow him to stroke your cheek and tell you that He loves you – watch and write down all clues that tell you something is wrong – this is clues to where we need to be digging.

8. **BIBLE MEDITATION** – You can Use Time is up Audio bible as an example. Here I like to use YouTube Premium which for a small fee I don't get commercials, and I can download what I like to watch offline.

So, you can play and not have your spirit man disturbed. If you want to do extra's do the book of Matthew to Acts, and Genesis, Exodus, Deuteronomy, Joshua, Judges, Ruth etc. and visualize it as they read it. We do this in stages 2 and 3 of the 90 day challenges. This is to stimulate your ability to see. Later sit down with scripture and ask these questions to Jesus: Who, What, When, Where, Why, How to each story and allow Jesus to answer you and show you.

- a. Step one See the bible verses and yourself there, watching and then participating.
 - b. Step two ask questions and write down your responses. Later you will dissect why you said what you said and did what you did and ask Jesus. Why was it difficult for me to do that in the bible story that I was a part of?
9. **HEBREW LETTERS** – you will engage with each letter. At first you will just introduce yourself, allow the letter to introduce himself/herself, draw it, write it, understand its function and how it is alive. Everything in heaven is alive, and it will work with you to bring things to pass. We start really basic here, just get to identify the letter. You can also ask each letter these questions and see what you hear or see Who, What, When, Where, Why? You can discuss your prayer points with the letter and see how they can assist. This will stimulate your creativity and increase your spiritual sight.

In the next challenge we will go deeper like: E.g. Tsade is a hook – ok Hook, how can we work together on my first prayer point, what can you do, who do you think we need to bring in to help, when should we go, you can add anything behind Who, What, When, Where, Why to stimulate conversation and vision. We are not looking at right or wrong. We are practicing, overcoming blockages to our sight. In due time as we grow, the Lord will confirm what is true.

10. **YOUR PRAYER POINTS** –
- a. Take each one and visualize how you want your prayer answered.
 - b. Ask Who, What, When, Where, Why, How for each one and see what Jesus says or shows you? No rush, you will need to keep coming back and allowing the narrative to elaborate. We want to know root causes, secrets and strategies.
 - c. Find scriptures, promises that go with the prayer request and visualize it coming to pass.
 - d. Find images that go with the request – what do you see?
 - e. Find bible characters, stories in the bible, parables that can link up with the prayer requests that you can envision and bring your request into that story and see the results.
11. **OTHER PEOPLES PRAYER POINTS** – we compile the list of each ones prayers, that we work through during the challenge. The prayer points recorded are prayed in a way that if you or those on your list have the same challenge it encompasses them as well, even as a recording. No time limitations for God. You will prophesy, speak by faith and visualize all of us getting our miracles and answers to prayers.
12. **THE WAR IS ON by Hephzibah Maritz** is the book we use for this challenge. You can learn more about her through facebook and her website <https://www.adeyahlove.co.za/>
- a. It is a small little book, approximately R90 (2025 price)
 - b. If you do this as a group, please order the books to one location as it gets difficult for her to mail one-one all over the place. If you want an international order, let us know and we will order the books for you and then send it to you.
13. **ASK GOD** – what would you like to show me today, listen, and see what he says.

After 19 weeks you will be much further along than where you started. After this challenge there is an opportunity to move to the next challenge, after a little break, where we will continue the pursuit of entering into rest for longer periods. This will comprise of working through “The blood-soaked Book” by Hephzibah Maritz.

The scripture for what we are doing is Ezekiel 8:3 He stretched out the form of a hand, and took me by a lock of my hair; and the Spirit lifted me up between earth and heaven, and brought me in visions of God to Jerusalem, to the door of the north gate of the inner court, where the seat of the image of jealousy was, which provokes to jealousy.

Lord Jesus, I give you permission to take me up like Ezekiel, and show me how to go through the open door, to engage with the Kingdom of Heaven that is within me. Teach me how to manifest your Kingdom here on earth. Show me what is happening and then what to do with this information.

In all of this our Mind is focused on Yeshua Hamashiach, the Lord Jesus Christ and we only go through Him.

If you are a leader you can take this series and run live sessions on zoom to help with accountability. This worked so well for me, to know that I needed to get up, that people were waiting. Team accountability is great. Or you can take it like a course syllabus and work at this in chronological order at the pace and the guidance of the Holy Spirit. There are teachings that go with all of these and pdf documents with the additional teachings to help certain prayer points become clearer.

In the beginning, you might struggle with staying awake because of the stillness and periods of rest we are training for. So, feel free to write, draw, snack, stand up, move around, and switch things up. Tell soul that spirit man is in charge and this is not the time to sleep. Get decent sleep where possible and try to establish routine where possible, until you learn to refresh yourself in the spirit where you are living out of the spirit and less sleep maybe needed.

14. **Sign off the accountability poll** on the group to encourage everyone and also remind yourself daily what you are doing and seeing others do it, motivates you too. It helps everyone to know we are in the same boat.

15. **Teachings to help you:**

- a. YouTube **Andrew Wommack Imagination Series (10 episodes)**
- b. Neville Johnson Seeing Jesus in the spirit ([YouTube](#) – he has a lot of good teachings on seeing in the spirit. Faith comes by hearing and hearing and hearing. The more you listen your doubt and unbelief will lose its power)

When you are not sure, ask yourself – Did Jesus not say Greater works we will do? Did Jesus not say I have more to tell you but you cannot bear it? Did the bible not say men's hearts will fail them for fear of what is coming? Did Revelation not say men will want to die but will not be able to? Whatever is coming – we must prepare the next generation to walk in power and to take on the powers of darkness. Gone are the days where only a select few can see – we all need to see. Let us stop shooting bullets in the dark and firing them off hoping to hit something. We need sniper precision to hit the bulls eye.

1 Corinthians 2:9 But as it is written: "Eye has not seen, nor ear heard, nor have entered into the heart of man the things which God has prepared for those who love Him."

Isaiah 43:19 Behold, I will do a new thing, now it shall spring forth; Shall you not know it? I will even make a road in the wilderness and rivers in the desert.