

# 7 Tips for Coming into Agreement with Spiritual Disciplines Part 2

*This article first appeared on Curt Landry Ministries.*

*\*Note: This is the second of a two-part series. You can view the first part [here](#).*

## 5. Anoint Your Neck

Anoint your neck: This is something that the Lord showed us quite a while ago. We just anoint the back of our neck.

If you can imagine, taking your thumb and index finger and holding them to make a “U” shape. Then put it over the top of, if you’re right-handed, you put it on your left hand, and you bounce it on top of your wrist. Most of the time it fits on your wrist, but if you take it to the flat part of your hand, it won’t hit.

Isaiah 10:27 says,

- “In that day their burden will be lifted from your shoulders, their yoke from your neck; the yoke will be broken because you have grown so fat.”

In the spirit, when the enemy comes to yoke you into bondage when you anoint your neck, it means that your neck becomes fat, and the yoke won’t fit. Think of an animal; when it is healthy and anointed, the yoke won’t fit. The temptations will still come. But they won’t be able to steer you to the right or the left.

So, blowing the shofar and anointing your neck, I know that sounds different, but the Scripture says that anointing oil

breaks the yoke of the enemy where it used to hold you back. And so, when it's broken off, it no longer fits on you because the oil has made your neck fat.

And that's Isaiah 10:27. The oil is also symbolic of the anointing of Jesus, Yeshua, and it's sending the Holy Spirit upon to break the yoke of slavery of anything you've been in bondage to. And anointing your neck reminds you that the Holy Spirit is given to you to fully equip you for all the Lord asks you to do.

So, it's something that you can do. And I've done this with my grandchildren. We anoint their heads, and I speak out their name. I speak the name, and when I do, each name has been carefully chosen. And so I say, "Your name is Joseph. Joseph means anointed one, sent of God. Arie means the lion, the anointed one, sent of God." And then I speak his last name, and then I anoint his head. I break the yolk off any generational curses of inequity, anything coming against him now that would stop him from being the anointed one and the Ariel, the lion of the tribe of Judah. Those are just practical things you can do with your children and your grandchildren.

## **6. Pray Under the Tallit**

If you have a prayer shawl, or tallit, pray under it. It's symbolic of God's covering. If you need a tallit, oil and shofars, you can go to . We have high-quality products that are all from Israel. We have them there. And we can get them sent to you from the United States.

But a tallit is symbolic of God's covering and protection. It's a secret place where you meet with the Lord. It's a tool to help you experience the presence of the Lord in a new way, in a powerful way. The tallit serves as a reminder of a shelter in the secret place of the Most High, just like we pray in Psalm 91.

When you cover yourself in a tallit, remember that the tallit does not hold supernatural power. It's just a symbol. And above the revelation of the tallit, where it's an intentional connection to God.

When I put my tallit on, it will usually be in my office, when I go in my office at home, which is my studio where you see me doing videos there. We were blessed to be able to build that onto the house as a special place.

When I go in there, that's a special place. But when I go in there and put the tallit over, I get on my sofa and sit, and just sometimes just sit and meditate and rest upon the Lord, the downloads come.

Because there's a visual thing happening, I've got the worship music on. So there's an auditory thing happening. But I feel the kinesthesia of God's love will surround me.

And often, you'll feel like you want to rock, or you just want to be in the presence of God, or you want to pray in tongues. And it's an awesome experience. And these are just things you can do to maintain victory in spiritual warfare.

## **7. Take Communion**

The seventh thing I want to say, and this is so powerful, is just taking communion regularly. And what Christie and I do is, we bring home some of the matzah, the bread from Passover, at House of David. We'll have our Passover at House of David and bring some of the matzah home. It's unleavened. And put it in a zip lock. It lasts forever. But there's something about going back saying, "Oh, my gosh, we're remembering the nine blessings of Passover out of Exodus."

And so we'll get the juice or the wine or whatever we will do then. And we take that Passover bread. And it's really great. I keep mentioning the grandchildren, but it's so important when I say to them, "Do you remember we had this matzah?" And

they'll say, "Passover. Passover. House of David." And they remember. A lot of what this is just remembering. But regularly taking communion reminds you of the price that Jesus, Yeshua, paid, giving His life and blood, praise God, so that we are cleansed, restored, redeemed and forgiven.

And because of the blood He shed, you have an inheritance and every spiritual blessing in heaven. And when you take communion, you proclaim the work He did on the cross to give you a new identity, to create a new record in the Courts of Heaven.

## **In Conclusion... The Enemy's Accusations Don't Have to Stick!**

I love what Paul said in Ephesians. He said that there was a workmanship prepared beforehand. I'm always really focused on, "Lord, let me have the timing. Let me have the ears to hear, the heart to believe and the courage to step out in this time of spiritual warfare. And Lord, I thank You that through the discipline of praying and spiritual warfare, it sanctifies us and gives us peace with God."

It's easier for you to identify when the enemy tries to trick you and shame you and say, "Oh, you're not saved. You're not going to succeed. You're not going to do, and you're la, la, la." and keep his mouth shut when you say, "You know what?..."

- I'm going to create a new routine.
- I'm going to keep the Feasts of the Lord, not legalistically, but because God's called me to the table.
- I'm going to be a Sabbath-keeper.
- I'm going to bring tithes and offerings.
- I'm going to have a quiet time every day.
- I'm going to read His Word every day.
- I'm going to anoint my neck and remind myself every

yoke's been broken.

- I'm going to pray under my tallit once a week.
- I'm going to take communion at least once a week.

I'm going to believe God that...

- If I am diligent with this and present myself to be approved before God as a worker who does not need to be ashamed but rightly dividing the Word of truth, according to 2 Timothy 2:15
- If I am wise like Joshua and say, this book of the law shall not depart from my mouth, but I shall meditate in it day and night, that I may observe to do according to all that is written in it.

...For then, God will make my way prosperous, and I will have good success.

And I love what it says in Psalm 119:1-3, "Blessed are the undefiled in the way, who walk in the law of the Lord. Blessed are those who keep His testimony, who seek Him with their whole heart. They also do no iniquity. They walk in His ways."

And in closing with this, I love this, in 2 Peter 1:5-8, "But also, for the very reason, giving all diligence, adding to your faith virtue, to virtue knowledge, to knowledge self-control, to self-control perseverance, to perseverance godliness, to godliness brotherly kindness, to brotherly kindness love. For these things are yours and abounding, and you will be neither barren nor unfruitful in the knowledge of our Lord Jesus Christ."

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*Jewish roots of the Christian faith. Together, their passion is to empower families to live and leave Kingdom legacies and understand their own personal heritage.*