

**21 DAYS OF
PRAYER
& FASTING**

DEVOTIONAL

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FOREWORD

Draw Near – Be Made New – Understand Why You’re Here

2 Corinthians 3:18 (NIV)

“And we all, who with unveiled faces contemplate the Lord’s glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit.”

Spiritual growth always begins with God’s invitation.

Before we take a single step toward Him, He invites us to draw near. Paul tells us that because of Jesus, the veil—the barrier that once kept people from fully seeing and knowing God—has been removed. Now nothing stands between us and His presence. And this is where transformation begins: not with our effort, but with our nearness to Him. As we behold His glory—His goodness, His beauty, His ways—the Holy Spirit does the deep work of changing us from the inside out, shaping us more and more into the image of Christ.

This transformation isn’t instant, but it is continual. “Ever-increasing glory” means God is always at work in you—sometimes quietly, sometimes suddenly, but always faithfully—forming Christ in your heart, renewing your mind, and aligning your life with His purpose. Spiritual growth is our obedience working in partnership with His power—our surrendered yes to His transforming work. It is simply the posture of opening our hearts, making room for Him, releasing what He brings to the surface, and responding with yes when He leads.

Over these 21 days of prayer and fasting, that is the journey before you:

Draw near. Be made new. Understand why you’re here.

You were created to know God deeply, to be transformed by His Spirit, and to discover the identity and purpose He designed uniquely for you—so you can live the life He intended all along.

As you draw near to Him, may you see Him more clearly.

As you behold Him, may you be made new.

And as you are made new, may you live with confidence—fully assured of who you are and why you’re here.

Let’s begin—simply by drawing near.

WEEK 1: **DRAW NEAR**

James 4:8a (ESV)

*Draw near to God, and He will
draw near to you.*

God made you for closeness with Him.

This week is about slowing down, making space, and turning our hearts back toward His presence. As we draw near to God – He draws near to us.

Day 1 – Making Space for God

Psalm 46:10

“Be still, and know that I am God.”

Devotion

One of the greatest challenges in our walk with God isn't lack of desire – it's lack of space. Our lives fill quickly. Noise creeps in. Our schedules overflow. And before long, the voice of God becomes harder to recognize – not because He's silent, but because **we've crowded Him out.**

Drawing near to God isn't just about adding more spiritual activity to our lives – it's about making room for Him in the life we already have. **If we're not careful, we can spend so much time doing things for God that we forget to spend time with God.** We need space to listen. Space to be still. Space to slow down and actually become aware of His presence.

Sometimes the most spiritual thing we can do is **stop.**

Closeness grows when we intentionally create space for God – in our thoughts, our time, and our affections.

Fasting creates margin. It interrupts our normal patterns. It reminds us that not every hunger needs to be filled – and not every moment needs to be occupied.

As we make space physically, emotionally, and spiritually, we discover something beautiful: **God was not distant – we were distracted.** And when the distractions quiet, His nearness becomes clearer.

Imagine your heart as a home. Fasting is choosing to clear out the clutter – not to live empty, but so God can fill the space with Himself.

Today, don't rush past Him. Slow your pace. Open your heart. Make space to meet with God.

Reflection

- Where have I allowed noise, hurry, or distraction to crowd out God's presence?
- What would it look like to intentionally make space for Him today – not out of duty, but desire?

Prayer

God, teach me to slow down and make room for You. Quiet the noise in my heart and mind so I can become more aware of Your presence. I don't want to rush through life and miss You along the way. Help me create space to listen, to rest, and to walk closely with You. Amen.

Day 2 – A Hunger for God

Psalm 63:1 (NIV)

“O God, you are my God, earnestly I seek you; my soul thirsts for you, my whole being longs for you...”

Devotion

David wrote these words in a wilderness season—not surrounded by comfort, not full of strength, but full of hunger. He wasn’t hungry for answers, blessings, or breakthrough. He was hungry for **God Himself**.

Fasting awakens that same hunger in us. It quiets the noise, lowers the distractions, and brings us face to face with the truth: *we were made for God, and nothing else satisfies the deepest parts of us.*

Sometimes our hunger for God feels strong. Other times—if we’re honest—it feels faint. Life gets busy. Hearts get cluttered. Affection grows dull. But the good news is this: **God doesn’t ask you to manufacture hunger... only to respond to His invitation.**

He has already drawn near.

He has already made the first move.

He has already opened the way.

Your hunger for Him is not something you produce—it’s something you **welcome**. And over these 21 days, as you draw near, that hunger will grow. Not because you’re striving harder, but because you're creating space for Him to fill.

The more we taste His presence, the more we long for Him.

The more we long for Him, the more we seek Him.

And the more we seek Him, the more He reveals Himself to us.

Spiritual growth always begins here—with a heart that says, “God, I want You. More than anything else, I want You.”

Reflection

- What is one area of your life that has dulled your hunger for God?
- What is one simple step you can take today to draw near?

Prayer

Father, awaken my hunger for You. Stir up desire where apathy has settled. Remove whatever has been dulling my longing for Your presence. As I begin this fast, meet me in a fresh way. Let my soul thirst for You above everything else. I draw near to You today—fill my heart again. Amen.

Day 3 – Returning to First Love

Revelation 2:4-5

“Yet I hold this against you: You have forsaken the love you had at first. Consider how far you have fallen! Repent and do the things you did at first.”

Devotion

In Revelation 2, Jesus speaks to a church that was active, faithful, and disciplined. They were doing many good things. But something was missing. Their love for Him had cooled. They hadn’t stopped believing—but they had lost the passion of their first love for Jesus.

This can happen to any of us. Over time, we can become complacent in our faith. What once felt alive can slowly turn into religious routine. We may still show up, still serve, and still believe the right things—but our hearts drift from closeness to Christ.

Fasting creates space for us to return to our first love and realign our hearts with Him. It slows us down. It removes distractions. It exposes the things we’ve allowed to compete with God in our hearts. And in that space, the Holy Spirit gently invites us back—not with condemnation, but with grace.

Returning to your first love doesn’t mean going backward; it means going **deeper**. It’s not about recreating an emotional moment from the past, but restoring the **priority of intimacy** with Jesus today.

As you fast today, let this be a moment of honest reflection. Not shame—**invitation**. Jesus isn’t calling you out; He’s calling you back. Back to simple devotion. Back to joy. Back to closeness.

When love is restored, growth naturally follows.

Reflection

- Have my spiritual habits become routine instead of relational? If so, how?
- What distractions or substitutes might be dulling my passion for Jesus?

Prayer

Jesus, I don’t want to just serve You—I want to love You deeply. Search my heart and reveal anything that has taken Your place. Restore my passion, renew my desire, and draw me close again. Today, I return to my first love. Amen.

Day 4 – Hearing God

John 10:27

“My sheep hear My voice, and I know them, and they follow Me.”

Devotion

Hearing God begins with a simple but powerful decision: **to seek Him.**

God is not distant or unwilling to speak. Scripture consistently shows that He reveals Himself to those who draw near. Jesus said His sheep hear His voice—not because they are perfect, but because they belong to Him and stay close to Him.

Often, we want clarity without closeness. We want direction without devotion. But hearing God flows out of relationship, not effort. His voice becomes familiar when His presence becomes a priority.

Fasting is an intentional way of seeking God and drawing near to hear His voice more clearly. It reorders our priorities and reminds us that we depend on Him more than anything else. As we draw near with hunger and humility, our hearts become more attentive and responsive to His leading.

God’s voice is often gentle and steady, not rushed or forced. He speaks as we seek Him—in His Word, through the Holy Spirit, and in quiet moments of surrender.

As you fast today, don’t strive for a dramatic moment. Simply choose to draw near. When we seek Him with our whole heart, He promises to be found.

Reflection

- Have I made seeking God a priority, or only something I do when I need answers?
- What would it look like for me to intentionally draw near to God today?

Prayer

God, I choose to seek You. Help me make Your presence my priority above every other voice. As I draw near, teach me to recognize Your leading and trust Your guidance. I want to know You, hear You, and follow You more closely. Amen.

Day 5 – The Fear of the Lord

Proverbs 9:10

“The fear of the Lord is the beginning of wisdom, and knowledge of the Holy One is understanding.”

Devotion

The fear of the Lord is often misunderstood. Many assume it means being afraid of God or keeping Him at a distance. Sadly, many people live relationally disconnected from God because their understanding of the “fear of the Lord” is shaped by shame and inadequacy—a fear that convinces them God is displeased, angry, or unwilling to draw near. But that kind of fear was never His design. Biblical fear is not about terror; it’s about **reverence**. It is a deep awareness of who God is and a holy response to His presence.

The fear of the Lord doesn’t push us away from God; it draws us closer. When we rightly see His holiness, we don’t shrink back—we lean in with humility. Reverence produces intimacy because it teaches us to approach God with awe, honor, and trust.

In Scripture, those who feared the Lord walked closely with Him. They listened carefully, obeyed quickly, and lived attentively. They didn’t treat God casually or approach Him carelessly—they respected and honored Him with their hearts and their lives.

As we humble ourselves through fasting, our awareness of God deepens—and so does our closeness to Him. Fasting reorients our hearts and restores a holy awareness of who God is. It reminds us that He is worthy of our full attention and complete devotion.

As you fast today, ask God to restore a holy reverence within you. Not a fear that distances, but a reverence that deepens relationship. When we honor Him rightly, we experience Him more fully.

Reflection

- Do I approach God casually, or with reverence and awe?
- How might a deeper fear of the Lord draw me closer to Him?

Prayer

God, help me see You rightly. Restore a holy reverence in my heart—not fear that pushes me away, but awe that draws me near. Teach me to honor You with my life, my choices, and my devotion. As I humble myself before You, draw me into deeper intimacy with You. Amen.

Day 6 – Cleansing the Heart

Psalm 51:10 (ESV)

“Create in me a clean heart, O God, and renew a right spirit within me.”

Devotion

When David prayed, *“Create in me a clean heart,”* he wasn’t asking God to polish the surface of his life – he was asking God to work deeply **within** him. David understood something we often forget: **closeness with God is a heart issue—and the true condition of our hearts is revealed in what we prioritize.**

Sometimes it isn’t outright rebellion that dulls our spiritual hunger – it’s buildup. Unresolved attitudes. Quiet compromises. Hidden motives. Subtle pride. Things we tolerate rather than surrender – things that slowly begin to compete with Him for first place in our hearts. And over time, these things don’t just affect our behavior – they affect our closeness.

The good news is that God never exposes what’s in our hearts to shame us – but to **heal us and draw us nearer.** His conviction is an invitation, not a condemnation. When God reveals something that needs to change, it is always because He desires greater intimacy with us.

This is where fasting becomes a gift. **Fasting helps reveal what has been ruling our hearts – and invites God to cleanse what we cannot fix on our own.**

As we slow down before Him, the Holy Spirit lovingly brings things into the light – not to push us away, but to remove anything that stands in the way of relationship.

Cleansing is rarely comfortable. But it is always freeing. And every time we confess, surrender, and allow God to purify our motives and desires, **the pathway to His presence becomes clearer.**

Today, let your prayer simply be David’s prayer:

“Create in me a clean heart, O God.” He delights to answer that prayer.

Reflection

- Ask the Holy Spirit to reveal anything in your heart that may be hindering your closeness w/ God.

Prayer

God, I invite You to search my heart. Reveal anything in me that is blocking closeness with You. Forgive me where I’ve compromised, tolerated sin, or ignored Your voice. Create in me a clean heart and renew a willing spirit within me. I want nothing in my life to stand in the way of knowing You more. Amen.

Day 7 – Daily Surrender

Galatians 2:20 (NirV)

I have been crucified with Christ. I don't live any longer, but Christ lives in me. Now I live my life in my body by faith in the Son of God. He loved me and gave himself for me.

Galatians 5:1 (NIV)

It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.

Devotion

We often confuse freedom with free will. Our culture and our own desire tells us that freedom means doing whatever we want, whenever we want. Yet Scripture reminds us that this kind of freedom often leads us into bondage rather than life. When we follow our own carnal desires, we may feel momentarily free, but we soon discover we are enslaved by sin, fear, or selfish ambition, and we are left feeling empty and unfulfilled.

True freedom is not found in self-rule but in surrender. It comes through the daily, intentional laying down of our imperfect will to pursue the perfect will of a loving God. Paul reminds us that our old self was crucified with Christ, and now Christ lives in us. Because of this, we no longer live to please ourselves, but to honor the One who gave His life for us.

Daily surrender is not a one-time decision—it is a continual choice. Each day, and often many times a day, we choose again to trust God, to surrender our desires, and to walk in the freedom Christ has already secured for us.

Reflection

- In what areas of my life am I having a hard time letting go?
- What desires or habits might God be asking me to surrender today?

Prayer

Father, thank You for loving me enough to give Your Son so that I could truly be free. I am grateful that my freedom is not dependent on my choices, but on what Christ has already done for me. I admit that I sometimes choose comfort, control, or selfishness over obedience. Today, I surrender my heart, my plans, and my desires to You. Help me to choose You again and again. Teach me to walk according to your plans and not by my flesh. Let my life reflect the freedom You have given me. Jesus, I choose to stand firm in the freedom You offer. Lead me and shape me into your perfect image!

WEEK 2: **BE MADE NEW**

Romans 12:2 (NIV)

Do not conform to the pattern of this world, but be transformed by the renewing of your mind.

God's desire isn't only to forgive us – He wants to make us whole. He cares about our thoughts, our wounds, our habits, and our hearts. This week, we invite the Holy Spirit to renew our minds and heal the places inside us that still need His touch. As His truth and love sink deep into our lives, we begin to walk in real freedom – the kind only Jesus can bring.

Day 8 – Breaking Strongholds

2 Corinthians 10:4 (ESV)

For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds.

Devotion

When Scripture talks about a stronghold, it's describing something that has gained a place of strength or influence in our lives – a thought pattern, habit, addiction, fear, wound, or lie that has taken root. Strongholds don't start strong. They usually begin small. A repeated thought. A compromise we excuse. A fear we allow to linger. A lie we slowly begin to agree with. Over time, these things begin to shape how we think, respond, and live. And if we're not careful, they don't just influence us – they start ruling us.

But here is the good news: **what feels strong to us is not strong to God.**

Like we talked about in Day 5, God never exposes a stronghold to shame us – He reveals it so He can set us free. The gospel is not behavior modification; it is heart transformation. And transformation happens when truth replaces lies, when surrender replaces self-reliance, and when the Holy Spirit does in us what we could never do for ourselves.

Fasting exposes strongholds and reveals what has been ruling our hearts. Often, the things that tempt us most during a fast are tied to those strongholds – the things we turn to for comfort, control, or security apart from God.

As we humble ourselves before Him, the Holy Spirit may gently bring these things to the surface – and as they are brought into the light and surrendered to Jesus, their power begins to break.

Today isn't about trying harder. It's about yielding deeper. Where the Spirit of the Lord is, there is freedom.

Reflection

- Ask the Holy Spirit to reveal any strongholds – thought patterns, fears, habits, or lies – that have had too much influence in your life.

Prayer

God, I invite You to show me anything in my life that has become a stronghold. Reveal what has been ruling my thoughts, emotions, and choices. I renounce every lie, every fear, and every pattern that does not come from You. By the power of Your Spirit, tear down every stronghold and make me new from the inside out. Do in me what I could never do for myself. I surrender fully to You. Amen.

Day 9 – Renewing the Mind

Romans 12:2 (ESV)

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

Devotion

Every day, we are shaped by the voices we listen to and the thoughts we agree with. Over time, those thoughts don't just pass through our minds – they become beliefs. And when those beliefs are built on lies, they grow into strongholds that shape how we see God, ourselves, and the world around us.

That's why Scripture doesn't say, *"Try harder and you'll be transformed."*

It says, **"Be transformed by the renewal of your mind."**

Renewing the mind means bringing our thoughts into alignment with God's truth. And when our thoughts aren't aligned with God's truth, we begin to believe things about God and ourselves that simply aren't true.

Sometimes those lies sound like this: *"God is disappointed in you. You'll always struggle with this. You're on your own. Change is impossible. You're too damaged to be used by God."* But none of those are the voice of your Father. His truth brings life, clarity, and freedom. Truth doesn't just correct us – it heals us.

Fasting helps quiet the noise so we can spot the counterfeits – the lies and half-truths we've been believing. Some thoughts sound good or feel true, but they don't match what God says. The Holy Spirit helps us see the lies clearly and replace them with God's truth.

When the Holy Spirit brings a lie to the surface, we don't ignore it – we bring it to Jesus. We choose to let go of the lie and hold on to God's truth. And as we do, our minds are renewed, our lives begin to change, and the enemy loses power in our lives.

Reflection

- Ask the Holy Spirit to reveal any thoughts that don't align with God's truth – and to renew your mind as you encounter the truth of His Word.

Prayer

Jesus, I invite You to renew my mind. Expose every lie I've believed and every thought pattern that doesn't come from You. Replace them with Your truth. Heal the way I think, the way I see You, and the way I see myself. Transform me from the inside out as I agree with Your Word. Amen.

Day 10 – Confessing & Receiving Grace

1 John 1:6-7, 9 (NIV)

If we claim to have fellowship with him and yet walk in the darkness, we lie and do not live out the truth. But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin...

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

James 5:16 (NIV)

Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.

Devotion

God never forces His way into our hearts. He does not break down doors or demand access to the hidden places of our lives. Instead, He patiently waits for us to invite Him in. As long as sin, wounds, or struggles remain hidden in darkness, they quietly consume us. In those hidden places, the enemy finds room to speak lies—about who we are, what we deserve, and whether we can truly be free.

But Scripture tells us that when we walk in the light, everything changes. Bringing things into the light is not about shame or condemnation—it is about honesty and healing. When we confess our sins and struggles before God, we give Him permission to expose the enemy's lies and replace them with His truth. Grace flows freely where honesty lives.

Confession also restores fellowship—not only with God, but with the Body of Christ. God often uses other believers to reaffirm His truth to us, reminding us of His forgiveness, His love, and our identity in Him. **Freedom comes when we stop hiding and start trusting that God's grace is greater than our brokenness or shame.**

Reflection

- Are there areas of my life I have kept hidden from God or others?
- What fears keep me from being fully honest before the Lord?
- Who can I trust with this information?

Prayer

Father God, You are faithful, loving, trustworthy, and full of grace. Thank You that You do not condemn me, but invite me into a relationship filled with truth and freedom. I come before You honestly today. I confess the areas of my life I have tried to keep hidden—sins, struggles, wounds, and fears.

Your Word says that when I confess my sins, You are faithful and just to forgive me and cleanse me from all unrighteousness. I receive Your forgiveness and Your grace right now. Replace every lie with Your truth. Restore my fellowship with You and with the Body of Christ. Help me walk in humility, honesty, and trust. Give me the courage to live in the light, knowing that true freedom is found there.

Thank You for Your mercy, Your patience, and Your love. I choose to step out of darkness into light today.

Day 11 – Letting Go of Old Patterns

Ephesians 4:22-24 (NIV)

22 You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; **23** to be made new in the attitude of your minds; **24** and to put on the new self, created to be like God in true righteousness and holiness.

Devotion

When we come to Jesus, He doesn't just forgive our sins – He begins changing the way we live. The Bible calls this "putting off the old self" and "putting on the new self." Our *old self* is the way we lived before surrendering to Christ – the habits, responses, and choices that didn't honor God. Our *new self* is the life He is forming in us now.

But here's the tension: sometimes the old patterns still try to follow us into our new life – old ways of thinking, old habits, old reactions, and old coping mechanisms. It's not because we don't love Jesus, but because those patterns became familiar. They once felt normal. And even when they aren't good for us, they can still be hard to let go of.

That's why Scripture says we must "put off" the old self. It is an active choice – not something that happens automatically. God gives the power, but we choose the alignment.

Fasting helps us see these old patterns more clearly. It slows life down so the Holy Spirit can gently show us the attitudes we've carried, the habits we've excused, the reactions we've justified, and the ways we've tried to handle life on our own. **Each old pattern we release makes more room for the new life Jesus is forming in us.**

Letting go may feel uncomfortable at first, **but what God gives in its place is always better** – a new heart, new desires, new ways of thinking, and new patterns that reflect Him.

Reflection

- Ask the Holy Spirit to show you any old habits, attitudes, or responses you've been holding on to – and to give you the courage to lay them down so you can walk in the new life He is forming in you.

Prayer

Jesus, thank You for making me new. Today I choose to put off the old patterns that don't please You. Help me let go of anything that keeps me from walking in Your ways. Renew my heart. Renew my mind. Teach me to live in the new life You've given me. Amen.

Day 12 – Healing Wounds

Psalm 147:3 (NIV)

He heals the brokenhearted and binds up their wounds.

Devotion

Some of the things God wants to heal in us aren't habits or thought patterns – **they're wounds**. Wounds from words spoken over us. Wounds from people who hurt or abandoned us. Wounds from disappointment, loss, betrayal, or rejection. Some wounds are fresh. Others we've carried for years.

Often, we don't even realize how deeply those wounds still shape us – the way we see God, the way we see ourselves, the way we trust people, and even the way we respond when life feels unsafe.

Sometimes the "old patterns" we talked about yesterday aren't rooted in rebellion – they're rooted in pain. And the good news is this: Jesus doesn't just forgive sin; He heals broken hearts.

When we fast, we give God room to gently bring unhealed places to the surface – not to hurt us again, but to begin the process of healing. So when emotions rise or old memories return, it doesn't mean you're going backwards. It may mean God is touching a place you've been trying to push down and ignore just to survive. And while it may be hard to open those places to Him, God longs to meet you there with compassion and healing.

Healing begins when we stop hiding the pain and bring it to Jesus. In His presence, you don't have to be strong. You don't have to pretend you're okay or minimize what happened. Jesus meets you with compassion. He doesn't rush your healing or shame your tears. He simply comes close. Let Him work gently. Let Him lead the pace. Let Him rewrite the story you've been carrying.

Reflection

- Invite the Holy Spirit to reveal the wounded places in your heart. Ask Him to help you bring those hurts to Jesus instead of hiding them – and to teach you to trust His gentle healing work in your life.
- Sometimes healing means letting trusted people walk with us. Is there a safe and trusted person – a pastor, counselor, or friend – that God may be inviting you to let into your healing journey?

Prayer

Jesus, You see every part of my story – even the parts that still hurt. Today I choose to bring my pain to You instead of carrying it alone. Heal the broken places in my heart. Restore what was lost. Speak truth where lies and fear have taken root. And help me trust Your love as You make me whole. Amen.

Day 13 – Walking in the Spirit

Galatians 5:25 (NIV)

Since we live by the Spirit, let us keep in step with the Spirit.

Devotion

When you surrendered your life to Jesus, the Holy Spirit came to live within you. He is not distant or passive. He is present – helping, guiding, strengthening, and continually shaping you to become more like Christ.

Walking in the Spirit simply means **learning to live aware of His presence and surrendered to His leading – one choice, one moment, one step at a time**. It's not about perfection. It's about direction. Every day we are either being shaped by our old nature, or led by the Spirit into the new life God is forming in us.

And the truth is – our flesh doesn't disappear when we get saved. Old desires still whisper. Old reactions still surface. Old cravings still pull at our hearts. This is why we need the Holy Spirit – not only in big spiritual moments, but in the small, everyday places of our lives: How will I respond when things are hard? Who will I trust? Where will I run for comfort?

Walking in the Spirit means intentionally turning our hearts toward God again and again – inviting Him into our thoughts, emotions, choices, and desires. It looks like pausing long enough to ask, "Holy Spirit, what would please You here?" and then trusting His gentle leadership.

Fasting helps us practice this awareness. As our physical appetites are quieted, we begin to notice what has really been leading us – impulse, habit, emotion, fear – and we become more sensitive to the quiet, steady guidance of the Spirit.

Walking in the Spirit is not about trying harder – it's about staying closer. The Holy Spirit does not push, pressure, or shame us into change. He gently guides our steps. He reminds us of truth. And He produces fruit in us that we could never create on our own – love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.

So today, don't just try to live for God – choose to live *with* God. Stay close. Listen. Yield. Trust. And when you miss it, simply turn your heart back to Him again. The goal isn't perfection – it's continual dependence on the Spirit who delights to lead you.

Reflection

- Ask the Holy Spirit to make you aware of His presence today. Invite Him to guide your thoughts, words, and decisions. Is there an area of your life where you've been relying on your own strength instead of His leading?

Prayer

Holy Spirit, thank You for living in me. Teach me to stay aware of Your presence and to follow Your leading in every part of my life. Show me where I've been depending on myself, and help me surrender those places to You. Produce Your fruit in me and shape my heart to look more like Jesus. Help me walk with You – step by step, every day. Amen.

Day 14 – Practicing Obedience

John 14:15 (NIV)

“If you love me, keep my commands.”

Devotion

Spiritual maturity isn't just about what we know – it's about responding to Jesus with a willing and obedient heart. He hasn't called us to simply agree with His words, but to trust Him enough to live them out in everyday life.

And obedience usually begins small – a quiet conviction, a nudge in prayer, a prompting to forgive, or a sense that it's time to release something we've been holding onto.

Sometimes we look for big spiritual moments – but God often shapes us through everyday yeses. Each time we obey, especially when it costs us something, our hearts become more aligned with His. Trust deepens. Character forms. Closeness grows.

And here's the good news: obedience isn't about perfection – it's about responding to God with a surrendered heart. We won't always get it right. But when we stumble, we return, realign, and say yes again. God is far more concerned with a willing heart than flawless performance.

Fasting helps us practice this kind of obedience. When we choose to say no to food or comfort for a season, it trains our hearts to also say no to sin, pride, fear, and trying to do life on our own. **As we say no to ourselves, we strengthen our yes to God.**

Over time, small yeses lead to real change. As we respond to God again and again, we begin to notice His voice more quickly and trust His leading more readily. And our lives slowly begin to look more like Jesus – not because we're trying harder, but because we're walking closer. God's path is always good. His commands always lead to life. And every yes prepares us for what He has ahead.

Reflection

- Ask the Holy Spirit to show you one simple step of obedience He's inviting you into today. Then pray for the courage and grace to say yes – not out of obligation, but out of love.

Prayer

Jesus, I want my life to say yes to You. Give me a heart that trusts Your leadership and delights in Your will. Show me any area where I've been resisting or delaying obedience – and give me the courage to surrender it to You. Teach me to respond quickly, humbly, and joyfully. Form Your character in me through every small yes. Amen.

WEEK 3: **UNDERSTAND** **WHY YOU'RE HERE**

Ephesians 2:10 (NIV)

*For we are God's
handiwork, created in Christ Jesus to
do good works, which God prepared
in advance for us to do.*

You weren't created by accident – God made you on purpose, for a purpose. This week is about understanding why you're here. As you walk with Jesus, He reminds you that you weren't just saved *from* something – you were also saved *for* something.

Your life was designed to make a difference. God has called you, gifted you, and placed you where you are so that His love and purpose can flow through you to others.

Day 15 – Called to Belong

Jeremiah 1:5 (NIV)

“Before I formed you in the womb I knew you, before you were born I set you apart; I appointed you as a prophet to the nations.”

Psalms 139:13-17 (NIV)

For you created my inmost being; you knit me together in my mother’s womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be. How precious to me are your thoughts, God! How vast is the sum of them!

Devotion

Before you were born, God knew you. He intentionally designed you with care, purpose, and love. Your life is not an accident, and your design is not random. God created you exactly as you are to fulfill a purpose that fits within His perfect plan—to bring people into relationship with Him. Every believer has a role to play, and every role matters.

It can be tempting to compare ourselves to others and wish we were more like them. Comparison often makes us doubt our value or question our worth. But God does not make copies—He makes children. **Your design is valuable, not because it looks like someone else’s, but because it matches the God-given assignment placed on your life.**

As a loving Father, God sees His own image reflected uniquely in each of His children. Your gifts, talents, personality, and experiences all reveal something about who He is. When you lean into the way God created you, you honor the One who formed you. **You are not a design flaw—you are intentionally designed for a specific purpose and deeply loved by your Father.**

Reflection

- Ask yourself: In what ways have I struggled with comparison or self-doubt? How has God uniquely designed me to reflect His heart?
- Ask God to show you what He sees when He looks at you.

Prayer

Father, thank You for knowing me and creating me for a purpose. I am grateful that my life is part of Your perfect plan. Forgive me for believing lies that make me feel less than or overlooked.

Today, I receive my identity as Your child. Help me to see myself the way You see me—chosen, loved, and intentionally designed. Teach me to embrace the gifts and talents You have placed within me. Give me the courage to lean into my God-given design and assignment. Use my life to reflect who You are and to help others come into relationship with You. Thank You for calling me to belong. I trust Your design and Your purpose for my life.

Day 16 – Called to Grow

2 Peter 3:18 (NIV)

But grow in the grace and knowledge of our Lord and Savior Jesus Christ.

Devotion

Spiritual growth isn't about becoming someone different – it's about becoming who God designed you to be all along. When you said yes to Jesus, new life began in you. And that new life is meant to grow, mature, and bear fruit.

Growth doesn't happen overnight. It doesn't always happen in visible or dramatic ways. Most of the time, growth looks ordinary – choosing Jesus again today... and tomorrow... and the day after that. It looks like abiding in Him daily, letting the Holy Spirit shape your thoughts, stretch your faith, refine your character, deepen your trust, and anchor your identity in who God says you are.

And because growth takes time, remember this: God is not impatient with your process. He knows where you've come from. He knows what He's forming in you. And He knows exactly who He's shaping you to become.

A seed doesn't strive to become a tree – it simply remains rooted and receives what it needs. In the same way, we grow by staying close to Jesus and responding to His leading.

Sometimes growth means letting go of comfort – trusting Him in places that once produced fear. Aligning our lives with God's truth can feel stretching. But every stretch is guided by a God who loves us – a God who is preparing us for the purpose we were created for.

Fasting reminds us that growth happens when we depend on God – not ourselves. As we humble our hearts and create space for Him, He does a deep work in us that we could never do alone. And step-by-step, season-by-season, as we abide in Jesus, He forms His character within us.

So don't despise slow progress. Don't compare your journey to someone else's. Don't assume God is silent simply because change feels gradual. Roots grow before fruit appears. And God is faithfully at work in you – right now.

Reflection

- Where do you sense the Holy Spirit inviting you to grow right now – in trust, character, obedience, or identity? What small step of surrender can you take today?

Prayer

Jesus, thank You that You are patient with my process. I don't want to stay the same – I want to grow into who You've called me to be. Help me abide in You daily. Shape my heart. Renew my mind. Form Your character in me. Anchor my identity in who You say I am. I trust the work You are doing in me – even when I can't see it yet. Amen.

Day 17 – Called to Reflect Christ

2 Corinthians 5:17 (NIV)

Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!

John 3:30 (NIV)

He must become greater; I must become less.

Devotion

As followers of Jesus, we are called to reflect Him—not just in belief, but in character and response. Yet in our daily interactions, it's all too easy to respond through our own sense of justice, evaluating people based solely on how their actions impact us. Too often, we define someone's worth by how they treat us, what they say, or how they make us feel.

Yet Jesus never evaluated people this way. Even in our sin, His love for us never wavered. **Our actions or inactions never reduced our value in His eyes.** If Jesus had measured worth by how others treated Him, the story of redemption would have ended before it began. He was betrayed by one of His closest friends, hunted by those who claimed to serve God, and crucified by His own people in the place of a murderer.

Still, Jesus did not walk away offended or withdraw to protect Himself. Instead of severing ties with Peter after his denial, He restored him. Why? Because Jesus could see past Peter's failure and recognize his value and purpose. Jesus understood that kindness—not condemnation—leads people to repentance.

Jesus lived fully surrendered to the will of the Father. He said, "I only do what My Father tells Me." In that surrender, He modeled forgiveness, humility, truth, love, and grace. He became the servant of all so that the brokenhearted could be healed and the captives set free.

If we want to point a hurting and broken world to Jesus, people must understand who He is and what He offers. The primary way they will see Him is through us. This requires daily surrender—choosing to decrease so that Christ may increase—until it is no longer we who live, but Christ who lives in us.

Reflection

- What would it look like for Jesus' character to be more visible in my daily responses?

Prayer

Father, forgive me for valuing others based on their actions rather than by how You see them. I release offense, pride, and self-protection that keep me from loving like Christ. Jesus, I choose to die to myself today. Let Your nature be formed in me. Teach me to walk in forgiveness, humility, truth, love, and grace. Help me see people through Your eyes. Use my life to bring healing, freedom, and hope to a broken world. I surrender my will. Fill me with Your Spirit and lead me to reflect You in all I do.

Day 18 – Called to Love

John 13:34-35 (NIV)

“A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another.”

Devotion

If there is one word that should define the life of a follower of Jesus, it is **love**. Not love as a feeling. Not love when it's easy. But the kind of love Jesus showed – steady, sacrificial, unconditional love.

Jesus didn't say people would know we belong to Him because of our knowledge, gifts, or success. He said they would know **by our love**.

Scripture says, “We love because He first loved us.” So as we remember how patiently He has loved us, how fully He has forgiven us, and how gently He has restored us, our hearts become softer toward others. His love toward us becomes the source of our love toward them. In other words, the more we remember His love for us, the more our hearts are shaped to love others the same way.

Loving like Jesus isn't always easy. Sometimes it means forgiving when we'd rather hold on to an offense. Sometimes it means showing kindness even when it isn't deserved. Sometimes it means serving without recognition. And sometimes it means choosing unity instead of insisting on our personal preferences.

Fasting helps shape our hearts in this direction. As we deny ourselves, our love for God deepens – and our love for people grows. God begins to free us from selfishness, pride, and resentment so that His love can flow through us more freely.

Love is the natural overflow of a heart being shaped by Jesus – and the clearest evidence that God is at work within us. As we walk with Him, His love begins to reshape our motives, our reactions, and our relationships – teaching us to love others the way He has loved us.

Reflection

- Who has God placed in my life that He may be inviting me to love more intentionally? Who do I need to forgive or show grace to?
- How has Jesus loved me – and how can that shape the way I love others?

Prayer

Jesus, thank You for loving me with patience, kindness, and grace. Teach me to love others the way You have loved me. Soften my heart. Remove pride, selfishness, and offense. Fill me with Your Spirit so Your love flows through my words, my actions, and my attitude. Let others see You through the way I love. Amen.

Day 19 – Called to Influence

Matthew 5:16 (NIV)

“Let your light shine before others, that they may see your good deeds and glorify your Father in heaven.”

Hebrews 10:24 (NIV)

“And let us consider how we may spur one another on toward love and good deeds.”

Devotion

God never designed your faith to stay private or hidden. When Jesus lives in you, **your life becomes a light** – a living picture of His love, kindness, and truth.

And Matthew 5:16 tells us that when we live this way – not for attention, but out of love for God – **people begin to see His goodness through us**. Our influence becomes worship, pointing people back to Him.

Influence in the Kingdom isn't about fame, platform, or personality. It's simply **letting God work through you so others are drawn closer to Him**.

Hebrews 10:24 reminds us to *think intentionally* about how our lives affect others. Our words, attitudes, faith, and choices can encourage people toward Jesus – or push them away. God calls us to live in a way that **“spurs others on toward love and good deeds.”**

Most of the time, this kind of influence isn't flashy or impressive. It shows up in ordinary moments – listening, encouraging, choosing integrity, praying for others, showing kindness, and loving even when it costs you something. It's a way of life that doesn't seek attention, yet it quietly stands out. Scripture says people noticed something different about the disciples – not because they were highly trained or important, but because they had been with Jesus (*Acts 4:13*). In the same way, our influence doesn't come from our ability – it comes from His presence in us. And as we walk with Him, people begin to see what God is like through our lives.

Fasting helps shape our hearts for this kind of influence. As we let go of ourselves, we become more aware of our **sphere of influence** – the people God has placed in our lives. And this awareness is simply God's invitation to join Him in what He is already doing – drawing people to Himself.

The good news is – you don't have to be perfect to be used by God. You just have to be available. God delights in using ordinary people who stay close to Him and say yes when He leads. Your life, surrendered to Jesus, will make an eternal difference.

Reflection

- Who has God placed in my life that I may be able to encourage, strengthen, or point toward Jesus this week?

Prayer

God, thank You for trusting me with influence. Help me live in a way that reflects Your heart. Make my words, actions, and attitudes a light that leads others toward You. Show me who I can encourage today – and give me the courage to obey when You lead. Amen.

Day 20 – Called to Serve

Mark 10:45 (NIV)

“For even the Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.”

1 Peter 4:10 (NIV)

“Each of you should use whatever gift you have received to serve others, as faithful stewards of God’s grace in its various forms.”

Devotion

Jesus – the Son of God – didn’t come so people would serve Him. He came to love, to help, and to give His life for others. If Jesus lived this way, then following Him means learning to live this way too.

In God’s Kingdom, greatness isn’t about power, position, or popularity. Rather, true greatness is found in aligning our hearts with the heart of God – **and His heart always leads us to love and serve others.**

Scripture tells us in **1 Peter 4:10** that God has given every believer gifts – and those gifts aren’t meant to be kept for ourselves. They’re meant to serve others. Your time, your encouragement, your abilities, and your compassion are all ways God wants to bless people through you.

When we fast, God helps us think less about ourselves and more about the things that matter to Him – especially people. He gives us His heart and His perspective, so we begin to see others the way He does. And we begin to see ourselves as vessels God can use – people He works through to love and serve others. And in that place of serving, we often find a deeper joy than we ever did when life was only about us.

Serving isn’t just something we do – it’s part of who we are now in Christ. **You were created on purpose, gifted on purpose, and placed where you are on purpose.** God didn’t make a mistake when He made you. He shaped you so that His love, His kindness, and His compassion could flow through your life to others. When you serve, you are simply living out the identity God has already given you – a beloved child of God called to reflect the heart of Jesus in the world.

Reflection

- Ask yourself: Where has God given me opportunities – or gifts – that I can use to serve others? What is one simple way I can serve someone today?

Prayer

Jesus, thank You for coming to serve and give Your life for me. Teach me to serve others the way You do – with love, humility, and joy. Help me use the gifts You’ve given me to bless and encourage people. Make my life a reflection of Your heart. Amen.

Day 21 – Called to Go

Isaiah 6:8 (NIV)

Then I heard the voice of the Lord saying, “Whom shall I send? And who will go for us?” And I said, “Here am I. Send me!”

Matthew 16:24 (NIV)

Then Jesus said to his disciples, “Whoever wants to be my disciple must deny themselves and take up their cross and follow me.

Devotion

Why are we here? God never intended for us to simply give our hearts to Him, secure eternity, and then just survive this life until He calls us home. We are here with purpose—to accomplish the will of the Father and take back His creation from the hands of the enemy.

Jesus made our mission clear. The enemy comes to steal, kill, and destroy, but Jesus came to bring life—abundant, overflowing, and eternal. God knows exactly what He desires to accomplish in the world, and in His perfect wisdom, He designed each of us to play a part in that plan. Every detail of your design—your personality, gifts, and passions—fits your God-given assignment.

Still, the enemy loves to use fear to hold us back. He whispers doubts about our worth, our capability, and our calling. **If we let fear paralyze us, we miss the life of purpose God created us for.** Fear doesn’t just reflect what we think about ourselves—it reflects what we believe about God. When we hesitate, we forget that He doesn’t call us because of our ability; He calls us because of our availability.

God invites us to a life of surrender, not self-reliance. He doesn’t need our strength—He wants our obedience. When we seek His will above our own, He promises to accomplish everything He intends through us. His power is made perfect in our weakness, but it requires our participation. God chooses to work through His people.

So instead of waiting for a grand assignment or a clear destination, start living as someone already sent. “Go” doesn’t always mean a distant nation—it might mean your workplace, your neighborhood, your small group, or your family. The key isn’t the location; it’s the posture of surrender. Count the cost, say “yes” to God, and trust that when you live willing to go, He will take you places you never imagined.

Reflection

- What fears have kept me from stepping fully into God’s calling?
- In what ways can I live sent right where I am today?
- How does remembering my identity as a child of God give me confidence to go?

Prayer

Father, here I am—just as I am—ready and willing to be used by You. Thank You for creating me with purpose and for inviting me to be part of Your mission on earth. Whether it’s across the world or across the street, help me live each day as someone already sent. Give me courage to go where You lead and to love the people You place in my path. Thank You for calling me to be part of Your plan. I count the cost, and I choose surrender. Let Your kingdom come and Your will be done—through me.

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