

Q1. What is the difference between the table of stone written in our heart and the hidden manna?

Tables of stone is the commandment of God. Hidden manna is me regurgitating it and allowing it to fill my heart. Table of stone is consecration and submission to the word of God, but this does not mean that the word has entered. John G lake had a revelation that had entered deep into his heart so that a deadly virus could not kill it. It was simple, that the law of life is greater than the law of death (Romans 8:2)

Q2. You spoke of Aarons rod being a covenant prayer life intermingled with God's word. If I miss my prayer time, does it mean that the rod of the covenant is broken?

There are two covenants: the old and the new. The old covenant involved two parties - You and God. The new is God's covenant. It is a one-sided covenant which He is responsible for. He keeps it and gives you the ability to keep your part. If you had entered a relationship with God that you would meet with Him at 5 am each day and you were tired one day and missed it, God will not take anything away from you. Now you must be careful not to let guilt and condemnation set in. This is because the moment guilt begins to set in and you act out of guilt, you are not operating by faith and without faith you cannot please God. Love should be what drives you to keep your commitment to God. Doing things by your flesh will not please God. Those who worship God must do so in spirit and in truth.

Realize that God is a father. He rejoices at any progress you make and He worries when you are not making progress. His worry is not condemnation, but Him thinking of ways to make things easier. Note that many of the times, it is God who gives you the timing, but it is important to notice the help of the Holy Ghost and how he exercises you to be consistent. Once you understand that it is a process, the element of condemnation is taking out of the way.

Psalm 132:1-4 shows that God honours vows but would not condemn your missteps. Remember Peter, in Matt 26:33, telling Jesus he would never dessert him. It was a covenant. Jesus is never surprise when we are unable to keep our covenants. He knew Peter wouldn't be able to and told him he would deny him this very night. Nonetheless, Jesus never condemned him. In fact, when he arose, he sought after Peter. Two lessons are here. First, let us not trust in the arm of flesh. Scriptures say, *"Then he answered and spake unto me, saying, This is the word of the Lord unto Zerubbabel, saying, Not by might, nor by power, but by my spirit, saith the Lord of host."* (Zechariah 4:6)

Let all we do and any covenant we make come from love and not in eye service, or in wanting things in return. Love and joy are sources of sustenance for any covenant we will make with God. And when we fall, we pick up and press on! Glory!

Q3. How do you establish a prayer covenant with God?

If you want to set a time to stand up, you simply need to wake up at that time for a week and your body begins to get used to it. The issue is actually being able to pray. When you wake up and cannot pray as you want to, just spend time with God. Ask Him what His concern is. Ask him what He wants to do. Just sit still and be quiet. There are practical things you need to do.

Meeting with God everyday should not be left to a chance event. It should be constant. If you need 6 hours of sleep and your devotion time is 2 am, you should take proactive steps to be asleep by 8 pm.

Also, when you wake up to pray do not lie down or kneel down. You will sleep. When you want to pray, do not pray lying on your bed. You can meditate on your bed. Take up the most active posture in the place of prayer. Stand up and pace up and down when praying. Pace and speak the Word of God. At some point, the Holy Spirit will take over. You need about 6 hours of sleep. Plan for it. When you spend time to pray real prayer, you can never be weak. When you go and visit a dignitary, you do not leave the same. Much more, when you leave God's presence, you do not leave the same. God does not wait until you are sick before He starts healing you.

Take your desire to pray and discuss it with God first. He knows how your day will work. He will give you specific instructions. He can tell you to stand or pace, just do it. Next you need to be consistent regardless of how you feel. Just keep showing up. It is God who enables you to will and do of his good pleasure. Consistency is key. Prayer is a priestly duty. You are not to subject it to chance. There is a place where you deliberately make a covenant with God. The bible speaks of the Nazarene. These are people who take a covenant upon themselves that they will do a thing. He supplies the grace. Our service to God must include this. God honors it.

Psalm 122:1-2 NASBS

I was glad when they said to me, "Let us go to the house of the LORD." [2] Our feet are standing Within your gates, O Jerusalem,

God is able to put this Joy in you. Prayer is a relationship. Be honest with the Lord. You can also take Psalm 119 and start praying with that. If you apply yourself to praying mechanically, but over

time the joy will come and it will become a delight. Prayer is a do or die affair. Jesus did not make it an option. You must pray.

Q4. You spoke about seasonal retreat times while being with the Lord? How do you go on retreats? Are there set times? And what do you usually do?

A retreat is a time spent away from distractions with an emphasis on seeking the Lord. It is an act of moving back or withdrawing. It is a strategy for a military force to draw back. It is a strategy warfare. As much as you have day to day covenants, it is important to have times alone with God. Put your phone away and your tv away. Put social media away. Stay with the Lord in prayer, His word and worship. Here the Spirit of the Lord overshadows you, empowers you and highlights things that can be a hinderance to your work with God. Jesus initially spent 40 days with the Lord. He did not spend this much time again during his earthly ministry, but he took periodic times to be with the Lord.

Matthew 14:22-23 NASBS

Immediately He made the disciples get into the boat and go ahead of Him to the other side, while He sent the crowds away. [23] After He had sent the crowds away, He went up on the mountain by Himself to pray; and when it was evening, He was there alone.

It is important to have retreats at strategic times, e.g. when start a new career, in one's single years, during tough times. What do you do in a retreat?

- **Structured times of prayer.** Have prayer watches. Acts 3 speaks of an hour of prayer. This means that no matter what it was that they were doing, regardless of wha they were doing, they prayed. Cornelius also had an encounter at an hour of prayer. It was at the 9th hour. The watches were 6 am, 9 am, 12pm, 3pm, 6pm, 9pm, 12 am and 3am. This is a counsel, but not a law. You can wake in the morning and pray an hour or 30 mins, depending on your capacity and then meditate on the word.
- **Fasting:** If you are below 60, there is no excuse for fasting. Fasting multiplies prayer power.
- **Study of the Word:** spend sufficient time in the study of the word. Go over fellowship and personal notes pertaining to your walk with God. Read a spiritual book and or write about the goodness of the Lord.

- **Factor in times to rest your physical body.** The bible says “Walk with the wise and you will be wise”. If you find yourself lacking in any spiritual discipline, draw close to a person who is good with it.

Exodus 24:12 NASBS

Now the LORD said to Moses, "Come up to Me on the mountain and remain there, and I will give you the stone tablets with the law and the commandment which I have written for their instruction."

Come up to the mountain and stay there. Do not limit how God will speak or meet with you. Note that it is the Lord's time with you. He has an agenda in mind.