

21 DAYS OF PRAYER + FASTING

PRAYER. SCRIPTURE. FASTING.

LONG ISLAND PRAYS



**20
26**

It's exciting to see churches on Long Island coming together to pray and fast for 21 days in **2026**! This is a beautiful expression of the unity Jesus prayed for when He said, *"I pray also for those who will believe in me through their message, that all of them may be one, Father, just as you are in me and I am in you"* (John 17:20-21).

As the body of Christ joins in this unified pursuit of God, we reflect the heart of *Psalms 133:1*: *"How good and pleasant it is when God's people live together in unity!"* Through shared prayer and fasting, we declare our collective dependence on God and our desire to see His Kingdom come on Long Island as it is in heaven.

This season is more than an individual act; it's a powerful, communal statement of faith and hope. Together, we can believe for revival, transformation, and healing across our region. Let's approach these 21 days with expectation, knowing that when God's people seek Him together, He moves in mighty ways.

"Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen."
(Ephesians 3:20-21)

Let's unite our hearts, our prayers, and our faith to see God's hand at work!

WHEN

Morning or Evening: Jesus and the psalmists are often found praying in the morning (e.g., Psalm 5:3; Luke 4:42). The evenings less so, but choose a time when you are at your best and most attentive.

Lunch Break: If you have time during your workday to read during your lunch or another break, this might be a perfect way to spend your time.

Anytime: Some of you may have such busy lives that you need to fit it in whenever you can. This is totally normal. Make sure that whatever time you decide to read your Bible that you are in a place where you can focus and reflect on God's Word.

WHAT

Bible Reading Plan: Choose a plan and work the plan. If you miss some days, do not try to catch up. Simply pick up where you left off.

Journal: We recommend using a simple journal that's easy to use. You can find these at just about any store, especially book stores or online.

Pen: Take notes within your Bible or a journal.

HOW

Pray: Ask God to speak to you through his Word. And then expect God to speak. Your approach to God's Word will greatly impact your times of personal worship. Ask God to search your heart and to transform your life.

Read: Take notes as you read. If you have a question or have difficulty understanding something, use the study Bible notes to explore answers.

Journal: (try to limit it to one page per day to start): Start a new page and record the date and Scripture you read on the top line. Write down a verse or two that stood out to you. Stay focused on what God is saying through his Word that intersects with your everyday life. This is not about speculation, private interpretations or manipulating God's Word to say what you want it to say. This is about bringing Christ to your everyday life based on the truth of God's Word rightly interpreted.

WHAT DOES THE BIBLE TEACH ABOUT FASTING?

Biblical fasting involves abstaining from eating (and/or drinking) for spiritual purposes. In the Old Testament, Israel celebrated certain annual fasts, the most prominent being the Day of Atonement. There were also occasional fasts tied to specific historical events, sometimes individual and sometimes corporate. Here are a few of the occasions for fasting: at a time of grief (I Samuel 31:13; Nehemiah 1:4), at a time of repentance (I Sam 7:6; I Kings 21:27), as an expression of humility (Ezra 8:21; Psalm 69: 10) and as an expression of a need for God's guidance and help. All of these fasts express a common dependence on God. Several New Testament passages give us insight about fasting.

Fasting teaches us that God's Word nourishes us. Matthew 4: 1-4 records the only example of Jesus fasting, just prior to his being tempted in the wilderness. He faced temptation with these words "Man shall not live on bread alone, but on every word that proceeds out of the mouth of God." Jesus is quoting Deuteronomy 8:3-5 which talks about the 40 years Israel spent in the wilderness, depending daily on manna to sustain them. He says that God humbled them and let them be hungry in order to teach them to depend on God's Word to sustain them. By His example of fasting, Jesus reminds us that food alone can't sustain us. We need to be nourished by God's Word.

Fasting teaches us that doing God's will sustains us. John 4:31-35 records Jesus encounter with the woman at the well. When the disciples return they encourage Jesus to eat. He responds by saying "I have food to eat that you know not of," then He adds "My food is to do the will of the Father." Again, Jesus reminds us that food alone is not enough. We are sustained by doing God's will.

Fasting teaches us that Jesus Himself sustains us. In John 6:48-50 Jesus says "I am the bread of life. Your fathers ate the manna in the wilderness, and they died. This is the bread which comes down out of heaven, so that one may eat of it and not die." We see this pictured symbolically in the bread and the cup of the Lord's Supper. Jesus is the source of eternal life. Fasting is feasting on Jesus. Jesus commanded that fasting would be a part of His disciple's spiritual life. In Matthew 6:16-18, He says "when you fast," not "if you fast." He warns us not to fast to impress people, but to be near to the heart of God.

FASTING IS DESIGNED TO INTENSIFY OUR DEPENDENCE ON GOD BY WEAKENING OUR DEPENDENCE ON FOOD AND OTHER THINGS.

THE PURPOSE OF FASTING

Fasting reveals and heals our dependence on food (and other things) to fill the discomfort caused by low self-esteem, unfulfilling work, unloving relationships, uncontrollable circumstances, etc. It removes the false peace derived from the pleasure of eating. Richard Foster, in His Classic Celebration of Discipline, says, “More than any other discipline, fasting reveals the things that control us. This is a wonderful benefit to the true disciple who longs to be transformed into the image of Jesus Christ. We cover up what is inside us with food and other good things, but in fast- ing these things surface. If pride controls us, it will be revealed almost immediately. David writes, “I humbled my soul with fasting” (Psalm 69: 10). Anger, bitterness, jealousy, strife, fear – if they are within us, they will surface during fasting.”

Fasting teaches us we can go without getting what we want and survive.

Fasting can free us from having to have what we want. Therefore, fasting can teach moderation or self-control, not only in relation to food, but in other areas as well. It teaches contentment (1 Timothy 6:6).

Fasting expresses and deepens our hunger for God.

Richard Foster says, “Fasting reminds us that we are sustained “by every word that proceeds from the mouth of God: (Matt. 4:4). Food does not sustain us; God sustains us. In Christ, “All things hold together” (Col. 1: 17). Therefore, in experiences of fasting we are not so much abstaining from food as we are feasting on the word of God and on Christ Himself. Fasting is feasting.” Fasting for other reasons, such as a “spiritual disguise” for losing weight, is an aberration to Biblical fasting. Fasting to even appear spiritual to others is more akin to the Pharisees than Jesus’ instructions. Fasting must always, first and foremost, center on God. It must be about Him.

FASTING

Step 1: Clarify the Purpose of Your Fast

Why are you fasting? (For the purpose of the 21 Days, see above.) Ask the Holy Spirit to clarify His leading and objectives for your prayer fast. This will enable you to pray more specifically and strategically. Fasting is God-led and God-initiated. That means that He fuels a desire to fast and pray. He loves it when we fast.

Step 2: Specify the Nature of Your Fast

Pray about the kind of fast you should undertake. Jesus implied that all of His followers should fast. (Matthew 6:16-18; 9:14, 15) For Him it was a matter of when believers would fast, not if they would do it.

Before you fast, decide the following up front:

- How long you will fast - one meal, one day, one week, several weeks, certain days (Beginners should start slowly, building up to longer fasts)
- The type of fast God wants you to undertake - discussed in the Types of Fasts section below.
- What physical or social activities you will restrict
- How much time each day you will devote to prayer and God's Word

Step 3: Prepare Your Heart, Mind, and Body for Your Fast

Fasting is not a spur-of-the-moment thing. It is planned and we must prepare. The very foundation of fasting and prayer is repentance. Un-confessed sin can hinder your prayers. Here are several things you can do to prepare your heart:

Fasting requires reasonable precautions. Consult your physician first, especially if you take prescription medication or have a chronic ailment. Some persons should never fast without professional supervision.

Do not rush into your fast. Prepare your body. Eat smaller meals before starting a fast. Avoid high-fat and sugary foods. Eat raw fruit and vegetables for two days before starting a fast. Physical preparation makes the drastic change in your eating routine a little easier so that you can turn your full attention to the Lord in prayer.

Prepare your heart and mind remembering that God is your Father and He loves you and is for you.

Confess every sin that the Holy Spirit calls to your remembrance and accept God's forgiveness (1 John 1 :9). Seek forgiveness from all whom you have offended, and forgive all who have hurt you. (Mark 11:25; Luke 11 :4; 17:3,4) Make restitution as the Holy Spirit leads you.

Surrender your life fully to Jesus Christ. (Romans 12:1,2) Meditate on the attributes of God, His love, sovereignty, power, wisdom, faithfulness, grace, compassion, and others (Psalm 48:9, 10; 103:1-8, 11-13).

Begin your time of fasting and prayer with an expectant heart. (Hebrews 11 :6)

Do not underestimate spiritual opposition. Satan sometimes intensifies the natural battle between body and spirit. (Galatians 5:16, 17)

Finally, and of deep importance, Jesus instructs us in Matthew to not let others know about your fasting. The strict details of your fast should not be something you constantly talk about to others. It should remain between you and God.

Now that we have explored the Old and New Testament teaching and instruction on fasting, we can proceed to discuss specific kinds of fasts. Let us begin with the helpful words of Richard Foster:

“AS WITH ALL THE DISCIPLINES, A PROGRESSION SHOULD BE OBSERVED; IT IS WISE TO LEARN TO WALK WELL BEFORE WE TRY TO RUN.”

Biblical fasting always concerns food. Since the purpose of fasting, as we saw above, is to focus on God, to humble ourselves and to remind ourselves that we are sustained by every word that proceeds from the mouth of God, then the task in fasting is connecting our “going without” to “hungering for God.” This takes time, focus and prayer in itself. Please do not expect to be an “expert” at fasting right away. Fasting is a discipline that can take a very long time to understand well. Also, do not let this fact deter you or intimidate you.

Fasting is not unlike a beautifully written masterpiece of literature. It is simple enough for a youth to understand and enjoy, and yet magnificently rich enough for the scholar to devote his/her entire life to.

ABSTAINING FROM CERTAIN TYPES OF FOOD (MEAT, SWEETS, ETC.) - DANIEL 10:3

This type is a good first step for beginners to fast or those with health needs and special or restrictive diets. Choose to abstain from something like breads, sweets, sodas, coffee or even red meat. Perhaps spend some time reading through Daniel's fast in Daniel chapter 1 and chapter 10. Stick to only fruits and vegetables like Daniel, or try something similar.

Determine the timing and duration of your fast and begin. You may choose to go without this specific type of food on only certain days like Fridays, or you may go without during the weekdays only or perhaps every day. Finally, choose the duration of your fast. This community wide fast is 21 days but that does not mean you must go without for all of the 21 days. Determine the timing and duration ahead of time and pray through it.

ABSTAINING FROM ALL FOOD (ESTHER 4:16; ACTS 9:9)

This kind of fast is more difficult but can be broken up by timing and duration. This seems to be the most prevalent of the fasts we see in the Bible. It is also the most intimidating, but refuse to let it scare you. Fasting from all food is not scary if you determine beforehand when you will do so and for how long.

Here are some ideas:

- Start slowly. Begin with fasting for only a part of a day (lunch, or lunch and dinner). Do this for one day a week, or perhaps three days a week. You determine the timing and duration. Take a step of faith. Fasting is risky and involves our faith.
- Next, try fasting from food but not beverages. This means that according to your timing and duration, you would not eat any solid foods but only water, juices, smoothies or perhaps simple soup broths.
- Do this for the first one or two weeks. Devote the time that you normally would eating to Scripture reading and prayer. Focus on Jesus' statements about food.
- Next try a 24-hour fast. This means that you get up and eat a good breakfast and drink only water or juice until the following breakfast the next day. Set aside specific time, during normal meal times if possible, to pray and seek God. Finally, you may progress to a two or three day fast. For some, progression may lead to a multi- day, even multi-week fast. But remember the purpose of your fast.

ABSTAINING FROM THINGS BESIDES FOOD (DANIEL 6:18)

The king's voluntary "fasting" from entertainment in the time of Daniel helps us further understand yet another type of fast.

Fasting from non-food items like entertainment can be particularly helpful and accessible for everyone.

Think of abstaining from television, social media, video games, all reading except the Bible, music, texting, etc. for the duration of your fast. This can be a very powerful decision even as a supplement to food fasts.

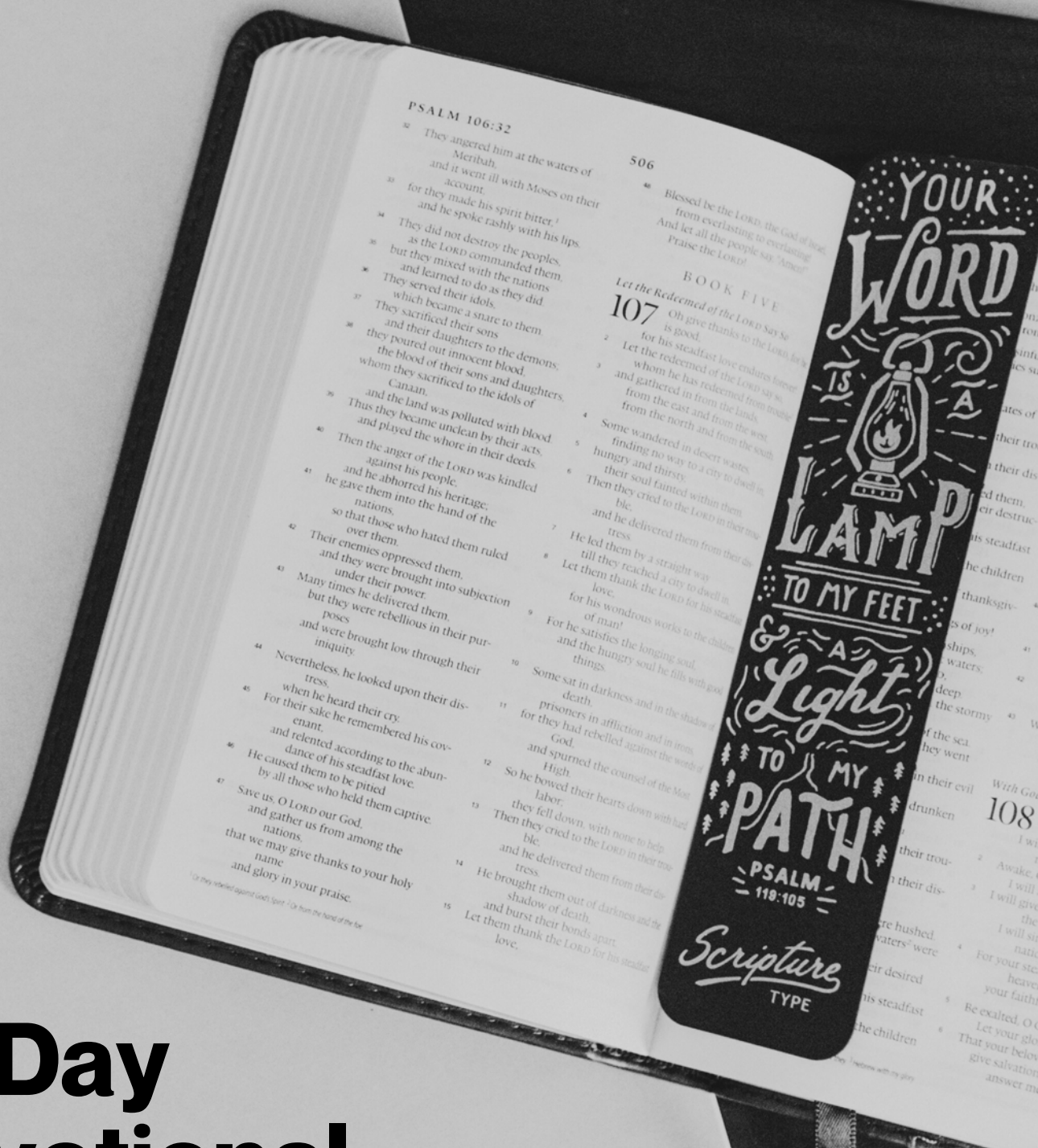
CONCLUSION

Choosing your fasting plan is a very personal decision. We are all at different places in our walk with God and our spirituality should never be a cause for comparison or competition. There is nothing more "inherently spiritual" about one type of fast as opposed to another. Your personal fast should present a level of challenge to it, but know your body, know your options, and most importantly, seek God in prayer about this and follow what the Holy Spirit leads you to do. It's also important to not let what you eat or do not eat become the focus of your fast. This is a time to disconnect enough with your regular patterns and habits in order to connect more closely to God.

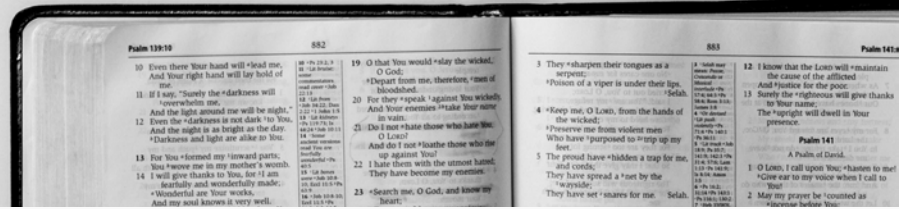
**NO MATTER WHAT KIND OF FAST YOU CHOOSE,
AND EVEN IF YOU CHOOSE NOT TO FAST,
PLEASE SEEK GOD IN PRAYER AND READING.**

21-Day Devotional

Verses, prayer focus,
devotionals, reflection questions,
and action steps for 3 weeks.



Week One: Jesus, Teach Us How to Pray



Sunday

WEEK
ONE

Matthew 6:9 “This, then, is how you should pray: “Our Father in heaven, hallowed be your name”

Devotional Thought: Interestingly, Jesus doesn’t begin prayer by saying “My Father” but “Our Father.” God is not only my God, but our God. Whomever is on my heart today, whether a beloved friend or stressful colleague, God is Lord and Father over them too. He loves them and is at work in their lives just as he is in us.

Action Step: As you pray today, release the people who are on your heart to Jesus’s Lordship and care.

Monday

Matthew 6:9 “This, then, is how you should pray: “Our Father in heaven, hallowed be your name”

Devotional Thought: Jesus encourages us to start our prayers from the posture of expectancy and assurance that a small child would have with a wonderfully loving dad. As we approach him, God reassures us of our belonging and affirms an intimate and personal relationship with us. He cares for us with the unconditional love of a perfect parent and he never fails us. God invites us to call out to him as our Abba (daddy or papa) (Romans 8:15, Galatians 4:6).

Action Step: As you pray today, take some time to rest and receive God’s fatherly love for you.

Tuesday

WEEK
ONE

Matthew 6:9 “This, then, is how you should pray: “Our Father in heaven, hallowed be your name”

Devotional Thought: Hallowed means holy or greatly revered. As we pray, our heart orientation is one of worship. We worship God and want his name - meaning who he is, his character and nature - to be praised everywhere! He is worthy of our worship, because he is wholly, perfectly good!

Action Step: As you pray today, praise God. Try simple phrases like, “God I praise you because you are... (good, loving, forgiving, mighty, etc...).”

Wednesday

Matthew 6:10 Your kingdom come, your will be done, on earth as it is in heaven.

Devotional Thought: God is actively at work renewing all things and bringing everything into alignment with Him. When his will is done on earth, we experience a taste of heaven. As we pray for God’s will to be done, we recognize his Lordship over us and seek to surrender to him more fully. We ask for God’s will to be accomplished not only in the world, but in our own hearts, attitudes, and choices.

Action Step: What’s one area of your life that you need to surrender more to God? As you pray, tell Jesus that you desire to surrender that to him and obey him. Throughout your day, you can also pray the simple prayer, “God, give me the wisdom to know what's right and the courage to do it even when it's hard.”

Thursday

Matthew 6:11 Give us today our daily bread.

Devotional Thought: Jesus teaches us to ask for what we need today. As we do, we remember that God is aware of and concerned about our lives. He wants us to think of him and turn to him for our everyday needs, as a child would with their good parent. He teaches us to rely on him rather than on ourselves or anything else. As we ask him, we remember his great love for us and his immense ability to provide.

Action Step: As you pray, ask Jesus for what you need today, knowing he welcomes and encourages you to ask.

Friday

Matthew 6:12 And forgive us our debts, as we also have forgiven our debtors.

Devotional Thought: Praying for forgiveness involves recognizing our daily faults and need for grace. Through this prayer practice, we receive the freedom and empowerment to grow. Recognizing our need for forgiveness prompts us to both ask God for forgiveness and to treat others with the mercy we ourselves long for.

Action Step: None of us are perfect, but we serve a merciful God. What's one area where you're in need of forgiveness today? As you pray, ask God to forgive you for any failings that come to mind. Take a moment to let the reality of his forgiveness and grace sink into your heart.

As you pray today, forgive those who have wronged you. If this is a struggle, ask God's for his help to forgive others.

Saturday

Matthew 6:13 And lead us not into temptation, but deliver us from the evil one.”

Devotional Thought: We regularly deal with brokenness and sin both in ourselves and in the world around us. The Bible teaches us that God in his perfection cannot be tempted nor does he tempt anyone (James 1:13). Yet we pray 'lead us not into temptation' as a way of saying, Lord we recognize in humility that we are weak, we have limits. When we face temptation, we do not hide from God, but rather we turn to him seeking his empowerment and his deliverance from all evil. We have great hope as we pray, because the Bible teaches us that Jesus has overcome the evil one through his death and resurrection (Hebrews 2:14).

Action Step: As you pray today, confess to the Lord any areas of temptation and ask for his empowerment to move away from these temptations towards him.

Week Two: Speak Lord, Your Servant is Listening

WEEK
TWO

Sunday

Psalm 46:10 He says, “Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.”

Devotional Thought: So often the hurry of life sweeps us along through our day. When we intentionally pause and turn to the Lord, our hearts are re-filled with the reality of who he is. He is Lord almighty! Everything is under his control and in his hands. He is worthy of praise and is good. With him in charge, we are able to rest -- we can be still, because everything relies on him, not on us.

Action Step: As you pray today, pause and release to God everything that is keeping you from inner stillness. Remember God’s authority and goodness, that he is in control of everything. Thank him for this.

Monday

Matthew 6:6 But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.

Devotional Thought: Jesus teaches us to cultivate a personal, intimate relationship with God by having time alone with him. Think of your closest relationships – every relationship takes spending time together to be built. God’s desires to have a close relationship with you – indeed he sent his son to die to enable it! Jesus promises that good fruit will come from every moment you spend talking with the Lord.

Action Step: As you pray today, know that God is present with you and sees you. Ask him to help you grow in close relationship with him and in the desire to talk with him daily.

Tuesday

Matthew 4:4 Jesus answered, “It is written: ‘Man shall not live on bread alone, but on every word (rhema) that comes from the mouth of God.’”

Devotional Thought: How often do you eat? – just as our bodies need regular meals to be sustained, even so our souls need to regularly take in God’s words of love and truth to us. Jesus teaches us that God’s words (rhema) sustain our lives. The word rhema in Greek refers to God’s specific, fresh word spoken personally to us. Through the Holy Spirit, God applies scripture to our everyday lives, and speaks the words that we need to hear.

Action Step: As you pray today, read a small passage of scripture (If you’d like a suggestion, you could try reading Matthew 4:1-11). Ask God how this applies to your life today and see what he speaks to you.

Wednesday

John 10:27 My sheep listen to my voice; I know them, and they follow me.

Devotional Thought: Jesus assures us that as we seek to follow him, we will be able to discern and recognize his voice. Think of how you come to recognize any voice. If your mom calls you from an unidentified number, you would recognize that it is her as soon as she said hello. If a person you met only once called you, you’d have to ask who they were when you picked up their call. The difference is in how often you’ve spoken to each of them. As you seek to listen to God in a personal way, be encouraged that with time and practice your ability to discern and sense him will grow – indeed. scripture promises that you were made to recognize him and follow him

Action Step: As you pray today, invite God to speak to you and pause to listen to him. If you have any questions, please reach out to a pastor. We also encourage you to come to our Experience Prayer Event (Saturday, January 24th from 2-4pm in the lower level) to grow in your ability to hear God personally.

Thursday

1 Samuel 3:10 The LORD came and stood there, calling as at the other times, “Samuel! Samuel!” Then Samuel said, “Speak, for your servant is listening.”

Devotional Thought: God desires to connect with us not only at church, but throughout our everyday lives. Often the question is not whether he wants to relate to us, but rather if it occurs to us to turn our attention to him. Samuel was only a child when he had this encounter with the Lord, so we see that there’s no special qualification needed to have this kind of personal, interactive relationship with God.

What God values is simply an open heart that desires to listen to him and follow him.

Action Step: Today when you pray, try praying Samuel's prayer "Speak, for your servant is listening." Express to God your desire to listen to him and serve him.

Friday

Mark 1:35-38 Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. Simon and his companions went to look for him, and when they found him, they exclaimed: "Everyone is looking for you!" Jesus replied, "Let us go somewhere else—to the nearby villages—so I can preach there also. That is why I have come."

Devotional Thought: Often we find ourselves pulled in many directions by the demands of life and the expectations of others. To find the peace and clarity we long for, we need time away from all of life's hustle, bustle, and noise. We need time alone with our loving, almighty Father. In this passage, Jesus models this practice of getting away to be alone with God in prayer. If Jesus needed to take this time away in prayer, how much more so do we!

Action Step: As you pray today, try to set aside distractions (turn off your cell phone, find a quiet space) and tell God that he has your full attention. As you do, tell him about what is on your mind, and ask for his guidance. God loves you, sees you, and desires to lead you.

Saturday

Psalms 23:1-2 The LORD is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters.

Devotional Thought: God created us as beings who need to rest. Though we all long for rest, we often find it hard to find healthy relief from our worries and stressors. Interestingly, in this passage God makes us lie down in green pastures, as if it's not something we'd easily do on our own. He invites us to release to him our wants and enter into a peace and rest that only he can give us.

Action Step: As you pray today, release your wants to God. Tell him that you surrender to him and trust him. Receive and take a moment (or more) to enjoy his rest. Take in the truth that God is your good shepherd - he is trustworthy and leads you well.



Week Three: The Holy Spirit Will Lead You

Sunday

WEEK
THREE

John 16:7 But very truly I tell you, it is for your good that I am going away. Unless I go away, the Advocate (the Holy Spirit) will not come to you; but if I go, I will send him to you.

Devotional Thought: Imagine how great it would be to have Jesus with you in the flesh – where you could talk with him and ask him anything. Yet here Jesus tells his followers that it is good he is going away, because the coming of the Holy Spirit (aka the Advocate) will be even better for them than having Jesus with them in the flesh! Scripture tells us that the Holy Spirit dwells in us and enables us to connect with God in a living, interactive relationship – one where we speak to him and he leads and guides us personally.

Action Step: As you pray, open with the simple prayer “Come Holy Spirit.” God is already present with you, but through this prayer you are expressing a sense of welcome, openness, and surrender to his Spirit’s loving leadership of your life.

Monday

John 14:26 (ESV) But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you.

Devotional Thought: Jesus promises his followers that his own Spirit, aka the Holy Spirit, will be given to us. He describes the Holy Spirit as one who dwells within us and acts as a helper, advocate, teacher, and comforter (John 14:16-17, 15:26, and 16:7). We are not meant to journey through life alone, nor are we meant to try to grow spiritually through our own strength. Rather we are meant to be led and empowered through the incredible gift of the Holy Spirit.

Action Step: As you pray today, welcome his Spirit to help, teach, and comfort you. Express to God your need and desire for his empowerment to grow spiritually.

Tuesday

1 Thessalonians 5:19-21 Do not quench the Spirit. Do not despise prophecies, but test everything; hold fast to what is good..

Devotional Thought: The Bible teaches us not to write off or diminish God's supernatural activity in our lives. At the same time, it teaches us to be humble and wise. We recognize that we are human, and so there's always a possibility for error as we try to discern God's voice and guidance in our lives. We therefore "test" what we think may be God, by doing things like considering if what we've heard lines up with the Bible's teaching and checking in with trusted community (small group leaders, pastors, etc.).

Action Step: As you pray today, ask God to grow your sense of his voice, will, and activity in your life.

Wednesday

Galatians 5:22-23 But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control..

Devotional Thought: As we follow Jesus, his Spirit dwells in us, gradually transforming us to become more and more like Jesus. As we connect with God in prayer, what we sense from him will often increase the fruit of the Spirit in us. For example, if while we're praying, we sense God's overflowing love for us, this might then enable us to be more kind to someone who needs it. The natural result of personal relationship with God should be that over time we become people who are ever more loving, joyful, peaceful, patient, etc.

Action Step: As you pray today, ask the God to continue to form you more and more into a person to bears all the fruit of the Spirit. Pause for a moment to see if there is anything God would like to say to encourage you in this.

Thursday

James 1:5-6 If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind.

Devotional Thought: As we pray and seek to be led by God, it is comforting to know that God promises to give us the wisdom we need for everything we face. We all wrestle with doubt at times, and knowing this, scripture encourages us towards faith. We're told to test what we receive (1 Thessalonians 5:19-21), and after we have done our best to discern, we're encouraged to lean towards

faith knowing that God desires to lead us even more than we desire to hear and follow him.

Action Step: As you pray today, ask God for wisdom for any situations or decisions that are on your mind. Pause to see if you sense anything in return from God. Talk to a small group leader or pastor if you have any questions or are wrestling with anything substantial.

Friday

John 5:19 Jesus gave them this answer: “Very truly I tell you, the Son can do nothing by himself; he can do only what he sees his Father doing, because whatever the Father does the Son also does.

Devotional Thought: Imagine a life where you were always aware of what God was doing everywhere you went. That’s the kind of life Jesus modeled for us. Through God’s own Spirit dwelling in us we can learn to open our eyes to God’s reality everywhere we go. We can cooperate with his activity and join in what he’s doing just as Jesus did.

Action Step: While you are at a place where you might not usually pray, try talking to God. God is just as present in the grocery store, the workplace, or along your commute as he is at church. As you pray, ask God what is on his heart for the people around you and say a brief prayer for them.

Saturday

1 Corinthians 13:1-2 If I speak in the tongues of men or of angels, but do not have love, I am only a resounding gong or a clanging cymbal. If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but do not have love, I am nothing..

Devotional Thought: This passage reminds us that all the spiritual powers in the world amount to nothing if they do not stem from an overflow of love in our hearts. Only God can fill us with such love that we won’t be depleted by all the demands of life. As we seek to grow spiritually, we always come back to the greatest commandments to love God and to love our neighbor as ourselves (Matthew 22:36-40).

Action Step: As you pray today, ask God to increase your love for others, especially with those with whom you find it hardest. Give him permission to show you where he’s inviting you to grow. Ask him to help you to take every step of faith in your life out of love rather than fear, self-service, or any other motive.

