

**YOUR**  
*Destiny*  
**TAKEN BY**  
**FORCE**

**NO**  
**MORE**  
**EXCUSES**



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MONIQUE M. BECK

  
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This book is dedicated to the advancement of the kingdom of God.  
I pray that it encourages, inspires, invigorates, and mobilizes you to  
pursue your purpose.

In Jesus' name, Amen.



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## *Preface*

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# BELIEVE IN THE GREATER IN YOU

**M**y inspiration for this book came directly from God during a fast that He called me to do in November of 2015. It was to be 105 days of self-examination. During this time of abstaining (food consisted of mostly fruits, vegetables, nuts, berries and whole grains), there were many things God showed me as He began to pour. The person I was pretending to be was not in tune with the person God said I was. I had become very complacent, my eating was out of control, and my mind would just run in 1,000 directions. I couldn't even pray without thinking about some care of the world, as the Bible talks about. I had fallen away from my first love, Christ, and I needed to be refreshed, restored, and revived.

During my time of abstaining, God showed me myself in a way I had never seen before. As He helped me through my process, He called me to write down what He stirred within me. I did not know how it would be humanly possible to complete the task He presented, but His strength was made perfect in my weakness. As I submitted to God in obedience, He was faithful in delivering me from my number one hindrance—self-condemnation.

It's amazing that we can often see other people on a higher plane and in a greater place, but it is sometimes challenging to see ourselves in that same place. Not that we should covet someone else's blessings, but rather that we should pursue the great God who resides in us. Jesus said greater works shall we do on earth than He did, but we cannot achieve those works without first having the belief that we can.

At the end of the 105 days, I completed the fast, completed this book's first draft a few days later, and had a new take on life! God is good, and He will never give us a task that we are not able to complete. He has a divine plan and purpose for His people, but we must first be willing to accept the challenge. Because God allowed me to take my destiny by force, He has inspired me to write about how others can do the same.

# *Acknowledgments*

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- My sisters in Christ who rooted me on over the years! Love you ladies!
- The men and women of God who have spoken into my life and prophesied over the years. Thank you for your obedience.

## *Introduction*

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# TAPPING INTO DESTINY

Imagine yourself running a race, and you are taking it one step at a time. You encounter many struggles along the way. Your eyes begin to burn profusely as the sweat seeps down on your eyelashes. Your shoes come untied and you need to stop and lace them back up. The heat from the sun is relentless, as it seeks to warm up everything in its path. You hear your friends rooting for you and your enemies booing you. You're tired, thirsty, hungry, and you so badly want to just take a break and relax. As all of these thoughts run through your head, your feet are still moving and are crossing the finish line.

You have no idea how you made it over and are overcome with emotion. You begin to think about how badly you wanted to quit and what would have happened if you did. You reflect on your darkest times of the race, when you envied the ones who passed you up along the way. You look around and you wonder if they made it and how they were able to make it if they did. After all, you hadn't trained like they had. They had weeks, months, and maybe even years to prepare when you only had what seemed to be days. After all, you were out of shape, you

didn't know the difference between the starting line and the finish line, and had no idea how you would finish the course.

As you continue to reflect on what you thought you could not do, you are humbled as you realize that you are right! You could not have made it without that flicker of hope, that feeling of victory, and that Cheerleader living and breathing in you. Yes! It was because of Jesus that you were able to take part in the celebration. It was because of His strength that was made perfect in your weakness that you were able to see the manifestation of what you had envisioned.

You shed tears of joy and are overcome with happiness. As you look around and don't see all the people with whom you started, you wonder what happened. You were so sure that all the super-athletic runners would make it, while you questioned the slow starters' (including yourself) longevity. What you find, however, is that the group who endured to the end of the race was not whom you assumed it would be. Suddenly, you realize the significance of the scripture that says, "Let us run with patience the race that is set before us. Looking unto Jesus the author and finisher of our faith" (Heb. 12:1-2).

You are victorious, you are an overcomer, and now you know that you really can do all things through Christ who strengthens you! You never envisioned how wonderful the celebration would be, as you are in awe of His faithfulness. This time, you didn't let anything stop you, and you are so glad you kept going! You realized that you really are great, just like God said you were!

Who doesn't want to be victorious and accomplish the "race" set before them? Who doesn't want to be a part of the winner's circle, knowing they have endured every trial and tribulation and never gave up? Well, I have to tell you that there was a time in my life when I could not see myself winning. Those who actually win do what is required to win, whereas others don't. They visualize themselves in a greater place,

and they strive and fight to get there. They realize that the work won't do itself, and despite how they feel, they have to keep moving.

One of the main obstacles I have had to overcome was my weight loss. I wanted to lose weight for years, and I went through a vicious cycle of losing and gaining. I would sign up for a weight loss program, lose ten to fifteen pounds, and the weight would just come right back when I *stopped* doing what was required to sustain the loss. I got so caught up in the victory of the short-term goal that I lost sight of the long-term goal. Other times I would plateau and immediately get discouraged and give up on it.

At the age of 29, my weight peaked to an all-time high of 279 lbs. At 5'-11" tall, 279 lbs. can be masked for a little while, but it cannot be hidden forever. People would say things like, "You are big-boned" or "You wouldn't look right if you lost a bunch of weight." Meanwhile, I was dying on the inside. I was always tired, I could not walk up a flight of stairs without losing my breath, and I was very uncomfortable in my own skin. I had wallowed in my depression of disappointing weight loss long enough, and I needed to make a change. I knew that it would not be easy, but I realized I needed to be patient with myself and the process.

Before I could even begin to tap into my destiny, I had to envision myself beyond where I was at the time. I had to believe that forward movement in the right direction would eventually equal success. I had to come into agreement with the plans God has for my life and, most importantly—I had to be alive to accomplish them. When my doctor wanted to put me on high cholesterol medication at the age of about 31, I knew I needed to do something different. It's impossible to tap into destiny without a pulse, and I was definitely headed in that direction.

So what does it take to get to the above beautiful scene of the runner who accomplished his race? Things always seem easier said than done, but in life, we can never count anyone out (including ourselves). Envision yourself being greater than you are today. God sees you as the

wonderful, miraculous, beautifully amazing person He placed in your mother's womb.

You *can* run this race and you *can* fight this fight through the power of God working within you. Regardless of where you find yourself in life at this moment, God sees you as far greater. God loves you and because of His love, He laid down His life to give you one. God wants you to walk out the destiny and purpose He designed for you, but you must be willing to take accountability for what that means. Everyone's walk will be different, but it is up to each individual to tap into his/her own purpose.

What will you do to take full advantage of the opportunity that stands before you in this race called life? What will your diet need to entail so that you are healthy enough to run well? What types of vitamins will you need to take to get all the nutrients your body requires? Will you suffer from dehydration along the way, or will you stay hydrated with the living water? There will most definitely be obstacles along the way, but will you be one of them?

This book is designed to help you get on track, stay on track, and pursue the will of God for your life. God wants to use you mightily, and He wants you to live in abundance. Ask God for a fresh pair of sneakers if you need them, lace them up, and let's get to work! Time is of the essence, and we only have until the sun goes down on our marathons. Destiny awaits!



## *Chapter 1*

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# PROCLAIMING, DECREERING, AND DECLARING

While writing this book, some of the sisters at my church and I did a fast and a shut-in. A shut-in, as defined by our church, is a time when people gather together in one accord in prayer, thanksgiving, worship, supplication, and intercession to God on behalf of others. The “shut-in” part took place when we locked and covered the door for a period of 12 hours straight. To say that this intimate time with God changed my life is an understatement.

To pray is one thing, but to pray with belief is another. During our prayer meeting, each person would take turns praying about a specific area of ministry, the world, families, etc. When I knew that it was close to my time to pray, I would get knots in my stomach and feel complete inadequacy. It wasn't because I had never believed in the effectiveness of fervent prayer, but I personally knew that my relationship with God was lacking at the time. I wondered why God would ever want to hear from me, being that it was becoming more of a daily routine for me not to pray. I was angry, depressed, and disappointed. Nothing seemed to be changing in my life, and I was tired of it. I was merely existing and not living my best life.

As I began to open my mouth and asked God to forgive me—I reconnected with Him. Immediately, I felt a weight lifted. The power of God fell on me as I ministered His Word back to Him. I was reminded through the Scriptures of the greater God living within me and that there is power in the name of Jesus. I sensed the shifting taking place in my spirit, as God was transitioning me into a place of purpose and out of the mindset of mess.

God knew I had lost sight of my purpose, ultimately my destiny, and He was not having it! As I prayed, I thought about how God never gave up on me and how He loved me. I was convicted when I thought about how I had lost sight of His plan and how precious His Word is. I was empowered when I began to repeat the good thoughts that God has for me, according to what is recorded in His Word. Realizing the power of life and death residing in my tongue, I prayed with confidence. I declared that I would live a life without fear or self-condemnation for the rest of my days.

## **Proclaiming**

Have you ever heard the saying, “A closed mouth doesn’t get fed”? Well in biblical times, people didn’t just expect things to happen in life (what some consider fate), but they took possession of what God said they could have. They had both faith and understanding in a God who could do anything but fail. Even the recorded proclamations by God Himself were very specific and their intended purpose was assured. God’s desire is that in these times, we would be strategic in our proclamations to Him as well. He doesn’t want us to just get whatever we get, but rather what He predestined us to have. Through biblical examples, we see that people proclaimed the Word of God, called out the Word of God, cried out and spared not. They had some power behind what they released into the earth, as they had a blessed assurance that it would surely come to pass.

In the book of Exodus, Moses asked God to show him His glory, and the Lord said that no man has ever seen the face of God and lived. God did, however, make a way for Moses to experience His glory without him being consumed in the process. In essence, Moses got what he asked for and God was glorified in the process.

And he said, I will make all my goodness pass before thee, and I will proclaim the name of the LORD before thee; and will be gracious to whom I will be gracious, and will shew mercy on whom I will shew mercy. And he said, Thou canst not see my face: for there shall no man see me, and live. (Ex. 33:19-20)

*Please read Exodus 34:1-10.* Moses went up to Mt. Sinai alone to commune with God for 40 days to get instruction for the people of God. It was at that time that the Lord descended in the cloud, stood with him there, and proclaimed the name of the Lord. Yes, the Lord proclaimed His own name. If the Lord proclaims His own name, how much more should we do so on earth. We must know who we are and Whose we are so we are sure that we are headed in the right direction. We cannot begin to take our destinies by force without having a clear direction or perception for what we ought to do. One thing we can do today, however, is declare that we are God's beloved! Prayerfully discover God's purpose so you can write the vision and make it plain in your life.

And the LORD passed by before him, and proclaimed, The LORD, the LORD God merciful and gracious, longsuffering, and abundant in goodness and truth, keeping mercy for thousands, forgiving iniquity and transgression and sin, and that will by no means clear the guilty; visiting the iniquity of the fathers upon the children, and upon the children's children, unto the third and to the fourth generation. (Ex. 34:6-7)

*Please read Isaiah 62 and capture this highlight from the chapter:*

Behold, the LORD hath proclaimed unto the end of the world, Say ye to the daughter of Zion, Behold, thy salvation cometh; behold, his reward is with him, and his work before him. And they shall call them, The holy people, The redeemed of the LORD: and thou shalt be called, Sought out, A city not forsaken. (Isa. 62:11-12)

We are the “sought out” and we are not forsaken! God is here and has always been here. He is very serious about His children, and His desire is that none be sifted as wheat as Luke 22 explains. We are God’s chosen, and He wants to use us for His glory. You may not believe that now, but you will by the time you get finished reading this book. I decree and declare that your life will never be the same in the name of Jesus! God will operate through you and in you until the day of Jesus Christ.

During this time of fellowship with the Lord, allow God to show you the specific purpose for which He placed you on earth. Only you can take your destiny by force. You were custom-made to walk the path God has prepared, and no one can do it quite like you. Destiny is like Cinderella’s slipper. The slipper would only fit her foot and no one else’s. The question about your destiny is whether or not it will be taken out of the box and tried on for size.

Let me encourage you today not to let that beautiful shoe box sit in a closet, under a bed, or under a bushel. Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven. Blow the dust off of that box and pry it open if you have to with everything within you. Realize the potential that resides within that package and know that it is from God. It is one of kind, it is custom made, and it is just for you!

Allow God to regulate the very thing you hold so dear, and allow Him to be your Guide. God spent six days creating all of creation by His word alone, and everything you need was created in those six days.

You are the temple of the Holy Spirit and God endowed you with power even before the foundation of the world. God wants to use you mightily, so stir up the gifts that reside within you and be that willing vessel. Be not afraid of the unknown, for the unknown is not ready for what you have to bring to the table. “Being confident of this very thing, that he which hath begun a good work in you will perform it until the day of Jesus Christ” (Phil. 1:6).

### **Decreeing and Declaring**

The word *declare* means to say or state something out of one’s mouth officially or publicly and confidently. By decreeing a thing, we are acknowledging possession of it. We are acknowledging who we are, whose we are, and how we intend to move about with purpose on purpose.

In the beginning when God created man, He gave him power and dominion over the earth to possess it. In doing this, Adam didn’t waste any time in taking his rightful position. He immediately began tending to the garden, naming the animals and even his wife. He heard the word of the Lord, received it, and walked in it.

And God said, Let us make man in our image, after our likeness: and let them have dominion over the fish of the sea, and over the fowl of the air, and over the cattle, and over all the earth, and over every creeping thing that creepeth upon the earth. So God created man in his own image, in the image of God created he him; male and female created he them. And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth, and subdue it: and have dominion over the fish of the sea, and over the fowl of the air, and over every living thing that moveth upon the earth. (Gen. 1:26-28)

As He did with Adam, God is calling us to a place in which we have great authority and power to shift our thinking to be conducive to what we say. The Bible says to call those things that be not as though they

were. Although we may not feel like we currently line up with all the positive declarations listed below, we have to speak them nonetheless. God already sees us in this light, and we have to believe that *God's* word is the only truth that matters.

## **Declarations**

- Declare that you are successful.
- Declare the Word of God over your life.
- Declare that you are an overcomer because of the great God who resides within you.
- Declare that God is the One True God.
- Declare that you are the head and not the tail.
- Declare that you have victory over the enemy.
- Declare that the work of your hands is blessed, your family is blessed, and your business is blessed.
- Declare that you will fulfill your destiny come hell or high water, and you will walk out the purpose for which God has placed you on earth.
- Declare that you are more than a conqueror through Jesus Christ.

Declare the Word of God over your destiny and dreams. Allow God to show you what is expedient for this season and time of your life, to ensure you are not moving prematurely on what He has shown you. Remind your spirit daily who God says that you are so that you never fail to believe and walk in it.

God loves you with an everlasting love, and He wants you to prosper and be in health even as your soul prospers. You will experience highs and lows in your life, but trust in the fact that God is constant. He will never change, and He will not change His mind about you. His promises are yea and amen, and He will never leave you nor forsake you. God knows your past, your present, and your future. He is able to

redeem that which seems to be lost, and He can do what is seemingly impossible. “Trust in the Lord with all your heart and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths” (Prov. 3:5-6).

Reflect on the scriptures listed below and trust that God is able to do all things. He is always with you, even when you may question whether or not He’s there. Be empowered by the Word of God, for it will be the principal thing that will lead you to the path of *understanding*, *wisdom*, *fulfillment*, and *success*. Speak it until you believe it and get it deep down in your spirit, for surely you are God’s chosen, God’s elite, and God’s beloved.

## **Understanding**

“For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds” (2 Cor. 10:4).

“Nay, in all these things we are more than conquerors through him that loved us” (Rom. 8:37).

“He giveth power to the faint; and to them that have no might he increaseth strength. Even the youths shall faint and be weary, and the young men shall utterly fall: But they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint” (Isa. 40:29-31).

## **Wisdom**

“And Jesus looking upon them saith, With men it is impossible, but not with God: for with God all things are possible” (Mark 10:27).

“Heaven and earth shall pass away, but my words shall not pass away” (Matt. 24:35).

“I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well” (Ps. 139:14).

## **Fulfillment**

“For I know the thoughts that I think toward you, saith the Lord, thoughts of peace, and not of evil, to give you an expected end” (Jer. 29:11).

“For my God shall supply all my needs according to His riches and glory by Christ Jesus” (Phil. 4:19).

“Come unto me, all ye that labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls” (Matt. 11:28-29).

“And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me” (2 Cor. 12:9).

## **Success**

“But lay up for yourselves treasures in heaven, where neither moth nor rust doth corrupt, and where thieves do not break through nor steal: For where your treasure is, there will your heart be also” (Matt. 6:20-21).



“So shall my word be that goeth forth out of my mouth: it shall not return unto me void, but it shall accomplish that which I please, and it shall prosper in the thing whereto I sent it” (Isa. 55:11).

God lives in us and because of this, we have a great responsibility to live by faith and not by sight. We should never base our decisions on what is seen alone, but we must also take into account what is not seen. For there is destiny ahead, and only we can walk through its uniquely crafted doors tailored just for us. We must declare life over our purpose and cause our dreams to breathe. If needed, give that purpose CPR as if your life depended on it, because it does. We will forever feel unaccomplished and unfulfilled if we do not walk out the plan God has for us. Only what we do for Christ will last, so breathe! In this moment and in this time in your life, give God your absolute best and let Him do the rest!

“I am crucified with Christ: nevertheless I live; yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me” (Gal. 2:20).

### **Who Are You?**

At the end of every chapter, there will be a running list based on the scripture references in each chapter of the book about who God says you are. This list can get rather long, so I hope you're ready.

- The Holy People – Isaiah 62:12
- Sought Out – Isaiah 62:12
- A City Not Forsaken – Isaiah 62:12
- More than a Conqueror – Romans 8:37
- Fearfully and Wonderfully Made – Psalm 139:14
- Crucified with Christ – Galatians 2:20

