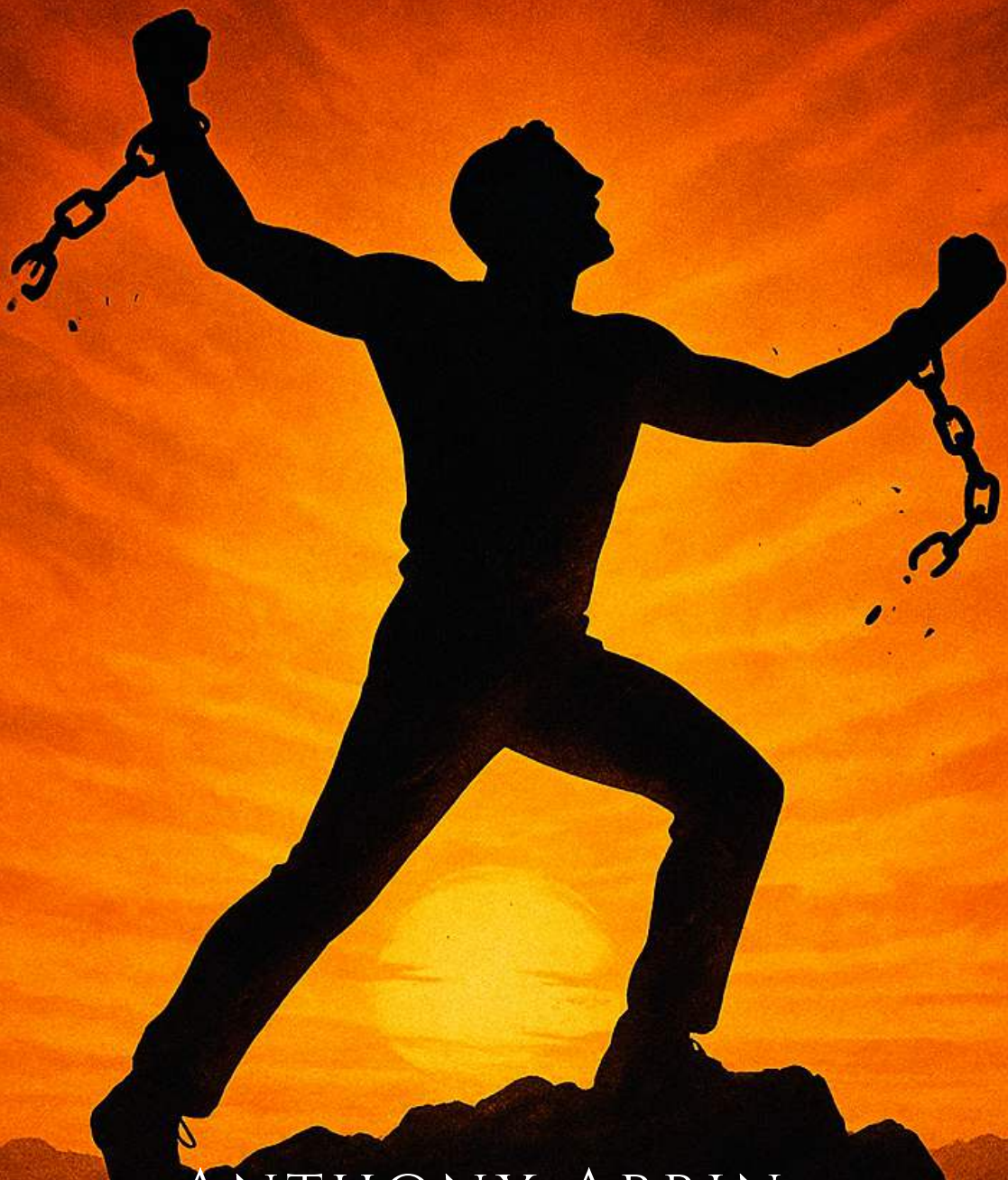


# UNSTUCK

**BREAKING FORTH FROM  
WHAT HELD YOU DOWN**



ANTHONY ABBIN

**BOOK TITLE:**

**Unstuck: Breaking Forth from What Held You Down**

**SERIES:** Breaking Forth – Volume 1

**Cover Page**

*Unstuck: Breaking Forth from What Held You Down*

Anthony Abbin

Breaking Forth Series – Volume 1

**Title Page**

*Unstuck: Breaking Forth from What Held You Down*

by Anthony Abbin

Breaking Forth Series – Volume 1

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First Edition

## **Dedication**

To the ones who cried in silence.

To those who knew there was more, but didn't know how to reach it.

This is for the dreamer in chains, the fire that wouldn't go out.

May your deliverance be real, your motion be prophetic, and your freedom be permanent.

## **Author's Note**

There are moments when we feel stuck, not just in our circumstances, but in our souls. You wake up every day knowing something is off. You're breathing, but not living. You love God, but feel like something invisible keeps tying your feet down. You try to move, but there's resistance. You try to grow, but something pulls you back.

This book was born from that place. I've been there. That place where prayers feel unanswered, progress feels delayed, and purpose feels locked behind an unseen wall. I've cried. I've wrestled. I've waited. And by the mercy of God, I've broken forth.



This is not just a book, it's a prophetic guide. A Spirit-infused roadmap for those who feel stuck in life, relationships, destiny, or spiritual warfare. You may have grown up with shame. You may have inherited patterns that keep recycling delay. You may have made decisions that tied you down. But none of that is the end of your story.

The Lord gave me the phrase *breaking forth* as a prophetic announcement. It means movement. It means escape. It means birthing what's been locked inside you. It's not a motivational phrase. It's a Kingdom reality.

You were never meant to remain bound. Not by fear. Not by failure. Not by your past. Not even by your family's limitations. You were born to rise. Born to build. Born to become.

This first volume in the *Breaking Forth* series focuses on **getting unstuck**. We're going to expose what's been holding you back. We'll deal with hidden chains, break ungodly agreements, confront delay, and stir up the warrior inside you. With the Word as our sword and the Spirit as our strength, you will rise again.

Get ready. This is not a comfort book, it's a call to move.

Let's break forth.

Anthony Abbin

## Introduction: When You Feel Stuck

There's a kind of pain that doesn't bleed. A kind of prison with no walls. A kind of silence that screams louder than words. That's what it feels like to be stuck.

You can be gifted and stuck. Anointed and stuck. Loved by God and stuck. It's one of the most frustrating places to be—where movement on the outside is betrayed by stagnation on the inside.

You smile in public, but sigh in secret. You pray, but your prayers feel like they hit a glass ceiling. You have vision, but no traction. You know there's more, but something invisible keeps you tethered to less.

Being stuck isn't always about external conditions. Sometimes, it's internal agreements, emotional wounds, unseen cycles, or spiritual embargoes. Stuck can look like procrastination that's rooted in fear. Stuck can feel like waiting, but it's actually warfare. Stuck can hide behind busyness, ministry, family, and daily routines, while your soul stays parked in delay.

Scripture is full of people who got stuck. Moses got stuck in the wilderness of self-doubt. Elijah got stuck under the broom tree of depression. Israel got stuck in a cycle of rebellion and captivity. The man at the pool of Bethesda got stuck for thirty-eight years, waiting for a breakthrough that never came, until Jesus showed up.

Stuck is real. But it's not permanent.

This book is a call to confront what's been holding you. Not casually, but violently. Because you don't counsel a chain—you break it. You don't negotiate with delay, you command it to lift. You don't wait for destiny to knock, you rise and walk.

The enemy doesn't mind if you go to church, sing, or serve, as long as you don't break forth. He doesn't fear activity. He fears motion. Prophetic motion. Forward motion. Kingdom motion.

So if you're reading this and you've ever whispered, "God, I feel stuck", this book is for you. And I declare by the Spirit of the Lord, this time, you will not finish like you started.

You will rise.

You will walk.

You will break forth.

## **Chapter 1: The Chains You Can't See**

Some chains don't rattle. Some prisons don't have bars. And some of the deepest bondages are the ones that have become normal.

You can't break free from what you won't admit is there. That's the danger of invisible chains, they stay hidden under productivity, religious activity, titles, and even success. But just because you're moving doesn't mean you're free.

These chains often form in childhood. A father's silence. A mother's absence. A word spoken in anger that stayed lodged in your heart. Shame. Guilt. Rejection. Fear. You learn to adapt, but never heal. You function, but never flourish. And without knowing it, you begin to live from a place of broken rhythm.

The enemy is a strategist. He studies bloodlines, patterns, and wounds. His goal is not just to hurt you, but to bind you. Not just to tempt you, but to tame you. He wants to cripple your movement, spiritually, emotionally, and prophetically.

Jesus said in Luke 4:18:

"He has sent Me to heal the brokenhearted, to proclaim liberty to the captives, and recovery of sight to the blind, to set at liberty those who are oppressed..."

This means you can be saved and still be captive. Redeemed and still stuck. Anointed and still emotionally crippled. That's why healing is not a suggestion, it's a command. Deliverance is not for "those people", it's for God's people.

Some chains look like constant fear. Others look like deep insecurity masked as confidence. Some come as anxiety, overthinking, addiction, or cycles of toxic relationships. Some chains are not behaviors but beliefs, deep-seated lies that have shaped how you see yourself, God, and life.

If you believe, deep down, that you're not worthy of love, you'll sabotage every good thing. If you believe you're destined to repeat failure, you'll keep manifesting it. These are not surface issues. These are strongholds.

Second Corinthians 10:4–5 says:

"For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, casting down arguments and every high thing that exalts itself against the knowledge of God..."

A stronghold is a mindset fortified by repetition, pain, or agreement. It's a lie that became a lens. And until it's pulled down, it will quietly influence every decision, reaction, and relationship in your life.

This chapter is your mirror. Ask the Holy Spirit to reveal the chains you've stopped noticing. What's limiting your movement? What's choking your confidence? What cycle keeps repeating? What belief has become a prison?

You can't break what you won't confront.  
And you can't confront what you won't see.

It's time to look at the chains.

It's time to name them.

Because what you name, you can command to leave.

## **Chapter 2: The Power of Agreement**

You can't break free from what you've agreed with. In the spirit realm, agreement is permission. Whatever you come into agreement with, whether knowingly or unknowingly, has access to shape your thoughts, your emotions, and your outcomes.



That's why Satan doesn't always need to attack you with force. He just needs you to agree with a lie. Once you agree, the door opens. The enemy doesn't need to steal your destiny if he can convince you that it's not yours in the first place. Once you believe it, you start to live like it's true, even if it's a lie.

Amos 3:3 asks, "Can two walk together, unless they are agreed?" That's not just about relationships. It's about alignment. You walk in the direction of what you're aligned with. And many are walking in the direction of shame, fear, or mediocrity, not because they want to, but because they've agreed with it somewhere deep within.

Agreements can be formed through trauma. Through repeated words from authority figures. Through inner vows like, "I'll never trust anyone again," or "I'm just not good enough," or "I always mess things up." These are not harmless thoughts. They are soul contracts. They become the internal scripts that govern your reactions, choices, and spiritual trajectory.

The truth is, many believers are not stuck because of demonic possession. They're stuck because of demonic permission, granted through agreement.

Here's how it works:

- **A lie is introduced (through pain, culture, family, or past experience).  
A wound opens your heart to receive it.  
You come into agreement, consciously or subconsciously.  
That agreement becomes a gate.**

From that point on, your life starts to reflect the fruit of that false agreement. You don't expect good things. You sabotage progress. You shrink your prayers. You accept limitation. And worst of all, you don't even know it's happening.

But the good news is this: what you agreed with can be renounced. What you gave permission to can be evicted. What you believed can be replaced with the truth of God's Word.

Jesus said in John 8:32, "And you shall know the truth, and the truth shall make you free." Freedom begins with truth, but it must be embraced, confessed, and agreed with.

This is why inner healing is spiritual warfare. Because every lie that has taken root must be confronted. Every false agreement must be broken. You are not what happened to you. You are not what they said about you. You are not what you failed at. You are who God says you are. But even that truth requires your agreement.

Today, ask the Holy Spirit: What have I agreed with that is not from You?

Then start breaking the contract.

With your mouth.

With the Word.

With the blood of Jesus.

Because what you agree with, you empower.

And what you renounce, you disarm.

## Chapter 3: When Delay Becomes a Spirit

Not every delay is demonic, but not every delay is innocent either.

There are delays that come from God, for preparation, for process, for positioning. But there are also delays that come from hell. Delays designed to frustrate, to weaken, to drain your faith and slowly make you give up on what God said. These are not just natural delays, they are spiritual strategies. And if you don't discern them, you'll start calling warfare "waiting."

The Bible shows us that delay can have a spiritual origin. In Daniel 10, the prophet had been fasting and praying for 21 days. He wasn't just waiting on God. He was being resisted in the spirit realm. The angel finally arrived with this message:

"From the first day that you set your heart to understand... your words were heard; and I have come because of your words. But the prince of the kingdom of Persia withstood me twenty-one days." (Daniel 10:12–13)

Heaven had already released the answer. But a territorial spirit blocked the manifestation. That's what spiritual delay looks like, when the answer exists, but it's stuck in transit.

Delay becomes dangerous when you start adapting to it. You stop expecting. You stop pressing. You lose the urgency of faith. And gradually, your hope becomes hollow.

There is a point where delay becomes a spiritual atmosphere. It settles over families. It hovers over businesses, ministries, and marriages. You see movement but no results. You start well, but you never finish. You get close, but never cross the line. You feel pregnant with purpose, but nothing ever gets birthed.

This is more than circumstance. It's a spirit.

How do you recognize the spirit of delay?

- **Cycles** that repeat without change.
- **Near-success syndrome**, always almost, but never actual.
- **Sudden interruptions** right when breakthrough is close.
- **Fatigue and frustration** in areas where you once had joy and faith.
- **Strange silence** in your prayer life and revelation.

This is the enemy's goal: to wear you out. Daniel 7:25 says the enemy will "wear out the saints of the Most High." That's what delay does, it doesn't just slow you down. It weakens your spirit.

But you have authority.

Spiritual delay is broken by:

- **Discernment** - call it what it is
- **Intercession** - engage Heaven
- **Declarations** - speak what God has said, not what you see
- **Fasting** - cut through spiritual resistance
- **Obedience** - move with God, even when it doesn't make sense

You don't wait for delay to pass. You confront it. You command it to lift. You wage war with prophecy, with truth, and with spiritual fire.

Some of what's been delayed in your life isn't lost. It's just locked.  
And when you rise in spiritual authority, you will unlock it.

This is not the season to sit quietly in spiritual traffic.  
This is the season to break through.  
To tear the veil.

To declare like David:

"I pursued my enemies and overtook them; neither did I turn back again till they were destroyed." (Psalm 18:37)

You don't have to live in delay.  
The spirit of delay must bow.  
It's time to break forth.

## **Chapter 4: Wake Up the Warrior Within**

There's a fighter inside you, but life has tried to put it to sleep. Fear has muzzled it. Religion has tamed it. Disappointment has numbed it. But deep inside every child of God is a warrior, a spirit that was never meant to be passive, silent, or defeated.

You were not born to just survive. You were born to take territory. But as long as you see yourself as weak, you'll keep hiding from the very thing you were created to conquer.



In Judges 6, we meet Gideon. He's threshing wheat in secret, hiding from the Midianites. He doesn't see himself as a warrior. He sees himself as small, afraid, and disqualified.

But the angel of the Lord appears and says, "The Lord is with you, mighty man of valor." (Judges 6:12)

That's the turning point, when Heaven's identity confronts your earthly reality.

God didn't speak to Gideon's fear. He spoke to his calling. He didn't acknowledge the hiding place. He awakened the warrior.

And that's what this chapter is doing for you.

The enemy's strategy is to keep you spiritually asleep. He wants you to forget who you are. To settle. To adjust. To blend in. But God is sounding the alarm.

**It's time to wake up the warrior.**

The warrior is the part of you that refuses to die in this place. It's the part of you that still believes, still fights, still carries fire. Even when your hands are tired, your spirit knows there's more.

You're not just a churchgoer. You're not just trying to make it through life. You carry a divine assignment. You've been equipped with weapons. You were born into a battle, and Heaven expects you to win.

Second Timothy 1:7 says, “For God has not given us a spirit of fear, but of power and of love and of a sound mind.”

Fear is not just an emotion, it's a spirit. And it can't occupy the same space as faith. You must choose which one you will agree with.

The warrior in you is not arrogant. It's confident. It's not loud for attention. It's loud because truth must be declared. The warrior prays with authority, speaks with clarity, and walks with Kingdom conviction.

But the warrior must be trained.

Here's how to wake him up:

- **Stop making excuses.** Gideon blamed his background. God ignored it.
- **Start believing God's voice over your feelings.** Identity is not discovered through emotion but through revelation.
- **Tear down the altars of fear.** Before Gideon could fight Midian, he had to tear down his father's idol. What generational lie must you confront?
- **Take the first step, even while afraid.** Courage is not the absence of fear. It's movement in spite of it.

You've been hiding too long. The world doesn't need a version of you that fits in. It needs the version of you that was forged in God's presence.

The warrior is not someone else. It's you.

You've survived enough.

Now it's time to fight.

Now it's time to rise.

Now it's time to break forth.

## Chapter 5: Break the Box

Some limitations are not demonic, they're psychological. They're boxes built by culture, by upbringing, by opinions, and by fear. And many believers, though spiritually free, are still mentally trapped.

You can't live beyond what you believe. That's why the box must be broken.

Boxes come in many forms. The box of your background, "People like me don't succeed." The box of tradition, "This is how it's always been." The box of personal failure, "I tried and failed, so maybe I'm not meant to." These boxes are subtle, but they are deadly. Because they don't fight you with swords. They fight you with ceilings.

God did not call you to survive within the limitations of man-made expectation. He called you to manifest what eye has not seen. But if you stay boxed in, you will reduce your destiny to fit other people's comfort zones.

Jabez understood this. His very name meant sorrow. His life was a prophetic contradiction. But something in him refused to settle.

“Jabez called on the God of Israel saying, ‘Oh, that You would bless me indeed, and enlarge my territory...’” (1 Chronicles 4:10)

He asked for more.

He believed for more.

He broke the box.

The curse of smallness is real. It's a mindset that makes you fear greatness. It tells you not to dream big, not to reach far, not to stand out. It disguises itself as humility. But it's really bondage.

To break the box, you must:

- **Recognize where it came from.** Who told you what was “too much”? Whose fear are you still carrying?
- **Confront your inner ceiling.** What's the highest you think you can go, and why?
- **Speak the opposite.** If your past said “less,” prophesy “more.” If life trained you to expect sorrow, declare joy.
- **Act beyond it.** Do something that violates the old narrative. Apply for what they said you couldn't. Build what they never imagined.

This is what it means to live prophetically, to refuse to accept limitation as normal.

Romans 12:2 says:

“Do not be conformed to this world, but be transformed by the renewing of your mind...”

Transformation doesn't start with movement. It starts with mindset.

God is not intimidated by your bold prayers. He's offended by your small ones. You honor Him more by asking big, stepping out, and refusing to let fear script your future.

Your box may have protected you in a past season, but it's choking you now.

It's time to come out.

Think wider. Dream higher. Pray louder. Build stronger.

Break the box.

Break it with faith.

Break it with fire.

Break it with action.

Because your destiny was never meant to fit in there.

## Chapter 6: Rise and Walk

There comes a moment in every journey where the excuse must die, and the man must rise.

You've prayed. You've fasted. You've waited. Now the command is clear: **Rise, take up your bed, and walk.**

In John 5, there's a man who had been lying by the pool of Bethesda for 38 years. His healing was not just delayed, it was buried beneath layers of blame, helplessness, and routine. Jesus walks up to him and asks a piercing question:

"Do you want to be made well?" (John 5:6)



At first glance, it seems unnecessary. Of course he wants to be healed, or does he? Over time, even dysfunction can become familiar. Pain can become identity. Delay can become routine.

Instead of answering yes, the man gives a reason.

“Sir, I have no man to put me into the pool...”

That’s what happens when your will has been paralyzed. You start explaining instead of acting. You rehearse why it hasn’t worked instead of receiving what God is saying now. But Jesus doesn’t argue. He doesn’t address the excuses. He issues a command:

“Rise, take up your bed, and walk.” (John 5:8)

And in that moment, the man’s healing didn’t come through the water. It came through obedience.

There’s a time to wait. But there’s also a time to move.

Many are stuck not because they lack power, but because they’ve lost their will. Trauma broke it. Rejection froze it. Disappointment weakened it. But if your will doesn’t rise, your body never will. That’s why the first healing Jesus gives this man isn’t to his legs, it’s to his decision.

God will not make you walk. He will tell you to. He’ll release grace, but you must rise. You must say yes to forward motion.

What does it mean to rise?

- **To shake off excuses.** Stop blaming the system, the people, the past.
- **To accept personal responsibility.** Your future is your decision.
- **To activate the Word.** You don't wait to feel it. You obey it.

What does it mean to walk?

- **To start moving before it feels safe.** Movement activates strength.
- **To pick up what used to carry you.** The bed that held him became his testimony.
- **To refuse to return to the same place.** Walking means leaving the familiar.

This is your call.

You've sat too long.

You've rehearsed your pain long enough.

Now the Master is speaking.

Rise.

Take up your bed.

And walk.

Don't wait for everything to make sense.

Don't wait for someone to drag you in.

The Word has been spoken.

And when the Word speaks, motion is mandatory.

You are not paralyzed.

You are not powerless.

You are not forgotten.

This is your moment.

This is your Word.

**Rise and walk.**

## **Chapter 7: Walk in the Spirit, Not in Circles**

There's a difference between motion and progress. One burns energy. The other produces fruit. You can be busy and still be bound. You can move a lot and go nowhere. That's what it feels like to walk in circles.

Israel spent forty years in the wilderness making laps around a promise. They were God's people, led by a cloud and fire, but still trapped in a cycle. Not because God changed His mind, but because they never changed their mindset.

They left Egypt geographically, but Egypt never left them internally. So they walked in survival mode when God had called them to dominion.

**Circles are what happen when faith is replaced by fear.**

When obedience is replaced by opinion.

When the Spirit is replaced by the flesh.

Galatians 5:16 says:

“Walk in the Spirit, and you shall not fulfill the lust of the flesh.”

To walk in the Spirit means to move by divine rhythm, not human reaction. It means you're not just doing things, you're doing the right things, at the right time, with the right posture.

## **Walking in circles looks like:**

- Repeating the same mistakes in different seasons.
- Changing locations but not direction.
- Calling survival "strength."
- Justifying stagnation with spiritual language.

God doesn't want you stuck in patterns that look like progress but produce nothing. He wants you free. Led. Aligned.

## **Walking in the Spirit looks like:**

- Moving with revelation, not reaction.
- Listening for instruction before taking steps.
- Obeying God even when it's uncomfortable.
- Saying yes before knowing all the details.

Romans 8:14 reminds us:

"For as many as are led by the Spirit of God, these are sons of God."

To be led is to yield. To trust. To follow the wind of Heaven even when logic disagrees. It's to be governed by the voice of God, not the noise of life.

Many people stay stuck not because they lack information, but because they've ignored divine instruction. You don't just need another sermon. You need strategy. The kind that only the Spirit can give.

## How to break the cycle:

- **Repent for moving without God.** Busyness without guidance is disobedience.
- **Submit your plans to the Spirit.** Ask for His leading. Wait for His voice.
- **Break your addiction to movement.** Stillness is sometimes the most prophetic act.
- **Walk with intention.** Every step should carry the weight of purpose.

You weren't made to wander.

You were made to advance.

And when you walk in the Spirit, your life stops echoing circles and starts producing fruit.

Enough of the laps.

Enough of the pretending.

Enough of the dryness.

The season of going around is over.

It's time to walk with vision.

Walk with clarity.

Walk in the Spirit, and break the cycle forever.

## Conclusion: You're Not Stuck Anymore

If you've read this far, you've already broken something.



You've broken agreement with delay. You've broken the silence around your stuck places. You've broken the lie that says this is how it will always be. That alone is a victory.

But this book was never about reading. It was about rising. About reclaiming your movement, your voice, your place in destiny. And the truth is this, you're not the same person who began this journey. Something has shifted. Your eyes have opened. Your spirit has awakened. Your chains are shaking.

Freedom is not an event. It's a decision. A posture. A way of life.

Jesus didn't just die to get you to Heaven. He died to get Heaven into you, to bring you into wholeness, authority, and forward motion. The Gospel is not a message of survival. It is a call to reign.

You're not stuck anymore.

Not because everything changed overnight, but because you changed.

Your posture shifted.

Your spirit stood up.

Your heart dared to believe again.

This isn't the end of your story. It's the ignition.

Now, you must walk out what you've received.

**When fear comes, remember, the warrior is awake.**

**When the cycle tries to restart, remember, the box is broken.**

**When delay whispers again, speak louder. Declare the Word. Move with power.**

This is how you live unstuck:

- Stay in the Word.
- Guard your agreements.
- Walk in the Spirit daily.
- Surround yourself with truth-tellers, not fear-feeders.
- Keep moving, even if it's small steps.

There will be pressure to go back to the old. But you're no longer there.

You've come too far. You've seen too much. You know who you are.

You are God's warrior.

You are Heaven's ambassador.

You are not stuck.

You are sent.

You are moving.

You are breaking forth.

Go.

Build what they said was impossible.

Pray with fire.

Speak with clarity.

Love deeply.

Create boldly.

Live prophetically.

The old story has ended.

And the new has begun.

You're not stuck anymore.

You're breaking forth.

## Bonus Section

### PRAYERS, DECLARATIONS, AND ACTIVATIONS

#### 1. Prayer for Deliverance from Hidden Chains

Father, in the name of Jesus,

I renounce every invisible chain that has held me bound, chains of fear, shame, rejection, delay, and doubt. I declare that no bondage is too hidden for Your light. Shine through my soul. Expose the roots. Break the patterns. I receive the anointing to be free. I receive the truth that sets me free. And I walk out of every prison with boldness, in Jesus' name. Amen.

#### 2. Declaration of Identity and Forward Motion

I am not who I used to be.

I am not stuck.

I am not forgotten.

I am not a failure.

I am a child of God.

I am full of fire.

I am rising in power.

I am breaking forth.

My mind is renewed.

My heart is healed.

My will is restored.

I take up my bed, and I walk. I will not circle around what God has called me to conquer.

I walk in the Spirit. I move with clarity. I rise with confidence.

In Jesus' name.

### **3. Prayer to Break Agreement with Lies**

Lord, I break every agreement I made with lies, fear, smallness, and failure. I repent for believing less than what You've spoken. I renounce every inner vow that has kept me limited. I cancel every demonic contract written in pain and signed with silence. I replace every lie with truth. I declare: I am free, I am whole, I am rising. In the mighty name of Jesus, Amen.

### **4. Activation Steps for the Unstuck Life**

**a. Identify one internal agreement that has shaped your life, and renounce it out loud.**

Example: "I break agreement with the belief that I will always be behind."

**b. Write down three things you've been afraid to do, and take one bold step toward the first.**

Even if it's a phone call, a message, or a plan. Move.

**c. Set aside 10 minutes each day for stillness and Spirit-led instruction.**

Ask: “Lord, what are You saying today?” Write what you hear.

**d. Begin declaring your freedom daily.**

Every morning say: “I am not stuck. I am sent. I am breaking forth.”

## **5. Prayer of Prophetic Motion**

Father, I receive divine momentum. Let the same Spirit that raised Jesus from the dead quicken my steps. I will not die in the wilderness. I will not circle in confusion. I break out of every holding pattern. I declare sudden movement, supernatural alignment, and open doors. My spirit is awake. My mind is alert. My destiny is in motion. In Jesus’ name, Amen.

**You’re not stuck anymore. And you never will be again.**

## **About the Author**

**Anthony Abbin** is a Spirit-led Christian author, teacher, and prophetic voice with a mandate to awaken destiny, confront bondage, and release divine clarity to a generation walking in confusion.

His life and writing carry a prophetic urgency, a reformer’s spirit, and a father’s voice. Whether through books, teachings, or prayer movements, Anthony’s message is simple but piercing: *You were born to break forth.*



He is the visionary behind multiple Kingdom initiatives including Kairos Hour, a global prayer movement that gathers thousands to seek God, and Shanvere Enterprise, which bridges biblical wisdom with financial intelligence in developing nations.

Anthony writes from the fire of personal encounter. His books are not crafted for popularity, they are written to stir the warrior within, to unmask lies, and to activate people into their true calling.

He lives in Lagos, Nigeria, with his wife Grace and their three beautiful children. Together, they are building, equipping, and contending for revival, reformation, and prophetic discipleship across generations.

You can connect with Anthony or access more teachings, books, and resources at:

[www.anthonyabbin.com](http://www.anthonyabbin.com)

Instagram | YouTube | TikTok: **@anthonyabbin**

He doesn't write for applause. He writes to awaken you.

## **Call to Action**

You didn't read this book by accident.

You were drawn into it by destiny.

Something in you knew that there was more, knew that God was calling you out of cycles, out of silence, out of everything that held you down.

But don't stop here.

This is just the beginning.

**Here's what to do next:**

**1. Share your testimony.**

If this book spoke to you, healed something in you, or ignited a fire, share it. Tell your story. You never know who is waiting on your freedom to find theirs.

**2. Get the next book in the series.**

This is Volume 1 of *Breaking Forth*. The next installment, **Altars Must Fall:**

**Breaking Forth from the Old System**, will take you deeper into spiritual warfare, deliverance, and destroying demonic systems that limit destiny. You need it. Don't miss it.

**3. Join the community.**

We are building an online family of Kingdom-minded warriors, people like you who are hungry for more. Join the prayer rooms, listen to prophetic teachings, and connect with others breaking forth around the world.

Website: [www.anthonyabbin.com](http://www.anthonyabbin.com)

Podcast + YouTube: **Kairos Hour**

Instagram + TikTok: **@anthonyabbin**

**Live it out loud.**

Don't return to the old. Don't minimize your voice. Don't bury your fire.

This is your season to rise. To walk. To break forth.

You were never meant to blend in.

You were born to break through.

Now go light the path for someone else.

**The world is waiting on your freedom.**

# Unstuck

*In "Unstuck," Anthony Abbin challenges you to break free from the chains of limiting beliefs and spiritual delays that keep you from your true destiny. Drawing inspiration from biblical encounters, he empowers you to rise, reclaim your identity, and pursue a life of purpose and abundance. This transformative journey invites you to awaken the warrior within and step into your God-given potential.*

