

# preachSIS

7 - DAY LAUNCH JOURNAL

2ND EDITION



**NICOLE O. SALMON**

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# *preach*SIS

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**NAME:**

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"THEN  
THE LORD PUT  
OUT HIS HAND  
AND TOUCHED MY  
MOUTH. AND  
THE LORD SAID TO  
ME, "BEHOLD, I  
HAVE PUT MY  
WORDS IN YOUR  
MOUTH."

JERAMIAH 1:9 NIV

D A T E : \_\_\_\_\_

"THE VALUE OF AN IDEA LIES IN THE USING OF IT."--THOMAS EDISON



D A T E : \_\_\_\_\_

"DON'T WORRY ABOUT FAILURE; YOU ONLY HAVE TO BE RIGHT ONCE." --DREW HOUSTON

"AND IT SHALL  
COME TO PASS  
AFTERWARD,  
THAT I WILL POUR  
OUT MY SPIRIT ON  
ALL FLESH; YOUR  
SONS AND YOUR  
DAUGHTERS  
SHALL  
PROPHECY."

JOEL 2:28 ESV



D A T E : \_\_\_\_\_

"IDEAS ARE COMMODITY. EXECUTION OF THEM IS NOT." --MICHAEL DELL

D A T E : \_\_\_\_\_

**"I KNEW THAT IF I FAILED I WOULDN'T REGRET THAT, BUT I KNEW THE ONE THING I MIGHT REGRET IS  
NOT TRYING." --JEFF BEZOS**



D A T E : \_\_\_\_\_

"THE WAY TO GET STARTED IS TO QUIT TALKING AND START DOING." --WALT DISNEY

"THE SPIRIT OF THE  
LORD IS ON ME, HE  
HAS ANOINTED ME  
TO PROCLAIM GOOD  
NEWS TO THE  
POOR, CLAIM  
FREEDOM FOR THE  
PRISONERS,  
RECOVERY OF  
SIGHT FOR THE  
BLIND, TO SET THE  
OPPRESSED FREE"

LUKE 4:18 NIV



D A T E : \_\_\_\_\_

"CREATE A DEFINITE PLAN FOR CARRYING OUT YOUR DESIRE AND BEGIN AT ONCE, WHETHER YOU ARE READY OR NOT, TO  
PUT THIS PLAN INTO ACTION." --NAPOLEON HILL

D A T E : \_\_\_\_\_

"I AM ALWAYS DOING THAT WHICH I CANNOT DO, IN ORDER THAT I MAY LEARN HOW TO DO IT." --PABLO PICASSO





# readHERS LIST

Beauty For Ashes | Joyce Meyers

Competent to Counsel: Introduction to Nouthetic Counseling | Jay E. Adams

Christ Centered Preaching | Bryan Chapell

Don't Settle for Safe | Sarah Jakes Roberts

Every Woman's Battle + Every Single Woman's Battle | Shannon Ethridge

Emotionally Healthy Spirituality | Peter Scazzero

Instinct: The Power to Unleash Your Inborn Drive | T. D. Jakes

Lord, Teach Me How to Pray | Emil Lively Clayton

Mere Apologetics | Alister McGrath

More Than Enchanting | Jo Saxton

Prayers That Route Demons | John Eckhardt

The Heart of a Good Thing | Andrea Boweya

Speak Your Way to Purpose | Nicole O. Salmon

The Life Map | Colleen Blake-Miller





# readHERS LIST

Th Deborah Anointing | Michelle McLain Walters

The Life Map | Colleen Blake-Miller

The Ruth Anointing | Michelle McLain Walters

This Generation | Jessica Robinson Grant

The Prodigals Preach | Terrine Friday

The One Thing | Gary Keller & Jay Papasan

The Best Yes | Lysa Terkeurst

The Esther Anointing | Michelle McLain Walters

The 15 Invaluable Laws of Growth | John Maxwell

he Pursuit of God | AW Tozer

Wholeness | Toure Roberts





## *tips* + MOTIVATION

### NICOLE

Give your audience one clear take away or action step.

Start with the end in mind. What do you want your listener/reader to feel or do as a result of your message.

Less is more. Choose quality content over the quantity of your content.

Think out loud. Use a recording device or app to capture your brain storming as you think out loud.

Expect to be nervous EVERY TIME. It's perfectly normal.

Practice Practice Practice. Take the time to review what you will be sharing, so you are able to speak with familiarity confidence and boldness.

When ever possible, ALWAYS watch/listen to the recorded copy of your sermon/teaching/speaking etc. I know I know, most of us HATE to do that, but if you want to improve, and grow in areas of weakness you MUST review and make note of areas where change is needed AND build on your stronger speaking point.

Got writers block? Change your tool. Sometimes I feel stuck behind the keys of my computer. Switching to a good old fashion pen and pad of paper allows my ideas to flow again. Try a crayon (ahhhh, super fun), or write out loud (there is such a thing). Record your thoughts and then pay your son... I mean transcribe them yourself later:)



# *tips* + MOTIVATION

## NICOLE

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## ANIQUE

Study and trust your notes. Trust that God gave you a word for that place and time. Don't get discouraged or swayed based on the congregations lack of response. Deliver your word with the aid of the Holy Spirit. Try to always use real life applications when possible to illustrate your message for the visual learner. Remember all types of "learners" are in your hearing.

## COLLEEN

I am a podcast junkie. I think that I've saved myself Hundreds of Thousands of training and workshop dollars by 'sitting at the feet' of preachers/teachers/thought leaders and just listening. I know reading books will do the same, but ya can't read while you drive, fold laundry, make dinner, exercise etc.

I am a dedicated student of the preached and spoken word. I digest hours of preaching/teaching weekly and I'm constantly asking myself what about this delivery makes it really great, or what about this delivery makes listening difficult for the audience? I've developed an ear that's always listening for the lessons great speakers share behind the 'main stories' in their message (ie. their routines, disciplines they hold to, how they manage their insecurities, priorities, how they react when something goes wrong during their sermon/presentation). Continually saying yes to God and not giving up when that 'yes' leads down a rough road.

## EMI LIVELY

Slow down when you speak. Take the time to gather your thoughts (and your composure) so that you can gain control of the direction your next statement. Many times because of fear, we ramble, laugh, or make jokes to calm our nerves. But the best way to effectively communicate (especially when public speaking is involved) is to pace yourself by slowing down and thinking before you speak.

Use your hands, your body, and your energy to communicate! Be expressive when you speak. Don't stand still the entire time like a statue. Get your blood pumping by moving every so often. This engages your audience and helps them stay alert instead of falling asleep on you.



# tips + MOTIVATION

EMIL LIVELY

Gain greater confidence in public speaking By practicing! You can practice in the mirror or by recording yourself. Do it over and over until you start to get used to the sound of your voice and learn to fall in love with your own unique way of speaking. You can also gain greater confidence by practicing in front of a few of your choice friends or family. Every try signing up for a toastmasters class. Get in front of people and speak as often as you can. Speaking is an art, and as with any art, you must practice. If you don't use it, you can loose it! So use it often! GO PREACH Sis!

JESSICA

Ask for feedback, but from the right people. I always ask for feedback, but particularly from my husband because I know he will tell me the truth and show me areas that I need to improve in. I say from the right people because you want to also be discerning about who is giving you feedback; we want to ensure that is being done in love and because they want to see you do better.

Prepare and always be prepared. You never know when you can be called on to speak, so always be prepared. My preparation process is generally done through my personal time with God. He will speak to me in those moments and then when I am called upon to speak He reminds me of the word (s) that He gave me during our quiet time. I remember once I was really stressing out about preaching and I heard God say "when you stand before the people this is only an extension of your personal time with me". Ever since He spoke those words to be I stressed a lot less and I felt a lot more prepared.

Make holistic care a number #1 priority in your life. As leaders and as individuals who pour into others we need to ensure that we are whole and that we are well. Jesus wants us to prosper in all areas of our lives, and we need to tap into that.

Do not neglect your quiet time with God. Make it your number 1# priority. Period. Pouring out of an empty cup will benefit no one and this will limit how God can flow through you at your fullest potential. From my experience those daily quiet moments with God is what allows us to minister with power and authority.

KIA STEPHENS

For more than a decade I have longed to preach the gospel. It has taken time to figure out what this would look like for me. What I have learned is that preaching requires patience. God has a unique character development plan for each of us. Yes, we must seek them out but there is some training that will only come from God. His time table is different from ours.

In addition to being patient, we must be servants. Although, preaching appears glamorous, when we look at Christ we realize He was a servant. We must remember that we are solely servants used by God. This will keep us humble.

# tips + MOTIVATION

## KIA STEPHENS

Another tip is remembering preaching in the present day is not relegated to a pulpit. Often times our messages can go farther on the internet. This may mean we become bloggers, start a podcast, create an eBook, or host a Facebook Live.

Lastly, we must pursue training. This may mean seminary but it may also be an intensive Bible study, a writing or speaking conference, or an online course. Whatever we can do to cultivate the unique gifts God has placed in us we should do.

## MICHELLE

BE AUTHENTIC - your "voice" (spoken or written) is the BEST voice you have, so be true to you

Mentorship : Pray for the right mentor(s) and engage in active mentee/mentor relationship(s) to help sharpen you and hone your gift.

## NANCY DOZIER

I believe that the constant awareness that you get to speak for God will drive you to know Him more. No matter how great we become at speaking, and may even “arrive” according to the world’s standards but we will NEVER exhaust the depths of who our God is. There is always more of Him to be had and to discover.

Cultivating intimacy in prayer, in worship, in studying the Word will:

1. Remind us that it is His word and His heart that we are communicating to His kids. It’s not ever about us!
2. Sharpen our sensitivity to know when and what to communicate, and to whom.
3. Position you to usher God unto the room. None of what we do matters if God never walks into the room and his Spirit doesn’t settle on our words

It is imperative that as a leader and effective speaker you give someone in your life permission to correct you. Someone that is trustworthy, that hears God and without emotion can tell you when you’re off, disconnected, too long winded, and in need of rest.

## TERRINE

If you’re having difficulty deciphering concepts, don’t get intimidated or discouraged. Most people experience this! It takes reading, discussing, rereading, studying and analysis to learn. You can do it, dedicate yourself to the task.

Assume nothing. We often don’t reach people/fall victim to miscommunication because of our assumptions and lack of research. This applies to our understanding of biblical principles, hence why many of us have a surface understanding of the faith.

# *tips* + MOTIVATION

## TERRINE

Use every opportunity. This includes how you place your order at Starbucks, how you speak over the phone, how you write emails (in full sentences please!). If you want to improve, you have to practice in even the small things.

Pray. We often forget who the “prince of the power of the air” is - and we communicate via airwaves! Remember: the spiritual realm is just as real as the physical. Cover your communications so that your words are not misconstrued.



# *study* TOOLS

[The Parallel Bible](#)

[Strong's Exhaustive Concordance](#)

[Find it Fast in the Bible, Thomas Nelson Publishers](#)

[Encountering The Old/New Testament : A Historical + Theological Survey](#)

[New Testament Survey | Tenney](#)

[Edermans Dictionary of the Bible](#)

[Complete Expository of Old + New Testament | W.E. Vine](#)

[Barclay Commentaries](#)

[Focus Keeper App](#)

[Bible Gateway](#)

[The Prophet's Manual | John Eckhardt](#)

[Deliverance and Spiritual Warfare Manual | John Eckhardt](#)

[Charisma Magazine](#)

[Trello Organization App](#)

[Bible Hub](#)





Hello, I'm Nicole!

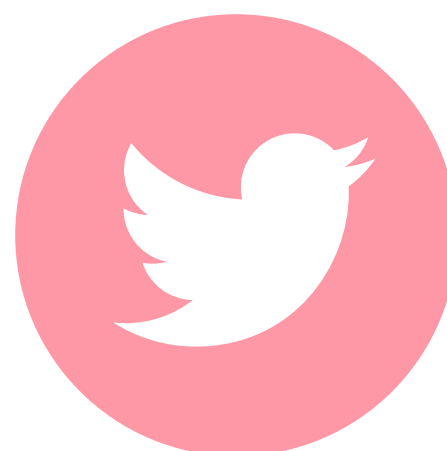
I love God passionately, anything rose gold, stationary makes my whole face light up, thrift store shopping is how I unwind, and I think cotton candy and funnel cakes should be way more accessible. And oh ya, I'm on a serious mission to help women get connected to who they are at their core so they can lead and live from an authentic + powerful posture of purpose.

Maybe you saw me speaking, or preaching at a church, or an event, heard about me from a friend or follow me on social media. Whatever led you here, please don't come this far and turn back.

It may seem casual, or even accidental, but I believe it's because you know it's high time you stop second guessing yourself + God is gently nudging you into ACTION. Let's figure it out together.

**BOOK YOUR FREE CALL NOW**

[WWW.NICOLEOSALMON.COM](http://WWW.NICOLEOSALMON.COM)



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