



**JONATHAN W. ALLEN, SR.**

Author • Minister • Speaker

Pastor Allen of Maryland's Allen Ministries is committed to preaching the gospel and advancing the Kingdom of God through a variety of mission-based programs and impactful media projects.

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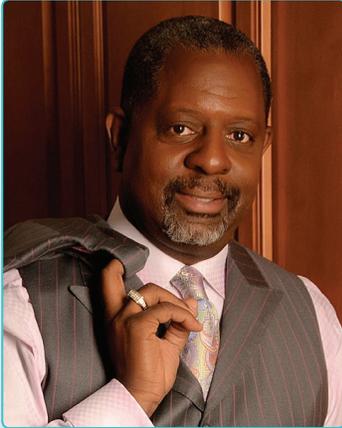
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## BIOGRAPHY



**Pastor Jonathan W. Allen Sr.** of Maryland's Allen Ministries is committed to preaching the gospel and advancing the Kingdom of God through a variety of mission-based programs and impactful media projects. An award-winning small business entrepreneur and noted inspirational author as well, Pastor Allen co-founded Allen Ministries with Pastor Kimberly R. Allen, his wife of 32 years and partner for life. Together, the Allens continue to pursue their purpose and passion for working in the kingdom, fulfilling their motto so that "Souls Will Be Saved and Lives Will Be Changed."

**Pastor Jonathan Allen's** latest book ***"Release To Receive"*** (Xulon Press), published in January 2017, demonstrates his commitment to sharing the Good News in insightful new ways. Based on lessons from the biblical story of Hannah, "Release To Receive" shows readers how to enhance their faith, to overcome burdens, and create a gateway to the blessings God has in store for us all. The book includes 30 days of affirmations for readers to use to enhance their journey to transformation. "The central theme of 'Release To Receive' is based on identifying the things in our dark past that are hindering our bright future," says Pastor Allen.

***"Release To Receive"*** is Pastor Allen's second book after ***"Not A Sermon, Just A Nugget"*** (Xulon Press), a weekly devotional that shares 52 biblical principles for readers to reflect on the Bible's application to their ongoing walk with God. Both publications are available at Pastor Allen's website [jonathanallensr.com](http://jonathanallensr.com), Amazon.com, and other prominent booksellers.

**Pastor Allen** received his calling into ministry at a young age, and his faith in God and commitment to a life of ministry are what drive his pursuit of helping others and doing the work he has been appointed to complete. A native of Washington, D.C., Pastor Allen is a graduate of New York's Nyack College Christian and Missionary Alliance, and is currently pursuing his Master of Arts degree in Divinity from Virginia Union University in Richmond, VA. He is also a busy and successful independent businessman. Currently President of Operations for FASTING Enterprises, founded by his son Jonathan Allen Jr., Pastor Allen has been recognized by the U.S. Small Business Administration as Prime Contractor of the Year; by Prince George's County, Maryland, as Small Business of the Year; and by other local organizations for his outstanding business acumen and leadership.

**Pastor Allen** and his wife Pastor Kim have two sons and two grandchildren. They continue to contribute to the community of Prince George's County, Maryland, through their spiritual and entrepreneurial projects.

## PASTOR JONATHAN W. ALLEN SR. REVEALS HOW TO “RELEASE TO RECEIVE”

### Inspirational Leader’s New Book Maps Gateway To Powerful Transformation Through The Example Of Biblical Figure

FOR IMMEDIATE RELEASE (January 2, 2017) – **Pastor Jonathan W. Allen Sr.** of Maryland’s Allen Ministries has authored the new book **“Release To Receive,”** available January 15, 2017, from Xulon Press. An essential tool of inspiration, **“Release To Receive”** is an in-depth meditation on the story of Hannah, whose demonstration of profound faith forms the gateway to powerful transformation for all – regardless of their past or present challenges in life. Says Pastor Allen, “I believe that this book is a start of a movement of deliverance and breakthroughs for the Glory of God.”

Inspired by a sermon he gave at his (home) church in Washington, D.C., author Pastor Allen shares the story of Hannah, a woman looked down upon in her community for her inability to bear her husband a child. How Hannah overcame her situation forms the scriptural wisdom Pastor Allen uses to show readers how to examine the hurts, hang-ups, and habits that we all carry. It is our attitudes, assumptions and actions that regularly block us from the blessings that God has in store for us.

“Hannah was dealing with frustration, bitterness, anger, and resentment, but as soon as she went to the altar and released the things from her past, she was able to receive her miracle, her son Samuel,” says Allen. “So many people are not able to receive the miracles that God has in store for them because they are holding on to their past. Everyone needs to release something from their past that is affecting their future.”

Using step-by-step analysis of Hannah’s Biblical journey, **“Release To Receive”** shines new light on the powerful lessons available in her story. The second half of the book, titled “30 Days Of Affirmation,” is an interactive workbook where readers can reflect on specific scripture and journal their way to the breakthroughs God wants for us all. “Many times in life we read a portion of a book, set it down, and not make the necessary changes it suggests. The 30 Days of Affirmation will help many to release what has been haunting them and receive a new start,” says Allen.

Pastor Jonathan W. Allen Sr., a native of Washington, D.C., is a graduate of Nyack College and is currently pursuing his graduate degree from Virginia Union University. He and his wife of 32 years, Pastor Kim Allen, are the founders of Allen Ministries, based in Fort Washington, Maryland. The Allens pursue their purpose and passion of working in the kingdom so that “Souls Will Be Saved and Lives Will Be Changed,” according to their ministry motto.

**“Release To Receive”** is Pastor Allen’s follow-up to his 2015 book “Not A Sermon, Just A Nugget.”

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# # #



## PASTOR JONATHAN W. ALLEN, SR.

### Sample Interview Questions

- You have a ministry (Allen Ministries) with your wife, Pastor Kimberly Allen. What is the most important mission of your ministry?

***The mission of our ministry is completely focused on “Souls being Saved and Lives being Changed”***

- Why did you decide to write your first book (Not A Sermon, Just A Nugget) ?

***I have taught for years about the biblical concept of spending quiet time with God early in the morning based on Mark 1:35. Out of that quiet time I began to journal and ended with a number of Nuggets I believed would be beneficial to so many. The concept of reading one nugget a week and journaling about it and applying what one receives to their lives. This concept helps us all to be in a better place next year this time in comparison to where we are today. Again, Lives being changed!***

- You have mentioned previously that the inspiration for Release To Receive originally came from a sermon. How did that sermon come to be, what was the response, why did you decide to develop it into a book?

***In 2007, I preached at my home church in Washington DC and the Lord placed this biblical character Hannah in my spirit. I saw Hannah as a person who was dealing with frustration, bitterness, anger, and resentment, but as soon as she went to the alter and released the things from her past, she was able to receive her miracle Samuel. And so it is with so many people, they are not able to receive the miracles that God has in store for them because they are holding on to their past. Just about everyone I know needs to release something from their past that is affecting their future.***

- Is it rare for a single character from the Bible to inspire a book?

***The Lord gave me so much in the biblical character of Hannah to not only write a book, but I believe that God is opening up a movement of deliverance and breakthroughs that is going to change so many lives for the Glory of God!***



## PASTOR JONATHAN W. ALLEN, SR.

### Sample Interview Questions *(continued)*

- What is it about Hannah's story that resonated with you?

***Overcoming! Hannah had to overcome what she was going through. I realized personally that all of us had to overcome something. The process of overcoming is to acknowledge that a problem exist, then start working on it.***

- Why is the story of Hannah so relevant to readers today?

***Every single time I share the concept of this book with someone, they immediately connect with it or knows someone who needs this book! (So I am super excited about more souls being saved and more lives being changed!)***

- Release To Receive includes a devotional and journaling section at the end. Why is it so important to do the 30 days of affirmation?

***Many times in life we read a portion of a book and something the entire book and set it down and not make the necessary changes needed in our lives. I believe the 30 days of affirmation will help many to Release the past that has been haunting them and Receive a New Start for a New Year!***

- What is the mission statement or "essence statement" for your book? In one or two sentences, state the point or central theme of your book.

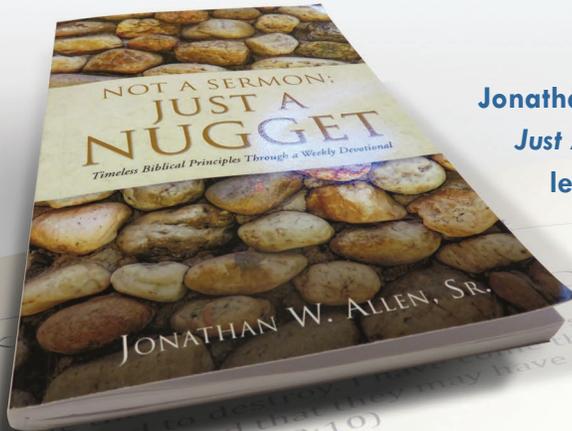
***The central theme of Release To Receive is based on identifying the things in our dark past that are hindering our bright future. Like Hannah had to release the frustration, anger, and bitterness, in order to receive her miracle; and so it is with us!***

- What do you hope readers will gain from reading your book—what takeaway do you hope they get? Why?

***I am prayerful and hopeful that individuals will release those things of their past that are hindering them and their bright future; above all, the hope is souls will be saved and lives will be changed!***



## ABOUT – NOT A SERMON; JUST A NUGGET



**Jonathan W. Allen, Sr.'s first book, *Not A Sermon; Just A Nugget*, is a devotional designed to lead those who are not saved into a personal relationship with Christ and to help those who are new believers in Christ and those who do not read God's word regularly to develop a consistent pattern of reading God's word on a weekly then daily basis.**

The reader will find a spiritual nugget for each week of the year so they can meditate on God's Word throughout the week and jot down revelations, breakthroughs, and accomplishments that God gives them for spiritual growth and development.

Mark 1:35 (NASB) says "In the early morning, while it was still dark, Jesus got up, left the house, and went away to a secluded place, and was praying there."

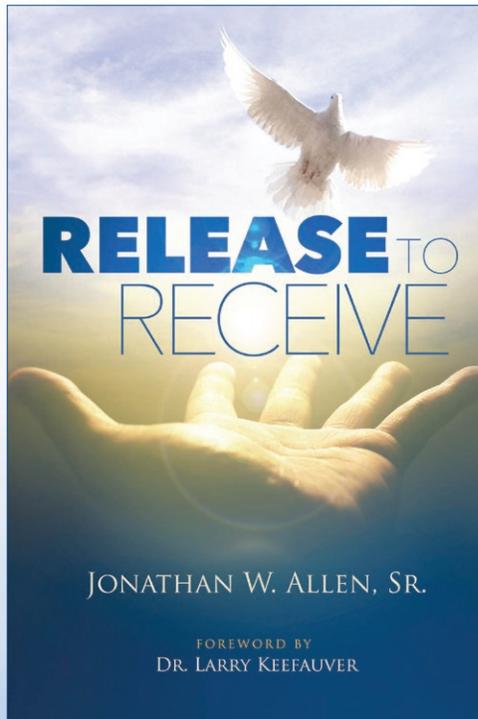
### **Pastor Allen says...**

*"For years I have taught, if Jesus needed to get up early in the morning to talk to His Father, surely we need to schedule some quiet time with God ourselves early in the morning. Not a Sermon; Just a Nugget was birthed out of that quiet time. Many times we get a daily devotional just as a quick read, but "Not a Sermon; Just a Nugget" was developed to read weekly and ponder, think, digest and make life changes throughout the week."*

This is a great way to encourage regular study of God's word while providing helpful insights for the various aspects of Christian living. Pastor Allen believes that 52 weeks of applying these biblical truths will help those to be in a different place in their spiritual walk by next year.



## ABOUT – RELEASE TO RECEIVE



About 9 years ago, Pastor Jonathan W. Allen, Sr. delivered a sermon about the biblical character Hannah. This is a woman who was plagued by infertility, considered a curse in biblical times. Through ridicule and public shame, Hannah endured her plight. She eventually recognized that she needed to look within, examine her role in her current situation, and determine [with God's help] what God might be saying to her (through His prophets) to make a change.

She ultimately let go of some of her own “issues” and received a blessing from God, a child of her own!

In “*Release To Receive*,” Jonathan Allen examines the hurts, hang-ups, and habits that we all carry. It is these various attitudes, assumptions and actions that regularly block us from some of the blessings that God has in store for us.

**Dr. Larry Keefauver, Bestselling Christian Author and International Teacher, says of “Release To Receive:”**

*“Treat your spirit to a fresh drink of wisdom, knowledge, and understanding from the river of the Holy Spirit. Take a short, personal retreat from the cares of this world to read this book from beginning to end. Walk through the 30-day declaration journal at the end. Discover for yourself the mighty power God has given to you in being able to Release to Receive.”*



## ENDORSEMENTS FOR RELEASE TO RECEIVE

“As a counselor who deals with hurting people, who are seeking answers to life’s issues, I found that Pastor Allen’s *Release to Receive* gives hope that in spite of what anyone has done or their situation, God loves them enough to give them opportunities to release the past and receive God’s promises. I wholeheartedly endorse this book as a biblically-based, practical guide for those whose personal problems are hindering them from being all that they can be in Christ.”

**Dr. Izola Wineglass Jones**

Licensed Clinical Professional Counselor

“Too many Christians, who are supposed to be the light of the world, have forgotten to turn the light on regarding their Christian lifestyle! As the author so perceptively says “they hold on to stuff of the past” ... broken marriages, broken relationships, broken finances; and it is these things which hinder them from experiencing all that God has destined for them. Like a jazz master, the author in his own inimitable style has masterfully woven the ancient story of Hannah into a contemporary context that is both true and relevant.”

**Dr. James R. Love, Sr.**

Past-President, National Capital Christian Education Conference

“As an ordained American Baptist Minister with over 20 years of service, I found that *Release To Receive* is a powerful reminder of “how Great is our God.” Pastor Jonathan’s own experiences of overcoming challenges and facing failures have inspired him to craft this book; and to work without ceasing to help a friend, a family member, and a fellow neighbor to Release to Receive the fullness of God. Join him in this literary journey and Be Blessed!”

**LeRoy G. Mack, III**

American Baptist Minister



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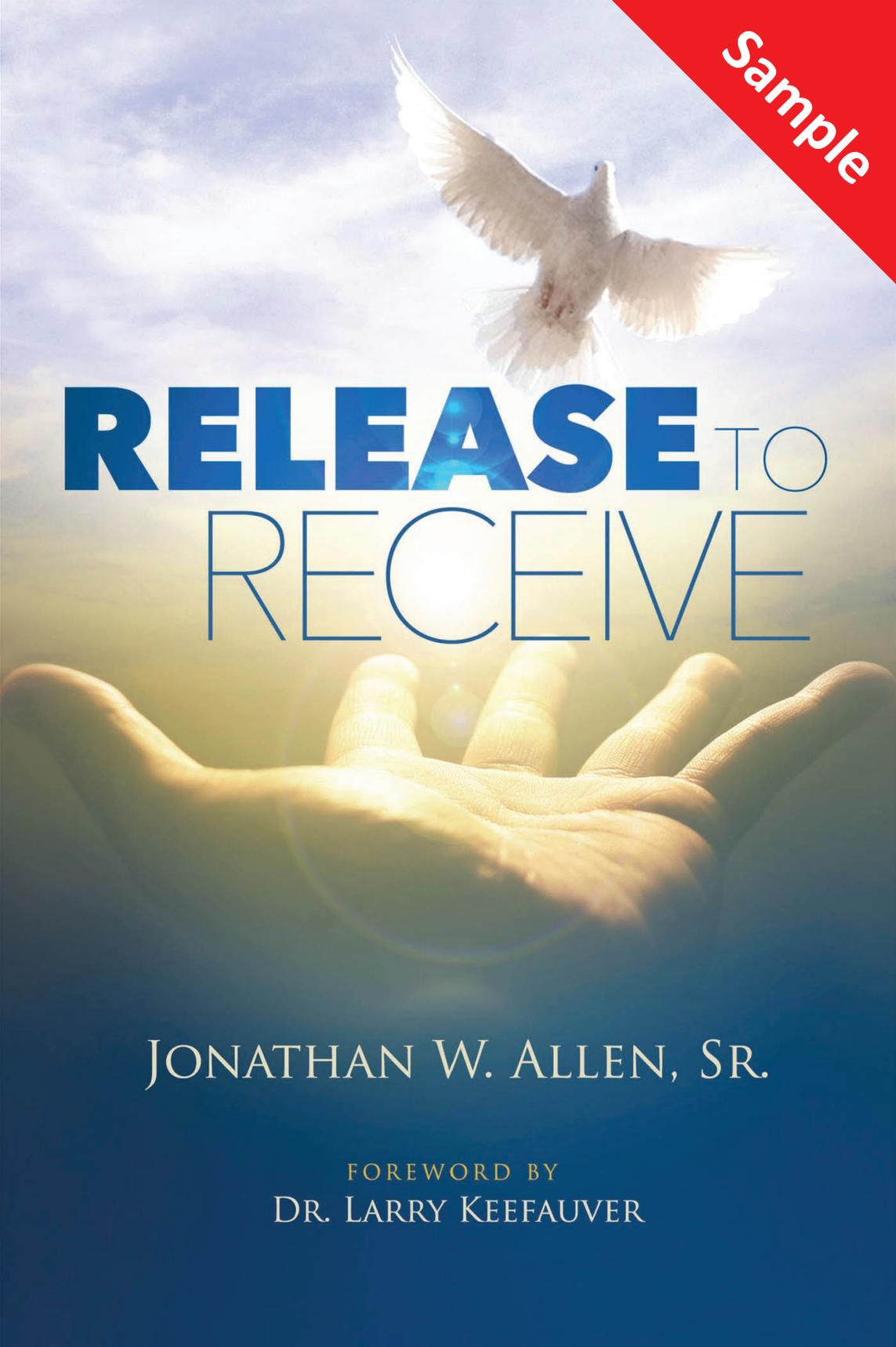
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Sample



**RELEASE** TO  
RECEIVE

JONATHAN W. ALLEN, SR.

FOREWORD BY  
DR. LARRY KEEFAUVER

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by Jonathan W. Allen, Sr.

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This book is dedicated to my  
anointed and amazing wife for life,  
Kimberly Yvette Reeder Allen.  
Thank you for loving me, praying for me  
and supporting me beyond measure!

# Acknowledgments



I am thankful to God for the message of deliverance that He has led me to articulate in this literary work, which will help many to release that which binds them and receive all that awaits them.

To my wonderful wife, Kimberly R. Allen, who is my biggest supporter in life and who consistently supports me through prayer and encouragement!

To my son, Jonathan W. Allen, Jr., and my grandson, Jaquan J. McShay, who constantly push me to think outside of the box with their innovative young minds!

To our team of professionals, who spent hours to help this vision become a reality:

Thank you Dr. Larry Keefauver (Powerhouse Families), Dr. Izola Jones (Professional Christian Counseling), Renee McMullen (MTM Consulting, Marketing/Events), and Janine Coveney (Syllable Media, LLC, Editorial Services).

To all others who participated in reviewing this manuscript, thank you.

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# Foreword

## Still Learning the Secret of Release To Receive

By Dr. Larry Keefauver



What a joy it has been for me to encourage Pastor Allen in the development and writing of this tremendous teaching treatise. Years ago, I had the privilege to work with Bishop T.D. Jakes and Dr. Jack Hayford who teamed with me to edit *Ministries Today* magazine. Jakes' book *Woman Thou Art Loosed: Healing the Wounds of the Past* started an important movement in the biblical teachings around "releasing and receiving." Dr. Hayford's writing on deliverance through cleansing streams also opened the church up to dimensions of the truths in this book. The Faith Movement with Kenneth Hagin and Kenneth Copeland gave us powerful teachings on how to declare by faith God's promises to receive the abundant life Jesus promises us in John 10:10. Jonathan Allen, Sr., now steps into this teaching and ministry flow with this important contribution, *Release To Receive*.

His life is an exciting testimony for Christian Families, Church Ministers, Christian Professionals, and Kingdom Business Leaders on how to be loosed, released, and set free from hindrances, bondages, past failures, and personal failures and sin, so that believers in all walks of life can receive the wonderful blessings of God through Christ Jesus.

The principles of *Release To Receive* are powerfully taught in the pages of this book. Inspiring and biblically solid, these spiritual keys have unlocked for me insights and practical spiritual disciplines for experiencing the new season God has for each of us as our old, fruitless seasons come to a close.

Every believer can profit from learning the secrets to Kingdom business and living in this book. The declarations, prayers, and 30-day spiritual journal at the end of the book are a priceless treasure for releasing the old and receiving all the

new things God has for His children. As a pastor and pastoral counselor, I have learned so much I will be sharing with those that I coach and counsel with in ministry and business.

I want to thank Pastor Allen for sharing with me the original message he preached on Hannah's petitions for a child in the Presence of God. Her releasing paved the way for her to receive the blessing of Samuel. Furthermore, in releasing her tears, she received overflowing joy. This message as it is developed in *Release To Receive* has impacted my life for following Christ in new and refreshing ways. It will do the same for you.

Treat your spirit to a fresh drink of wisdom, knowledge, and understanding from the river of the Holy Spirit. Take a short, personal retreat from the cares of this world to read this book from beginning to end. Walk through the 30-day declaration journal at the end. Discover for yourself the mighty power God has given to you in being able to *Release to Receive*.

**-Dr. Larry Keefauver**

Bestselling Christian Author and International Teacher  
Maui, 2016

# Introduction



*See, I am doing a new thing!  
Now it springs up; do you not perceive it?  
- God speaking through an ancient prophet to you!*

**T**he message I am sharing with you is for us—you and me. All of us have issues. I know that I have challenges in my personal life, in ministry, at work, and in my relationships. As with storage units—many people keep their past stuff locked up and out of sight. They pay a periodic rental charge to hold on to old furniture, clothes, household goods, tools, and the overflow of stuff that they feel they must keep. If you have a storage unit, and you are never using or going to use most if not all of the stuff you keep there, why are you holding on to it? It's costly and probably unnecessary.

*Years ago, a short play depicted a prisoner sitting dejectedly in a jail cell. For years he had been wasting away in his small, damp, terrible room passing his days in lonely depression. He never talked with those who brought him his food passed through an opening in his door. He refused to leave the cell for meals, exercise, or any other activity.*

*One day, a stranger opened the door and announced good news, "You've been set free. You have been released."*

*Walking away, the stranger left the door open with the keys still hanging from the door's lock. Shaking his head in disbelief, the inmate walked over to the cell's door, shut it, reached through the food opening in the door, took hold of the keys, relocked the door, and tossed the keys out of reach. He returned to his lonely stool and continued*

*on with his daily habits—unchanged, hopeless, and still imprisoned  
... by his own choice. Does this story sound like anyone you know?  
Does it tell your story?*

Are we locked up and imprisoned by our past? Some of us have stored up stuff from early childhood, through our teenage years, and into adulthood. It's called baggage. We hold on tightly to past disappointments, failures, abuses, hurts, pain, and failures. We choose to be imprisoned by the past instead of releasing it and going forward. Instead of Failing Forward, as author John C. Maxwell advises us to do in his 2000 bestseller, we fail backward, languishing in the mire and pits of our past junk. Like people who hold on to storage units and stuff they don't need and may never use, we hoard former negative thoughts, beliefs, feelings, behaviors and attitudes for years—and for those who are older than 20, for decades. Reality shows on television depict “hoarders,” “pickers,” and “storage wars.” Many of us do the same things internally that the stars of these shows do externally.

When is right time to start releasing our baggage, throwing out unneeded and unnecessary stuff, and walk out of the prison cell of our past? When will we start listening to and obeying God when He counsels us:

*Forget the former things;  
do not dwell on the past.*

*See, I am doing a new thing!  
Now it springs up; do you not perceive it?  
I am making a way in the desert  
and streams in the wasteland.  
(Isaiah 43:18-19 NIV)*

We've got to release some stuff in order for us to be able to receive what God has in store for us individually as well as collectively.

The word “release” means:

- to be set free from restraints and confinements
- to let go of what's hold us back, slowing us down, burdensome
- to move from one's normal, static, and staid position to a new place, posture, and plan

Have the nightmares of your past taken your present captive robbing you of your rest, renewal, and refreshing in God's new thing? Holding on to the past costs a lot of time, money, and energy. Think about those storage units for a moment. Each month one pays a rental fee—sometimes in the hundreds of dollars. All the while, the stuff being stored continues to age, rust, mildew, and collect mold. Insects and bacteria eat away at its worth. Jesus speaks passionately about this: “Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal; but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also” (Matthew 6:19-21 NKJV).



**Whatever you refuse to release,  
restricts your progress and retards your growth.  
When will you release what holds you back, so you can  
receive the new thing God has for your future?**



The word “*receive*” means:

- *to acquire and accept*
- *to come into possession of*
- *to grasp and take hold of*
- *to permit something new and different to enter into our lives*

We must release the baggage, the past, the stuff and junk of the former things in order to receive the treasures, gifts, and opportunities of the new things from God. The old “normal” must pass away; the new “normal” must come. The good and bad ideas of the past have run their course; God and fresh plans for the present and future must begin to bloom in the desert. In the Book of Isaiah, God promises to make a way through and out of the desert and the dry place. He pledges to bring us out of the lonely, isolated and thirsty expanses of life where we get stuck, locked in, chained, and sorely habitual about. These are places where we

can develop negative feelings, depressing thoughts, unconstructive and destructive behaviors, along with seemingly endless cycles of failed plans, disappointing relationships, and unproductive, unfruitful work. We stay busy but never seem to be creative, fruitful, and prosperous.

Are you ready to release your issues and baggage, unlock and empty out the storage bins of your life, and leave the wilderness where you've been circling but never getting anywhere? Jesus promises release for the captives, water for the thirsty, bread for the hungry, and hope for the hopeless. Take a moment. Check off ✓ which of the following things you need to release or baggage you need to let go of:

- Failed relationship with a spouse, parent, child, or relative
- Loss of a job, career, or business
- Miscarriage or inability to conceive
- Financial loss, foreclosure, or bankruptcy
- Being abused, misused, manipulated, dominated, or intimidated
- Flunking out of a course, a certification, a promotion, or new career track
- Not finishing an important project or completing a plan
- Forgetting to keep a promise, engagement, appointment, or meeting

Now check off what you hope to receive:

- A fresh start, a new beginning.
- Forgiveness from a person you have hurt
- Restoration of a relationship
- New dreams, visions, plans and purpose

In this book, you will be invited to release the past and receive the new things God has for your present and future. I will share with you the ancient story of a woman named Hannah, who learned much from God about releasing and receiving. What I received from her story not only instructed and inspired me, I was changed and impacted forever. You will be, too. Come with me as you release the old and receive the new!

## Chapter 1

# Creatures of Habit



*Now there was a certain man from Ramathaim-Zophim from the hill country of Ephraim, and his name was Elkanah the son of Jeroham, the son of Elihu, the son of Tohu, the son of Zuph, an Ephraimite. He had two wives: the name of one was Hannah and the name of the other Peninnah; and Peninnah had children, but Hannah had no children. Now this man would go up from his city yearly to worship and to sacrifice to the Lord of hosts in Shiloh. And the two sons of Eli, Hophni and Phinehas, were priests to the Lord there. When the day came that Elkanah sacrificed, he would give portions to Peninnah his wife and to all her sons and her daughters; but to Hannah he would give a double portion, for he loved Hannah, but the Lord had closed her womb. Her rival, however, would provoke her bitterly to irritate her, because the Lord had closed her womb. It happened year after year, as often as she went up to the house of the Lord, she would provoke her; so she wept and would not eat. (1 Samuel 1:1-7)*

**T**he Lord has allowed me to make this statement several times and that is: We are creatures of habit.

Some of us do the same thing, the same way, day after day, month after month, year after year. Some of us come in and won't even change our praise. We won't even change our worship because we are creatures of habit. There was a sermon the Lord allowed me to preach years ago, "When Wrong Seems Right." We've been doing wrong for so long that it actually seems right. You've been treating your husband or your wife mean for years and you've been doing it for so long you think it's right. It's wrong! You've been smoking for so long that it becomes a

norm and you think it is right, but you're killing the temple of your body and it's wrong. You have been watching the wrong thing on the computer or television for so long that it now seems acceptable; you've been using profane language so long that it sounds OK to you now.



**When what's wrong has become so habitual it seems right;  
then your habitual sin will lead you down the path of  
destruction blinding you to warning, remorse,  
and repentance.**



Even our right habits can become so ritualistic that we go through the motions without ever engaging our hearts, never feeling the need to change and become the person Christ wants us to be. Scripture reminds us that the person who knows what is right to do and doesn't do it, has committed a sin.

We are creatures of habit, yet that's not a bad thing if the habit is habitual righteousness and not habitual sin. If the habit is rooted in that attitude, spoken and done with the right motive, then the right outcome will happen. This is so important: The right words and actions, done in the right way, at the right time or the right reasons produce right outcomes—allowing us to release past baggage and receive present and future blessings. We will see how all of this works for Hannah.



**Right words and actions,  
done in the right way,  
at the right time,  
for the right reasons,  
produce right outcomes,  
putting us in the right place...  
to release past baggage,  
and receive present and future blessings.**



### **Bring Your Problems to the Problem Solver**

In 1 Samuel 1, we read that there was a man named Elkanah from the hillside of Ephraim and Elkanah had two wives. Certainly, he must have had issues—and lots of baggage. Monogamy is a blessing but it can be challenging at times; I cannot imagine the issues and baggage that polygamy can create for its practitioners. Yet we read that this man had two wives, one named Hannah and the other, Peninnah. Peninnah had children, but Hannah did not. In ancient Hebrew culture, women were valued and seen as blessed when they had children. However, being barren was often seen as a curse and a woman without a child was scorned.

We often place value upon ourselves and others based on productivity. After all, didn't God create us according to Genesis 1:22 to be fruitful and multiply? So ancient Semitic tradition valued a man by what his work produced and a woman by what her womb produced. Today many still place a high value on being able to have children. Therefore we can certainly empathize and understand why the barren Hannah went to the temple, prayed to God, and wept.

As creatures of habit, Elkanah and his family would go up to Shiloh every year to worship, and make sacrifices unto the Lord. When he would make the sacrifices, he would give a portion of the meat to Peninnah, his wife, and to her sons, and he would give to her daughters. Then the Scripture says he would give a double portion to his wife, Hannah, "because he loved her." When you love somebody you don't mind giving them a double portion.

Hannah had received this double portion from Elkanah, but one thing that she did not receive was the ability to give birth to children. The Scripture says that the Lord had shut up her womb. The Scripture goes on to tell us that this was an embarrassing condition for Hannah. Childlessness was a circumstance that grieved Hannah day in and day out.

Some of us, even in our present situations, exist with conditions that are truly embarrassing. Our issues, past baggage, and former desert seasons in life have created some conditions that can truly grieve our spirits when we begin to focus on them. Some of us have situations so critical that we are forced to confront because they grieve us, day in and day out. This applies not only to grown men or women, but to boys and girls as well. The great news is that we can come to a place where we can release these things in order to receive what God has in store for us. But it should be the right place, in the right time.

### **Get to the Right Place to Find Release**

As Hebrew worshippers, Elkanah and his wives habitually took their sacrifices to the tabernacle at Shiloh. To paraphrase a current Geico insurance commercial, if you're an ancient Hebrew family, you go to Shiloh to make sacrifices to God—it's what you do. They were doing the right thing, at the right time, for the right reason—worshipping the Living God of Abraham, Isaac, and Jacob.

Don't make light of the fact that you habitually go to worship and focus on God. His presence is the right place and worship is the right time to bring your issues to God. When you go to the place of release, take the problem to God the problem solver. Hannah went to the right place, at the time as prescribed by the Torah, the Hebrew Law, and did the right thing.

The scriptural narrative tells us that Peninnah provoked Hannah, talked about her, gave her a hard time, aggravated her, and irritated her about her condition. We all know some people like that, some folks who will irritate you, some folks who will aggravate you, some folks who will annoy you just because you don't have what they have. So the story goes on to tell us that yearly Elkanah went up with both wives and family in order to worship. And Peninnah would constantly just badger Hannah, talk about her, and give her a hard time. Scripture says that when they went up to worship, she would constantly get on Hannah's nerves.

It got to a point that Hannah began to weep sorely. Hannah was crying and could not even eat, so Elkanah went to her and said, "Why are you crying, why are you going through all that you're going through?" When she explained, Elkanah replied that he loved her more than he could possibly love ten sons. Now any man knows when you have one son, you're mighty proud of that one son. There are some folks who have only had girls and are still trying to have boys, because it's a man thing. He loved her more than ten sons. That's an overflowing, abundant, double portion love.

So, let's pause here to examine some important spiritual steps about release for these Hebrew creatures of habit who did the right things.

1. The Right Place - Do the right things in God's way. The right place to get to the root of your past and present issues is in God's presence as you worship and pray. The wrong place is to blame others or fight with them. Certainly Hannah could have gone to her husband to try to solve her problems. Her husband actually did the wrong thing to try to fix the problem. His love for his wife prompted him to give her more thus trying to compensate for her lack. Wrong thing even if his motives were right. Doing the wrong thing, at the wrong time, even with the right motives will only increase the problems. No human can fix our past problems. Hannah kept her focus right, i.e. righteous. She took her problems to God.

2. *The Right Way* - Refuse to be caught up in sinful, human habits that blame others for your feelings, thoughts, and behaviors. Hannah did not complain to her husband or fight with the wife who was taunting her. Instead, because she was in God's presence, in the right place at the right time, she chose the right way to release her past. Let me help you out here. Sometimes, we need to avoid or eliminate the wrong ways to handle the past before we can act upon release in the right way. Here's a list of the wrong ways, i.e. the bad and sinful habits we revert to when we are hurting, distressed, and struggling through our deserts in life:

- Blaming others
- Complaining
- Fighting
- Feeling angry and depressed
- Making others look bad believing we will look and feel better
- Becoming a victim
- Eating
- Shopping
- Being a workaholic

3. *The Right Time* - Worship and prayer are always the right time when we are in God's place and presence to release past baggage, issues, and problems. Everyone loves a Three-Step Solution and the Scriptures provide us one here:

- **Repent** - Turn away from the bad habit, the past problem, the habitual sin and turn toward the Problem Solver, God in Christ Jesus.
- **Release** - Let go of it. Evangelist Dr. Larry Lea used to say, "Admit it; Quit it; and Forget it." We will discuss this more in future chapters. Admittedly, forgetting it isn't easy.
- **Receive** - Let God give you His blessing, in His way, and in His timing.

Yes, Hannah brought quite a lot of baggage to the tabernacle at Shiloh. Her suitcases were full of disappointment, regret, pain, hurt, accusations, and attacks. She could have reverted to sinful human habits and kept all her pain inside. As we say, she could have chosen to put on her "church face" or masked her real

feelings so she would appear to the priests and her family to be happy, content, and satisfied with life.

But she didn't deny, repress, or regress. Her past did not determine her present or shape her future. In the right place—in God's presence, in the right way—releasing to God her problems without being trapped by a multitude of negative feelings, thoughts and actions, and at the right time—in worship and prayer—Hannah found release and was able to stand up and go forward into God's future for her.

Let's now turn to how she *stood up released, walked about from her past, and received hope and blessing from God.*



**30 DAYS OF RELEASING  
TO RECEIVE THE  
PROMISES OF GOD**

## ***Day 1***

### **Release the Old - Receive the New**

Declare this three times a day and three times each time you declare it based on Isaiah 43:

**In the Name of Jesus Christ, I release my dwelling on the past, and receive every new thing that God has for me through His abundant grace.  
Amen.**

*Forget the former things;  
do not dwell on the past.  
See, I am doing a new thing!  
Now it springs up; do you not perceive it?  
I am making a way in the desert  
and streams in the wasteland.  
(Isaiah 43:18-19 NIV)*

Write down what God speaks to you through the Scriptures and by the Holy Spirit:

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Write down a prayer of advance praise for what God is and will be doing in and through you as you release and receive.

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Memorize the above Scripture passage. Write the declaration and Scripture passage on a card to carry on your person or put it into your smart phone as a note or voice message. Read or hear it and declare it once an hour throughout the day. *Meditate on God's Truth this way day and night.*

## ***Day 2***

### **Release Habitual Sin – Receive Abundant Mercy**

Declare this based on Romans 6:

**In the Name of Jesus Christ, I confess and release every sin habit, I resist the device of the devil, and I receive His abundant mercy and grace.**

**Amen.**

*What shall we say then? Shall we continue in sin, that grace may abound? God forbid. We who died to sin, how shall we any longer live therein? Or are ye ignorant that all we who were baptized into Christ Jesus were baptized into his death? We were buried therefore with him through baptism unto death: that like as Christ was raised from the dead through the glory of the Father, so we also might walk in newness of life. (Romans 6:1-4)*

Write down what God speaks to you through the Scriptures and by the Holy Spirit:

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Write down a prayer of advance praise for what God is and will be doing in and through you as you release and receive.

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## ***Day 3***

### **Release Sin - Receive Forgiveness**

Declare this based on 1 John 1:

**In the Name of Jesus Christ, I confess and release all my past sins and transgressions to Him, I receive the cleansing forgiveness of the blood of Christ, I declare I am a forgiven child of God.  
Amen.**

*If we confess our sin he is faithful and righteous to forgive us our sins, and to cleanse us from all unrighteousness. 1 John 1:9*

Write down what God speaks to you through the Scriptures and by the Holy Spirit:

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## ***Day 4***

### **Release Procrastination - Receive Patient Perseverance**

Declare this based on James 4:

**In the Name of Jesus Christ, I release and cut off my procrastination, I receive the patience and perseverance of the Holy Spirit To do all the good works God has assigned to me. Amen.**

*“Therefore, to one who knows the right thing to do and does not do it, to him it is sin.” (James 4:17)*

Write down what God speaks to you through the Scriptures and by the Holy Spirit:

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Write down a prayer of advance praise for what God is and will be doing in and through you as you release and receive.

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## ***Day 5***

### **Release Weakness - Receive Power**

Declare this based on Joshua 1:

**In the Name of Jesus Christ,  
I release fear, weakness, and discouragement.  
I receive God's power, love, and the mind of Christ.  
God is with me every step of the way!  
Amen.**

*Strength! Courage!  
Don't be timid;  
Don't get discouraged.  
God, your God, is with you every step you take!  
(Joshua 1:9 MSG)*

Write down what God speaks to you through the Scriptures and by the Holy Spirit:

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Write down a prayer of advance praise for what God is and will be doing in and through you as you release and receive.

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## ***Day 6***

Release Lack - Receive the Prize

**Declare this based on Philippians 3:**

**In the name of Jesus Christ,  
I release my lack of passion, motivation, and initiative.  
I receive the prize of the high calling of God.  
Amen.**

*I press toward the mark for the prize of the high calling of God in Christ Jesus. (Philippians 3:14)*

Write down what God speaks to you through the Scriptures and by the Holy Spirit:

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Write down a prayer of advance praise for what God is and will be doing in and through you as you release and receive.

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## ***Day 7***

### **Release Unforgiveness - Receive Mercy and Grace**

Declare this based on Luke 17:

**In the Name of Jesus Christ,  
I release all offenses and unforgiveness in my spirit.  
I receive God's mercy and grace to forgive  
all those who sin against me.  
Amen.**

*He said to His disciples, "It is inevitable that stumbling blocks come, but woe to him through whom they come! It would be better for him if a millstone were hung around his neck and he were thrown into the sea, than that he would cause one of these little ones to stumble."  
(Luke 17:1-2)*

Write down what God speaks to you through the Scriptures and by the Holy Spirit:

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## Endnotes



- 1 Brevere, John. *The Bait of Satan* Lake Mary, FL: Charisma House, 2014. Preface.
- 2 Farrar, Steve. *Finishing Strong* Colorado Springs, CO: Multnomah Books, 1995. p. 15.
- 3 Tozer, A.W. "Five Vows for Spiritual Power." Neve-family.com. Web.  
<http://www.neve-family.com/books/tozer/FiveVows.html>
- 4 "Top 22 Quotes By Tommy Tenney." AZ Quotes.com. Web. [http://www.azquotes.com/author/18298-Tommy\\_Tenney](http://www.azquotes.com/author/18298-Tommy_Tenney)
- 5 Ryle, J.C. "Christian Zeal." Biblebb.com. Web. <http://www.biblebb.com/files/ryle/zeal.htm>



# RELEASE<sup>TO</sup> RECEIVE

Have the nightmares of your past taken your present captive robbing you of your rest, renewal, and refreshing in God's new thing? You Must **Release To Receive!**

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"As a counselor who deals with hurting people, who are seeking answers to life's issues, I found that Pastor Allen's Release to Receive gives hope that in spite of what anyone has done or their situation, God loves them enough to give them opportunities to release the past and receive God's promises. I wholeheartedly endorse this book as a biblically-based, practical guide for those whose personal problems are hindering them from being all that they can be in Christ."

Dr. Izola Wineglass Jones  
Licensed Clinical Professional Counselor

"Too many Christians, who are supposed to be the light of the world, have forgotten to turn the light on regarding their Christian lifestyle! As the author so perceptively says "they hold on to stuff of the past" ... broken marriages, broken relationships, broken finances; and it is these things which hinder them from experiencing all that God has destined for them. Like a jazz master, the author in his own inimitable style has masterfully woven the ancient story of Hannah into a contemporary context that is both true and relevant."

Dr. James R. Love, Sr.  
Past-President, National Capital Christian Education Conference

"As an ordained American Baptist Minister with over 20 years of service, I found that Release To Receive is a powerful reminder of "how Great is our God." Pastor Jonathan's own experiences of overcoming challenges and facing failures have inspired him to craft this book; and to work without ceasing to help a friend, a family member, and a fellow neighbor to Release to Receive the fullness of God."

LeRoy G. Mack, III  
American Baptist Minister



Exile  
Elite