

**Also By Oluseye Ashiru**  
*Mom's Back To School Prayer Journal*  
*30 Days Prayer Challenge For Your Husband*

# *Get Your Groove Back In God*

A 30-Day Journey To  
An Intentional Prayer Life

OLUSEYE ASHIRU

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Get Your Groove Back In God  
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*This book is dedicated to you.*

*Just because you are here holding this book is proof that you desire intimacy with  
the Father.*

*I am grateful to everyone whose life of prayer has been an inspiration to me.*

*I am thankful that I can share these words with you.*

## *ACKNOWLEDGMENTS*

*Hubby Dearest* - My greatest fan, hero, support and cheer leader. Olakunle,  
You are such an amazing gift from God to me.  
I love you till eternity.

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give inspiration, give a few tips, and generally spur me on Toluwanimi.  
You totally rock son.

*Daughter 1* – You are such a palace style princess Ifeoluwa. Thank you for all  
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Thank you to all my family and friends for being an inspiration.  
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# **A JOURNEY TO INTIMACY WITH GOD**

## **Getting the Most from This Book**

THIS IS NOT JUST A BOOK. IT IS SO MUCH MORE.

It is a guide to a 30 – Day Spiritual Journey into intimacy with God where you will be forced to answer the important questions about the things that truly matter to you.

You will, on this journey understand afresh that there's no replacement for a life of deep connection with God and that nothing else should take God's place in your life.

### **Your Next 30 Days**

Over the next 30 Days, you will do a lot of soul – searching about making time with God a priority and not just one of the things that take the back burner under all the activities of your life.

This is not just another book about prayer where you will read so much and not move into action to actually pray. I can tell you that the next 30 days will transform your life.

### **What To Expect**

The Book & Journal are intended to be used over a 30 Day Period and there is also a GET YOUR GROOVE BACK IN GOD prayer course that you are encouraged to be a part of (*see links at the back*).

- In these 30 Days, you will be able to locate the factors that have limited you from having a consistent and powerful prayer life.
- You will learn how to effectively tackle those limitations and learn how to better manage your time and life so you can give time and resources to your relationship with God.



- Each day has a Daily Lesson, Assigned tasks and scheduled prayer time that have been included to make the lessons more engaging.
- An audio recording of the introduction to each chapter is also available for your use (*see links at the back*)
- Access to an Online Community where you can discuss your journey (*see links at the back*)

## **I Have Been Praying For You**

It is my desire that you will be invigorated and totally inspired to take your relationship with God a notch higher. I prayed as I wrote this book, that you would experience a renewed sense of energy and joy that can only be found with cultivating intimacy with God on a new level.

I am excited for you because I know that you will experience God on this journey, as I also have, writing this book and living out the experiences in here. I want to challenge you to take this spiritual adventure with total commitment and stick with it to the end – that’s where you will find the results. If you can take this journey with a friend, that would even be better, so that someone can hold you accountable for getting your daily tasks done.

So, make this a daily affair, put it on your daily schedule, set a reminder, just do whatever you can to make sure that this journey gives you the momentum you desire.

**Join me on this 30-Day Journey of Total Transformation to GET YOUR GROOVE BACK in God.**

Regards,

*Oluseye*



# DAY 1

## My Present Situation

*"The Lord is near to all who call on Him, to all who call on Him in truth." -  
Psalm 145:18*

*"Sometimes in life, your situation will keep repeating itself until you learn your  
lesson" – Brigitte Nicole*

The first step in making a change is acknowledging that there's a need. I believe that the real reason you have decided to pick up this book and embark on the 30 – Day Journey is maybe because you have seen a vacuum in your life. You probably see the need to take your relationship with God to a new level and you are ready for a change.

Before you can do that however, you need to do a reality check about where you are at the moment. This is why we begin by taking stock and I will like to ask you a few questions that you will need to answer very truthfully.


*What's your spiritual temperature like?*

*What's your present situation?*

*What is your prayer life like?*

*What needs improvement?*

You cannot get a solution until you acknowledge the problem.



*"The first step  
in making a  
change is*

**TODAY'S ACTION POINT**

Having acknowledged that you want your relationship with God to go a step higher, you need to take stock and write out the discomfort you feel about your prayer routine.

**Write out how you feel about your spiritual temperature and why you believe you need to make adjustments.**

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## DAY 2

### Prayer Confessions

*“From the fruit of their mouth a person's stomach is filled; with the harvest of their lips they are satisfied.”*  
*Proverbs 18:20*

*Dear God,*

I acknowledge that I have been far from you and from your presence. I am sorry for not tending my prayer altar as I ought to have been doing.

Lord, I am ready to make a turn around and so I declare that my prayer altar is ignited and fire is burning continually. I receive extra strength to maintain a consistent prayer altar. The oil on my altar will no longer run dry.

From today, I am committed to cultivating a great relationship with you and I am constantly dwelling in Your Presence.

I am no longer tossed to and fro by the circumstances and challenges of life. I remain consistent in my prayer time and I am disciplined to keep at it.

I am led only by Your Spirit and I am a wo (man) of prayer. The prayer fire has baptized me and my prayer passion has received a fresh boost by the Holy Spirit.

Thank You Lord for I see you working in my life in this season in Jesus name.

## TODAY'S ACTION POINT

Spend at least One Hour in uninterrupted prayer time today, especially praying about the issues you were able to identify from the previous day.

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## DAY 3

### *Deal With Your Why*

*"But don't begin until you count the cost."*

*Luke 14:28*

*"He who has a why can endure any how" – Friedrich Nietzsche*

Everything in life begins with Purpose - The Why.

One of the most important things you can ever do for yourself is to get clear in your heart on your reason for doing things.

I remember how I would set goals for myself year in year out, invest in devotionals before the advent of digital bible devotionals. It would begin with the excitement that accompanies anything new, but a few weeks down the line, I would have totally abandoned the plan.

It took a lot of soul-searching for me to realize that any goal set as an end in itself can never work.

You must always find out why you have set that goal for yourself and what you stand to gain or lose if you achieve your goal or not.

In this case, you want to deepen your relationship with God and that is why you have chosen to embark on this 30 – Day Journey. You need to ask yourself a few questions so that this does not also become a project that will be abandoned.

Why are you here?

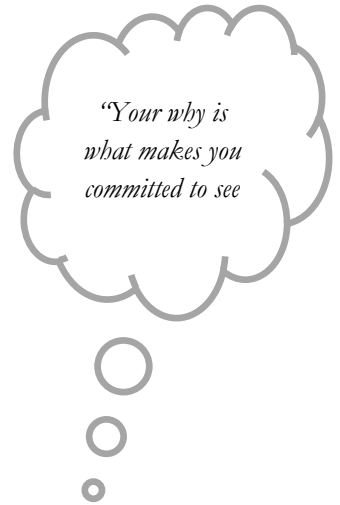
What's your reason for deciding on this journey?

You need to be settled about the 'Why' because that is what will give you the motivation to get this done and done well. Your Why will give you the 'want to'.

Without knowing and getting settled about the reason you have been motivated to begin this journey , you will always look for the easiest way out when you encounter troubles and challenges along the way.

Your 'why' is what makes you committed to this to see it through till the end. Commitment, discipline, responsibility and accountability will keep you going when things get tough.

It produces the enthusiasm that will keep you moving on towards the fulfilment and completion of this Goal - To Reignite the passion for Prayer and to consequently Get Your Groove Back in God.



**TODAY'S ACTION POINT**

**CRAFTING YOUR WHY STATEMENT**

To Get Your Groove Back indicates that you know there's a level in God you should be that you're not at yet.

Today, state clearly what you want to see happen on this prayer journey.

**I am on this Prayer Journey to (your end point)**

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**because I need a change in (state the problem)**

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**and at the end of this journey, I will be able to (Action word)**

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